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volume 14, issue 3

SALON TO SIZZLE IN SHARJAH

AFTER 25 YEARS, THE WORLD'S LARGEST SINGLE-ENTRY CHEF COMPETITION, THE SALON CULINAIRE, RELOCATES TO A SWANKY NEW HOME. MEET THE MEN MANAGING THE TRANSITION



YOUNG CHEFS

Traders Hotel Abu Dhabi compete for the Nestle Professional Golden Chefs Hat Award 2019



HELLO SINGAPORE

Chef Savio D'souza and Chef Baburam Bushal's delectable dishes win them a trip to Singapore



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Dear fellow chefs, ladies and gentlemen,

Welcome to the March issue – the Emirates Salon Culinaire special – of Gulf Gourmet.

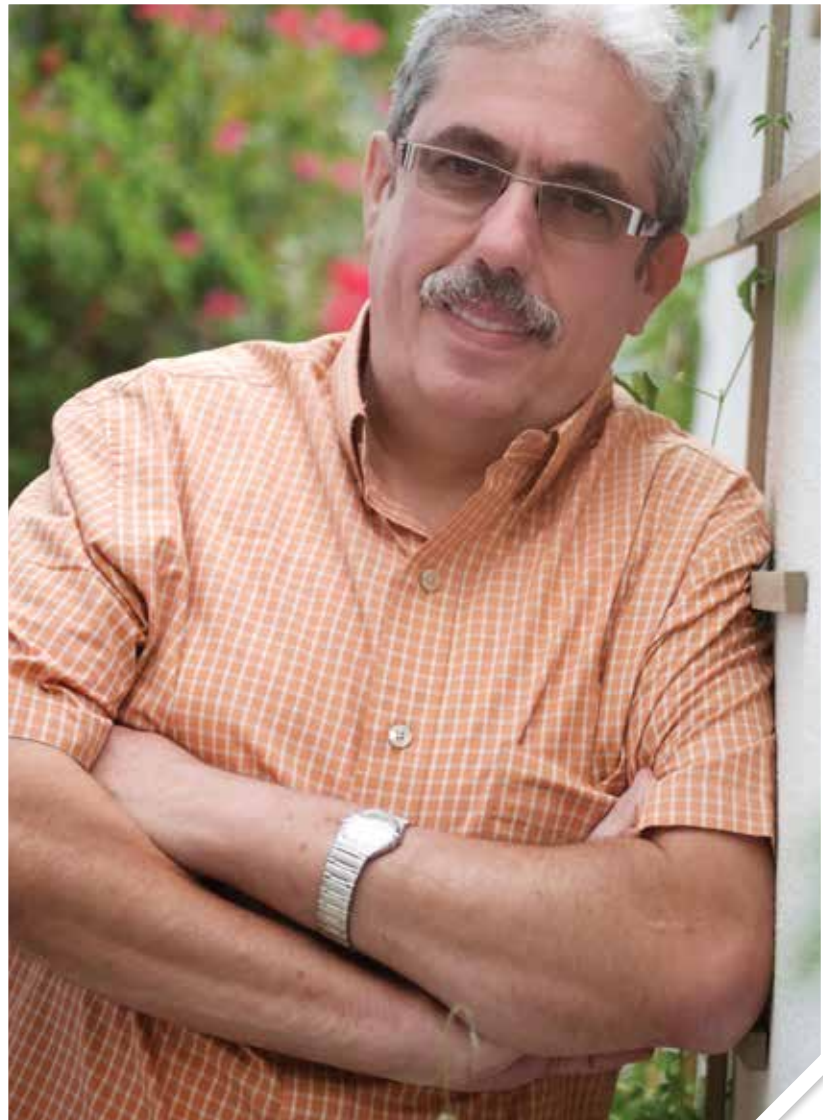
We are excited to go to Sharjah, the new home of our Salon Culinaire, this month. The registration has crossed 900, which is much higher than we were hoping for. We are looking forward to a great show and I thank our Partners/Sponsors for the support. Without your support, we would not have been able to pull this off. We have about 40 WorldChefs-approved judges, led again by Chef Otto Weibel, to decide between gold, silver and bronze.

Read more about Expo Culinaire and our 29 categories, rules and regulations, in this issue.

We have our monthly networking meeting right after the show on Monday March 11, at Radisson Blu Hotel DDC. The same day, we also have the US Meat Mini Plated Competition brought to us by US Meat Export Federation. The registration for the US Beef Mini Plated is open, so book now for the chance to win great prizes. USMEF is offering trophies, gifts and cash prizes to the winners.

Thank you to Chef Juraj Kalna for the great Aspici workshop he ran for our young chefs. We do have more big competitions lined up for our young chefs. April 4 will see the Chaine Des Rotisseurs, UAE final. The winner will represent the UAE in Canada. Then on April 25, Hospitality Young Chef of the Year semi-finals, with the top 5 in the finals on June 12 alongside the awards.

Please visit www.gulfgourmet.net to browse through previous issue of this magazine. Visit www.emiratesculinaryguild.net to see latest



happenings on the events calendar. And visit 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.

Thank you to Chef Rani Moussa and Signature Hotels team for hosting the February 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

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A little over a year ago, I edited and published the 25th anniversary book for the Emirates Culinary Guild. The large coffee table book is a historical document showcasing the work gone behind the scenes in our professional community. Work that has partly assisted Dubai, and the UAE at large, to become a world capital for global cuisine. If you don't have a copy, I highly recommend purchasing one from the Emirates Culinary Guild.



While putting together that book, I had to wade through thousands and thousands of documented images from the early 90s all the way to 2017. It left me gobsmacked. It gave me an insight into the humble beginnings of the Guild and how it grew into what is today one of the most powerful chef associations in the world. I have travelled around the world and been to chef association meetings in North America and everyone talks of how dynamic the Guild is in this country.

The reason I bring this up is because the Guild was founded to organise a small chef competition at Hilton hotel near Dubai World Trade Centre (it no longer exists). That competition was the first Salon Culinaire. The images of the dishes from that competition look so backward, it helps you truly understand the meaning of the phrase 'slow and steady wins the race'. After 25 years and 21 Salon Culinaires, the competition grew to 1,300 chef participants creating dishes that would make Michelin-star restaurants take a second look.

But road bumps are a way of life and the Guild was faced with the mammoth task of moving its home out of Gulfood this year. Thanks to the Guild leadership, Joanne Cook and her team at Purple Kitchen Events, and the Expo Centre Sharjah, that has become possible. And even better is the news that close to 1,000 chefs will participate at what

is now known as the world's largest single-entry chefs competition.

Such large events are not easy to build overnight and support from the likes of Nestle Professional, IFFCo and Culinary Schools has ensured that this year's Salon Culinaire has 29 classes and a new section for chef education.

If you are a chef or food service professional, I would recommend you make a trip to Sharjah for ExpoCulinaire between March 4-6. It is part of history in the making and the excitement and anxiety I'm guessing is similar to that of the first Salon Culinaire in 1991. This issue is dedicated to the event and the chefs who are making it possible.

Last month also saw the finale of the Nestle Professional Golden Chef Hat Award – Season 6 that this magazine organises through its pages (you will see recipes from the ongoing season 7 in this issue). Chefs Savio and Baburam from Movenpick Hotel Jumeirah Beach won the all-expenses-paid trip to Singapore. They were among eight finalists that battled it out in a live cook-off at the ICCA Dubai. We bring you all the images from that event in this issue.

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

Aquin George
Editor

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March 2019 **Gulf Gourmet**

newsbites

Centro Barsha by Rotana, Dubai has new Executive Chef

Fadi Youssef Salloum has joined Centro Barsha by Rotana, Dubai as the new Executive Chef.

Not a stranger to the Rotana brand, Fadi has worked for various properties in the U.A.E., where he joined Beach Rotana, Abu Dhabi in 2009 as an Oriental Chef and later moved to Al Ghurair Rayhaan and Arjaan, Dubai as a Specialty Oriental Chef.

Hailing from Syria, Fadi began his career as a Commis 2 chef at Samira Mies Hotel in Damascus, Syria and worked up the ranks to his

previously held position, Specialty Chef De Cuisine at Anantara Dubai The Palm Resort and Spa, Dubai. He also worked at the Burj Al Arab - Dubai, Sheraton Abu Dhabi Resort and Towers – Abu Dhabi and Madinat Jumeirah, Dubai.

He brings onboard more than 15 years of culinary experience and will oversee the kitchen operations for the all-day dining restaurant - c.taste, the 24 hour take-away dining concept- c.deli, hotel bar- c.mondo and the private catering and banquet unit.



MasterChef TV Experience restaurant in Dubai

Dubai will be the location for the world's first MasterChef restaurant based on the TV experience. The outlet will be housed in the Millennium Place Marina in Dubai and will open next month.

Venezuelan chef Maria 'Margarita' Vaamonde-Beggs will head the kitchen and menu for 180 covers. The restaurant came to fruition following a deal between The First Group and Endemol Shine Group, the global content creator, producer and distributor behind the TV series.

Diners will experience first hand the talents and recipes of contestants and champions from over 60 local adaptations of the TV show, which is broadcast in more than 200 countries. The world's most successful cookery television format was created by Franc Roddam.



Mövenpick Chefs Win Trip to Singapore



Chef Savio D'souza and Chef Baburam Bushal of Mövenpick Hotel Jumeirah Beach are seen here with Sara Nasreddine, Food Business Manager, Nestle Professional Middle East; Uwe Micheel, President, Emirates Culinary Guild; and Ibrahim Baydoun, Assistant Brand Manager – Savoury Solutions, Nestle Professional Middle East.

The two young chefs won the Nestle Professional Golden Chefs Hat Award UAE – Season 6 organised by Gulf Gourmet

magazine and grabbed the top prize of an all-expenses-paid trip to Singapore. They edged out over 80 chefs at the year-long challenge, which culminated with an exciting live cook-off at ICCA Dubai.

The Nestle Professional Golden Chefs Hat Award is currently running its seventh season in the UAE and is open for entries. *To see the full coverage from the Season 6 finale, turn to page 40.*

Why Kraft Heinz Almost Lost \$16 billion in Value

If you are in the food service industry, you probably already know that a few weeks ago Kraft Heinz stock value dropped 30% wiping \$16 billion of its market value. Not surprising given that its earnings figures have been dwindling for six quarters in a row.

A recent article in Forbes magazine clearly illustrated what went wrong at the company. They chose cost-cutting as the way to profitability rather than the traditional route of marketing and advertising.

3G Capital, a Brazilian multi-billion-dollar private equity firm that bought Kraft and merged it with the privately-owned Heinz company in 2015, cut 20% workforce and 40% overheads in under two years. Now while that may sound



great, the reality as mentioned above, is that it was unsustainable. It directly impacted company growth.

In hindsight, the right way forward had to be investing in its brands because consumer tastes and behaviors are shifting and the competitive environment

is intensifying. It is time for companies to refocus on growth by investing in advertising and continued innovation, and not adhere to a strategy of frugality alone. As the Forbes article so eloquently puts it, brands do better in tough times compared to unbranded products and brands outlive product cycles.



Damien returns to Nobu Dubai – as Executive Chef

Nobu Dubai at Atlantis, The Palm has appointed Frenchman Damien Duviau as its Executive Chef. Prior to this role, Chef Damien was the Executive Chef at Nobu Crocus City in Moscow, Russia for five years. This new role will be a sweet return for the chef, as prior to his role in Moscow he had worked at Nobu Dubai as a sous chef for three years.

His boss – and one of our favourite chefs – Sascha Triemer, VP - F&B at Atlantis, The Palm, told us that Damien's return to Nobu is the perfect example of why it is important for hotels to invest in chefs, nurture their talent and support their career growth. "We look forward to seeing him help us make 2019 our most successful year yet," added Chef Sascha.

Never say Die

Chefs Nick and Scott have come a long way together. From their Table 9 at Hilton Creek Dubai to Taste Kitchen, Folly and The Lion, their food has garnered the respect of fine dining enthusiasts as well as the media.

The duo has a new launch in store – a restaurant called Verve Bar & Brasserie, that will open at the Grand Plaza Movenpick Media City next month. The 80 pax outlet will feature two private dining rooms that can host up to 20. Expect simple food with no frills but lots of flavour.



Chef Will is head chef at Marina Social



Chef Will Stanyer has been appointed as the head chef at Marina Social, a Jason Atherton concept, housed within the InterContinental Dubai Marina.

Chef Will spent the better part of the

last decade working at AA Rosette and Michelin-starred restaurants including Hotel du Vin, Sam of Sevendials, Kitchen W8 Centro Barsha by Rotana in Dubai has appointed Fadi Youssef Salloum as its new executive chef.

Chef to be deported for cutting supervisor's arm

A chef will be deported for cutting his supervisor's arm, reports The National. The Syrian chef, 27, used a knife to hack the left arm of the Egyptian supervisor, 29, in the kitchen of a restaurant in Dubai's Business Bay area last March.

"I was supervising the drinks section at the restaurant when I reminded the accused that staff members were not allowed to get drinks or meals

without applying for them first," the supervisor said.

He said that shortly after his remark, the accused returned asking for a cup of tea.

The supervisor asked him to submit an application to get his cup of tea, which angered the chef who started screaming. "He yelled at me for treating him like other staff

members," the supervisor said. The two exchanged insults before the chef rushed to the meat fridge in the kitchen, picked up a large knife and struck at the supervisor. The man shielded his head with his left arm. "The knife gashed my arm after which I fell unconscious and only woke up at the hospital," the victim said

A medical report said that the victim lost full mobility in his left arm.

Chef Stewart is executive pastry chef at St Regis

Chef Stewart Bell has been appointed as executive pastry chef at the The St. Regis Abu Dhabi. The South African brings with him over 15 years of culinary experience. He has previously worked as a junior sous chef at Nobu Cape Town, then at Atlantis The Palm where Nobu Dubai is housed and saw his first head pastry chef role at Nobu in Moscow. Prior to this role he was the head pastry chef at the At.mosphere restaurant in Burj Khalifa, Dubai.

Chef Stewart specialises in unique gluten free, dairy free and vegan desserts which he is excited to showcase to the city.



Chef Vitaly joins The Ritz Carlton

Chef Vitaly Medvedev has been appointed executive pastry chef at The Ritz-Carlton Abu Dhabi, Grand Canal. This marks his first role in the Middle East. Following his education at the Swiss Culinary Arts Academy, he worked at hotels in Kazakhstan, Russia, Australia and Switzerland over the last 10 years.

He also has experience developing food concepts, designing food menus and offering nutrition consultancy to athletes. In his new role, he is responsible for leading the patisserie and boulangerie sections of the hotel, improving menus and managing the pastry team.



SALON TO SIZZLE IN SHARJAH



After 25 years, the world's largest single-entry chef competition, the Salon Culinaire, relocates to a swanky new home. Welcome to ExpoCulinaire 2019 in Sharjah

The late Alen Thong, a founding member of the Emirates Culinary Guild and the man who helped make the biggest single-entry professional culinary competition – the Salon Culinaire – a reality, will be looking down on us with pride.

What began as a small competition

within the four walls of the erstwhile Hilton at Dubai World Trade Centre has grown to become the talk of every professional chef in town. And now, the competition finds itself a new home with a larger remit at the brand-new F&B exhibition – ExpoCulinaire.

The 22nd Emirates International Salon

Culinaire, debuts this month March 4-6 at Expo Centre Sharjah.

With less than six months to stage ExpoCulinaire, the Emirates Culinary Guild teamed up with organiser Purple Kitchen Events and Expo Centre Sharjah to ensure that the most established chef competition in

the Middle East would continue to run in Q1 of 2019.

The Salon used to be held as the main feature of Gulfood in Dubai and was a firm base for chefs to be part of the mega food event which took place last week. It will now sit within a dedicated platform for foodservice professionals and will finally bring back food, equipment and services under one roof – something the industry has been missing for several years.

"We planned for ExpoCulinaire to be 3 days but we have had to extend it by an additional day (not open for visitors) in order to accommodate the massive demand from competitors," says Uwe Micheel, President of Emirates Culinary Guild, Assistant Vice President of WorldChefs and Director of Kitchens at Radisson Blu Hotel Dubai Deira Creek. "Next year we will ensure our judges are in place even earlier to be sure we continue to grow the Salon Culinaire. I am also excited that the Salon has more avenues for chefs to grow, especially the all new education piece that we have added to the format."

The 22nd Emirates International Salon Culinaire is an annual event endorsed by WorldChefs and has strong support from various sponsors including Nestle and IFFCO for the 29 different classes which are judged and awarded according to the global standards of experienced master chefs. Competitors are awarded with Gold, Silver or Bronze accreditation after detailed judging and feedback.

Josephine Cuthbert, Vice President of Administration & Affairs at Emirates Culinary Guild says, "This is an exciting time for the us, moving our biggest competition to Sharjah Expo Center for ExpoCulinaire 2019. I am also excited to be part of the next evolution of our Salon Culinaire. Having received over 900 entries proves to us the strength of not only the Emirates Culinary Guild but also the strength of Salon Culinaire as the largest single-entry culinary competition."



We planned for ExpoCulinaire to be 3 days but we have had to extend it by an additional day (not open for visitors) in order to accommodate the massive demand from competitors

She adds, "It fills me with personal pride that I am involved with the start of this new era. I remember my mentor, our beloved coordinator Alen Thong and all he had taught me to prepare for this day. In 1991, Alen must have been feeling the way I do today, when he began all those years ago the Emirates Salon Culinaire and we will remember him more than ever during this event."

In addition to the chefs converging for the competition, four Education Partners (Chef International Centre, Emirates Academy of Hospitality Management, International Centre for Culinary Arts and Richmonte Masterbaker) have committed to a full three day, free-of-charge programme, totaling 27 sessions for students and aspiring hospitality managers in a mock kitchen and classroom set up.

Joining them in the exhibition will be at least four other top educators and between them courses ranging from one day skills workshops to multiyear Bachelor and Masters degrees can be explored or signed up for.

Joanne Cook, CEO of Purple Kitchen Events and the organiser of ExpoCulinaire says, "The strategy of using our specialised platform to reach

catering professionals and buyers will grow year on year. If you want to meet the chef, pastry chef, baker and cook communities plus their senior management, ExpoCulinaire is a must."

She added, "Focusing on culinary art, competitions, skills, learning, training, products and equipment driven by the inspirational passion and creativity of chefs is certain to have a positive impact on the tourism industry. The tourism sector is crucial to Sharjah and to the UAE as a whole, we must continue to lead and to capture the imagination of the hospitality industry."

According to the World Travel and Tourism Council the direct contribution of UAE Travel & Tourism to GDP was AED69.1bn (USD18,825.6mn), 5.1% of total GDP in 2017 and is forecast to rise by 5.0% in 2018, and to rise by 4.1% pa, from 2018-2028, to AED108.4bn (USD29,527.2mn), 4.9% of total GDP in 2028. This ranks the UAE as 27th globally from 185 countries on the relative importance of Travel & Tourism's total contribution to GDP.

Chef Uwe says, "As a general competition it is similar to the previous years with 29 classes. The difference will be in the new ideas and new dishes that the chefs bring to the table. The biggest addition like I said is the education part because in the old home we didn't have space to grow.

"Everything was perfect but we could not expand any further and we all feel that education is very important for us to keep our industry booming. The young generation today needs a platform to see what opportunities are there because we have very good schools now in the UAE.

"The whole point of Salon Culinaire is to watch and learn. Winning medals is great but it's not the main reason why we do it. It is for the young chefs to learn.

"Sharjah will see chefs from six or seven different countries competing



I came here when the industry was very small. I was here from the beginning. I had good people around me. And my team worked very hard with me. It's not just about me. I am just a person who puts a team together and motivates them

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for the Alen Thong Coffee Pot Trophy. Young chefs can see what is happening and learn."

These numbers require strong culinary leaders on the ground that support the UAE's vision for growth and global recognition. Two such leaders are the Emirates Culinary Guild's Uwe Micheel and Andy Cuthbert. Here are their stories and how they have spend the last two decades inspiring UAE's young chefs to grow into global culinary leaders and to promote Emirati cuisine in everywhere possible, be it through bespoke restaurants or Guinness World Records. They have even ensured that the foundation is laid for UAE-based

chefs to bring back in excess of 50 medals (mostly Gold) from Culinary Olympics in Germany and Culinary World Cup in Luxembourg!

Here are their stories as we embark on a new path to keeping Emirates International Salon Culinaire a fixture on the world map.

CHEF UWE MICHEEL

*President, Emirates Culinary Guild
Assistant Vice President of Worldchefs
Director of Kitchens at Radisson Blu
Hotel Dubai Deira Creek*

Love him or hate him, you can't help but admire him. Chef Uwe Micheel has in his

career achieved more than what most Executive Chefs have dared to dream in a lifetime. Director of Kitchens at Radisson Blu, President of the Emirates Culinary Guild, Judge approved by the World Association of Chefs Societies, Author of a multiple Gourmand award-winning cookbooks, Coordinator for nine Guinness World Record feats, and arguably the face of the industry in the GCC, his achievements can fill up a directory.

Every chef worth his salt in this country knows who Chef Uwe Micheel is and there is hardly a culinary magazine on this side of the planet that has not featured him.

So what does a man have to do to reach this stature? Ask him and he humbly replies, "I came here when the industry was very small. I was here from the beginning. I had good people around me. And my team worked very hard with me. It's not just about me. I am just a person who puts a team together and motivates them."

Truth however runs far deeper. To know how he's reached this stage and to understand what keeps him going for more, you should understand where he comes from.

Chef Uwe does not hail from a family of superstar Chefs nor is he from a rich urban background with a fancy culinary degree. He was not even a well-built person during his childhood days. "I grew up on a farm milking cows and feeding farm animals. Until my teenage years I was quite small built and I wasn't playing outside with the other boys. In school I would opt for cooking with the girls rather than handicrafts with the boys. Even there I was smaller built than all the girls."

But he had one trump up his sleeve, which was hard work. Hard work was always Chef Uwe's ticket to success. He says, "My father was a farmer, who had to leave everything in Poland and move





From left to right: Joanne Cook, Andy Cuthbert, Josephine Cuthbert and Uwe Micheel. The four are leading the way for transitioning the Salon Culinare to Sharjah.

to Germany during the World War. So I understood the value of money, the value of food, the value of hard work. To reach a stature of consequence you have to come up the hard way."

At the age of 12 when he chose to help his mother with the cooking at home and when he chose the cooking classes over handicrafts, he had unwittingly carved a career for himself in the kitchen. He eventually did a two and a half year's apprenticeship as Restaurant Chef in Celler Hof boutique hotel in Celle city near Hanover.

"When I started my apprenticeship, I was able to cope with long working hours because of my experience on the farm. This worked to my advantage in the industry. I completed my apprenticeship six months in advance because of my hard work. I would accompany the senior chefs to purchase supplies while my peers relaxed during the break. It reached a point where even the seniors would relax as they knew I had the purchasing under control. I learnt a lot



It fills me with personal pride that I am involved with the start of this new era. I remember my mentor, our beloved coordinator Alen Thong and all he had taught me to prepare for this day. In 1991, Alen must have been feeling the way I do today

there. I never went to any high school or fancy hotel institute. I have learnt most of the things on my own and by watching others. I learned the hard way," says Chef Uwe.

Even though money was important for Chef Uwe, he says, "In the first 15 years of my career, I never asked about the salary. I would find out about my salary only when I received the contract. I used to focus on how the job would help me grow in my career and what the company would do for me in the long run."

Following the apprenticeship he worked at the Hotel Schwarzer Bock, which was founded in 1486 and is – as fate would have it – now currently operated under Radisson Blu management. He worked here in the pastry department because "it was something I had not learnt and wanted to learn". Chef Uwe then served two years in the army service as a chef in the officer restaurant.

He joined the InterContinental Hotels Group in 1981 in Germany and a year later he moved to the UK's Hyde Park London. He describes his 30-month stint in London as one of his best times. "We were the first hotel group to get the Michelin star outside of France. After winning the Michelin star I wanted to

go but my Chef did not allow me to leave. He promoted me to Chef de Partie Saucier and I stayed there a year longer. He wanted to prove that we did not get the Michelin star by accident."

They won the Michelin star again that year. However, Chef Uwe and three other key people left soon after and the place lost its Michelin star.

Chef Uwe made the move because he wanted to move to, of all places, Bahrain. Chef Uwe admits, "As a kid I made a long list of things I had to accomplish in this lifetime. Part of that was working in the Middle East and in the Far East." In Bahrain he joined the Intercontinental Regency's French fine-dining restaurant which at that time was one of the best restaurants in the Middle East.

"The hotel was having issues with quality rating at just 50% and the new executive chef asked Uwe to get it up to 75%. In less than three months, Chef Uwe had the rating at 80% prompting his Chef to promote him to Sous Chef. He worked there for over three years before moving to Korea. "I joined as member of the opening team for the InterContinental Seoul. The place opened for business just two weeks before the 1988 Olympics."

Three years later he got appointed as Executive Sous Chef for the opening of the Yokohama Grand InterContinental in Japan. Talking about his stint in Japan he says, "Things were so futuristic there. For example, before leaving for work I would just input how much water I wanted, at what temperature and what

music to be played when I am back at home. This was the normal environment there 22 years ago. My wife did not want to leave but I had come to the point where I couldn't do anything more. I had to move on. We open a hotel, it does well, we move on."

He worked there for three years before moving to Dubai in 1993 as Executive Chef for the Intercontinental Hotel in Dubai (now Radisson Blu Hotel Dubai Deira Creek) and has stayed here since. Ask him what makes him love this hotel so much and he says, "I am someone who grew up to respect family and loyalty. The company has been good to me and I have sacrificed a lot for the owner and the management. The success of this place with my team has been built over 15 years. I would never want to see it go.





The kitchen was always fun and my heart will always lie there. Working with the guys to do a good lunch service or a diner service, organising the work environment, I do miss that. Creating menus, creating dishes, teaching the guys, this is something I miss

I still have 30 per cent of my team which was with me 20 years ago. My Executive Sous Chef started as a Commis with me in 1995. There are a lot of guys still here who have grown along with me. Team work for me is pretty important."

Another reason Chef Uwe has refused tempting offers to move is because of his commitment to the Emirates

Culinary Guild, which his hotel supports. He joined the Emirates Culinary Guild in 1993, became the General Secretary in 1994, Chairman in 1996 and President since 1999. Today's Salon Culinaire and its scale is because of his hard work. In just two and a half decades, the competition has gone from 60 to over 1,000 chefs participants across various categories

and is one of the most prestigious regional chef competitions in the world. Tell him that and he gives credit to other senior members of the Guild.

Truth be told, Chef Uwe has spent a serious chunk of his free time towards the development of UAE's culinary scene. Be it organising local competitions, conducting training classes, organising funds to take young chefs from Dubai to international competitions, or just helping youngsters grow in their career, he has devoted a lot of his time and energy towards improving the lives of other Chefs.

While the fruits of his hard work are there for all to see and enjoy, he does admit to not giving his own family the time they deserved. "I used up a lot of my family time because of my projects, which they were not too happy about. With so many competitions, training sessions, you think it's the last one but you get motivated to keep going," he says.

ANDY CUTHBERT

*Chairman, Emirates Culinary Guild
Chairman, WorldChefs - Young Chef Development*

General Manager, Mina A Salam Hotel & C&I, Jumeirah Hospitality at Madinat Jumeirah

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

The thing is that the Australian, born and raised in Melbourne, dons many hats. So how does one man manage all of this? Or perhaps the more pertinent question would be, what is it about Andy that attracts powerful hospitality professionals to be their man to carry forward their dream projects?



The answer is simple.

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

People who have trained under him include, Ravi Nagi, the Executive Chef at Hilton Washington, Bonny Azarved, the Goan guy who is now Executive Sous Chef in the Fairmount in Bermuda, or Chef Lahori, who runs four restaurants in Chicago...by the way, did we mention Fredrick in Canada?

Way back in 1993 at the Hilton, he set-up an apprenticeship programme for the region when he was still working in the kitchen as a 30-year-old rising Chef. And the names we mentioned above are young people who had the opportunity of going through that apprenticeship.

So how did the hospitality industry find Andy Cuthbert?

"When I was 16, I asked my father if I could join him to be a motor mechanic and he said I don't think this is the right job for you," reveals Andy, adding, "He said find something else to do so I joined my cousin in his restaurant in Melbourne."

He refuses to divulge why his father dissuaded him. All he is willing to offer is that growing up, he was far from being the brightest kid at school.

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



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

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

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

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

He then moved into a hotel where he met a Czech named Vladimir. Vladimir is the man he thanks most for helping him in his career. He was a pastry chef and a hotelier who worked as a part time waiter in the restaurant as he was a refugee.

Andy's life story is filled with such anecdotes and if you ever do catch him

in person, his stories and his wit will have you smiling all the way.

Coming back to his career, Andy moved to the UK to learn the "classy ways of cooking from the European Chefs" and moved around the world before landing in Dubai in 1992. He started here as a Sous Chef at the Hilton Dubai Trade Centre and joined Jumeriah after it took over the management of the hotel in November 2000. This was two years after he had become Executive Chef. He stayed put another year before he was moved to the Emirates Towers in November 2001. "For 14 days there were big functions and as Executive Chef I was expected to help the other Executive Chefs of the hotel. In 10 days we had done 34,000 food covers including outside catering, the air show gala dinner at the royal pavilion, a wedding for 5,000 in Al Ain, the opening of a TV network and a huge conference on the creek in front of the Dubai Chamber of Commerce building that lasted nearly three days," says Andy.

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

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

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

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



**Nestlé
Golden
Chef's Hat
Award**



TRADERS' SECRET

Chef Lahiru Sandharuwan and Chef Kushan Wickramanayaka from Traders Hotel by Shangri-La Abu Dhabi are this month's competitors for the Golden Chef's Hat Award

Chef Shammi de Costa's two young and dynamic chefs are competing for season 7 of the Nestlé Professional Golden Chef's Hat Award. Here are their stories and recipes.

Chef Kushan Salkapala Wickramanayaka

Kushan Salkapala Wickramanayaka is a 25-year-old from Sri Lanka working as a Commis I at the Traders Hotel by Shangri-La in Abu Dhabi. He began his

career as an 18-year-old fresh out of school. He worked at a restaurant in Sri Lanka, which was owned by his brother's boss's son. "I had no culinary training but joined that property located close to Nigambore airport," he says.

While the start of his career was based on family connection, he soon took a liking to his new-found profession. Chef Kushan got himself a role in the country's capital city Colombo, at the Pegagus Hotel, and honed his craft over two years.

Having always wanted to work in the UAE, he finally got his break, but at a bakery. His biggest drawback was his inability to communicate. He worked on it but realised soon that his heart was fixed on working at a hotel. He went back to Sri Lanka and returned to Dubai only after he got his current opportunity to work for Traders Hotel in 2015.

In his current role, he works with the hotel's hot kitchen and cold kitchen. "Sometimes I assist the pastry kitchen



Lahiru Kanishka Sandaruwan



Kushan Salkapala Wickramanayaka



too when its busy," he says with a smile.

Talking of the competition he says, he has tried to create a classic dish – roast chicken with potatoes and mushroom sauce – using Nestle ingredients. The dish recipe may be simple but getting it right could mean a bronze medal. And that's what he has got for this dish already in the past at another competition.

Chef Kushan's family is just his mom and him. "My father passed away when I was small and in 2011 my brother passed away in an accident. I had to support my mom and that is how I ended up finding this career. It is to support her financially that has motivated me to come to Dubai."

Chef Kushan has no crazy future plans but is looking at steadily improving his skills as a chef.

He says, "I don't have the money to go to a culinary school and get a degree. I am here only because someone gave me a hand to get into this industry. I just want

to grow to be a better more successful chef, one step at a time."

He signs off saying, "I want to thank my chef Shammi because he is the one who gave me that support when no one else helped me. What I don't know, I get to learn here. I also want to thank Nestle for giving us this opportunity to showcase our skills.

Chef Lahiru Kanishka Sandaruwan

Chef Lahiru too is a 25-year-old from Sri Lanka and overlooks the pastry section. He says, "I was quite lucky. When I joined here, our pastries were produced at another Shangri-la property. Shammi de Costa, my executive chef, gave me his full support and allowed me to order everything that I needed (from ingredients to kitchen equipment) to bring the pastry production in-house. So, at such a young age I was able to understand how to set-up a pastry production and within a few months we were producing everything but the bread, in-house.

Chef Lahiru began his career by joining a hotel school recommended by his friend. After completing the two-and-a-half-year hotel management diploma, he chose to specialize in cookery by joining a hotel in Colombo as a trainee cook. "I was in the hot kitchen for six months and then my chef chose to move me to pastry. I spent six months each learning both pastry and bakery. Two years later, he joined an Anantara resort close to his village. "I learnt a lot about Italian desserts at their Italian restaurant where I worked for more than a year and a half."

His first opportunity in the UAE was with his current employer. "I am happy that I have lived up to the trust they placed in me."

In his personal life Chef Lahiru has an elder brother, who works in the private banking back in Sri Lanka, and his parents.

His dream is to be successful enough by having enough culinary knowledge that makes "me worthy of my chef jacket".



OVEN ROASTED CHICKEN WITH PAN SEARED FOIE GRAS AND MIX VEGETABLES WITH MUSHROOM SAUCE

Ingredients:

| | |
|-------------|-------|
| Chicken leg | 150g |
| Mushroom | 30g |
| Chicken jus | 100ml |
| Potato | 60g |
| Asparagus | 40g |

| | |
|-----------|-----|
| Carrot | 30g |
| Foie gras | 30g |
| Butter | 15g |
| Salt | 10g |
| Pepper | 10g |

Method

- ◆ Pre-heat the oven at 180°C. Season the chicken with salt and pepper, and place it in the oven for 10 minutes. When it's 75°C inside, remove the chicken from the oven.

MUSHROOM SAUCE

- ◆ Sauté the mushrooms and add chicken jus, salt and pepper for taste.

FOIE GRAS

- ◆ Pan fry the foie gras and cook it in the oven. Check foie gras seasoning

TURN POTATO

- ◆ Rub the potatoes with salt and cook it in an oven for 15 minutes at 180°C.

STEAMED CARROTS

- ◆ Steam the carrots at 80°C for 8 minutes

SAUTÉ ASPARAGUS

- ◆ Steam the asparagus and then sauté it with salt and butter.

SPECULOOS MOUSSE, NESTLE DARK CHOCOLATE, CHOCOLATE CRUMBLE, RED CURRANT GEL, SERVED WITH MIXED BERRY SORBET

CRÈME ANGLAISE

| | |
|--------------------|-------|
| Milk | 450 g |
| Nestle Heavy Cream | 75 g |
| Egg Yolks | 100 g |
| Sugar | 75 g |

Method

- ◆ In a medium sauce pot, place the milk and nestle heavy cream together and bring to boil, then add the egg yolks and sugar together, in a small mixing bowl and temper the hot milk and cream mixture into the yolks. While constantly whisking the mixture. The Crème Anglaise should become slightly thick.

SPECULOOS MOUSSE

| | |
|------------------|-------|
| Speculoos Butter | 475 g |
| Crème Anglaise | 300 g |

| | |
|--------------------|-------|
| White Chocolate | 25 g |
| Sheets of Gelatin | 3 nos |
| Nestle Heavy Cream | 375 g |

Method

- ◆ In a Large mixing bowl, add the speculoos butter and white chocolate. In a standing mixer, add 375 gr of Nestle heavy cream and whip until soft peaks. Add the anglaise to the speculoos and white chocolate, adding the previously hydrated gelatin and mix until well combined. Fold in the semi whipped cream to the speculoos and mold pvc tubes that are lined with



acetate. Place in the freezer, once frozen unmold and place in the refrigerator until ready to serve.

NESTLE DARK CHOCOLATE

| | |
|-----------------------|-------|
| Nestle Heavy Cream | 365 g |
| Glucose | 40 g |
| Nestle Milk Chocolate | 220 g |
| LM Pectin | 6 g |

Method

- ◆ In a small sauce pot, add 365 gr of heavy cream and bring to boil. Place the heavy cream in a blender and on low speed add the LM Pectin for about 2 to 3 minutes, until the mixture starts to thicken. Once the mixture thickens add the Nestle chocolate and the glucose, scraping the sides to make sure everything is well combined. Place the chocolate in a piping bag and pipe into PVC tubes lined with acetate. Place tubes in the freezer to harden. Once the tubes set, cut into 6 mm pieces and set aside, until ready for use.

MIXED BERRY SORBET

| | |
|------------|-------|
| Raspberry | 150 g |
| Blueberry | 150 g |
| Blackberry | 150 g |

| | |
|-------------------|-------|
| Strawberry | 150 g |
| Lemon Juice | 30 ml |
| Water | 1 ltr |
| Sugar | 150 g |
| Glucose Syrup | 275 g |
| Sorbet Stabilizer | 10 g |
| Citric Acid | 3 g |

Method

- ◆ In a medium sauce pot, combine all the berries together with the lemon juice and bring to boil. Once the berries come to a boil, place in a blender and blend on high speed, until it becomes a puree. Set aside and let cool. In a large sauce pot, bring together the cold water and sorbet stabilizer and whisk until incorporated. Continue to add the sugar, glucose syrup and citric acid and bring to a boil, while stirring periodically. Once the base has come to a boil, place in an ice bath to cool. Once cold add the mixed berry sorbet until combined and place in a container until ready to spin.

CHOCOLATE CRUMBLE

| | |
|--------------------|-------|
| Butter small Cubes | 300 g |
| Sugar | 260 g |
| Rye Flour | 375 g |
| Salt | 4 g |

| | |
|---------------------|-------|
| Nestle Cocoa Powder | 100 g |
|---------------------|-------|

Method

- ◆ Place all the ingredients into a food processor until sandy. Place the crumble on a full sheet pan, lined with a sheet of parchment paper, and place in the oven at 165c for about 16 minutes for rotating and stirring the crumble after 8 minutes, place on a speed rack. Once the crumble has cooled off, place in the food processor and slightly pulse the mixture until the big pieces have turned into sandy texture. Store in an air tight container.

RED CURRANT GEL

| | |
|-------------------|-------|
| Red Currant Puree | 500 g |
| Agar Agar | 5 g |
| Sugar | 50 g |

Method

- ◆ In a small sauce pot, combine all the ingredients and whisk until well combined. On a medium heat whisking constantly bring the mixture to boil. Once the mixture has come to a boil, place in a metal bowl and let cool. The mixture will become hard. Place into a blender until the mixture becomes a soft smooth gel. Store in the refrigerator.

March 2019 **Gulf Gourmet**





Chef Michel Miraton flanked by Chef Ray Jefferson Pugay and Chef Khem Raj Budathory at Bahi Ajman Palace.

VIVE LA FRANCE

Chef Michel Miraton is among the most well-known French faces in the culinary industry in the UAE. He's the Culinary Director at Faisal Holding's hotels and a senior member of the Emirates Culinary Guild

We recently caught up Chef Michel Miraton at Bahi Ajman Palace where he is busy restructuring the hotel's culinary offering. As he runs around busy with the operations, he looks at us and says, "My objective is to further build the stature of Bahi Ajman Palace Hotel and to make it a hospitality landmark in the emirate and beyond. We don't have an executive chef right now, so I have rolled up my sleeves and taken over that role to rebuild the property's culinary offering from scratch. We are doing everything from kitchen set-up to menu. Everything."

So what will be different? "We will offer a spectacular breakfast with vegan options and a range of teas, etc. Our food will be in line with what the guests of today are demanding," he says.

This is just an insight into the ideas he has for the demanding travellers from across Europe who make up for his usual guests. "I am currently overseeing culinary operations at three Coral Hotel properties including the ones in Sharjah and Beirut, as well as the Corp Amman Hotel. Very soon we are starting a Coral Hotel in Madinah, KSA as well."

And if you thought that was a crazy set of responsibilities to have on hand, he



With the Emirates Culinary Guild, I'm always helping with local competitions, I was part of the delegation where the UAE national teams – both senior and junior – were competing at the Culinary World Cup in Luxembourg

has not even begun. Outside of his work, he invests his precious spare time to the cause of the chef industry.

He says, "With the Emirates Culinary Guild, I'm always helping with local competitions, I was part of the delegation where the UAE national teams – both senior and junior – were competing at the Culinary World Cup in Luxembourg. My focus was to support them and the culinary artists at that global platform."

March 2019 **Gulf Gourmet**

"This year, I will be heading all the marshals and managing the 900 plus chefs competing at Salon Culinaire in Sharjah. As you know, Salon Culinaire will have a new home for the first time at ExpoCulinaire and I know it will be successful. It will be difficult, but it will be successful.

"I will be going beyond just being the head marshal. I have organised, with the hotel management, to offer rooms for the international judges flying in for Salon Culinaire."

As we watch him manage his team of chefs, it is evening and the Bahi Ajman Palace terrace is abuzz with its shisha offering. "This is on all nights from the 5 pm to 2 am. We have the sushi place and Thai food for which we have a Thai chef and sushi chef. We have a great place and facility for those who are here for the sun and a relaxed time in a resort ambience," says Chef Miraton.

Chef Miraton's story is an amazing one. Among a sea of chefs he stands out.

If travel is the best teacher, Chef Michel Miraton has had one helluva education. Bitten by wanderlust at an early age, he travelled far and wide, notching up not just air miles but also valuable insights into the diverse world of food. Here's his story.

You'd think a native of France would never leave the comfort of his scenic country and his rich culture to explore an alien territory. But that's exactly what Chef Michel did - head for Jeddah in Saudi Arabia at the age of 22 years, when most people are just about testing their wings.

"I was born in Chamalieres in France. My parents had a shop and a farm. My brother is also a Chef and that's where my interest began I guess," says the 56-year-old Frenchman.

His culinary journey began at the age of 16, interning at La Belle Meuniere Hotel restaurant in Royat-les-Bains in France. The year was 1973.

A couple of years later, Chef Michel moved on to bigger hotels in his native country.

Then came an opportunity in Jeddah and he took the proverbial plunge when hotel Le Meridien offered him the position of



I will be going beyond just being the head marshal. I have organised, with the hotel management, to offer rooms for the international judges flying in for Salon Culinaire

Sous Chef. "I learnt a lot in Saudi. I was lucky to have a good chef to learn from. Because I was young, I also found it easy to adjust to the culture. Now, I really like Saudi Arabia," he says.

The travel bug bit again and Chef Michel headed for Cairo in Egypt to work at the Le Meridien as the Executive Sous Chef. Staying with the Le Meridien, he spent the next few years in Damascus in Syria, Saint Denis of la Reunion in the French Island, Seychelles and then Abu Dhabi. In the period, he went from being an Executive Sous Chef to the Executive Chef.

According to Chef Michel, the biggest break of his career came in 1995, when he moved to China. He joined the Holiday Inn Hotel in Beijing. "My first year in China was very difficult. I found it so hard to adjust to the culture and the language. But it was my biggest challenge and I would say a huge achievement. I spent a good seven years in China!"

Chef Michel's first stay in China lasted five years. Of all the places he has worked in, he admits Beijing is so far his favourite. "I like Asia and the Asians - Thailand, Indonesia, Vietnam, Hong Kong, Shanghai. I built good memories in these places."

Chef Michel took a break from China in 2000, going back to Le Meridien for the opening of a hotel in Sharm El Sheikh in Egypt.

He, however, could not stay away from China, going back to Beijing in 2001 to handle the affairs at Jianguo Hotel Beijing's restaurant, The Justine's. "Unfortunately, I had to leave China eventually because the outbreak of SARS (severe acute respiratory syndrome) led to major non-occupancies at the hotel. It was tough for me because I loved working and living in Beijing."

Life then took him to Morocco and Nigeria. In 2005, Chef Michel found his



way into the UAE with a job at the Coral International Hotel. Since then, he has been heading the food and beverages function at the hotel.

All that globe-trotting can't have been easy on Chef Michel's family. "I met my wife on a vacation to France and married her within two months of knowing her. At the time, I told her that travelling and my job are very important to me. We've now been married for more than three decades. So I guess she didn't mind the lifestyle I chose," he laughs.

The couple has a son, who is now 31 years old and is in the construction industry in France. Was it disappointing that his son didn't become a Chef too?

"My son didn't follow my footsteps but he's a very good cook. He's as good a cook as I am. He never eats at fast food chains. He brings fresh foods from the supermarket and cooks his own meals. I

am proud of that," Chef Michel smiles.

He believes that passion for food is the first quality that an aspiring Chef must have. "If you don't like food, you can forget about being a Chef. You can't walk into a kitchen and cook without having the sense and the taste of food."

Like many senior hands in the industry, Chef Michel rues the shortage of real talent these days. "The work hours are long, you have to work on holidays and you get to take few vacations. All this means you have to be really passionate about the job. It's become very difficult to find good hands these days," he says.

For those who want to follow his footsteps, he has some words of wisdom. "Stay humble and learn from wherever you can. Explore the world."

Sage advice, that. Look where the miles took the Frenchman on wanderlust.

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.

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

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|----------------------------|-----|
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| | |
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| ▶ United Kingdom | 1% |
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| | |
|--------------------------------------|-----|
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| ▶ 3/4-star Hotels | 19% |
| ▶ Independent Restaurants (Elite) | 18% |
| ▶ Independent Restaurants (Standard) | 12% |
| ▶ Food Industry Suppliers | 3% |
| ▶ Large & Medium Food Retailers | 2% |



gulf
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From left to right: Aquin George, Editor, Gulf Gourmet; Mahav Rao, CIO of Lulu Group International; Nick Papagregoriou, Zone President and Global Consumer Insights, Nielsen; and Bernhard Heiden, Creative Director, Interstore

Food Innovation Summit

Industry leaders converge in Dubai to discuss the ideal way forward

The Gulfood Innovation Summit held on the sidelines of Gulfood last month saw many interesting conversations on how the industry needs to move forward. Aquin George, the Editor of this publication, was part of the speaker line-up moderating two of the biggest panel discussions during the summit. Gulf Gourmet is the exclusive official chef's magazine at Gulfood.

Aquin discussed the topic of 'Revolutionizing Retail for the Changing Consumer' with Mahav Rao, CIO of Lulu Group International; Nick Papagregoriou, Zone President and Global Consumer Insights, Nielsen; and Bernhard Heiden, Creative Director, Interstore. The conversation saw the panellists elucidate on how retail is changing in the region and whether it compares favourably to the West.

The audience got to hear about retail trends coming soon that will improve their shopping experience. Another point of discussion was how online and offline have come together to be a cohesive part of the consumer experience, while also deliberating on the future challenges given the rapid change in the way people use technology. Clearly the big awareness point for the evening



Aquin with Kedar Kulkarni, Regional Director - Online Ordering, Zomato; Atif Rafiq, CEO & Co-founder, Qafila

was the role of data in today's retail landscape and working with existing laws around data privacy.

During the second panel discussion, Aquin navigated the topic of 'Online Platforms and Impact on Food Delivery Channels' with Kedar Kulkarni, Regional Director - Online Ordering, Zomato; Atif Rafiq, CEO & Co-founder, Qafila; Hamza Nihal, Research Manager, OZCO; and Nader Amiri, Founder, El Grocer. With four unique perspectives on online delivery mechanisms – from restaurant delivery to delivery of groceries, and from B2B (first-mile and mid-mile) logistics delivery to research numbers on KSA adoption, the panellists had first hand knowledge of market disruption through technology.

Rafiq spoke about the way they were disrupting foodservice logistics and freight through its award-winning online platform incubation. Kulkarni, who heads the US\$2.2 billion unicorn in the region talked about how they were ramping up their last mile delivery efforts for restaurants to get to consumers. Amiri too talked about being able to successfully compete when you have so many traditional competitors in this space, while Nihal elaborated on his research figures from KSA in response to the panel's topic on online delivery platforms. With a 25% y-o-y jump in adoption each year, the way you will buy and consume food will be interesting to see in the long term.



Guild meet

Chef Rani Moussa and Signature Hotels team hosted the February meeting of the Emirates Culinary Guild. The main points of discussion was this month's Salon Culinaire and the chef competitions that our teams will appear for in the first half of this year. Alongside scores of chefs were the Guild's corporate partners that took the opportunity to showcase their new products and network with the decision makers. Here are images from the meet.



March 2019 **Gulf Gourmet**

SINGAPORE CALLING!

Chef Savio D'souza and Chef Baburam Bushal of Mövenpick Hotel Jumeirah Beach are winners of Nestle Professional Golden Chef's Hat Award UAE – Season 6 organised by Gulf Gourmet magazine

Chef Savio D'Souza's melt-in-the-mouth pastry dish and Chef Baburam Bushal's delectable protein made using Nestle Professional ingredients were the talk of the evening at the ICCA Dubai. It was so good, they won the top prize of an all-expenses-paid trip to the Superfood Asia Show in Singapore.

The edged out the teams of Chef Ahmed El Gamal with Chef Lahiru Senarathne and Chef Ramakanth Choudhary with Chef Raghu Prasad, who won the first and second runner-up spots.

All participants received certificates from Sara Nasreddine, Food Business Manager, Nestle Professional Middle East; Uwe Micheel, President, Emirates Culinary Guild; and Ibrahim Baydoun, Assistant Brand Manager – Savoury Solutions, Nestle Professional Middle East.

The teams were judged by a panel put together by the Emirates Culinary Guild headed by Chef Uwe Micheel. The judges for the finals were:

- ♦ Atim Suyatim – Head Judge
- ♦ Mohammad Ghazzaewi – Nestle Professional
- ♦ Bilal Saleh – Time Keeper
- ♦ Dmiry Said
- ♦ Haytham el Sayed
- ♦ Peter Boos – Pastry Head Judge
- ♦ Ismail Mohammed
- ♦ Wayne Gebhardt
- ♦ Neil Ranasinghe – Main course lead judge
- ♦ Vinod Nair – ICCA
- ♦ Dilantha Asela
- ♦ Edward Clegg

The eight finalist teams probably began work on this competition more than a year ago. Over 80 chefs sent in their recipes throughout last year and 20 teams were selected and featured in this magazine before the finalists were selected.

The eight teams comprising two young chefs each were given a range of Nestle Professional products (both savoury and sweet) and 90 minutes at the ICCA Dubai. They had to use the time to create four plates each of a main course and a dessert.

These were the eight teams chosen based on the recipes featured in the magazine in 2017 by Chefs Helen Morris, Mohammed Ghazawi, Amro Al Yassin and Suresh Babu.

A big thank you to the Emirates Culinary Guild for the judging panel and the ICCA Dubai for the spectacular venue.

The Nestle Professional Golden Chef's Hat Award is currently running its seventh season in the UAE and is open for entries. To take part, contact Amaresh Bhaskaran on 050-4568161 or email amaresh@gulfgourmet.net



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The Nestlé Professional Team



March 2019 **Gulf Gourmet**





March 2019 Gulf Gourmet



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



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,



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).
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



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

1. The Emirates Salon Culinaire will be held during the Expo Culinaire from March 4th to March 6th 2019.
2. The venue is at the Expo Centre Sharjah
3. The entrance fee for single entries is Dhs.100 (AED. One Hundred) per person per class, unless otherwise stated in the Rules and Regulations or the Class Briefs.
4. The fee for entry to the trophy classes is as follows:
 - i. **Best Cuisinier – The Emirates Salon Culinaire-Dubai 2019 – AED:500/- per person**
 - ii. **Best Pastry Chef – The Emirates Salon Culinaire-Dubai 2019 – AED:400/- per person**
 - iii. **Best Artist – The Emirates Salon Culinaire-Dubai 2019 – AED:500/- per person**
 - iv. **Best Arab National – The Emirates Salon Culinaire-Dubai 2019 – AED:300/- per person**
 - v. **Young Chef of the Year – The Emirates Salon Culinaire Dubai 2019 AED: 500/- per person**

CLOSING DATE:

5. 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:

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

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

BEST PASTRY CHEF:

- i. **Class # 01. Practical Cake Decoration**
- ii. **Class # 03. Four Plates of Dessert**
- iii. **Class # 06. Friandises, Petites Four**

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

BEST ARTIST:

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

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

BEST ARAB NATIONAL

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

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

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

Competitors will not be competing against each other: rather, they will be striving to reach the best possible standard.

The judges will then apportion marks that accord with their perception of the standard reached. The competitor will then receive an award commensurate with his/her points tally for the class.

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

The scaling for awards in all classes is as follows:

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



Corporate and Establishment Trophies

The corporate and establishment trophies available are:

Best Effort by an Individual Establishment – The Emirates Salon Culinaire

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

Best Effort by a Corporation – The Emirates Salon Culinaire

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

Point Value of each Medal Won

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

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



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 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



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ROHIT BASSI



The song by Mike and The Mechanics called Living Years has a wonderful line. It says, "You can listen as well as you hear". This line sums one of the crucial qualities of executive presence.

Leaders with a high sense of executive presence can command attention, project confidence and are heard above others. When people with executive presence enter a room, others recognise their leadership before they have even spoken. Executive presence is not simply about being confident and shouting louder than others, though. Emotional intelligence, including the art of listening, is a key trait.

Going back to the line, "you can listen as well as you hear" has a very profound meaning. It reminds me of the Chinese symbol for hearing, or shall I say listening. The symbol is made up of six distinct words. Only when these six words are integrated it describes what we call in English compassionate, empathic active listening.

You can read more about these six words on rwwleadership.wordpress.com. Here is a condensed version for this column:

- ♦ **You:** When others are talking, you as the listener play an equal role for the communication to be effective. If you are not playing your part, the message could get lost.
- ♦ **Eyes:** Listen with your eyes. Maintain eye contact as you listen, observe the physiology and body language of the speaker. You will pick up on so much more that is being communicated as you become more observant and interested in the speaker.
- ♦ **Undivided Attention:** Give the speaker your undivided attention. Don't become distracted by other people or by technology.
- ♦ **Heart:** Listen with your heart, be open to their opinion and their logic even if it differs from yours. Take time to understand their viewpoint before responding.
- ♦ **King:** Treat the speaker like royalty. Imagine that they are the most important person in the world and give them the respect and attention that they deserve.

- ♦ **Ear:** Finally listen with your ear. Take time to listen to the exact words, phrases and tone of the communication.

So, you are not just hearing the voice, you are actually listening to the body language and feelings of the person as well.

Are you a compassionate listener? Do you maintain eye contact and observe body language when listening? This is required to become an amazing leader.

Here are three quotes that further explain why great listening is crucial to executive presence:

- ♦ **Success Through Others** - "Most of the successful people I've known are the ones who do more listening than talking." - Bernard Baruch, American financier and presidential advisor
- ♦ **Give Full Attention** - "Most people do not listen with the intent to understand; they listen with the intent to reply." Stephen R. Covey - author, 'The 7 Habits of Highly Effective People'.
- ♦ **Practise Openness** - "Be prepared to listen in full even if you don't agree. You will have your opportunity to reply. So, listen, the way you would expect them to listen to you."

To conclude Epictetus was a Greek Stoic philosopher and he had a great lesson for us on executive presence. He was born a slave at Hierapolis, Phrygia and lived in Rome until his banishment when he went to Nicopolis in north-western Greece for the rest of his life. Epictetus taught that philosophy is a way of life and not just a theoretical discipline. One of his greatest quotes which is so much relevant in this day and age is "we have two ears and one mouth so that we can listen twice as much as we speak".

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



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