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MARCH 2020

**gulf**

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# gourmet

THE MAGAZINE CHEFS LOVE TO READ

volume 15, issue 3



## THE SURVIVOR

From waiting tables to managing a team of over 200 staff, Chef **Neil Ranasinghe's** extraordinary journey is both inspiring and humbling

### ABU DHABI FIRST

Interview with Chef **Shammi De Costa** of Traders Hotel Qaryat Al Beri by Shangri-La



### THAT'S SWEET

Meet Al Raha Beach Hotel's long-time Executive Pastry Chef **Yasser Omar Bebers**



### YOUNG CHEFS

Westin Abu Dhabi and Caesars Bluewaters Dubai battle for the Golden Chef's Hat Award







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# president's station

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Dear fellow chefs, ladies and gentlemen,

Welcome to the March issue of our Gulf Gourmet, the special issue for our International Salon Culinaire 2020. I hope you all make the time to come see us at Expo Culinaire in Sharjah. Following the great success of 2019, the show this year is bigger and better.

I would like to thank all our partners. Nestle Professional and IFFCO continue to be our key partners. US Meat, USPEEC, Masterbaker and Barakat Quality Plus are our multi-class sponsors. Mitras – Magenta, H.K. Enterprises, Arla, Ginox, Welbilt, Ecolab, HUG and Tastecraft, round up our major supporters.

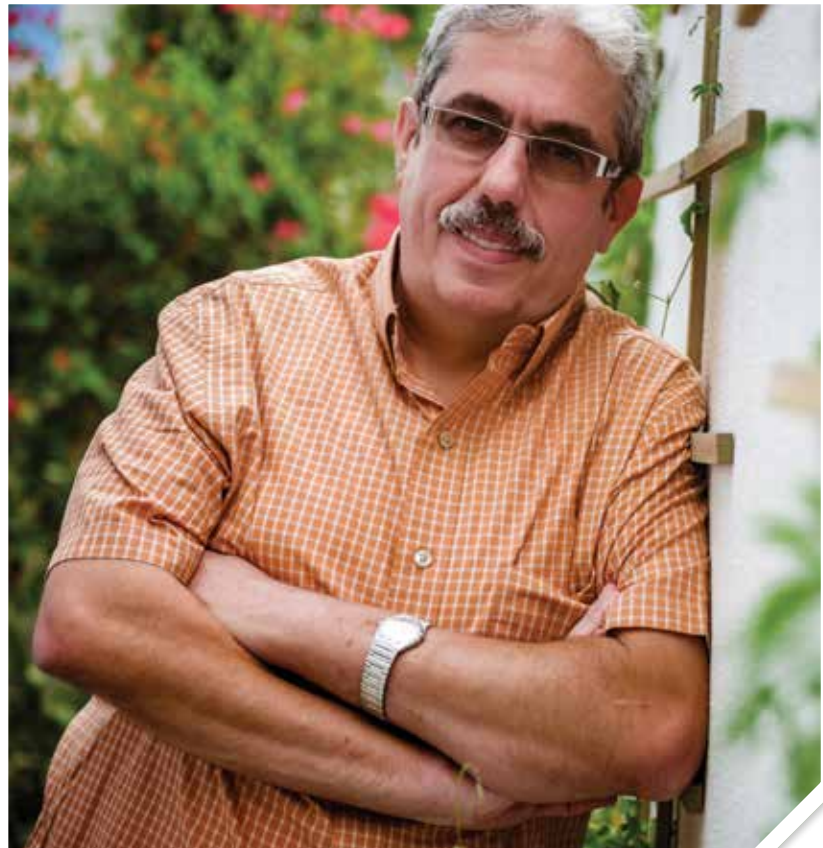
Do not miss the Education Area. Our education partners and sponsors have put together a great program that's not to be missed.

Of course a big thank you goes out to Joanne Cook and the Purple Kitchen team, as well as to all the Marshals and Judges, led again by the one and only Chef Otto Weibel.

**My biggest THANK YOU goes to all competitors, their trainers, coaches and employers for supporting them – "DANKE" – "Thank You" – "Merci" – "Shukran"**

Now, a big Mabrook to our Culinary Team who have just returned from the Culinary Olympics in Stuttgart, Germany. The team did great, and we returned with 21 Gold, 16 silver and 8 Bronze medals! A fantastic result – Mabrook – well done to the Team.

Thank you to the Coaches and Team Supporters Alanah, Mario, Thomas Haller, Norbert Girth, Jagoda, Thushara, Majed, Karl Heinz Ney, Steven Peters and of course thank you to our Chairman Andy Cuthbert, without your endless work and support this would not be possible. Shukran to the ladies, Josephine, Jovelle and Dulce, the team is grateful for your work for UAE Chefs.



I would also like to thank our hosts in Germany, Peter Kramer and his Team from the Erickson Hotel, you were the perfect host. You made us feel at home, true hospitality.

**Also Big Thank You to Chef JÜrgen Lahaan and the Stadthalle Team for Sharing your Kitchen with us and our friends from Sri Lanka and Maldives. Not to forget "Wolfi" Wolfgang Kote who was there for us 24/7.**

Please visit [www.gulfgourmet.net](http://www.gulfgourmet.net) to browse through previous issue of this magazines. Visit [www.emiratesculinaryguild.net](http://www.emiratesculinaryguild.net) to see our upcoming events calendar. And visit [www.facebook.com/wacsyoungchefs](https://www.facebook.com/wacsyoungchefs) for

young chefs to be in contact with over 4,000 chefs worldwide.

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

Thank you to Chef Girish Babu and the Media One Hotel Team for hosting the February meeting.

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

March 2020 *Gulf Gourmet*

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# editor'snote

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This special edition of Gulf Gourmet for Salon Culinaire is our most popular issue of the magazine each year. This is thanks to double the readership generated from thousands of extra copies that we print and deliver to chefs converging at the event. Held every year at Expo Culinaire in Sharjah, the Salon Culinaire is the world's largest annual single-entry chef competition. Yes, you read that right.

Our partners such as Nestle Professional, Arla Pro, and Emirates Snack Foods use this opportunity to not just reach chefs but to also find ways to enhance the careers of professional chefs and elevate the status of the culinary industry. From young chefs to pastry chefs, we work with leading food brands to make a targeted impact that cannot be matched even by social media.

Years ago, a young chef who worked with Chef Uwe and competed in our Nestle Professional Golden Chefs Hat Award, is now representing Team Canada. He and his team were in the top ten world teams that went to Stuttgart Germany for the 100th anniversary of the Culinary Olympics last month. I met him in Toronto at his workplace for a cuppa and it was amazing how the young lad is now the face of an international team. Today, he is a leading decision maker and influencer, but the one thing he hasn't forgotten are the brands that helped him get there.

There are scores of such success stories over the past few years thanks to this magazine and its supporters and you will see more of them (maybe even in this issue) who will go on to make great strides in the near future.

If you are a foodservice company in the region and are looking for targeted reach to decision makers



and influencers in this sector, you are literally holding the channel in your hands. Make sure you support this chefs magazine to keep creating more such success stories. Success of chefs is the only way forward for the success of foodservice companies such as yours.

This issue has great stories of young and senior chefs from around the UAE and beyond. It has the full list of rules and regulations printed exclusively for the thousand plus chefs competing at the Salon Culinaire this month. We will bring you full coverage from Salon Culinaire as well as the fantastic medal haul by UAE chefs at last month's Culinary Olympics in our next issue.

Finally, I want to congratulate Chef Uwe Micheel for his cookbook 'Flavours of Dubai' being selected as the Best of the Best in 25 years by the World Gourmand Awards jury. As the editor and publisher on that masterpiece dedicated to Emirati cuisine, I can only thank Chef Uwe for the opportunity.

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

**Aquin George**  
Editor

## CREDITS

<b>THE EMIRATES CULINARY GUILD</b>	<b>President</b> Uwe Micheel <b>Phone</b> +971 4 340 3128 <b>Fax</b> +971 4 347 3742 <b>Email</b> <a href="mailto:theguild@eim.ae">theguild@eim.ae</a>
<b>EDITORIAL</b>	<b>Editor &amp; Publisher</b> Aquin George <b>Phone</b> +971 58 629 1227 <b>Email</b> <a href="mailto:editor@gulfgourmet.net">editor@gulfgourmet.net</a> <b>Associate Publisher</b> Amaresh Bhaskaran <b>Phone</b> +971 50 456 8161 <b>Email</b> <a href="mailto:amaresh@gulfgourmet.net">amaresh@gulfgourmet.net</a>
<b>IMAGES</b>	<b>Photo Editor</b> Amaresh Bhaskaran Anne Preussel Atim Suyatim
<b>CONTRIBUTORS</b>	Vattacan Inc Samaneh Naseri Pandey K
<b>ADVERTISING</b>	<b>Advertising Rep:</b> ALTA VERBA FZ-LLC <b>Sales &amp; Mktg.</b> Andrew Williams <b>Phone</b> +971 4 267 6306 <b>Email</b> <a href="mailto:advertise@gulfgourmet.net">advertise@gulfgourmet.net</a>
<b>DESIGN</b>	<b>Art Director</b> Vahiju PC <b>Graphic Designer</b> Natalie King
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March 2020 **Gulf Gourmet**

# friends of the guild



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## newsbites

# UAE Enjoys Huge Success at Culinary Olympics as MegaChef Competition and Expo Returns to Sharjah

The world's largest annual single-entry chef competition, the 23rd Emirates International Salon Culinaire, will return from March 3-5 at Expo Centre Sharjah. His Excellency Abdullah Sultan Al Owais, Chairman of Sharjah Chamber of Commerce & Industry (SCCI) will inaugurate the event at 11am on March 3rd.

The Emirates International Salon Culinaire is an annual event endorsed by WorldChefs and has strong support from many sponsors including Nestle and IFFCO for the 30 different categories (increased from 29 last year) which are judged and awarded according to the global standards of experienced masterchefs.

Competitors are awarded with Gold, Silver or Bronze accreditation after detailed judging and feedback. Fresh off the plane from Stuttgart Germany, Chef Uwe Micheel, President of Emirates Culinary Guild, Assistant Vice President of WorldChefs and Director of Kitchens at Radisson Blu Hotel Dubai Deira Creek has just returned from the Culinary Olympics where the UAE Team impressively won 21 Gold, 16 Silver, and 8 Bronze medals and a Diploma.

"The UAE has shown that our talents can challenge the best in the culinary world. The Olympics runs every 4 years and this was the 100th anniversary of this incredible gathering. To lead such a young team and be rewarded with so much recognition from the international culinary community, is very rewarding personally and professionally, I have dreamed of this moment for many years as President of the Guild for the past 20 years. It was with pride to fly the UAE flag high," said Chef Uwe.

"Now we turn to ensuring that global benchmarks continue to be passed on to our own Emirates International Salon Culinaire competitors in ExpoCulinaire 2020. This helps to underpin the strength and variety of talent in the UAE HoReCa and Hospitality sectors," he continued.

"The team has made us proud as a country and Culinary association for showing the quality the Emirates can do," said Guild Chairman Andy Cuthbert, General Manager Jumeirah Creekside Hotel and Madinat Conference Centre, when asked about how he felt the competition contributed to the Emirates' Hospitality landscape.

"The young chefs can be very proud of their achievement in Germany," he added. The tourism and hospitality industry has established itself as a major amplifier of economic diversity in the UAE. It has been projected that the travel and tourism industry and according to government projections will contribute approximately AED312.4 billion to the UAE's GDP by 2027. A reflection of the above is the incredible 70% growth in size and company participation on only its 2nd year.

"Sharjah continues to support the HoReCa sector and this year we welcome a pavilion powered by the SCCI. The Chamber and Expo Centre Sharjah clearly want to see businesses grow and these active steps mean that Sharjah based companies will be sure to benefit directly," commented Joanne Cook, CEO of Purple Kitchen Events and Organizer of ExpoCulinaire.

"All things kitchen – competition, art, education, demonstrations, products and services under one roof is the combination our attendees want to experience. ExpoCulinaire is already proving itself as the first choice for companies who want to meet their end users," she added.





## Chef Rober is Executive Chef

**F**airmont Ajman, the 252-key luxury beachfront resort, has appointed Rober Salloum as Executive Chef.

The Syrian national has seen his career grow rapidly over the past 24 years thanks to his focus on innovative and high-quality Arabic cuisine. In his new role, he will oversee Fairmont Ajman's seven food and beverage outlets including the award-winning Turkish restaurant Kiyi and the Italian restaurant, Gioia.

His career milestones include three promotions in six years at the Burj Al Arab followed by senior culinary positions at Fairmont The Palm and Fairmont Fujairah. One of Rober's greatest achievement in Fujairah was to source fresh oysters from the Dibba Oyster Farm, becoming the UAE's first hotel to use locally sourced oysters, resulting in an overwhelming success for the farm.



## HostMilano and Tuttofood going big in 2021

**O**ver 1,200 companies have already registered for 2021 editions of HostMilano and TuttoFood. Given that there are nearly two years to the kick-off of the new editions, the numbers are already higher than they were in the last editions said organizers Fiera Milano.

821 companies are currently registered

for the top event in the HoReCa sector, 371 of which are foreign, with a country ranking that sees Spain, Germany, France, United States, Netherlands, UK, Greece and Portugal, in order of importance. Similarly, in just over 16 months after its inauguration, 400 Italian and international companies are already registered for Tuttofood.

## St. Regis Saadiyat has two new chefs

**M**ichael Gremer has joined The St. Regis Saadiyat Island Resort in Abu Dhabi as Executive Chef. The 51-year-old German brings over two decades of culinary expertise and is responsible for boosting the gastronomic experiences at the property. Chef Michael previously worked at hotels in China, Indonesia, Malaysia,

Singapore, Thailand and Taiwan and has experienced pre-openings and renovations in the US and Australia.

Hamza Ghazi Al Durdang has joined the team as a Pastry Chef. He has 15 years' experience in creating culinary masterpieces in Jordan, UAE and most recently India. Chef Hamza specializes in chocolate creations and sugar arts.



Michael Gremer



Hamza Ghazi



## Emirati cookbook wins 'Best in 25 years' title

Chef Uwe Micheel's tribute to Emirati cuisine, 'Flavours of Dubai', which won the best cookbook by a Chef at the World Gourmand awards a couple of years ago, has now added another feather to its cap.

The book is now among 17 chef-authored books to be selected 'Best of The Best in 25 years' by the World Gourmand Awards jury. The jury went through thousands of cookbooks published between 1995 and 2020 to select this list of 17 premium cookbooks by a chef author.

Chef Uwe's masterpiece is the only book from the Middle East and Africa region to be selected in its category. Almost all others are books published in western countries.

Congratulations Chef Uwe for once again putting Dubai and Emirati cuisine on the global culinary map!



## Culinary Seminar in the UAE

Meet the superstar culinary instructors tasked with conducting the Salon Culinare competition seminar on March 2.

Chef Gert Klötzke from Sweden has a passion for his national culinary heritage and is famous for his modern interpretation of the traditional Smörgåsbord. Chef Klötzke held a position as professor of gastronomy at the University of Umeå, Sweden and is today an honorary Doctor. He was the team manager of the Culinary Team Sweden from 1992 to 2004, winning the Culinary Olympics in 2000 and 2004 as well as the Culinary World Cup in 2002.

Since 2013 he holds the position of

Chairman of the WACS World Chefs Culinary Competition Committee and since 2002 the culinary advisor to the Nobel Banquet Dinner in Stockholm organized in December every year.

Joining him is Chef Gilles Renusson, the Professor Pasty Chef at the Secchia Institute for Culinary Education at Grand Rapids Community College in Michigan. Chef Gilles is a Pastry Advisor for the Culinary Competition Committee of WorldChefs, and is President of Club Coupe du Monde U.S.A.

Ten years ago, he created the Pastry Competition Judging seminar for WorldChefs and has presented it around the world.



**Gert Klötzke**



**Gilles Renusson**



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# COLOMBO TO DUBAI VIA ROME

Meet **Shammi De Costa**, the dynamic culinary leader at the Traders Hotel Qaryat Al Beri, Abu Dhabi by Shangri-La

March 2020 **Gulf Gourmet**

**C**hef Shammi has blended spicy Sri Lankan fare with wholesome Italian flavours to tantalize the most discerning palates for over 19 years. From menu engineering to developing recipes and

implementing new dining concepts, he has done it all.

The global traveler by chance and the culinary tastemaker by choice talk to Gulf Gourmet about what makes him tick. Here are excerpts from the interview.

#### Could you tell us about your childhood?

I was born in Colombo and completed my primary education in Sri Lanka. Memories of growing up in Sri Lanka with my cousins and friends were wonderful as I'm the only child in the family. After primary education in Sri Lanka, I moved to Italy with my parents. Growing up in Italy exposed me to a different lifestyle and I learnt Italian as a second language. I completed my higher education and apprenticeship in Rome.

#### Why did you choose to become a chef?

Cooking has always been my passion. Though I didn't have any family background related to cooking, I always loved it. I studied about culinary in Italy and Singapore while doing many internships between standalone restaurants and chain hotel groups.

#### How were the early years as a chef?

Challenges are there in any industry, but if you are passionate and have perseverance, you will somehow achieve your goals. I started my career from the scratch as a Commis and life wasn't easy in the early stages.

I remember the time I had to peel kilos of artichokes where my fingers would bleed at one point, or the time where a head chef would scream and throw plates around the kitchen when a kitchen staff messes up the



job. Culinary scene in Italy was harsh but very instrumental for one's future career. Late nights, long hours, smoking were part of the job too.

#### Tell us about your journey to this position

I always believe in having strong knowledge of each position held before I move to the next step. This made me work very hard to gain the best knowledge and skills required in each role I had in the past.

After my initial culinary studies and apprenticeship in Italy, I moved to Singapore for further studies while working at Mandarin Oriental and Shangri-La Singapore. Once I graduated, I got the opportunity to join Shanghai-La Rasa Sayang Resort in Malaysia as a junior Sous chef. It was a good opportunity for me to put my theoretical knowledge into practice.

From there I joined Atlantis the Palm Dubai's pre-opening team as a Sous Chef. After setting-up and opening in Dubai, I got an opportunity to join the pre-opening team of Shangri-La Maldives as Chef de Cuisine, where I stepped up in my career to a higher management role. After four years in the Maldives, I moved to Abu Dhabi with

Traders Hotel Qaryat Al Beri Abu Dhabi as the Executive Sous chef.

It was a good time, where hotel made its mark as a dining destination before I moved to Oman with Shangri-La Barr Al Jissah resort. Oman was a challenging role with various large outlets and a hotel which was at high in occupancies throughout the year. Here I gathered new experiences and was able to setup new concepts before moving back to Traders Abu Dhabi.

#### What are the challenges of being an Executive Chef?

As an Executive chef you should be hands on daily activities as well as what's happening in the culinary world. It's an evolving industry and if you are not up to date then you are not able to keep up with the trends to deliver the best culinary experiences.

#### Tell us about your current role.

Traders Hotel Qaryat Al Beri, Abu Dhabi is where I'm currently based. As part of the Shangri-La group of hotels we deliver the best culinary experience you can get in the city of Abu Dhabi with delicious food and great ambience at an affordable price.

My role entails ensuring highest guest satisfaction while managing profit lines. In addition I train young chefs to participate in various culinary competitions in the region and recently we bagged the Best Cuisinier Middle East award at SIAL 2019.

#### What is your advice to young chefs?

Be passionate. Always set goals in life and have a clear vision of what you want to achieve. The road to this is not easy or smooth but with the "never give up" attitude you can achieve your goals.

#### Tell us about your family?

My wife too is a hotelier and we met in the Maldives. She is the Director of Sales at Palazzo Versace Dubai and my six-year-old daughter studies in Abu Dhabi. We are a foodie family and love traveling.





I always believe in having strong knowledge of each position held before I move to the next step. This made me work very hard to gain the best knowledge and skills required in each role I had in the past





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# NOT BUILT IN A DAY

Caesars Bluewaters Dubai is this month's challenger for Season 8 of Nestle Professional Golden Chefs Hat Award

**T**his month's competitors are two young men from India's two prominent cities. Both found their calling by accident and have since given it their best to make a name for themselves in the culinary field.

## Chef Sagar Thakur

Chef Sagar from Mumbai, India says he originally wanted to be an army officer. "I had prepared for it since childhood." When the time came, the army did not find him physically built for it. Add to it, he was not exceptional at studies. "I knew I could neither be an army officer nor an engineer or doctor." And that's how hotel management found him.

On his first day at hotel school in Ahmedabad, while learning about the different facets of hospitality, Chef Sagar knew that culinary was his calling. "I found it interesting. I don't like office desks and I love creativity. This gave me both."

He was recruited on campus by Hyatt in 2015 and spent two years working across various menus including Indian, pizza, and vegetarian cuisines. A hand injury forced him to stop work and he decided to return to his hotel school and teach students there. "I realized that I wasn't cut out for teaching yet and decided it was best to leave."

He joined the Westin in his hometown of Mumbai and within a year got recruited by Caesars Bluewaters Dubai. Chef Sagar says he's lucky to be working across various sections of Gordon Ramsay's Hell's Kitchen as recommended by his head chefs.



**Sagar Thakur**

"This is my first international stint and the concept here is unlike anything I had experienced before," he says adding that for the first four months he did feel like fish out of the water. "While I am comfortable now, I need another three years of experience before I can be truly confident."

His parents aren't too thrilled with their son moving out of Mumbai after grade 12 and are still coming to terms with it. Ask him about his future and he says, "Definitely not a full-time culinary instructor."

## Chef Akhil Raj

The 27-year-old chef works as a Chef de Partie in the pastry section and looks after desserts for room service and the 13+ outlets at Caesars Bluewaters.

His sweet inspiration came from an uncle who works as an executive pastry chef for a Dubai-based catering company. "He would make birthday



**Akhil Raj**

cakes for us at home," he says, reminiscing his grade 3 days.

He too, like his colleague Sagar, first tried a different career path. When an electronic and communications diploma did not fly for him, he decided to get another diploma, this time in hotel management in his hometown of Kochi, India.

He got his first break soon at the Le Meridien Kochi and after a year of training joined the Crowne Plaza in the same city. The travel bug bit him soon after and he found himself working for the Rotana group in Riyadh, KSA. His first stint in Dubai was at the Royal Mirage as a demi chef de partie before joining Caesars Bluewaters' pre-opening team.

His beautifully plated dessert for this competition was a result of having less time and not being able to do any research on Google or Pinterest. "I must give credit to my seniors for giving me ideas, especially related to colours on the plate."



## LAMB 3 WAYS (SOUS VIDE, BRAISED AND GRATINATED, STEAMED)

(Sous Vide Coconut and Coriander Crusted Lamb Loin With Lamb Neck's Shepherd's Pie, Lamb Trimming Dim sum, Fondant Potato, Butternut Squash Puree and its Confit, Glazed Carrot In Lamb Fat, Sautéed Lamb Lardon and Wrapped in Savoy Cabbage and its own Jus)

### LAMB LOIN

Lamb loin	400 g
Olive oil	10 ml
Thyme	A sprig
Rosemary	A sprig
Salt	5 g
Pepper corn	1 no
Coriander leaves	1 bunch
Maggi coconut powder	30 g
Onion powder	2 g
Garlic powder	2 g

#### Method

- Trim off the rack from the lamb. Keep the trimming for dim sum. Keep the fat to make fat butter. Slow roast the steak at 80°C for 20 minutes. Remove and leave aside. Meanwhile to make the coriander crust, place the coconut, coriander, garlic, onion powder and breadcrumbs in a bowl. Attach to the hand blender and finely chop. Open the lid, add the rest of the ingredients and blend until silky, smooth. Heat the pans on medium flames, add oil and sear the steak with garlic and herbs. Serve it hot.

### LAMB NECK SHEPHERD'S PIE

Lamb Neck	500 g
Nestle Tomato Paste	3 tsp
Nestle peeled tomato	10 g
Olive oil	60ml
Onion	5 g
Celery	5 g
Leek	2 g
Garlic	1 no
Thyme	A sprig
Rosemary	2 ea
Bay leaf	1 g
Pepper corn	1 g
Maggi Chicken stock	30 g
Chef beef stock	30 g



Water	500 ml
Worcestershire sauce	2 ml

#### Method

- Heat 30ml oil in a casserole over medium-high heat, add vegetables and garlic and stir occasionally until very tender. Meanwhile, heat remaining oil in a large frying pan over high heat, add lamb in batches and stir occasionally until browned (2-3 minutes). Add to vegetables with stock and cook until reduced by half (2-3 minutes). Add peeled tomato, Worcestershire sauce, mustard and herbs, bring to the boil, then reduce heat to medium and simmer until meat is very tender.

### SAVORY TART

Butter	30 g
Flour	120 ml
Salt	2 tsp
Ice cube	2 g

#### Method

- In a food processor, combine the flour, salt, and butter until the mixture resembles. Add the ice water and pulse quickly until the mixture begins to come together don't let it actually form a ball. Transfer the mixture to a lightly floured surface and gather it into a ball with your hands. Gently flatten the ball into a smooth disk about small mould and wrap it in plastic or foil. Refrigerate until firm. Bake at 80°C for 12 minutes.

### MASH POTATO

Maggi potato powder	35 g
Nestle Cream	100 g
Water	30 ml

Butter	30 ml
English mustard	a pinch

#### Method

- Combine cream and mash potato, bring it to a boil. Mix it well until it reaches right consistency. Season to taste, then transfer to a piping bag, by making the pie place the mixture into a tart and place the mash potato on top of the mixture. Sprinkle some cheese and gratinated for 2 minutes.
- In a food processor, combine flour and salt. Cover and process until well mixed. Slowly add the hot water then start by adding the white a little at a time. Knead the dough by hand for 10-15 min, cover and allow to sit and rest for 30min.

### DIM SUM

Flour	75 g
Potato starch	75 g
Hot water	3 ml
Salt	1 g
Beetroot juice	40 ml

#### Method

- On a lightly floured surface, roll each portion into a small square through a pasta machine until the desired thickness is achieved. Lamb filling at center. then make it like triangular shape. Bring the close edges together to make the bottom to stand up. Bring a large amount of salted water to boiling. Gently drop about one piece, one at a time.

### STUFFING

Lamp rump trimmings	50 g
Onions	2
Salt	50 g

<b>Maggi Soya sauce</b>	2 g
Potato starch	1 g
Scallion chop	a sprig
Garlic chop	1 tsp
Chop garlic	3 g
Thai basil sweet	2 g
Egg white	10 ml
<b>Maggi Chicken powder</b>	1 ea
Oil	5 g

Maldon salt

**Method**

- ◆ In a medium bowl, combine the ground lamb, 3 tbsp soy sauce, ginger and scallions, Mix thoroughly. Season with salt, white pepper and Sichuan peppercorns and continue to mix until the mixture resembles a paste. Take the time to fry up a small patty of the mixture to check for seasoning

**FONDANT**

Chicken stock	400 g
Potato	A sprig
Onion	3 g
Garlic	A sprig
Thyme	1 no
Saffron	5 g
Butter	25 g

**Method**

- ◆ Sear the potatoes in the oil and butter.

Add the herbs, garlic and chicken stock.  
Cook it until tender.

**PUREE**

<b>Nestle cream</b>	400 g
Butternut squash	A sprig
Thyme	3 g
Garlic	A sprig
White onion	1 no
Salt	3 ml
Olive oil	250 ml
Chicken stock	1 ea
Garlic	1 sprig
Thyme	2 tsp
Butter	2 g

Chopped Chives

**Method**

- ◆ Peel and remove the squash seed. Cut the dice shape for confit. Rest of the trimming for puree. For confit cook the squash in a pan with oil at 60°C until it's tender. Finish with season and chives.
- ◆ Heat pan with oil; add white onion sauté until translucent. Add the squash, thyme, and let it cook with stock and butter until its tender. Blend it through a fine blender and add cream and butter. Finish off with seasoning.

**VEGETABLE**

Lamb Fat from the Rump	2 ea
Carrot	1 ea
Savoy cabbage	5 g
Lamb lardon	2 ea
Butter emulsion	10 ml
<b>Maggi Chicken stock</b>	20 ml
Butter	2 g

**Method**

- ◆ Melt the fat with thyme and garlic in a slow fire. Once it melts and strain the fat. Keep it aside. Blanch Carrot in the salted water. Glazed carrot in the fat until it's brown.
- ◆ Blanch the 4 pcs whole savoy leaves and rest of them make it julienne in the water with salt. Meanwhile sautéed lardon in the butter, add the julienne savoy cabbage along with it. Season it and wrapped in the whole leaves. Cut it desired shaped and emulsified in chicken stock and butter.

**JUS**

Sliced Carrots	5 g
Sliced Onions	5 g
Thyme	A sprig
Rosemary	A sprig
Garlic	1 g
Lamb stock	400 ml

**Chef Beef stock****Method**

- ◆ Start by in a large, hot and heavy based pan you add some lamb stock and the chopped carrots. Once the color starts to show add the onions. Cook right done till well cooked and colored. Then add thyme, rosemary, garlic and cook till all reduced. Finally add the stock from the beef cheeks and reduce till the required thickness is obtained.
- ◆ Strain through a colander and then muslin cloth. Take some jus and Cook the cheek into the Jus. Rest of the Jus used it as a sauce.

**TO ASSEMBLE**

- ◆ In a warm round Plate, pour the puree in the center, add the confit squash top of the puree. Pour the jus next to the puree, place the loin, then fondant potato, carrot, dim sum and savoy cabbage wrap. Place the pie next to the loin. Serve immediately





## Dark Chocolate KitKat Ganache, Coconut and Mint Panna Cotta, Dulce Vanilla Crème Brulee, Kiwi Mint Jelly, Sweet Tomato Coulis And Coconut Ice-cream

### KITKAT GANACHE

KitKat Mix	300 g
Nestle cream	300 g
Docello Chocolate mousse powder	100 ml
Gelatin	3 pcs

#### Method

- Place the KitKat mix into a medium bowl. Heat the cream in a small saucepan over medium heat. Bring just to a boil, when the cream has come to a boil, pour over the chopped chocolate, and whisk until smooth. Allow the ganache to cool slightly before pouring over a cake. Start at the center of the cake and work outward. For a fluffy frosting or chocolate filling, allow it to cool until thick, then whip with a whisk until light and fluffy. Add the chocolate mousse.

### COCONUT AND MINT PANCOTTA

Nestle pancotta mix	120 gm
Nestle coconut milk powder	30 ml
Nestle sweetened milk	300 ml
Gelatin	5 sheets
Chopped mint	A few

#### Method

- In a saucepan, combine all the ingredients except mint and gelatin, and dissolved gelatin mixture. Set over low heat, stirring continuously until gelatin has fully dissolved. Add the mint and pour into a cylinder size bag and let it set.

### DULCE PASSION FRUIT CRÈME BRULEE COLD SET

Docello Crème Brulee mix	60 g
Milk	300 ml
Nestle cream	100 ml
Gelatin	3 sheets
Passion puree	150 g
White chocolate	200 g
Corn oil	50 ml



#### Method

- Bring to boil, milk and cream in pan. Remove from heat. Whisk in required Crème Brulee, passion puree mix until fully combined. Pour into individual mould. Chill until set. Meanwhile prepare the passion gelatin by heating passion puree, remove from the heat and add gelatin. Let it cool down and take it out the Brulee from the mold. Dip it into the passion puree. Serve it cold.

### KIWI MINT JELLY

Fresh kiwi	80 g
Kiwi puree	80 g
Water	150 ml
Sugar	40 g
Agar agar	4 g
Mint chopped	20 g

#### Method

- In a large saucepan, combine water, agar-agar powder, kiwi fresh, kiwi puree, and sugar and bring it to the boil. Reduce the heat and simmer until agar-agar and sugar completely dissolves, about 10 minutes. Take the pan off the heat immediately, pour it in a pan. Set aside to cool for about 5 minutes, when cool, cut as desired shape.

### TOMATO COULIS

Nestle peeled tomato	200 g
Raspberries	1 tsp
Orange zest	5 ml
Lemon juice	100 g
Sugar	3 g

#### Method

- In a medium-sized sauce pot over

medium heat, combine the Peeled tomato, raspberries, orange zest, water, sugar, and lemon juice.

- Bring to a boil and cook for an additional 8 minutes.
- Remove from the heat and puree with a blender.

### COCONUT SORBET

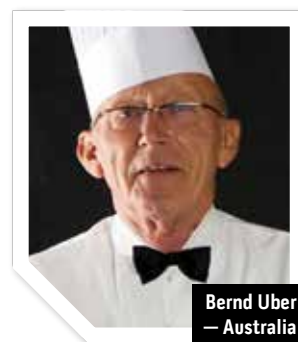
Nestle Evaporated milk	330 ml g
Cooking cream	2 tsp
Corn starch	cup
Nestle sweetened milk	½ cup
Maggi coconut powder	2 tin
Vanilla bean	150 g
	1 ea

#### Method

- Bring the 2 cups of Cream and milk to a boil in a large saucepan over medium heat. Mix corn flour with 1/4 cup water and add to boiling milk. Reduce heat to low, stirring continuously until mixture is smooth and thickened. Remove from heat. Stir in Dairy Cream. Set aside. Add Sweetened Condensed Milk, Nestle Coconut Milk Powder dissolved in water and vanilla bean. Mix thoroughly and allow to cool.
- Pour mixture into an ice cream freezer can and cover. Pack ice cream freezer with ice and salt and churn until mixture is firm.
- Remove dasher. Pack ice cream into containers.

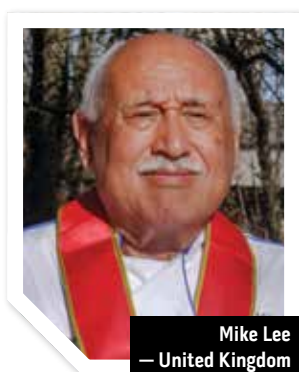
### GARNISH

Chocolate flower	4 pcs
Chocolate rings	4 pcs
Raspberries stuffed with coulis	3 ea

March 2020 **Gulf Gourmet**

## MEET THE JUDGES

Here are the judges who will taste and comment on over a thousand chef entries at this month's Emirates International Salon Culinaire, the leading chefs competition in the region



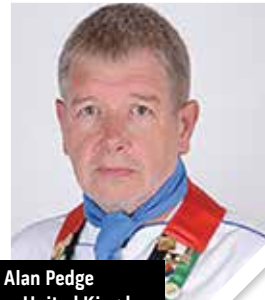




**Neil Ranasinghe**  
— India



**Norbert Girth**  
— Germany



**Alan Pedge**  
— United Kingdom



**Peter De Kauwe**  
— Australia



**Rami Al Jebrael**  
— Syria



**Suresh Babu**  
— India



**Atim Suyatim**  
— Indonesia



**Thomas Haller**  
— Switzerland



**Vivek Huria**  
— India



**Eric Low**  
— Singapore



**Anas Khalil**  
**Mohammad Azizeh**  
— Jordan



**Dilantha Fernando**  
— Sri Lanka



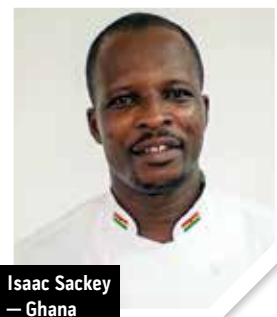
**Mohammad Alghazzoui**  
— Lebanon



**Mohamad Al Ali**  
— Syria



**Mahesh Jayasinghe**  
— Sri Lanka



**Isaac Sackey**  
— Ghana



**Peter Boos**  
— Canada



**Sahan Pussella**  
— Sri Lanka



**Wayne Gebhardt**  
— South Africa



**Abdulla Hussein**  
— Syria

March 2020 **Gulf Gourmet**





# DELECTABLE TREATS

Our master Pastry Chef this month is  
**Yasser Omar Bebers**, the long-time Executive  
Pastry Chef at Al Raha Beach Hotel in Abu Dhabi

**Y**asser Omar Bebers, who was born and raised alongside his two sisters in a traditional Egyptian home, says, "I always dreamt of becoming a chef. I told my parents it was my passion. I have always wanted to don the apron and create amazing desserts."

To fulfill this dream, Chef Yasser joined Azar University in Egypt to complete a four-year course before landing his first job at the Sheraton Heliopolis in Cairo. "My career soon started to take-off and I decided that moving to the GCC and getting a global perspective was the right way forward," he says.

Chef Yasser never found his early days to be a struggle. He says, "It was one of the best experiences I have gone through. Perhaps I was lucky. I love being in the kitchen and creating new desserts, it is what I always wanted to do."

36 years, that's how long he has devoted himself to the pastry and baking industry. "After training for 6 months, I worked my way up from Commis 3 to become an executive pastry chef." After his stint at Sheraton Heliopolis in mid-80s, he moved to Sheraton Al Madina and then the Al Hada Sheraton, both in Saudi Arabia. In the mid 90s, he moved back to Egypt to work at the Helnan Noubaa followed by the Sonesta Hotel where he spent eight years.



**It was one of the best experiences I have gone through. Perhaps I was lucky. I love being in the kitchen and creating new desserts, it is what I always wanted to do**

His big break came thereafter when he was appointed Assistant Pastry Chef at the Four Seasons Cairo but he soon moved to Abu Dhabi to pre-open the Al Raha Beach Hotel and has been a towering figure since then.

Last month he completed 15 years at the property, 12 of which have been as Executive Pastry Chef. He says, the challenges in this position are more self-imposed to ensure high quality. Managing expectations of young chefs that want to become pastry chefs overnight are another part of his job.

"I don't find it much of a challenge as it helps me grow in my career and it is a pleasure to teach new chefs what I have

learned throughout my 36 years of being a pastry chef."

His advice to young chefs is, "Always stay organized at work, have a good attitude, stay motivated. Do not only stick to a recipe that was given, try and create and give your own creativity and opinion to make the recipe better."

In his current role at the luxury hotel-resort with a 900 metre private sandy-beach, 24 luxury villas and 250 rooms, he is in charge of all desserts in the hotel and the entire pastry kitchen. He spends time creating new recipes and training staff that want to join his team. New buffet set-up on a weekly basis, wedding cakes and birthday cakes and desserts for special occasions such as National Day, Valentine's Day and Christmas are also things he likes to overlook personally.

Chef Yasser is a father to a son and two daughters. My son Yousef is now working as an Auditor in a bank in Cairo. My daughter Nada just graduated with an IT major in Cairo and my youngest daughter will be joining university next year and "my dream for her is to become a doctor" he says.

For our readers, Chef Yasser created a chocolate fudge and chocolate brownie combination together with some cheese for decoration. "I added some mixed berries and used Arla Pro's cheese and cream."



## Chocolate Brownies, Fudge Cake, Cheese Prosing with Strawberry Compote

### INGREDIENT

#### STRAWBERRY COMPOTE

Chop Strawberry	200g
Sugar	50g
Glucose	20g

#### CHOCOLATE BROWNIES

Full Eggs	22 pcs
Sugar	1350g
Flour	450g
Chop Walnut	450g
Chocolate Chip	750g
Cocoa Powder	150g
Baking powder	15g
Salt	15g
Dark Chocolate	1500g
Butter	1350g

#### CHEESE PROSING

Arla Pro Cream Cheese	200g
Icing Sugar	75g

#### CHOCOLATE FUDGE CAKE

Butter	500g
Brawn Sugar	1200g
Cocoa powder	200g
Flour	1200g
Baking Powder	35g

### METHOD

#### CHOCOLATE BROWNIES

- ♦ Beat the egg and sugar smoothly, add the melted dark chocolate and melted butter, mix in gently.
- ♦ Add the flour, cocoa powder, salt and baking powder. Last mix with chopped walnut and chocolate chips.
- ♦ Bake at 180 degrees for 35 to 45 minutes.

#### CHOCOLATE FUDGE CAKE

- ♦ Take the butter and brown sugar make it warm. Add in to the cocoa powder mix well, last add the flour and baking powder.
- ♦ Make the sheet and bake at
- ♦ 200 degrees Celsius for 8 to 10 minutes.





# THE SURVIVOR

**Neil Ranasinghe's** culinary journey is an exceptional one. From waiting tables to working as a chef to managing over 200 staff at a leading fresh foods company, his story is both inspiring and humbling. Meet Neil Ranasinghe, Production Manager at Barakat Quality Plus

Neil Ranasinghe, now 53, was raised in Ja-Ela, a suburb in the Sri Lankan capital of Colombo. His early days were that of struggle when his dad passed away. "I was 14 and my mom, who is a strong woman, overcame all odds to take care of me and my elder sister. My mom's energy and God's blessings is the reason we three are in a good place today."

Given that his mother was working all the time to support them, he and his sister would cook a dish each after returning from school. This was Chef Neil's first tryst with cooking and he says, "that childhood cooking stayed with me."

When he began working in a hotel in

Sri Lanka in 1993, it had little to do with passion and everything to do with financial independence. Even later when he came to Abu Dhabi in 1995 and joined Hilton, he did any job that could help him make some money to support his family.

From a waiter to an executive floor attendant, Chef Neil worked across all departments. "I thought maybe I could become a chef one day. After all, the kitchen was in the building."

He began as a kitchen apprentice before moving to the pastry department. "I began by making ice creams and fruit tarts every day at the Hilton and then progressed into other roles." After





being an apprentice and then working in the pastry, he moved to banqueting followed by the hot kitchen and finally, fine dining. He even indulged in DJing at the in-house nightclub (something he admits he still does at home) and chucked oysters on seafood nights. He turned out to be so good at chucking oysters, he was featured in a local newspaper as the UAE's fastest oyster chucker! He even went on to do a few live cooking sessions on TV for Channel 33.

The Abu Dhabi Hilton was the caterer of choice for most royal events at the palaces and Chef Neil had "the honour of being a part of that team when I was



## The seed I put in my career in 1995 has now become a big tree in the form of Barakat Quality Plus

in cold kitchen." He was tasked with making five kinds of juices that were fit for royalty as well as making all the fruit displays. "It was challenging to work at

the Hilton but I stayed there for nine years," he says.

He moved to Dubai in 2004 as part of the opening team for Trader Vic's, a restaurant housed in the Crowne Plaza hotel. Following that, Chef Neil went back to Sri Lanka to get married and decided it was best to stay there with the family. "I have a very beautiful and kind wife. There's no one better than her."

However, fate had other plans for him. The late Michael Wunsch was tasked with pre-opening Al Bustan Rotana and he selected Neil to be a part of the team. "I came to Al Bustan Rotana, we did the pre-opening, it was extremely successfully, and it led to the opening of multiple Rotana properties thereafter."

Chef Neil however yearned to return to Sri Lanka to his family. He invested some money and began a garments business with his brother. "We ran a factory that employed 110 ladies. I managed the operations and administration side of things."

And as expected, the lure of Dubai returned, and Chef Neil joined the team at Royal Mirage. "While working there, I got the opportunity to go to Bermuda." He worked in Bermuda for five years and proved himself to be an invaluable asset. When his executive chef returned to the US, he took Chef Neil with him to Arizona where he worked for a year and a half.

In Arizona, he worked at the Fairmont Princess hotel, which turned to a 5 diamond property while he was there. "It's like a 3-star hotel turning to 5-star hotel," he says. "I trained under USDA to handle all food hygiene and when I was in Bermuda all the hygiene was monitored by British law." This gave Chef Neil the background of having both British food hygiene standards and US food hygiene standards, something that came in very handy in his current role.

The decision to move out of the US was a personal one. By now Chef Neil









**Neil with Chef Dominic (left) and Chef Atim (right)**

had a teenage daughter. "My wife and I believed that our daughter could have a better environment growing up outside the US. So as a family, we took the decision to leave the US and return to Sri Lanka." And, you guessed right, Chef Neil got an offer from Fairmont Dubai.

"While working at the Fairmont, I thought of calling on Chef Michael Wunsch just to let him know that I was back in Dubai. Again. He smiled and asked if I was fired. I laughed and said, 'No way! I just thought to check on you.'"

By the end of that conversation, Michael



## When you have so many people, the right way is to delegate responsibilities

Wunsch had convinced Chef Neil to join him at Barakat as his Sous chef. "He needed someone to support his running of the operation and I said, 'Working with

you, I don't have to think twice.' He is the truest gentleman I have met in this world.

"During my first nine years at Abu Dhabi Hilton, I remember how well Michael Wunsch took care of his people. We worked for him without a worry. He was a very good leader."

Chef Neil says he was happy to work with him Wunsch here. It was also a sweet reminder of how far they had come. "In 1995, I was manually squeezing juice using a small machine in a palace. When he called me in 2011, we were producing the same quality of juice but in huge volumes using a state-of-the-art manufacturing facility."

Chef Neil credits the Almighty for planning his life this way. "The seed I put in my career in 1995 has now become a big tree in the form of Barakat Quality Plus." With close to a decade at this company, he says, he's happy working here with a very good team. Chef Wunsch's guiding principle of trusting people to work freely and seeing its real-life positive impact on business is Chef Neil's biggest takeaway.

Currently, as production manager for Barakat Quality Plus, Neil manages 210 people. This includes Chef Dominic and Chef Atim, who joined a year ago. "Dominic runs the fruits and juice factory while Atim runs the vegetables factory."



One of his reasons for loving this job is the fact that they produce things that people enjoy and need. "For example, we do pomegranate juice for patients. People trust our quality and our production. This is made possible only because of our management and the Barakat culture."

"When you look at my journey, I started by cleaning and now manage hundreds of people. This was only possible because those days when I worked very hard, some people cared about my hard work. It does not matter if some people don't care."

As a Commis III, he was given the freedom, respect and education needed to grow further. Chef Wunsch would correct his mistakes and never shout at him. So, here he says he tries to bring in the same values. "When you have so many people, the right way is to delegate responsibilities." When people work

harder and smarter with the freedom given to them, those are the people that go on to become successful.

"After the passing away of my mentor Michael Wunsch, we are now being guided by Mr. Rajesh Desai, the Group Managing Director for the company.

We are learning more things from him. He brings a whole new vision to our company. I believe that my knowledge over the last 28 years combined with his experience and guidance will take Barakat Group forward in the right direction. I will not let Michael's Wunsch's name down."



# US\$ 3 billion

## what's your GCC market share?

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

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

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

### Now you do the maths.

The largest body that speaks for this group of Chefs is The Emirates Culinary Guild (ECG).

ECG organises Salon Culinaire at Gulfood Dubai, La Cuisine by SIAL in Abu Dhabi and world-record breaking food events in the city.

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It also influences non-ECG Chefs across the GCC and is distributed at World Association of Chefs Societies events around the globe.

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

## WHO READS IT?

▶ Executive Chefs	23%
▶ Senior & Mid-Level Chefs	36%
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▶ Oman	2%
▶ Qatar	4%
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▶ United Kingdom	1%
▶ Others	1%

## MARKET SEGMENTATION

▶ 5-star Hotels	46%
▶ 3/4-star Hotels	19%
▶ Independent Restaurants (Elite)	18%
▶ Independent Restaurants (Standard)	12%
▶ Food Industry Suppliers	3%
▶ Large & Medium Food Retailers	2%



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**Nestlé  
Golden  
Chef's Hat  
Award**



# WESTIN PIECE

The second team this month vying for the Season 8 trophy for the Golden Chefs Hat Award – UAE are the young duo from The Westin Abu Dhabi Golf Resort & Spa

Chefs Sani and Dinesh are living proof that there is no right or wrong rule to making a career flourish. While one is on a mission to make a mark on behalf of women chefs everywhere, the other is just focusing on jobs that give him the freedom and happiness to shine at his own pace. The commonality between them is that they both know that their love for cooking will keep them relevant for years to come. Meet the challengers.

## Chef Sani Savitri

The 23-year-old Indonesian chef graduated from hotel school and found her first job here at The Westin Abu Dhabi Golf Resort & Spa. "I work on Asian

cuisine these days as well as focus on sushi once a week."

Knowing that her math and science skills were just about average, Chef Sani chose culinary for her extracurricular activity during high school. "I enrolled myself in Jakarta's first vocational school for culinary arts." That experience was proof enough that cooking is her calling and she enrolled in a fulltime hotel school and learnt everything from table dough to fine dining over five semesters.

Once she stopped studying a sketch of Burj Khalifa drew her to the city. "I wanted to come to the UAE and I did. I used the internet and did not take help

from any relative for my job search. I applied and got the opportunity to work here."

For her interview she was asked to prepare a dish and she created a five-course menu that included everything from amuse-bouche to a delicious main course. That got her the job.

For this challenge Chef Sani used her learnings from her internship at a Japanese restaurant in Jakarta and used some inspiration from a cookbook by a Kiwi chef.

This boldness and creativity runs in her genes. "Both my parents work in hospitality. My mom is a trainer for hosts and my papa worked at the Hilton Jakarta. They really supported me and my freedom of choice. I was thrilled to share with them about this competition I am doing. And will update them as soon as this interview is over."

Chef Sani admits that people do say she's in a hurry in life and that because "I have made up my mind that in five years I will be a sous chef. It is difficult but I will keep doing what I'm doing right now because I'm working for my passion and this will give results.

Her career though short thus far has not been all roses and lilies. In her first week on the job, she accidentally burnt the fryer and thanks to her fire extinguishing practice was able to diffuse the flames in time. Watching her



**Sani Savitri**

go-getter attitude, her younger sister too is following in her footsteps.

The fact that there are no limitations for ladies in the UAE to climb the career ladder to success is what makes Chef Sani love this place. "And that's why I want to be a chef."

### Chef Dinesh Herath

The 29-year-old from Sri Lanka was promoted from Commis II to Demi Chef de Partie after joining the Westin. He Says, "Here I work on bakery production and all lounge items for lunch as well as cakes and desserts for buffet. Given that

**Dinesh Herath**

this is a golf resort we have to cater to a lot of events as well."

Chef Dinesh's passion for cooking came from helping his mom in the kitchen and from watching cooking shows on television. "I thought to myself that joining a hotel school makes sense," he says. He completed a course at the Ceylon Continental Hotel School in his hometown Colombo and soon after joined the InterContinental hotel where he worked for a year.

The long hours unfortunately took a toll on his health and he ended up taking a

break after which he joined pizza Hut. "I made pizzas there for four years and it was better than I had anticipated."

He also enjoyed the long hours and the need to serve guests on a busy day because at Pizza Hut he "worked with a great team" and even socialized after work hours.

Nearly five years ago, a friend based in the UAE suggested that he try his luck here. He did and luckily landed his current opportunity at Westin Abu Dhabi. "It's four and a half years and this place and my seniors have really helped build my career as a professional chef," he says.

While this is first competition as well, he was part of the Guinness World Record breaking feat last December in Abu Dhabi for the most types of desserts in one place. "We at Westin made 60 different items."

His future goal is to get back to his wife and parents in Sri Lanka and to start a pizzeria there. Pizza followed by desserts anyone?

### Slow cooked lamb cutlets with roasted vegetables, confit egg yolk, horseradish mash potato and sweet potato puree (Made into 4 portions)

#### LAMB

Lamb Loin	500 gr
Lamb Fat	1 kg
Olive Oil	400 ml
Sea Salt	50 gr
Black Pepper	10 gr
Rosemary	4 piece
Thyme	4 piece
Garlic	8 cloves
Butter	120 gr

#### TERIYAKI JUS

Lamb Bones	250 gr
------------	--------

Mirin	500 ml
Shoyu	500 ml
Water	500 ml
Sugar	200 gr
Mirepoix	250 gr
(Leek, Onion, Carrot, Ginger, Garlic)	
Dried Chilli Flakes	5 gr
Demiglace mix	50 ml
Pectin	5 gr

#### POTATO DAUPHINOISE

Potato	3 pieces
Butter	20 gr
Nestle Cream	100 ml
Parmesan Cheese	50 gr
Baby Spinach	20 gr
Nutmeg	5 gr
Sea Salt	3 gr

#### MUSHROOM PURÉE

Mushroom	200 gr
----------	--------

Onion	30 gr
Butter	30 gr
Sea Salt	5 gr
White Pepper	2 gr
Cream	100 ml
Thyme	1 piece

#### VEGETABLES

Chinese Bok Choy	4 pieces
Golden Shimeji Mushroom	50 gr
Oyster Mushroom	50 gr
Baby Carrot	8 pieces
Red Radish	4 pieces
Butter	50 gr
Shoyu	30 ml
Sea Salt	10 gr
White Pepper	3 gr
Chopped Garlic	5 gr

#### CRISPS

Apple chips Microgreens	1 piece
-------------------------	---------





### Method

#### POTATO DAUPHINOISE

- ◆ Prepare the cream with grated nutmeg. Cut the potato through the slicer. Prepare the container with baking paper inside. Layer with potato for the first base. Pour little bit of cream mixture, parmesan and spinach. Keep layering until the potato is finished. Put in the oven for 40 minutes in 160°C. Once taken out from the oven, let it cool. Put some weight on the top, press and wrap it for 12 hours in the chiller

#### APPLE CHIPS

- ◆ Cut the apple through the slicer to get the thin cuts. Dehydrate with dehydrator for 3 hours.

#### LAMB

- ◆ Chop the lamb fat to make the rendering process easier. Heat the lamb fat in a pan and stir evenly until it gets browned. Prepare a strainer to get the tallow. Set aside.
- ◆ Pat dry the lamb loin, season with sea salt and black pepper. Place in the vacuum bag with lamb tallow, olive oil, rosemary, thyme and garlic. Put in water bath for sous vide for 45 minutes in 60°C.

#### TERIYAKI JUS

- ◆ Place the lamb bones and mirepoix in a

tray. Roast for 30 minutes until it gets caramelized. In a sauce pot, put all the remaining ingredients with the bones. Bring to boil then turn into simmer for 30 minutes.

- ◆ Prepare the demiglace mix.
- ◆ Strain the teriyaki sauce then place into a blender, pour the demiglace mix and pectin. Blend altogether then place in a pan until it became thickened. Set aside.

#### MUSHROOM PURÉE

- ◆ Slice onion and mushroom individually and place in a tray. Heat the pan, add butter. Sauté the sliced onion with thyme until the aroma came out, add mushroom and stir. Once the mushroom has released its water, pour cream and add sea salt. Cover with baking paper and put it in simmer. Blend the mixture until smooth, add little butter to enhance the look and the flavour.

#### POTATO DAUPHINOISE

- ◆ Bake the potato once again for 15 minutes in 160°C to reheat. Take out from the container. Shape as desired. Set aside.

#### VEGETABLES

- ◆ Prepare the vegetables by removing the bok choy outer leaves, peel the carrot

gently and cut the shimeji into desired cuts. Prepare salted hot water in a sauce pan. Blanch the carrot for 30 seconds, red radish for 30 seconds and bok choy for 5 seconds, remove and place in cold water. Take out, pat dry and set aside.

#### LAMB

- ◆ Remove the lamb from water bath, place in cold water. Take out from the vacuum bag, pat dry and season lightly with sea salt and black pepper. Heat the pan with olive oil, sear the lamb loin until browned on both sides. Set aside to rest.

#### VEGETABLES

- ◆ Heat the pan, add butter and chopped garlic, sauté the mushroom then add a dash of shoyu and sprinkle little sea salt and white pepper. Set aside. Sauté the remaining vegetable in the same way. Set aside.
- ◆ Warm the sauce and mushroom puree. Reheat the potato dauphinoise in the oven for 5 minutes. Place the mushroom puree in the plate, spread with the palette. Cut the lamb loin into two, place the lamb on top of the purée. Place the potato dauphinoise and vegetables. Place the crisps. Pour the sauce into sauce boat. Pour the sauce into the plate once serving.

## Basil & Passionfruit Panna cotta

### BASIL PANNA COTTA

Cream	800 gr
Sugar	200 gr
Basil leaves	45 gm
Milk	400 gr
Gelatin	17 gr

#### Method

- Blend basil leaves with sugar. Then heat the milk and add Basil mixture to it. Heat till the sugar gets melted and mixed. Take out from heat and add gelatin. Then add cream and mix well. Strain the mixture.

### PAVLOVA

Egg white	150 gr
Sugar	300 gr

#### Method

- Beat egg whites with sugar. Get the meringue and do piping the baking tray. Bake in a preheated oven for 40 mints in 90°C.

### GREEN APPLE SORBET

Green Apple puree	400 gr
Glucose powder	50 gr
Stabilizer	5 gr
Trimoline	12 gr
Sugar	90 gr
Water	445 gr

#### Method

- Basic sorbet method

### PASSION JUICE

Passion Puree	200 gr
Sugar	40 gr

#### Method

- Mix Passion Puree and sugar. Heat till the sugar gets melted.

### PUFF STICK

Flour	500 gr
Salt	10 gr
Butter	40 gr
Water	1 Liter

#### Method

- Mix all ingredients and make the dough. Keep the dough for a few minutes in the chiller. Using the basic puff pastry

making method, put butter and make the puff pastry. Sheet the puff pastry and cut thin sticks. Bake in a preheated oven for 15 minutes in 200°C.

### PASSION COULIS

Sugar syrup	100 gr
Passion Puree	100 gr
Agar agar	2 gr

#### Method

- Put all ingredients together. Cook well and keep aside for cooling. Then keep it in the chiller for a few hours till it gets set. Blend well.

### CARAMEL NET

Liquid Glucose	50 gr
White Fondant	50 gr

#### Method

- Mix both and cook till the mixture gets light caramel color. Take out from heat and make the caramel net.

### GARNISH

- Mint leaves, Strawberry, Raspberry, Blueberry, Gold flakes.



March 2020 **Gulf Gourmet**

## The Guild Meet

Last month's Guild meeting was hosted by Chef **Girish Babu** and the Media One Hotel team in Dubai. The monthly gathering saw senior chefs from around the country converge alongside senior corporate members to discuss the upcoming Salon Culinaire this month. Here are images from the gathering.







March 2020 **Gulf Gourmet**

## SIAL Spectacle

Exclusive images from La Cuisine at SIAL, held in December on the sidelines of the SIAL Middle East exhibition at ADNEC. In our final of three-part series check out moments captured by our photo editor **Amaresh Bhaskaran**









March 2020 **Gulf Gourmet**







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**EXPO Culinaire**  
CHEFS | PASTRY CHEFS | BAKERS | COOKS  
FEATURING THE 23RD EMIRATES INTERNATIONAL SALON CULINAIRE  
3 - 5 MARCH 2020 | EXPO CENTRE SHARJAH, UAE



## THE EMIRATES SALON CULINAIRE 2020

### 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
- 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
- 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

- 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 Nestle
- 29 Practical Cookery sandwiches
- 30 Practical Cookery Pasta by Barilla
- 31 Practical Mocktails by Tastecraft

### 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 of decoration for the cake decoration will be to the competitors choice
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 if being supplied. 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. Max area w60 cm x d75 cm.
9. Maximum height should not exceed 1 meter (including socle platforms)
10. Pristine Ingredients supplied by the sponsor shall be mandatory to be used if these are supplied, 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. *Hulala Whipping Cream Gold must be used inside the cake*
  - g. *Optional to use any of the following*
  - h. *Real dark chocolate (60% cocoa) easy melt buttons*
  - i. *Real Milk chocolate (35% cocoa) easy melt buttons*
  - j. *Delicia Custard Cream Mix (can be used for lemon curds etc)*
  - k. *Icing Sugar*
  - l. *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 maybe available to be used. Information shall be sent to competitors prior to the competition
  3. Written description required.
  4. Maximum area w90 x d75cm.
  5. Maximum height 90cm (including base or socle).

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

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

1. A baked bread showpiece.

2. Three types of bread loaves 200-300 grams (competitor's choice) two pieces of each loaf to be displayed.
3. Three types of bread roll 25-40grams (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 loafes presented. The centre piece is judged however only 20% of the marks are attributed to the centre piece.

#### **Class 06: Petites Four & Pralines by Master Baker**

1. Exhibit 4 varieties.



2. Six pieces of each variety (24 pieces total) plus one extra piece of each variety on a separate small platter for judges' tasting. each piece to weight between 6-14grams)
3. Freestyle presentation and theme
4. Present the exhibit to include a small showpiece.
5. Showpieces should enhance the presentation, and will be judged.
6. Written description mentioning the theme is required.
7. Typewritten products description and recipes are required.
8. Maximum area w90 cm x d75 cm.
9. Ingredients may be supplied by the sponsor these shall be mandatory to be used, information shall be sent to competitors in advance of the competition
10. Different Flavours ,textures and cooking techniques will be looked for in the items presented.

### Artistic Displays

#### Class 07: Chocolate Carving Showpiece

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 9 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. Please refer to the ECG Sustainability Guidelines on the website
3. There is a 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](http://www.worldchefs.org)).
13. Competitors are to provide their own pots, pans, tools and utensils.
14. All brought appliances and utensils will be checked for suitability. The use of any additional equipment must receive prior approval before the competition from the organizers.
15. The following types of pre-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: homous, 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 fish and or shellfish as the main protein item of the dish.
3. All ingredients including the fish/seafood must be provided by the competitors and any type of fish can be used. In the event of fish being supplied by the sponsor then this fish is only 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. All Competitors must use HK Enterprises rice in one of the dishes, this is mandatory and failure will result in 50 point reduction. Rice will be made available in the kitchen from the sponsor and organizer
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 savory HUG pastry shells suitable for dinner service.
2. Only savory HUG pastry shells are to be used.
3. Pastry shells will be supplied by ARAMTEC.
4. Present four different savory





dishes on individual plates, 1 of each dish, using two savory 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 pastry dishes on individual plates, 1 of each dish, 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 one dish must be Balalit

#### 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

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

##### After 20 minutes

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

21. Explain to the judges the usage of any left overs.

22. 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. a. Prepare and present 2 identical portions of one traditional French style of breakfast Omelet b. Prepare and present 2 identical portions of the competitors choice of egg dish and served with hollandaise sauce in addition to the dish.
3. Portions suitable for Ala carte Breakfast
4. Present the dishes on individual plates with appropriate garnish and accoutrements.
5. Typewritten recipes are required

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

1. Time allowed 60 minutes
2. Prepare and present three identical main courses using USAPEEC Chicken Quarters. The chicken shall be supplied by the organizers in the competition venue on the day of the competition.
3. The bones of the chicken is to be kept for inspection by judges
4. Present the main courses on individual plates with appropriate garnish and accoutrements.
5. Typewritten recipes are require
6. Weight of chicken per portion on the plate to be 150 grams



7. All of the above rules are applicable for the competitors entering Best Arab National Cuisinier trophy. The main course for those competitors ONLY must be a Traditional Chicken Arabic main course, from any Arab country.
8. 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 be competitors 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**

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. The sandwich must be suitable for a light lunch

#### **Class 31: Mocktails by Tastecraft**

**CRITERIA:** Create 2 cocktails inspired by your bar mentor:

- > 1 focused on sustainability
- > 1 focused on wellness/health element

Must use a minimum of 30ml of at least 1 suggested product per drink

**PRODUCTS:** Tastecraft Syrups

S.NO	PRODUCT DESCRIPTION
14800300	VANILLA FLAV. SYRUP(6*700ml)
14800301	BLUE CARIB-FLAV. SYRUP(6*700ml)
14800302	GRENADINE FRUIT SYRUP(6*700ml)
14800350	MIXED BERRY FRUIT CRUSH(6*1LTR)
14800351	PINA COLADA CRUSH(6*1LTR)
14800303	HAZELNUT FLAV. SYRUP(6*700ml)
14800304	COCONUT FLAV. SYRUP (6*700ml)
14800305	MOJITO FLAV. SYRUP (6*700ml)
14800306	ALMOND FLAV. SYRUP (6*700ml)
14800307	PEACH FRUIT SYRUP (6*700ml)
14800308	BLUEBERRY FRUIT SYRUP (6*700ml)
14800309	COFFEE MOCHA SYRUP (6*700ml)
14800310	STRAWBERRY FRUIT SYRUP(6*700ml)

#### **Rules, Terms and Conditions**

1. No limitation on number of ingredients.
2. Competitors to bring own equipment, glassware.
3. No payment for entry .
4. Drinks must be made on site. All "prep" items need to be prepared on site within given time frame.
5. Garnish to be made on site and must be edible.
6. The competition will begin with a pre-inspection to ensure that no pre-preparation has taken place.
7. 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.
8. Recipes required as proof of entry.
9. Winners will be announced on the final day of the show and competitors will need to be present to collect prize.
10. Entry to be sent to emiratesculinaryguild@gmail.com
11. Questions to andic@eim.ae
12. A sampling and training shall be organized and invitations sent from Master Baker Tastecraft to all competitors to attend.

#### **NOTES TO AID COMPETITORS**

Judging Points

TASTE	60	The highest percentage point possibility is given for a good tasting mocktail.
PRESENTATION	30	The preparation and use of the garnish, the type of glass used the overall look of the mocktail.
WORKING METHOD	05	Clean, hygienic and safe work methods.
INNOVATION	05	New thinking as to glassware, decoration or presentation.



4. The sandwich can be hot or cold
5. 1 power point will be available
6. Plates, equipment and all other ingredients must be brought by the competitors
7. Type written recipes are required.

### Class 30: Pasta - Practical Cookery by Barilla

1. Time allowed 60 minutes
2. Prepare and present two identical main courses using Barilla Pasta and Sauces only, 1 main course suitable for a Bistro or coffee shop and to be vegetarian, 2 plates to be presented one for judges one for presentation, 1 main course suitable for a fine dining restaurant to the competitors choice, 2 plates to be presented one for judges one for presentation.
3. Barilla Pasta and Sauces shall be available in the competition venue and these are the only sauces and Pasta to be used and are mandatory failure to utilize these products then 50% of the judging marks shall be reduced.
4. Present the main courses on individual plates with appropriate garnish and accoutrements.
5. Typewritten recipes are require
6. Weight per portion on the plate to be 150 grams

### VENUE & ENTRY FEES

1. The Emirates Salon Culinaire will be held during the Expo Culinaire 2020 from March 3rd to March 5th 2020.
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 2020 AED:500/- per person**
  - ii. **Best Pastry Chef – The Emirates Salon Culinaire- Dubai 2020 AED:400/- per person**
  - iii. **Best Artist – The Emirates Salon Culinaire- Dubai 2020 AED:500/- per person**
  - iv. **Best Arab National – The Emirates Salon Culinaire- Dubai 2020 AED:300/- per person**
  - v. **Young Chef of the Year – The Emirates Salon Culinaire Dubai 2020 AED: 300/- per person**

### CLOSING DATE:

5. Closing date for entries is February 28th 2020 However, many are often fully subscribed and closed well before the closing date.

### TROPHY ENTRY

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

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

The required classes are:

### BEST CUISINIER

- i. **Class #10. Five-Course Dinner Menu**
- ii. **Class # 21. Beef Practical Cookery**
- i. **Class # 20. Fish &**

### Seafood Practical Cookery

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

### BEST PASTRY CHEF

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

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

### BEST ARTIST

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

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

### BEST ARAB NATIONAL CUISINIER

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

### YOUNG CHEF OF THE YEAR





See Classes for Entry Document

## JUDGING AND THE AWARDS SYSTEM

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

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

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

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

### The scaling for awards in all classes is as follows:

#### Points

100	<i>Gold Medal with Distinction with Certificate.</i>
99 – 90	<i>Gold Medal with Certificate.</i>
89 – 80	<i>Silver Medal with Certificate.</i>

79 – 70	<i>Bronze Medal with Certificate</i>
60 – 69	<i>Certificate of Merit</i>
Thereafter	<i>Certificate of Participation</i>

### 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.

If no Gold Medals are awarded to competitors in the trophy classes then there shall be no trophy given at the competition.

March 2020 **Gulf Gourmet**

# newmembers



Ashlea Daniel, Channel Development Manager, Al Safi Danone receiving Emirates Culinary Guild Membership certificate from ECG President Chef Uwe Micheel

From the pioneering beginnings of the original Danone yoghurt over 100 years ago in 1919, Danone has grown to be the leading dairy company internationally; being the largest food company in Europe 1973, to a world leader in nutrition in 1993.

In 1981 Al Safi started producing and distributing dairy products to consumers in KSA and has grown remarkably throughout the region since.

In the 1998 Guinness Book of Records, Al Safi dairy farm was awarded the largest integrated dairy farm in the



world, with a herd of 55,000 Cows. Al Safi Danone is also one of the few organisations worldwide that specialises in manufacturing, marketing and distribution of dairy products.

In 2001 the joint venture was formed between Al safi and Danone and is now one of the leading dairy

companies across the MENA region. The Al Safi Dairy Farm was initiated with the goal of enriching our consumers lives and eating habits. We now have a portfolio which covers a dynamic range of requirements within the industry across almost all of the dairy categories.

Today, we are proud to say that we are one of the preferred suppliers to the majority of channels in the MENA region, including, but not limited to, food service, airlines, catering, schools, culinary development programmes and retail.



**Nick Meara Regional Manager MENA receiving the membership certificate receiving Emirates Culinary Guild Membership certificate from ECG President Chef Uwe Micheel**

Meat and Livestock Australia (MLA) is a producer-owned company that provides marketing, research and development services for the Australian beef, lamb and goat producers.

The MLA Dubai office supports the Australian Red Meat industry in the MENA region.

Promoting the integrity and quality of red meat products out of Australia is an essential part of what the team here in Dubai do. Whilst supporting



exporters to get their product into the market, we also spend a great deal of time working with supermarkets, hotels, and restaurants to show them the value of having such products available to consumers.

At every step of the way, MLA is assisting in ensuring the highest quality product for consumers. From research into crop development to disease eradication and management; setting the bar in regards to animal management and welfare; having world class quality systems in place for traceability of livestock; leading the way in product packaging to ensure the best possible product for consumers; and how best to prepare these products are just some aspects of the work that MLA does.





## ECG Corporate Member directory

### 4 Corners

**Nathalie Hall / Mike Walden**  
Marketing Manager / Commercial Director  
Mobile: +971 4 884 7248, Phone: +971 526 475 455  
Email: nathalie.hall@4cornersuae.com  
www.4cornersuae.com

### Abu Dhabi Farmers' Services Centre

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

### Advanced Baking Concept LLC (Probake)

**Syed Masood**, Mobile: +971 55 220 1475  
Email: masood@abcbaking.com  
**Anna Petrova**, Mob 050 9121337,  
anna@abcbaking.com  
**Vivek Jham**, Mob: 055 4498282,  
vivek@abcbaking.com

### Agthia Consumer Business Division

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

### Al Halal Meat Factory LLC

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

### Al Maya Hospitality

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

### Almarai Company

**Ayman Arnous**, General Sales Manager  
Mob: +971 50 159 2594, Tel: +971 4 269600  
ayman.arnous@almarai.com, www.almarai.com

### Al Safi-Danone

**Ashlea Daniel**, Channel Development Manager  
Tel: +971 4 340 6895, Mob: +971 50 568 6150  
Ashlea.Daniel@alsafidanone.com,  
www.alsafidanone.com

### Al Seer

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

### American Garden

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

### Anchor Food Professionals

**Rami Doumani**, Channel Development Manager  
Tel: +971 4 338 8549, Mob: +971 52 737 7266  
Email: rami.doumani@fontterra.com  
web: www.anchorfoodprofessionals.com/me

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

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

### Arabian American Technology (ARAMTEC)

**Syed Iqbal Afag**, General Manager  
Tel: +971 4 380 8444, Mobile: +971 50 624 9761,  
Email: syediqbal@aramtec.com  
Web: www.aramtec.com

### Arla Foods

**Samer Abou Daher**, Business Unit Manager  
Tel: +971 6 534 6767, Mobile: +971 55 363 0555,  
Email: samer.abou.daher@arlafoods.com  
Web: www.ArlaPro.com, www.arlafoods.com

### Bakemart International

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

### Barakat Quality Plus

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

### Barilla Middle East FZE

**Hadil Chaaya**, FS Professional AME  
Tel: +971 4 882 0488, Mob: +971 50 906 6132  
hadil.chaaya@barilla.com, www.barillagroup.com

### BAYARA - Gyma Food Industries LLC

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

### Baqer Mohebi

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

### Benchmark Foods Trading LLC

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

### Blenders

**Diarmid Greene**, Export Manager  
Mobile No: +971 52 956 9451  
diarmid.greene@ucdconnect.ie, www.blenders.ie

### Casinetto Trading LLC

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

### Ceylon Tea Services, Pvt. Ltd

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

### Chef Middle East LLC

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

### Corona

**Ana Sorina Suliman**, Export Manager  
Tel: 04373784343, sales@coronaitalia.it  
Web: www.coronaitalia.it

### Cuisine Solutions

**Tim Whitehead**, General Manager  
Tel: 40373784343, sales@coronaitalia.it  
Web: www.cuisinesolutions.ae

### Danube Hospitality Solutions

**Joe Thomas**, Business Head (OS&E)  
Twhitehead@cuisinesolutions.ae,  
www.cuisinesolutions.ae

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

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

### Dilmah Tea

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

### dmg events

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

### East Fish Processing LLC

**Sunil George**, Head of Sales & Marketing,  
Tel: 06 7455350, Mob: 055 151 2125,  
sunil@eastfish-uae.ae, Web: www.eastfish.com

### Ecolab

**Sadi Amawi**, Tel: 04 8014 444, www.ecolab.com

### Elfab Co LLC

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

### Emirates Snack Foods

**Radwan Mouselli & Rodica Olaru**, Sales Managers  
- Horeca Division, Tel: +971 4 285 5645  
radwan.mouselli@esf-uae.com, rodica@esf-uae.com,  
www.esf-uae.com

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

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

### Fanar Al Khaleej Tr

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

### Farm Fresh

**Feeroz Hasan**, Business Development Manager  
Al Quoz, P.O. Box 113351, Dubai, UAE  
Office No: +971 4 3397279 Ext: 253  
Fax: +971 4 3397262, Mob: +971 56 1750883

### Fonterra Brands (Middle East) LLC

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

### Food Freshly AFC GmbH

**Sukhdev Singh**, CEO, Tel: +971 50 691525,  
+971 608024720, info@food-freshly.de

### Food Source International

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

### FSL Food FZE (Dubai Branch)

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

### Golden Star International

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

### Greenhouse

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

### Gourmet Classic

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

### Hamid and Kumar Enterprises LLC

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

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

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

### Horeca Trade

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

### HUG AG

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

**IFFCO**

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

**Intelligent Foods LLC**

John White, General Manager,  
Tel.: +971 04 2633113, Mob: +971 50 862 4097, John@  
intelligentfoods.ae, www.intelligentfoods.ae

**Irinex Spa**

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

**Italian Food Masters**

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

**JM FOODS LLC**

Rajan J.S. / Maikel Cooke / Grace Renomeron  
Management, Mob: +971 50 551 6564,  
Tel: +971 4 883823, Email: sales@jmfoodgulf.com,  
Web: www.jmfoodgulf.com

**Johnson Diversey Gulf**

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

**KRBL DMCC**

Krishnakumar Sukumar,  
Regional Food Service Manager  
Mob: +971 50 953 9344, Tel: +971 4 445 03681  
rsmfoodservice@krbldmcc.com, www.krblrice.com

**Koppert Cress**

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

**La Marquise International**

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

**La Patissiere LLC**

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

**Lowe Refrigeration LLC**

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

**MAM FOOD Factory LLC**

Mohamed Aaly Maghrabi Wa Awladh Food Factory LLC  
Anthony Kerbage, Head of Marketing  
Tel: +971 4 510 2230, Mob: +971 55 622 4918  
anthony@mamfoodco.com, www.mamfoodco.com

**Masterbaker**

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

**Meat Livestock Australia (MLA)**

Nick Meara, Regional Manager MENA,  
Tel: +971 4 433 1355, Mob: +971 52 527 0781  
nmeara@mla.com.au  
www.mla.com.au

**MEH GCC FZCO**

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

**MEIKO Middle East FZE**

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

**MHP Food Trading LLC**

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

**Mitras International Trading LLC**

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

**MKN Maschinenfabrik Kurt Neubauer GmbH & Co.KG**

Elias Rached, Regional Vice President,  
Middle East & Africa, Mob: +971 50 5587 477  
rac@mkn-middle-east.com, www.mkn.com

**Modern General Trading LLC**

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

**Muddle ME**

Mr.Craig Burns, Director, Tel: +971 4 517 8111,  
Mob: +971 4 3059999, info@muddle-me.com,  
www.muddle-me.com

**Nestlé Professional Middle East**

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

**NRTC Group**

Soula Baroudi, Marketing Manager  
Tel: +971 4 320 8889,  
marketingmanager@nrtcgrou.com  
www.nrtcgrou.com

**One Foods**

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

**Palux AG**

Stephan Köhn, Sales Manager  
Tel: +971 4 979 31550, Mob: +971 50 9971026  
stephan.koehn@palux.de, www.palux.de

**Pascal Clair Sweets Café & Bakery LLC**

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

**Pear Bureau Northwest**

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

**Prokdis Trading F.Z.C. - Flavoil**

Denys Baranovich, Mob: 971 58 9703597  
Email: denys.b@flavoil.com, www.higholeic.ae

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

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

**RAK Porcelain**

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

**Rational Kitchen & Catering Equipment Trading FZCO**

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

**Restofair RAK**

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

**Robot Coupe**

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

**SADIA**

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

**Safco International Gen. Trdg Co. LLC**

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

**Shoppex Trading Est.**

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

**Siom Orfevres**

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

**Skinny Genie**

Ellouise Byrne, Sales Manager  
Mob: +971 50 8005208, ellouise@skinny-genie.com,  
Web: www.skinny-genie.com

**SKYTOWER GENERAL TRADING LLC**

Sai Ravikanth, Manager - Sales  
Tel: +971 4 885 7000, Mob: +971 55 513 862,  
sm@skytowerme.com, www.thecandh.com

**Sparrow International**

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

**Tegel**

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

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

Eden Nebreja, Marketing Manager  
Tel: +971 4 3401100, Mob: +971 56 2123282  
email: eden@tssc.ae, Web: www.tssc.dubai.com

**Transmed Overseas**

Rana Malki, Mob: +971 50 5592771,  
rana.almalki@transmed.com,  
www.transmed.com/foodservice

**Truebell Marketing & Trading**

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

**TSSC Kitchen & Laundry Equipment Trading L.L.C.**

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

**Unilever Food Solutions**

Farrah Shweihat, Marketing Manager GCC  
Tel: +971 4 881 5552  
Farrah.shweihat@Unilever.com, www.UFS.com

**United Foods Company**

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

**Upfield Middle East Limited FZCO**

Melanny Lopez, Marketing Manager  
Tel: +971 4 2342071, Mob: +971 56 6812914  
melanny.lopez@upfield.com, www.upfield.com

**US Dairy**

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

**US Meat Export Federation**

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

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

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

**US Poultry**

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

**Vitamax Trading LLC**

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

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

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

**Welbilt**

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

**Winterhalter Middle East BFC**

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

**Winterhalter ME**

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



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Work Address:	Tel:	
Web Address:	Email:	
Telephone Office:	Professional Title:	
Fax Office:	Type of Membership Required: (Please tick one)	
Tel. Home:	Corporate <input type="checkbox"/> Senior Renewal <input type="checkbox"/>	
Fax Home:	Senior <input type="checkbox"/> Junior <input type="checkbox"/>	
Email:		

Declaration to be Signed by all Applicants

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

Signed:.....

Proposed By:

Sig:.....

Seconded By:

Sig:.....

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Young Member: Junior members will receive a certificate.

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

150/=per year thereafter.

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

Corporate Member Dhs. 20,000 per year

# Why You Need Presentation Skills to Climb the Success Ladder?

*"Speech is power: speech is to persuade, to convert, to compel" — Ralph Waldo Emerson*

Being a good presenter is no longer good enough in this time and age. There was a time that either the most outspoken person, smartest person or a leader was the requirement to be a good presenter to whom people would listen to. Times have dramatically changed and transformed from that era.

When you are in the corporate world, you have to prepare for delivering a presentation at some or other point in time. Most people think that only people with an extrovert personality can have remarkable presentation skills. Fortunately, in today's era, anybody can develop and improve presentation skills in business communication. Whether you belong to the foodservice sales and marketing, culinary management or HoReCA leadership, you require excellent skills to present and articulate your ideas precisely and effectively.

A working individual needs to deliver presentations in various scenarios right from product/service presentations to motivational speeches. Having the right skills is necessary, as they need the person to inform, influence and inspire the audience. Communicating, challenging a C-level audience, negotiating with seniors or highly experienced people requires you learn to develop your presentation skills.

Here are five easy ways in which presentation skills benefit you, help you go ahead in your life and earn recognition:

## Boost Public Speaking Skills

Whether you need to speak to a Chef decision maker or upper management, business communication is a part that you cannot ignore. If you do, it costs you the success that you dream and desire your whole life. If you do really want to achieve higher goals, get ready and prepare by learning presentation skills in



business communication. They help you hone your public speaking skills.

## Create Long-lasting Positive Impression

All of us know that how important it is to make a good impression right from the beginning. In fact, it can make a massive impact on the likeliness of success or failure of your career or business.

## Display Your Confidence

Confidence is quintessential characteristic that can open a world of opportunities and help in succeeding. No matter if you belong to a large company or a startup, people will only notice you when you have the confidence to explain things properly in a clear and interesting way.

## Build Trust in You

Customers will trust you when you demonstrate how confident you are in your products, services, ideas, and beliefs. If you don't display any sign of excellence, confidence, and clarity in communication, no company would like to place trust in you.

## Prevent Misunderstanding

Poor communication and presentation skills let you down on various occasions just because you don't know how to convey a message properly. Improving presentation skills help you communicate in a much clearer and precise way.

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



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