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MARCH 2023

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THE MAGAZINE CHEFS LOVE TO READ

gourmet

volume 18, issue 3

READY, SET, NYUM!

Unpacking The Pre-Cooked Story

Re-imagining the Meal
time experience with
Nyum Meals by Chef
Tarryn-Leigh Green

SALON RULES

EXCLUSIVE LISTING
OF THE RULES AND
REGULATIONS FOR THE
LARGEST CULINARY
COMPETITION IN
THE REGION

THE GREEK ODYSSEY

Executive Chef **Georgios
Mavrogiannopoulos** of
Trump International Golf
Club shares his take on
Greek cuisine



MUSHROOMS IN THE DESERT!

Our young chefs visit
Below Farm in Abu Dhabi
for a day of fun, learning
and inspiration



DESSERT EMPEROR

Pastry Chef **Shajahan
Mampally** of Sharjah
Ladies Club on
importance of
competitions



The cream cheese for perfect cakes and frosting



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We are in the midst of a very busy season in the United Arab Emirates; everyone is back to full business with pre-pandemic figures, but still, a lot of colleagues are struggling with the strength of the team.

We just had the world's biggest annual food show, golf tournaments, and tennis tournaments, which of course, brought extra traffic to Dubai on top of our tourists and business travelers.

Chef Majed and his team from the Syrian Chefs Guild are preparing to leave for Syria to support the earthquake relief efforts. The team is supported by Worldchefs without Borders, the Emirates Culinary Guild, and many partners and friends. A big thank you to everyone who supported those in need in Syria and Turkey.

Your Emirates Culinary Guild Team just finished judging the Dates Connection Online Competition. At present, we are in the middle of the European Legumes Competition. Great competition, great prizes!

"Do you want to win a trip to Italy or win some extra cash?"

Register at emiratesculinaryguild@gmail.com and prepare your favorite recipe with canned European legumes. Let us start, cook, and film.

I am finishing my recipes and will do the videos soon. Good luck to everyone. Remember: great awards for the top 10 and certificates for everyone.

The international Salon Culinaire

I am sure many of you have started

training for our International Salon Culinaire. Registration has just opened. We look forward to seeing you all from May 29th to May 31st at 'Expo Culinaire in Sharjah'. We still have a few exhibition spaces for our partners and friends. Do not miss the chance to present your products to the expected 4000+ chefs. **See you all in Sharjah!**

I am also pleased to confirm that we will host the Alen Thong Trophy for Young Chefs National Teams. Our longtime supporter, Mr. Rajan from J.M. Foods, has confirmed his support. Thank you to Rajan and the J.M. Foods team. Watch this space for more news and updates.

If you have any questions about any of our events, please do not hesitate to contact me or Mrs. Josephine Cuthbert in the Guild Office at emiratesculinaryguild@gmail.com

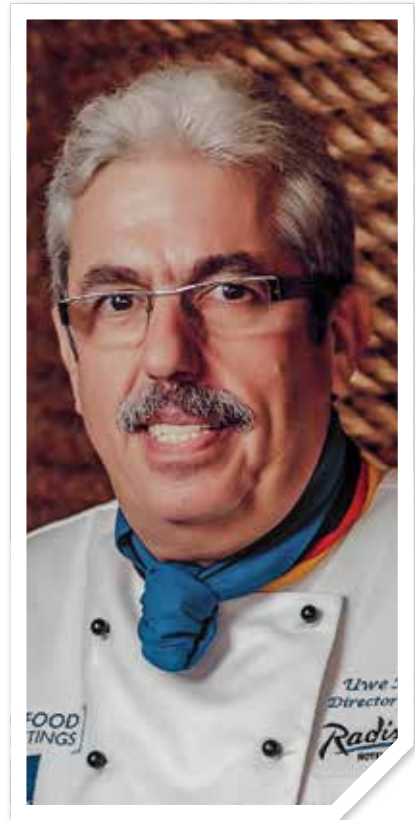
Thank You All!

Please visit www.emiratesculinaryguild.net to browse through previous issues of this magazine and to see the latest happenings on the events calendar. And visit www.facebook.com/wacyoungchefs for young chefs to be in contact with over 4000 chefs across the globe.

Do not miss the opportunity to watch and subscribe to our YouTube channel at www.youtube.com/c/TheEmiratesCulinaryGuild

Please make sure to read the company profiles of our corporate members. We really do appreciate your support. Also, look at the Friends of the Guild pages to check out all our supporters.

Thank you to Chef Christophe



Prud'homme and the Crowne Plaza Hotel Sheikh Zayed Road team, who hosted our February meeting.

The New Era of Gulf Gourmet has begun.

This is a heartfelt thank-you message to our former Editor in Chief, who has relocated with his family to Canada to start a new life. I vividly remember when Amaresh came to introduce Aquin to us about 12 years ago. After a relatively short meeting, we agreed that Aquin and Amaresh would run Gulf Gourmet for the Emirates Culinary Guild, and from then on, there was no looking back. We have seen Gulf Gourmet grow stronger and better every year. Aquin ran and supported the magazine from Canada as much as his time allowed him to do so. Once again, a big thank you to Aquin and the team for making us proud of our Gulf Gourmet.

My wishes go to Aquin and his family in Canada, wishing him great success in his new venture, lots of health, and a long life for himself and his family.

Culinary Regards,
Uwe Micheel
President, Emirates Culinary Guild



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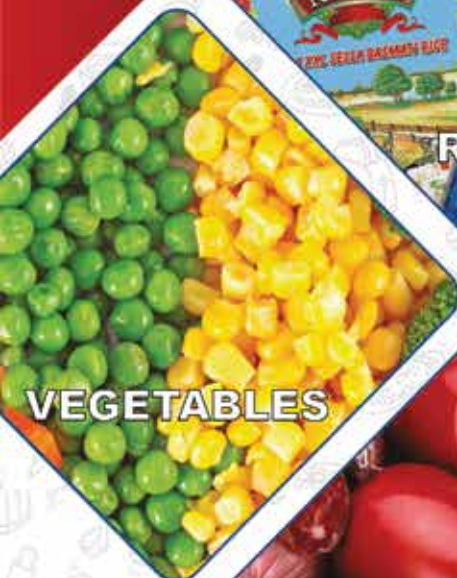
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Chairman'snote

email editor@gulfgourmet.org

Chefs, friends, and supporters, we are deeply saddened to announce the demise of Alan Pedge, our dear friend and Vice President of the Emirates Culinary Guild. We extend our sincere condolences to his loving wife, Emma and daughter Kimmie. Our thoughts will be with them during this time.

Alan was a stalwart of our guild and dedicated himself to us and the chefs of the UAE, and in particular, Abu Dhabi, where he was the active promoter of the guild and its activities. He was our Chief Marshal during the SIAL and the Salon Culinaire events, and in 2022, he was with us for the Worldchefs Congress, where even in his weakened condition, he was first in the door in the morning to get things done. This is the Alan we know, love, and will remember. We will miss this man dearly, and we take time today to reflect on his passing and the collective loss of a friend.

This month ushers in a new era for Gulf Gourmet magazine, the magazine will now be fully managed by the Emirates Culinary guild for us by us in conjunction with our long-term partner and Associate publisher and photo Editor Amaresh Bhaskaran. It is an exciting time for the Guild as we branch out into this new phase, where there will be a strong focus on our young chefs to continue our drive to sustain our industry. Technology will also play a role

in the magazine's future, with various articles being introduced to keep us all abreast of what technology can do for us in the world of hospitality and the culinary world.

A main feature of this month's issue will be the upcoming Emirates Salon Culinaire and Expo Culinaire, happening from the 29th to the 31st of May 2023 in Expo Centre Sharjah, where the chefs of the world will come together to compete and educate, and exhibitors will feature the latest trends and products. The education arena will be a great highlight once again. The return of the Alen Thong Golden Coffee Pot Young Chefs Challenge will see nine international young chef teams compete for the trophy once again.

Women are making inroads into key roles in the hospitality industry, shattering gender stereotypes. As a result, I'd like to take this opportunity to introduce you to a female chef working in the UAE who is making a big impact in the food industry with her venture of handmade, fresh, and frozen meals. High-spirited and motivating Chef Tarryn is the brains behind Nyum Meals. Read about her incredible story.

This issue also includes a candid chat with Chef Georgios Mavrogiannopoulos, who recounts how he overcame all the odds to make his way from Greece to Dubai. Despite the ups and downs of



his professional life, he exudes such optimism that it is irresistible to share a smile when you talk to him.

For some creative inspiration, we bring you the interview of Pastry Chef Shajahan Mampally. His advice to young chefs is focused on pushing them to participate in competitions and learn from experienced chefs. The best part, even if you don't win competitions, they make you stronger.

We have also introduced new contacts for the magazine; please email us at info@gulfgourmet.org for any information you would like to know.

I look forward to continuing this great legacy of the guild, and we welcome all feedback on ideas for articles and information to share.

Andy Cuthbert
Chairman and Editor



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A trademark, a territory and its people: how a pride of Italy is born.

It all began in 1982, when a company in the province of Parma who had specialized in processing tomatoes since the beginning of the century, and whose presence in the market dates back to the first half of the nineteenth century, applied for the first time ever, new production technologies for the packaging of Pomì tomato sauce.

◆ Pomì Passata: increasingly a classic

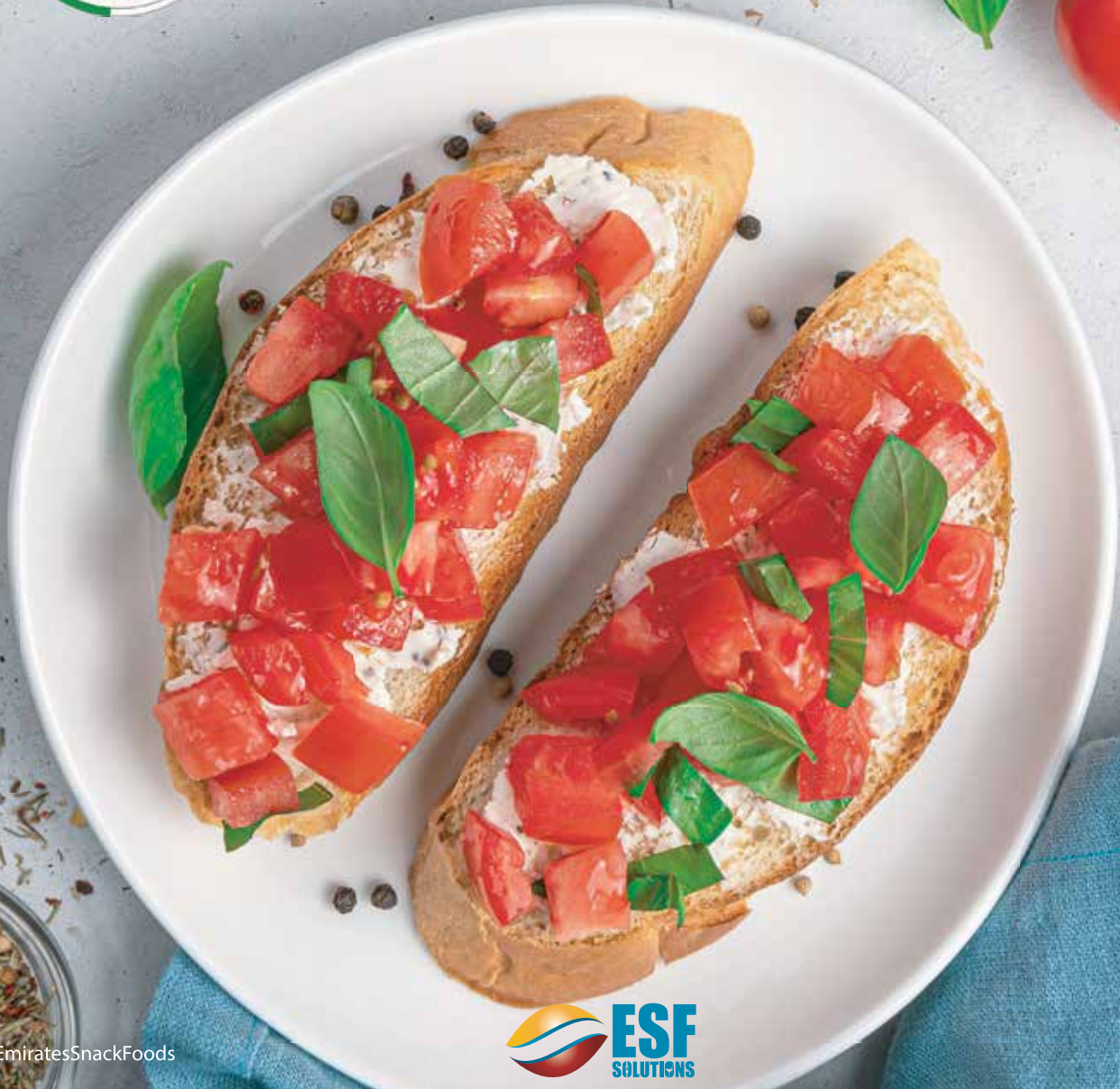
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◆ Pomìto Chopped Tomatoes: Heavenly fresh

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THE GREEK ODYSSEY

Parthenon, Stoa of Attalos, and The Oracle of Delphi are some Greek architectural marvels. Complementing these sets of wonders is an intricately crafted dish plated by Chef **Georgios Mavrogiannopoulos**. Meet the Executive Chef of Trump International Golf Club, who talks about his eventful journey from Greece to Dubai

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Chef Georgios Mavrogiannopoulos has stemmed many rogue waves in his life and found himself at a crossroads: to change the course of his career or be resilient for growth opportunities. Even if the leaves on his chef's hat have grown one at a time, he hasn't lost the image of the culinary wunderkind who, in his late 20s, had the chance to work in Greece at a Michelin-starred restaurant with top-performing chefs and culinary experts.

"You won't believe it, but when I was starting as a young chef, my superiors would mock me. A chef once attempted to bend me towards a frying basket, only to make me a



You won't believe it, but when I was starting as a young chef, my superiors would mock me

laughingstock. Though, the constant support from my family, who embraced my steps, pushed me to go further," Chef Georgios says as he reflects on fearlessly pursuing his passion.



When the ugly realities of becoming a professional chef rear their heads, many people become disheartened. Cooking, despite how trendy the sector may be, is an emotional vocation that needs a positive workplace culture. Unsatisfying wages, long hours, and intense criticism can be enough to deter many people from pursuing a culinary career. Despite the hardships, Chef Georgios remained unfazed and kept moving forward.

With over 17 years of experience in food preparation and kitchen management in the hotel business, the Executive Chef, Chef Georgios Mavirrougnolpilus, is now a distinguished leader in the industry, particularly for his competence in the culinary growth and expansion of Trump International Golf Club.

At Trump International Golf Club, an upscale 18-hole golf course managed by Skelmore Hospitality Partners, he runs the show of its F&B outlets, including the Italian restaurant, Prato.

"The 71 Sports Bar, Prato restaurant, and CaddyShack Drive-In are among the three to four outlets we operate. We also have plans to launch a restaurant with an Arabic theme. In addition, we cater for golf tournaments, business gatherings, and wedding ceremonies in our outdoor space, which can accommodate up to 350 people," he says as he elaborates on his current role.

Besides implementing ideas across properties, he spares no effort to innovate continually, improving operations with the newest techniques as well as redesigning products and services. Be it turning an outlet into a gastropub offering an American menu featuring authentic burgers and an ice cream range or identifying the right talent for the upcoming Arabic restaurant concept, Chef Georgios is more than up to the task for every challenge.

For the past four months, he has analyzed market needs to search for missing culinary experiences. Making

his journey from an island in Greece to a place with more than 25,000 food and beverage outlets, he finds Dubai already teeming with creative concepts. Despite the saturated market, he continues to seek out and uncover the best gastronomic potential that could further elevate the local culinary scene. He advocates strongly for bringing simplicity to the table, and he does this by putting a clean-cut Italian menu in the Prato restaurant.

While the trends are towards multicultural cuisine and fusion foods, he intends to deliver a platform for those who want to get away from fusion dishes that attenuate the richness of authentic ingredients. "My vision here,



My vision here, at Prato Restaurant, is a clean plate and a clean taste

at Prato Restaurant, is a clean plate and a clean taste," he asserts.

A quest for quality products is undoubtedly at stake to offer this clean taste. Chef Georgios considers that chefs should be up to speed with quality ingredients to put the best on the


plate. "One might even need to strive for good ingredients. And this is what I'm focusing on, bringing traditional ingredients from over the world."

Going forward, he anticipates the resurgence of original recipes. This is why he advises young chefs to think outside the box and create a character to give their cooking meaning. "I don't want anyone to work like robots. Chefs need to grasp the philosophy behind cuisines, which has to do with simplicity and good ingredients. Stick to the basics, and keep the classic recipes."

JOURNEY THROUGH THE WORLD

Chef Georgios's first exposure to the hospitality industry was at a very young

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age. Born and raised on the idyllic island of Paros in Greece, famous for its white marble quarries and pristine architecture, he had a normal childhood that appreciated both his artistic and intellectual nature.

"My mother was a school teacher, and my father worked as a financial director at a multinational company. It was a demanding professional life fraught with extended work hours. Yet who would have known my father's approaches to leading and collaborating with big teams would later be so inspirational for me?"

However, the idea of following a formal

education in cooking was overturned promptly by his father, who preferred him to be a mechanical engineer. "I was in High School when I was deciding which way to go career-wise. In between industrial design and culinary, my heart said to me, become a Chef," he says. Decades later, Chef Georgios has no regrets. Despite its rigors, the culinary industry has allowed him to travel to places he would never have imagined.

When his father swallowed the fact that he would become a chef, he was asked if he wanted to brush up on his skills by studying abroad. At 17 and a half years of age, instead of making expedient career

choices and getting stuck like round pins in square holes, he decided to stay back in Greece and nurture his passion more.

With that decision, he took his first steps by finishing his diploma from the Le Monde Institute of Hotel & Tourism Studies and the School of Culinary Arts in Greece.

Slowly but surely, a love for the profession grew. Soon, he started working in and around Athens, including at a Michelin-starred Varoulko restaurant.

"I worked at different restaurants for several years. I frequently felt dejected upon returning home and wanted to give up, but something inside me kept urging me to give it my all and have faith in myself. And I've come a long way over the years."

His first global opportunity came when he was about 25 years old. An opportunity as a head chef in the heart of China, Shanghai, allowed him to test his culinary prowess with an international audience. "Although the language was complicated, working in the advanced kitchen of a Greek restaurant with master chefs and seasoned cooks was a colorful and exciting experience."

A year later, he returned to Greece to work at the newly opened boutique resort with an Italian and contemporary



Chefs need to grasp the philosophy behind cuisines, which has to do with simplicity and good ingredients. Stick to the basics, and keep the classic recipes



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Greek restaurant. "It was one of the most famous villas. Popular personalities and poets who used to visit Greece were among our guests. After running the team there for three years, I joined The Westin Resort, Costa Navarino."

As a chef de cuisine, he led the operations of over 10 restaurant locations while managing a team of kitchen employees catering to approximately 300 guests daily. This stint further cemented his knowledge of Greek cuisine and handling managerial positions.

"There were 18 golf courses on the site that could accommodate 2,300 people. While working there, I improved my culinary abilities in seafood specialties, Italian and Greek cuisine. I also gained a lot of knowledge from our culinary director, Chef Doxis Bekris."

In 2016, he was offered the position



I cannot live without grabbing a knife and being in the kitchen and cooking. Hence, whenever I get the chance, I seize it to cook with my team

of Executive Chef at Amanzoe (Aman Resorts Hotels & Luxury Residences). Situated in the town of Porto Heli, the property consists of cabanas, pavilions, and villas that were frequently graced by famous celebrities. "A premium, personalized experience is provided to each guest in the villas, which can

accommodate 150 people. Imagine creating a distinct meal to suit the requirements of 150 visitors. It was a wonderful experience."

The next stop was Saudi Arabia in 2018 to work as an Executive Chef, heading a team of 150 to 200 chefs worldwide. Working for a confidential employer, Chef Georgios mentored the multigenerational team of chefs, embracing age diversity and exchanging ideas in the kitchen. This stint lasted a couple of years until he took the plunge to join his current employer and lead the team as an Executive Chef.

COOKING AS AN EXPRESSION

Chef Georgios reveals that he is a considerate and friendly team leader. While he had seen strange times during his training, he has taken those lessons to be a manager who takes the utmost care of his team, even cooking with





Still, I want to pursue it more professionally by instructing in classrooms and passing on my knowledge to future generations

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them. After 23 years of cooking, it has become an expression of his life. "I cannot live without grabbing a knife and being in the kitchen and cooking. Hence, whenever I get the chance, I seize it to cook with my team," he continues.

When one is a chef, maintaining a private life is complicated. It may be a tiresome, protracted slog that leaves you with little energy for anything else. Chef Georgios also experienced the less glamorous side of his work. "It can be tough for someone outside the kitchen to grasp the chef's

role; it's not like working a 9 to 5 job. Yet my parents and sister held my hands even in my dark times."

His next professional move is to teach. He hopes to someday play a significant role in the careers of aspiring cooks. "During the last ten years, I've held roles where teaching has always been a component. Still, I want to pursue it more professionally by instructing in classrooms and passing on my knowledge to future generations," he smiles indulgently.

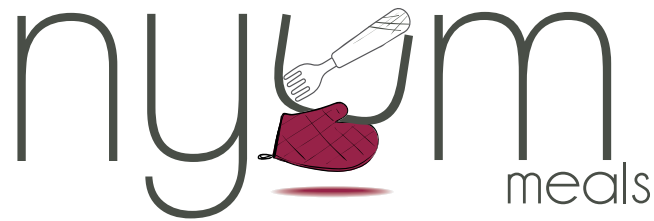
He has a few words of advice for those looking to mirror his success. Like the majority of cooks, the 41-year-old is an advocate for good personality traits among chefs. "Regardless of your status, respect your team. A perfect character would be something I would choose above a perfect chef. I think it's crucial to treat individuals with respect. Technical skills could be improved, but the character cannot."

Chef Georgios has encountered budding chefs entering the kitchens with basic training and a lack of quality skills. He emphasizes young chefs pushing themselves, building a strong foundation for a career, and aiming a little higher without being afraid to fall. He also urges people in leadership positions to guide culinary teams to unlock their potential and encourage intrinsic motivation by creating an environment that fosters challenging experiences. "Our benchmark must be raised. Dubai has the potential to accomplish great things here; therefore, I'm hoping that one day I'll be able to put my hand in a Michelin guide to see Dubai lift its standard."

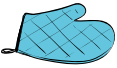


He has accomplished a tremendous lot in both his career and personal life at such a young age. No matter where his route leads, we are as thrilled as he is about his impending voyage and the wealth of experiences it will entail!



Regardless of your status, respect your team. A perfect character would be something I would choose above a perfect chef



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MAGIC OF MUSHROOMS

Young chefs had the opportunity to tour 'Below Farm', the UAE's specialty mushroom farm, to discover more about mycelium techniques and indoor mushroom cultivation solutions



A place far from the hustle and bustle of the city, nestled in the desert, is Below Farm. A passion project started by the dynamic duo Liliana and Wojciech Slowinska, Below Farm offers a range of premium mushrooms.

Sustainability is evident in their model for growing, harvesting, and packaging mushrooms. They make their compost from date palms and wood from around the farm. All packaging used is biodegradable.

Liliana and Wojciech welcomed the young chefs to their farm on January 30, 2023. The visit started with sampling the homegrown mushrooms. Our young chefs enjoyed an early morning BBQ session with the team. Wojciech shared his tips and tricks for handling and cooking mushrooms.



Once the cooking and tasting session was over Wojciech explained the process of making their compost in the lab where mycelium spawns infused grains are added to the compost mix. They can cultivate mushrooms throughout the year through an indoor vertical farming technique that uses a fully automated controlled environment system.

Young chefs got a sneak peek of the fruiting chamber where mushrooms were grown. Once harvested, they are immediately packed in eco-friendly boxes and shipped out. Below Farm creates its signature mushroom powders with no additives if the harvest exceeds expectations. There are mushroom pickles to enjoy for those who prefer something briny. At Below Farm, whatever is considered waste is used as feed for growing mushrooms: sustainability at its best!

It was a thoroughly engaging experience for our young chefs to learn more about sustainable produce in the region.



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So yum... it's Nyum!

Tarryn-Leigh Green not only excels in culinary but is also a successful entrepreneur. With a fantastic flair for transforming challenges into chances, she has developed Nyum Meals to deliver delicious food without compromise

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As a working parent, the most dreaded question of all is "What's for supper?", and if your kids are picky eaters, refusing to eat veggies, then the struggle to get them to eat a balanced and wholesome diet is real.

A chef and an entrepreneur, Tarryn-Leigh Green is the co-founder of Nyum Meals, a ready-to-eat, handmade meal food

service based in Dubai. When you meet her, the first things you notice is her vivacious personality and happy-go-lucky nature. They conceal the obstacles that have molded her throughout her career that led to her starting her venture.

Chef Tarryn-Leigh refers to Nyum meals as her lockdown baby, which was developed during the tumultuous time of the COVID-19 pandemic when

the demand for ready-to-cook meals skyrocketed. "At that time, I was employed by a firm that operated in airports, but owing to the shutdown, there wasn't much activity. That's when my stepfather gave me a nudge to follow my dreams," says the 38-year-old.

Being a working mom herself, she was driven by the bigger picture of offering handmade, wholesome food that wasn't made using the traditional mass manufactured methods. With years of food development experience and a clear vision, all that was left to do was find a facility that could replicate her methods. "We partnered with Intelligent Foods, utilising their facilities and knowledge, to support our team of chefs."

Little surprise then that the company's relationships with clients have spanned across borders in just a few years since its launch. The brand caters to a wide range of taste buds, including crowd-pleasing meals such as mac 'n' cheese and lasagnes to more ethnic flavours such as Thai red chicken panang curry. "The range will expand further, branching into new categories" she further states. Even though her initial target demographic focus was on adults, the need to bridge the gap in the children's meal segment is an important area of focus. Nyum Meals has also tapped into the kid's meal



Once the meal of choice has been selected, it is about removing the sleeve and film, and heating in either an oven, air fryer or microwave. A delicious, hand-made meal ready in minutes



BADEEL



In 1920 In 1920 In 1920 In 1920 In 1920

The extraordinary success of Siniora's well-established and long-standing brand traces its heritage back to its founding in Jerusalem in 1920, the immortal city with which Siniora has been synonymous for almost a century. In 1992, and due to the growing demand for Siniora's superior-quality delicatessen meat products, a factory was established in Sahab, Jordan, under the name of Siniora Food Industries. After decades of success, in 1996, the Arab Palestinian Investment Company (APIC) acquired Siniora's two branches. Through APIC's substantial investments, Siniora witnessed an exponential increase in resources and capacities that allowed it to add new product lines and integrate the latest technologies that exceeded the highest standards of quality in food production, supplying markets beyond Jordan and Palestine into Syria, Lebanon, Saudi Arabia, the United Arab Emirates, Kuwait, Qatar, Oman, Yemen and Bahrain. Today, Siniora operates some of the most advanced factories in the world within the processed meat industry.

In 2011, the company bought Unium, consolidating Siniora Food Industries as the dominant market leader within Jordan and Palestine for both canned meats and cold cuts.

In 2015, production lines were upgraded to include frozen foods, which complement the company's large assortment of cold cuts and canned meat, including mortadella, turkey, roasted meats, luncheon meats, salami, sausages, canned meats, frozen meats.

In 2016, Siniora acquired the Dubai-based Diamond Meat Processing Company (Al-Masa) located in UAE, a move that further increased the company's reach in the GCC market.

In 2021 Siniora acquired the Turkish company "Tarakya company for the manufacture and trade of meat" with a brand called "Polonez" to add a new Milestone in its growth strategy to tackle new markets.

By 2021 Siniora expanded product portfolio to satisfy the diversified needs of customers and produced "Badeel" Gluten free and soya free plant – based brand.



segment, developing meals consisting of at least 80 grams of vegetables within each meal. This means each kids meal has at least one of their five a day.

So how easy is it for the customers to get Nyum Meals on their plate? Every meal can go through three cooking methods: air fryer, oven, or microwave, with certain meal exceptions. "Once the meal of choice has been selected, it is about removing the sleeve and film, and heating in either an oven, air fryer or microwave. A delicious, hand-made meal ready in minutes," she explains. The meals have also been developed for hotels, restaurants and catering, where children's meals are often considered an inconvenience, Nyum provides a varied meal solution, ready for quick heating from frozen. This reduces the pressure on chefs and removes food waste, all whilst providing consistency of quality and guaranteed gross profit.

EMBRACING INNER CHILD

With deep roots in the UK and South Africa, Tarryn was inspired by her parents who instilled in her the value of being strong and independent. "The love for food came from both my parents. My mother is a fantastic cook and my father has had his own restaurant since I was five years old and still does to this day. A passion for food was instilled in me at an early age," she says. "My mother is also a successful entrepreneur and watching her build her business has been a great example and inspired me to have my own business."

Unlike kids who could be fussy eaters, young Tarryn-Leigh was never averse to giving unfamiliar ingredients a shot. She would eagerly try out recipes albeit with her mother in the kitchen or with her father in the restaurant's kitchen. "The other day I was reminiscing about an incident when I was just seven years old and ended up in the hospital due to a broken arm. In an effort to make me feel better, my grandmother asked me if I wanted cuddly toys. Much to everyone's amusement, I requested garlic snails from my dad's restaurant."



The love for food came from both my parents. My mother is a fantastic cook and my father has had his own restaurant since I was five years old and still does to this day. A passion for food was instilled in me at an early age

With a love of food, it was always clear that a career in F&B would be an obvious one. However, with a sound understanding of the restaurant industry through her father's lens, Chef Tarryn-Leigh looked for alternative avenues to drive her passion. This set her on the course to becoming a food product developer.

"Most product developers study food technology. I took a different path, believing in the importance of understanding both the foundations and skills of food, and chose to qualify as a chef from The Institute of Culinary Arts in South Africa."

After completing her studies in South Africa, she returned to the UK to pursue food product development, starting as the retail development chef at Fortnum & Mason, an upscale department store operating in Piccadilly, London, since the late 18th century.

The next break in her career was with Bakkavor London, as the Senior Development Chef for various leading retailers (Waitrose, M&S, Sainsbury's, Asda, Co-op) developing their private label products. "In terms of manufacture and size, it was a varied experience, from "core" and diet meals all the way to Heston Blumenthal premium ready

meals, dips, snacks, accompaniments and beyond. That served as a basis for the direction I've taken recently. From there I accepted an opportunity at Charlie Bigham's and that's where the stars aligned."

This premium, handmade ready meal manufacturer is the leader in the market and continues to grow from strength to strength. "I loved my time at Bigham's. Charlie has created a fantastic company, with a sound ethos that every person in the company works by. I spent 5 1/2 years at Bigham's and would have continued to do so, but a phone call for an opportunity in Dubai changed the course of that of mine and my family's lives and after twelve years in the UK, I found myself on an airplane to an unexpected course."

Always focused and with a plan, it was the first time that Chef Tarryn-Leigh quit her job without a prospect in hand. Nonetheless, she looked up jobs online with a search for product development-related roles, but "everything that came up was IT-related. I was mortified, as in the UK, product development is all food related" she says, adding that she remembers talking to her husband about how her passion has come to a halt.

As luck would have it, an opportunity in the gastronomic hub presented itself. She accepted a position at Autogrill ME, one of the leading travel-focused providers of food and beverage services.

Overseeing the franchises and labels, monitoring the outlet development, and bringing together the food concepts, those three years further cemented her craft before she took on a similar mantle in 2021. A stint with MAF Carrefour came next, with the position of Head of Innovation and Development.

LOVE AFFAIR WITH QUALITY

A stickler for quality and perfection, Chef Tarryn-Leigh deems that the only way to get consistency is through adhered ingredient specifications, extensive



Most product developers study food technology. I took a different path, believing in the importance of understanding both the foundations and skills of food, and chose to qualify as a chef from The Institute of Culinary Arts in South Africa

training, detailed SOPs and regular quality checks. Ergo, only fully trained, dedicated chefs work on Nyum's meals.

Whilst the pandemic allowed for most people to reflect on their work life balance (or lack thereof), most of us find ourselves creeping back to old habits, forced by fast paced environment in which we live. High demands, low resource, and often time poor, the need for instant meal solutions is higher than ever. Nyum Meals have created an innovative approach to wholesome, hand-made meals providing convenience to working professionals and absolving mothers of any guilt for not preparing food themselves. "There are no machines, just human beings who are cutting shallots, or carrots to prepare meals. It is really important for us to take a little bit of that burden off from



It is really important for us to take a little bit of that burden off from you, only using ingredients you would use at home

you, only using ingredients you would use at home."

Consumers are becoming, more aware of what they are eating, and transparency is essential. "At Nyum our core values are quality without compromise, and so all our meals are made using

clean ingredients and wherever possible, locally sourced." Hand-made, fresh products with no additives, preservatives, or modified atmosphere packing, result in limited shelf life. This was further exasperated in the Middle East, with most retailers not having the POS technology to reduce costs on end-of-life chilled products, a practice widely used in Western markets which encourages customers to buy rather than waste. "This restriction means that chilled foods are removed from shelves up to 48 hours before the end of life. This generates huge food waste, making fresh, not always best! This went against our ethos as Nyum aims to provide convenience and to reduce food waste. With this in mind, we had to re-evaluate our format also considering the feedback from our customers which resulted in a pivot to a blast frozen range. Making this change gave our customers more convenience and better flexibility. Better still, blast freezing the meals at their freshest, allows for the meals to maintain both their quality and nutritional value throughout their shelf-life. Something which was a concern with chilled format" adds Chef Tarryn-Leigh with a positive smile.

They recently joined the Emirates Culinary Guild, which is important for Nyum meals "The guild is a mark of quality. It was a proud moment for us, and we will live by the standard of the guild."

Talking about the happiness that she gets when someone prefers Nyum Meals, she shares that one reason is that they offer food that has consistency in its taste regardless of the time frame.

"A chef can get an instant gratification from a compliment off a guest who is pleased with their dish. In terms of prepared products, it is all about consistency in taste that can increase the takers for the product. When someone eats a Nyum meal it has to taste the same in weeks or months and this happens with the art of perfection and quality."



UPGRADE YOUR BURGER WITH
AWARD WINNING
AMERICAN
CHEESE



SUSTAINABLE OPTIONS

Perhaps the most serious problem threatening the planet today is sustainability. As demand rises, the earth's resources are being rapidly depleted. Another problem that demands attention is waste minimization. Nyum Meals has taken a step towards addressing this issue with wherever possible using locally procured ingredients, utilising biodegradable packaging and of course, producing locally are all strategies to reduce the

carbon footprint of their consumers. "We are in the process of teaming up with HeroGo, a fantastic business that takes all the "ugly" and excess produce from local farmers and retailers and sells them onto customers. I love this initiative and with the large amount of vegetables that we use, in particular for the children's meals this is a great step to furthering our sustainability"

FUTURE OUTLOOK

"We are now working with hotels,

restaurant chains, and cafes. As our meals are frozen, the risk of food waste is eliminated, allowing for the opportunity of consistent quality and gross profit. We are not coming in between the chefs jobs, but simply giving them the ability to focus on what they love doing best. We partner with these organisations to help them provide fantastic quality meals to their customers. There is an opportunity and I hope people see that," says Chef Tarryn-Leigh.

A decade from today, she wants to see Nyum Meals reaching multiple countries and becoming international. With a focus on healthy, nourishing, and wholesome meals that the children truly enjoy remaining key.

Chef Tarryn-Leigh's stepfather, an entrepreneur and business partner who pushed her to create Nyum meals, has been her confidant, providing massive support in her endeavors. Meanwhile, her husband, who too is a chef, is the operations director for Jones, the Grocer.

"My husband is the pillar in our family and a huge support to me. Whilst my children provide me the strength and courage to pursue my dreams. I truly want to make them proud and show them that everything is possible if you work hard, dream big, and believe in what you're doing."

Why not? Look how big dreams helped Chef Tarryn-Leigh reach new heights!



When someone eats a Nyum meal it has to taste the same in weeks or months and this happens with the art of perfection and quality



We are not coming in between the chef's jobs, but simply giving them the ability to focus on what they love doing best

March 2023



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March 2023 **Gulf Gourmet**

Dessert Emperor

From winning a four-plated dessert gold medal to earning the Best Pastry Chef title at the Salon Culinare. Chef **Shajahan Mampally** won a lot of notable accolades. The pastry chef of Sharjah Ladies Club tracks his incredible journey in a conversation with **Gulf Gourmet...**

Mughal ruler Shah Jahan built the revered symbol of love, the Taj Mahal, integrating a seamless mix of Persian, Indian, and Islamic architecture in a vivacious way without any dearth of creativity.

Interestingly, the 37-year-old pastry chef of the Sharjah Ladies Club, Shajahan Mampally envisions creative renderings of desserts comparable to carving out pieces of marble and both a triumph of architecture and gastronomy.

This art is echoed in the pastry plate he created for the readers. The mango compote topped with vanilla ice cream, along with creamy, dense, and smooth cheesecake, which oozes the flavors of passionfruit, mango, and pistachio with a crunchy white chocolate base giving a modern take on Kunafa reflects different techniques convene together to create a plate that sings sweetness.

The inspiration to create such intricate dishes comes from his mother. Growing up in the wild, green, enchanting hill station of Wayanad, India, his fascination with food grew slowly at home.

Watching his father run his bakery business and his mother cook for a family while being her official assistant meant he learned the intricacies of fine cuisine, including flavors and pairings.



After I received the best creative chef award there, I realized that I could go further in this field and was motivated to do my best

"My mother is a beautiful cook who used to prepare authentic dishes."

Taking up the hotel management diploma course from a college in Annamalai was not his first choice. His father wanted him to go ahead with the degree in hotel management. But the teen Shajahan wanted to step headfirst into fashion design.

Having learned to sew since the eighth grade, he wanted to dive into turning fabrics into stunning cloth items; however, a twist of fate forced him to go the other way.

"I wasn't into cooking until I finished college and worked six months as a commis chef at Poovar Island Resort in Kerala in 2004," he says, his smile expressing both love for his family and regret for being so hesitant in choosing his career options back then.

What he dodged, he has since been more than ready for. It took him a long, twisting route and unwavering dedication to reach this point in his culinary profession. Chef Shajahan acknowledges that the first year of his career was a challenge. Only after spending a considerable amount of time in the kitchen could he look past the tedious efforts and appreciate the thrill of creativity.

"After I received the best creative chef award there, I realized that I could go further in this field and was motivated to do my best," he says.

At the beginning of 2007, Chef Shajahan got a job as a Demi Chef at the Mercure Grand Jebel Hafeet Al Ain Hotel. In the following years, he was given another opportunity as a chef de partie. "I was hired for Sheraton Dubai Creek Hotel & Towers, and again over there, I received appreciation and an award within six months of employment." Over three years, Chef Shajahan worked in the cold kitchen, handling the production of pastry items, plating a la carte desserts for all restaurants and banquets, creating cakes and tarts for special events or orders, and getting promoted after building strong cooking skills.

These experiences proved valuable when a unique job opportunity knocked at his door at the turn of the century and allowed him to travel to countries like Germany, Finland, France, Greece,

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Turkey, Italy, Spain, and more. "Some 76 applicants participated in the interview and trials for a job at Seabourn Odyssey Cruise Lines, and only six were selected, and I was among them."

Initially, he applied for a sous chef role; however, impressed by his profile and the talent to put six presentations with a modest showpiece together in a

limited time during the food trials, the jury offered him the Executive Pastry Chef position.

Amidst the expeditions and putting dessert plates, he yearned to return to his homeland to start his own multi-cuisine restaurant. "A year later, I returned to Wayanad to open a restaurant featuring Indian, Chinese, and Arabic cuisines and

bakery and pastry options. Unfortunately, we had to close it soon as we didn't reach the desired position."

Longing to return to the back of the kitchen, sharpening his knife and spatula to prepare caramel and cream, he applied for a position in his second home, Dubai. As fate would have it, Chef Shajahan bid adieu to his home country and set out for a new job at Address Mall Dubai.

New experiences came along with the new job opportunities. He worked as a pastry sous chef there for around three years before moving to the Sheraton Grand Doha Resort. His performance excelled, and he was promoted to assistant pastry chef.

In 2018, he was offered the position of Pastry Chef by his current employer, Sharjah Ladies Club, a unique recreational club under the government. Managing the three locations, delivering sweets for events, creating showpieces, and making wedding cakes are just a few of the many duties that take up Chef Shajahan's day.

Working with a team of 12 and enjoying every minute of the productive day can be taxing. "Most of the time, we have smooth operations here. We often encounter situations where we have to cater to unique demands. For instance,



Some 76 applicants participated in the interview and trials for a job at Seabourn Odyssey Cruise Lines, and only six were selected, and I was among them



we have guests who prefer low-calorie, gluten-free, and healthy desserts. So, we curate sugar- and fructose-free desserts that are tasty yet health-conscious.

Chef Shajahan pushes the young chefs to participate in competitions whenever possible, and learn from experienced chefs. Learning from challenges and having fun doing them motivated him to win bronze, silver, and around 20 gold medals. "Since arriving in this country in 2007, I have participated in several competitions. Although it was initially challenging to adapt to the circumstances and the restrictions, I persisted in winning multiple medals, including Best Pastry Chef in Qatar in 2017 and Abu Dhabi in 2019."

Competitions may fuel one to tap into their best potential, but it can be draining too. Yet, with the help of his family, Chef Shajahan was able to triumph in the endurance battle. "The long hours of work and sleepless nights during the tournaments all paid off when my family stood by me through thick and thin."

The seeds of healthy rivalry have already been planted in Chef Shajahan's daughter. "My daughter often participates in school competitions, and she has also won the best chef award."

The father of two children has a wonderful family that backs him up in all his culinary ambitions. His wife, a math instructor at a school, also bakes at home for their two children, a five-year-old son and a daughter who is eight.

Chef Shajahan dreams of opening a small institute where he can teach young students to excel in baking and pastry. Running his own business, channeled in the pastry industry, is also on the lineup.

If the pastries in his dream restaurant are going to be at par with what he curates today, he is undoubtedly on the path to becoming the emperor of desserts.





Pistachio Kunafa Cheesecake with Mango Passion Cream and Caramelized Pistachio served with Vanilla Icecream

PISTACHIO CHEESE CAKE

Egg yolk	3pcs
Sugar	75 gm
Gelatin	6 gm
Arla Pro High Stability Whipping Cream, 35%	175 ml
Arla Pro Frost & Bake, 30%	175 gm
Pure pistachio paste	90 gm

Method

- Using an electric mixer set at medium high speed, beat the cream and then keep it in the refrigerator. Then beat the egg yolk until smooth.
- Pour the cooked sugar mixture into the egg yolk, beat until it becomes light and fluffy and add the gelatin and pure pistachio.

PISTACHIO WHITE CHOCOLATE KUNafa

Othmaliye dough	100gm
Ghee	25 ml
Pistachio paste	60 ml
Slice pistachio	10gm
Rose Water	5 ml
White Chocolate	40 gm

Method

- Mix the othmaliye dough with ghee. Bake the othmaliye in 170°C until dough becomes gold brown in color.

- Remove from the oven and set it aside. The crush the baked othmaliye and add chopped pistachio.
- Mix melted white chocolate and pistachio paste well until the mixture is well incorporated. Mould it with a small cake ring and set it aside until the kunafa base is properly set.

MANGO PASSION CREAM

Arla Pro High Stability Whipping Cream, 35%	100gm
White chocolate	100gm
Mango Puree	100 gm
Passion puree	100 gm
Gelatin	5 gm
Lurpak Butter	20 gm

Method

- Boil the Mango passion purée until it becomes half of the given quantity. Then add it into the boiled cream and pour into white chocolate. Add gelatin mix into it well until the mixture incorporate with chocolate. Add the butter.
- Keep the mixture overnight in the refrigerator. Whip up the chocolate cream mixture until it becomes mousse texture.

CARAMELIZED PISTACHIO

Pistachio	30 gm
Sugar	15 gm
Water	5ml

Method

- Boil the sugar and water until it gets

caramelized, add the whole pistachio into the sugar, mix well until the pistachio caramelized.

MANGO COMPOTE

Mango Cubes	80 gm
Mango Purée	50 ml
Sugar	10 gm
Vanilla Bean	1 pcs

Method

- Boil the sugar and mango pure; add mango cubes and vanilla bean and make them of thick consistency.

PECTIN GLAZE

Water	250gm
Sugar	200gm
Pectin	22gm
Gelatin	5gm
Green Color	4 ml
Yellow Color	4 ml

Method

- Boil the water with 1/3 sugar, add the remaining sugar with pectin powder mix it slowly, boil the mixture until the pectin is completely incorporated.
- Remove from the fire. Add the gelatin and color keep it in refrigerator.

Garnish

- Dark chocolate
- Vanilla Cream quenelle
- Gold leaves
- Pistachio
- Vanilla Icecream

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Rising Star

Meet **Lekhnath Thapaliya**, the promising young Chef from Nepal

For Lekhnath Thapaliya, a graduate of the ICCA Dubai Culinary Scholarship Program graduate, Class 2022, entering a professional kitchen was akin to entering his home. Unlike other young aspiring chefs who looked upon the profession of Cheffing as a career choice, Lekhnath was starkly different.

"I have always felt at home in the kitchen. Thinking of recipes, planning, prepping, cooking, the smell of warming spices, and balancing flavors—cooking has always been my happy place."

The credit for this passion lies with his mother, Tulashi Acharya, who, along with his father, Ramchandra Thapaliya, instilled in him a love for cooking from a very young age.

"My mother was very particular about nurturing my culinary skills. She saw a spark in me. Growing up in a small town in Nepal, when my friends spent their time playing, I would work in the kitchen of our family roadside restaurant. I spent time grilling meat, preparing noodles in a wok, and even helping my mother manage the day-to-day running of the restaurant."

Soon, food became a passion; it was all about putting everything from his heart onto the plate.

The Inspiring Journey

Smart, determined, and ambitious, Lekhnath soon realized that working at his mother's roadside restaurant had given him training in basic cooking skills, but there was much more to learn and gain, so he started looking for opportunities to widen his prospects.

When his neighbour left for India



I have always felt at home in the kitchen. Thinking of recipes, planning, prepping, cooking, the smell of warming spices, and balancing flavors—cooking has always been my happy place

to work at an established hotel, it ignited his ambition. "I remember the conversation even today. He was talking about the exposure the job provided. The learning, training,... And it became crystal clear in my mind that a career in hospitality was my calling."

Diligent and curious by nature, he began his arduous culinary journey. There were trying times, like when he struggled to find employment despite training at a hotel in Nepal due to a natural disaster that had struck the country.

Any other young chef would have been disillusioned and returned to his hometown to help with his mother's restaurant business, but not Lekhnath. He surged forward.

His undeterred perseverance soon yielded rewards, and he finally landed in Dubai, where he started climbing the culinary ladder. Things were looking up, but Lekhnath wanted more. He was looking to gain a well-rounded education in the culinary arts.

"I was working and learning from some of the industry's best chefs, but I always wanted more. I wanted to challenge myself further, look for opportunities, and decide to participate in several culinary competitions."

The Chef with the Midas Touch for Competitions

Culinary competitions may be a different ballgame from working in a professional kitchen. However, both arenas require single-minded focus, determination, and the ability to work efficiently under pressure. A young chef Lekhnath has been blessed with that rare knack for winning culinary challenges.

Soon, Lekhnath participated and won silver and bronze medals in numerous prestigious competitions. In 2021, he struck gold. At the 2021 Young Chef of the Year Live Cooking Competition organized by Hozpitality.com, out of 32 talented chefs, Lekhnath was among the five finalists; finally, he walked away with the gold medal and a scholarship to study a professional diploma course in cookery at the ICCA in Dubai.

"This was a life-changing moment for me. While I had worked in several hotels, gaining experience and new learnings, I lacked the professional finesse that only professional training can bring, which is crucial to succeeding and excelling in this industry. When I won the scholarship, I realized this would be my golden ticket."

Golden Ticket: The ICCA Dubai Culinary Scholarship Program

After winning the competition, he remembered the day he first visited the ICCA facility and felt a deep sense of awe and wonder. And almost immediately,



Lekhnath felt like he was home—with the ICCA team and his family.

At the ICCA, he got a chance to get trained under some of the best chefs in the industry. He went through an immersive, hands-on training and education program that gave him confidence and polished, and elevated, his professional cooking skills.

"The thrill of just learning new culinary techniques each day, interacting with a multicultural group of people, and gaining professional exposure to upskill oneself—the ICCA journey has been a memorable one, thanks to Shanaaz Maám, the ICCA course director, and all the chef instructors that taught me."

Lekhnath's winning streak also

continued. This competition wizard participated in the 2022 USA Cheese Specialist competition organized by the USA Cheese Guild in partnership with ICCA, prepared an array of exquisite dishes incorporating USA cheeses, and won the prestigious Big Cheese Trophy.

"The entire Live the Life, Dine your Heart, Dive the Rush, and Win to Excel experience of the challenge was surreal. As for the victory, this would not have been possible without the training and immense support I received from the ICCA in Dubai."

Currently working as a Chef de Partie at Emporio Armani, Lekhnath's career journey exemplifies no easy pathway. Still, one must always go beyond one's comfort zone and constantly seek

opportunities to learn and grow. It is never easy, but he considers himself lucky to have the support of his family and wife. As for his advice to young aspiring chefs, who, like him, are looking to pursue a culinary career, he says, "Never chase success, fame, or celebrity status. Chase opportunities to gain knowledge, learning, and training, and success will automatically follow."

Every month, Rising Star features inspirational stories of talented chefs who have dedicated their lives to perfecting their craft and continuously pushing the boundaries of culinary excellence. This initiative is executed in strategic partnership with the Emirates Culinary Guild (ECG), the World Association of Chefs Societies (WorldChefs), and City & Guilds, London.

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The Guild Meet

Executive Chef Christophe Prud'homme and the Crowne Plaza Dubai team hosted last month's Emirates Culinary Guild meeting. The meeting saw several senior members inducted into the Emirates Culinary Guild and the upcoming Salon Culinaire discussed at length.



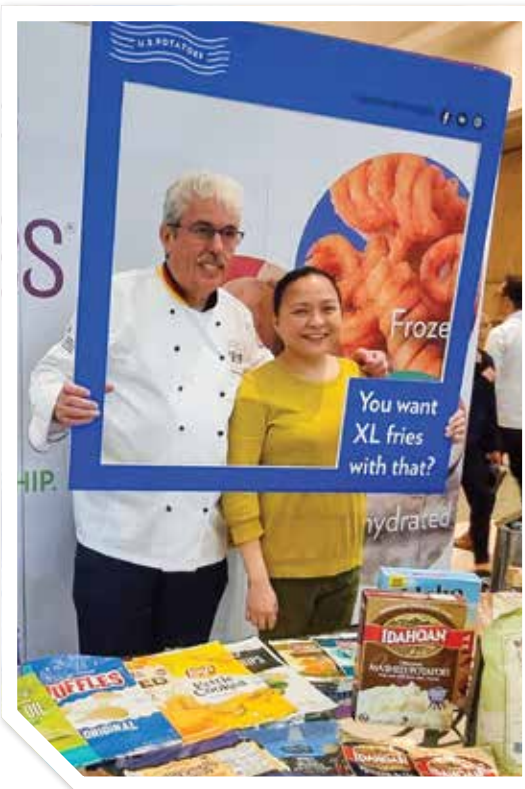


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Application Membership

Date of Application:

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

Declaration to be Signed by all Applicants

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

Signed:.....

Proposed By:

Sig:.....

Seconded By:

Sig:.....

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Remarks:

Payment received?		
Certificate Given.	Pin Given.	Medal & Collar Given
Approved	Approved	
President.....	Chairman.....	

Fees:

Young Member: Junior members will receive a certificate.

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

Dhs.350/=joining. Includes certificate; member-pin, member medal and ECG ceremonial collar. Dhs. 150/=per year thereafter.

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

Corporate Member Dhs. 20,000 per year

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THE EMIRATES SALON CULINAIRE 2023

Briefs of the Classes for Entry

Resume Of Classes for Entry Class No.

Pastry and Bakery

- 01 Cake Decoration – Practical Powered by Master Baker
- 02 Wedding Cake Three-Tier- Powered by Pristine
- 03 Four Plates of Dessert – Powered by Kerry
- 04 Pastry Showpiece
- 05 Bread Loaves and Showpiece Powered by Master Baker
- 06 Petites Fours, Pralines Powered by Master Baker

Showpiece Artistic Displays

- 07 Chocolate Carving Showpiece
- 08 Fruit & Vegetable Carving Showpiece Powered by Barakat
- 09 Open Show Piece

Gourmet Static Displace

- 10 Five-Course Gourmet Dinner Menu Powered by USMEF
- 11 Three-Course Vegetarian Menu Powered by ARLA PRO
- 13 Four Plated USAPEEC Chicken Dishes –Powered by USAPEEC
- 23 Savory tartelette Creations Powered by HUG
- 24 Sweet tartelette Creations Powered by HUG
- 28 Four Plates Vegan dishes - Powered by Violife 100% Vegan
- 34 Sweet Creations Powered by Potatoes USA

Practical Artistic Carving

- 15 Individual Ice Carving
- 16 Ice Carving Team Event
- 17 Practical Fruit & Vegetable Carving Powered by Barakat

Practical Cookery

- 19 Arabic Mezzeh - Practical Cookery Powered by Rahma
- 20 Fish & Seafood - Practical Cookery

- 21 Beef - Practical Cookery Powered by USMEF
- 22 Emirati Cuisine – Practical Cookery
- 25 Dressed Chicken & Dressed Fish Practical Butchery
- 33 Savory Potato Creations Practical Cookery Powered by Potatoes USA
- 27 Chicken - Practical Cookery – Powered by USAPEEC
- 30 Practical Cookery Pasta powered by Barilla
- 35 Plant based Practical cookery appetizer and main course
- 36 Soup and Sandwich Practical cookery
- 37 Practical Butchery Dressed Lamb powered by Australian Meat
- 38 Syrian Cuisine Traditional and Modern- Plated Display Powered by Boody's
- 39 Syrian Three Plates of Kibbeh Plated display Powered by Boody's

PASTRY AND BAKERY

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. Natural colors and flavoring only to be used nonchemical.
- 9. Gold, Silver, bronze, copper, pearlescent, metallic, lustre, glitter, mica and titanium dioxide powders or liquids are not allowed unless used as none edible, removable decoration such as cake top or centrepiece
- 10. No pre-modelled garnish permitted.
- 11. Chocolate and royal icing can be pre-prepared to the basic level,
- 12. Competitors must provide all ingredients, cake base, utensils, and small equipment required.
- 13. A standard buffet table is provided for each competitor to work upon.
- 14. Water, electricity and refrigeration might not be available.
- 15. The cake will be tasted and cut by the Judges, as part of the judging criteria
- 16. Ingredients maybe supplied by the sponsor and shall be mandatory to be used,
- 17. Information shall be sent to competitors in advance of the competition for supply of ingredients if being supplied. 50 Points will be deducted for noncompliance
- 18. All recipes must be provided for the judges on the day of the completion including all finishing items such as glazes and decoration ingredients to be mentioned.



Pastry Displays

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



All decorations must be edible and made entirely by hand.

1. Pillars or stands may be inedible but, unless decorated by hand, must be plain and unadorned.
2. Fine, food-quality wiring is allowed for the construction of flowers but must be properly wrapped and covered with flower tape or paste.
3. Royal icing, pastillage, pulled sugar, etc., may be used in the construction, but the finished display must not be dependent on these items.
4. The bottom layer of the cake must be edible. A section of the finished edible cake should be cut for the judges' inspection
5. The cake will be tasted by the judges.
6. Inedible blanks may be used for the two top layers.
7. Typewritten description and recipes are required.
8. Maximum area w60 cm x d75 cm.
9. Maximum height should not exceed 1 meter (including socle platforms)
10. Pristine Ingredients supplied by the sponsor may be used if these are supplied, competitors must use if instructed by organizers.
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 where mandated ingredients are not used.

Class 03: Plated Dessert Powered by Kerry



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. Each dessert must have 15% of KERRY product in the recipe
9. 1 dessert must be with rhubarb
10. 1 dessert must be lingon berry
11. All the plates must use 15% Kerry Fruit products compulsory in the preparation.
12. All Kerry Fruit, purees and IQF fruits are mandatory to be used and no other fruit purees or IQF fruits are to be used if others used then 50% reduction in points will be applied.
13. All Kerry fruits shall be supplied by the sponsor

Class 04: Pastry Showpiece

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

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

2. Edible media may be used, singly

or in mixed media. Sponsors products may be available to be used. Information shall be sent to competitors prior to the competition

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

Class 05: Baked Goods and Baked Bread Showpiece Powered 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 workplace 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.

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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 loafs presented. The centre piece is judged however only 20% of the marks are attributed to the centre piece.

Class 06: Petites Four & Pralines Powered 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

SHOWPIECE ARTISTIC DISPLAYS

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 Powered by Barakat



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.

GOURMET STATIC DISPLAY

Gastronomic Creations

Class 10: Five-Course Gourmet Dinner Menu Powered 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: Sustainable Three-Course Vegetarian Lunch Menu Powered by ARLA PRO



1. Present a plated three-course vegetarian meal for one person.
2. Suitable for lunch service in a high-end restaurant
3. The meal consists of:
 - > **An appetizer or 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. Chefs are to apply sustainable product selection for ingredients and ensure food wastage is reduced through this meal.
7. The following Arla Pro Products must be used, Cream Cheese, Cream, Butter. Proof of purchase needs to be brought to the Competition for all the Arla Pro 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 13: Four Plated Chicken Dishes –Powered by USAPEEC



1. Prepare 2 different appetizer and 2 different main course

dishes each for 1 person using USAPEEC chicken as the main protein items in all dishes

2. All 4 dishes must use USAPEEC Chicken in their creation
3. Each of the dish's plate must contain ingredients as stipulated by the sponsor
4. Proof of purchase needs to be brought of sponsors ingredients to the Competition for all the USAPEEC chicken if proof of purchase is not brought then 50% of the judging marks shall be reduced
5. Practical and up to date presentation is required
6. Hot food presented cold on appropriate plates.
7. Food coated with aspic or clear gelatin for preservation.
8. Recipes and ingredient list (typed) of each dish required.
9. Maximum area 60cm x 80 cm

Class 23: HUG AG – Savory 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.
- Maximum space available: 75 cm x 75 cm.

Class 28: Four Plated Vegan dishes –Powered by Violife Professional



1. Prepare 2 different dessert dishes and 2 different savoury dishes each for 1 person
2. All 4 dishes must be 100% vegan
3. Each of the dish's plate must contain vegan ingredients as stipulated by the sponsor
4. Vegan products will be supplied by Violife Professional
5. Practical and up to date presentation is required
6. Typewritten description and recipe in English is required
7. This is a static class; plates must be prepared with Aspic hot food to be displayed cold.

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- Maximum area for display is w92cm and d75cm.

Class 34: Potatoes USA – Dessert/Baked Creations



- This is a static class featuring Potatoes from USA suitable for restaurant service. NO Sweet potatoes to be used. A dessert or sweet dishes utilizing the wide variety of Potatoes from USA. Potatoes from USA products including Fresh, Frozen and Dehydrated must be utilized.
- NO Sweet potatoes to be used. Potatoes from USA MUST be used in all preparations and be the main ingredient used in the dish, Potatoes from the USA, Fresh, Frozen and Dehydrated these are the only Potatoes to be used and are mandatory failure to utilize these products then 50% of the judging marks shall be reduced
- Present three different pastry dishes on individual plates, 1 of each dish, using Potatoes from USA, Potatoes as the main ingredient per plate.
- 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.
- Typewritten description and recipes required.
- Maximum space available: 75 cm x 75 cm.

Class 38: Syrian Cuisine Traditional and Modern- Plated Display Powered by Boodys



- Present one main course as main course item from Syrian cuisine for one person in two style:
- One Traditional style and the other Modern style presentation (international with Syrian touch)
- To be prepared in advance and displayed cold on appropriate plates.
- Food coated with aspic or clear gelatin for preservation.
- Present the main courses on individual plates with appropriate garnish and accoutrements.
- Total food weight on each plate should be 160-180 grams.
- Typewritten descriptions and recipes required.
- Maximum area 75cmx75cm.

Class 39: Syrian Three Plates of Kibbeh Plated display Powered by Boodys



- Prepare three different kibbeh, each for one person.
- Traditional style presentation
- Each plate presented individually on an appropriated plate.
- Total food weight of one plate should be 100/120gms.
- Hot/cold food Presented cold
- Typewritten description and recipes are required.
- This is a static class; plates must be prepared with Aspic for hot food to be displayed cold
- Maximum area 60cm x 60cm.
- One participant per entry is allowed

PRACTICAL ARTISTIC CARVING

Practical Artistic

Class 15: Individual Ice Carving

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

Class 16: Ice Carving Team Event

- Freestyle.
- Two persons per team
- 120 minutes duration.
- Hand-carved work from three large block of ice (provided by the organizers).
- Competitors to use own hand-tools and gloves.
- Non-slip mats are mandatory.
- Great care must be taken with health and safety considerations. If an exhibit becomes in any way unstable or dangerous to competitors or public, it will be dismantled and destroyed by the organizers.
- The use of power tools is allowed to slice blocks only.

Class 17: Practical Fruit & Vegetable Carving Powered by Barakat



- Freestyle.
- 120 minutes duration.
- Hand carved work from competitor's own fruit\ vegetables.
- Competitors to use own hand-tools and equipment.
- 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.

PRACTICAL COOKERY

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. Competitors are to avoid the use of single use plastics, acceptable items are reusable, recyclable, compostable, bio-degradable, items for ingredient containers etc., reusable tasting spoons to be used.
4. There is a point penalty deduction for wastage or over-production.
5. Timing is closely monitored.
6. There is a 2-point penalty deduction for each minute that the meal is overdue.
7. All food items must be brought to the Salon in hygienic, chilled containers: Thermo boxes or equivalent.
8. Failure to bring food items in a hygienic manner will result in disqualification.
9. All dishes are to be served in a style equal to today's modern presentation trends.
10. Portion sizes must correspond to a three-course restaurant meal.
11. Dishes must be presented on individual plates with appropriate garnish not exceeding 250g total food

- weight excluding sauces.
12. Unless otherwise stated, competitors must supply their own plates/bowls/platters with which to present the food.
13. Competitors must bring with them all necessary mise-en-place prepared according to WORLDCHEFS guidelines in the hot kitchen discipline (www.worldchefs.org).
14. Competitors to ensure they read the latest Food safety guidelines from Worldchefs'
15. Competitors are to provide their own pots, pans, tools and utensils.
16. 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.
17. 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.**

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

Practical Cookery

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



1. Time allowed: 60 Minutes
2. Prepare and present for two persons: Two 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

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- > 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. All Mezzeh should be prepared during the competition with very minimum of pre-prepared ingredients as per Worldchefs Guidelines please read the overview in this document for practical cookery.
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 two equal portions.
8. One portion will be presented and one portion will be presented to the judges.
9. Typewritten recipes are required.

Class 20: Fish & Seafood - Practical Cookery

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 Powered 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

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 any two of the following 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 (Sponsors ingredients if provided) in one of the dishes, this is mandatory, and failure will result in 50 point reduction.
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

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 & 33** 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.
 - 10. After 20 minutes**
 11. 10 minutes to explain to the judges the method of preparation of a classical chicken stock.
 - 12. 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.
 - 20. After 20 minutes –10 minutes to:**
 21. Explain to the judges the usage of any leftovers.
 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 27: Chicken - Practical Cookery Powered 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 are to be kept for inspection by judges
4. Present the main courses on individual plates with appropriate garnish and accoutrements.
5. Typewritten recipes are required
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 30: Pasta - Practical Cookery powered 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. Limited kitchen equipment will

be provided, in the form of 2 rectangular work benches with 2 induction units and 1 additional power 13amp socket. Water will be provided.

6. Typewritten recipes are required
7. Weight per portion on the plate to be 150 grams

Class 33: Potatoes USA – Savory Creations Practical cookery



1. Time allowed 60 minutes
2. Prepare and present three identical main courses using Potatoes from USA, Fresh, Frozen or Dehydrated, to the competitor's choice, 3 plates to be presented two for judges one for presentation. The dish must have a minimum of 3 potato recipes using potatoes from the UAS, Fresh, Frozen or Dehydrated.
3. Potatoes from USA MUST be used in all preparations and be the main ingredient used in the dish, Potatoes from the USA, Fresh, Frozen and Dehydrated these are the only Potatoes 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 required
6. Weight per portion on the plate to be 150 grams

Class 34: Potatoes USA – Sweet Creations



- 1 This is a static class featuring Potatoes from USA suitable for restaurant service. NO Sweet

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- potatoes to be used. A dessert or sweet dishes utilizing the wide variety of Potatoes from USA. Potatoes from USA products including Fresh, Frozen and Dehydrated must be utilized.
- 2 NO Sweet potatoes to be used. Potatoes from USA MUST be used in all preparations and be the main ingredient used in the dish, Potatoes from the USA, Fresh, Frozen and Dehydrated these are the only Potatoes to be used and are mandatory failure to utilize these products then 50% of the judging marks shall be reduced
- 3 Present three different pastry dishes on individual plates, 1 of each dish, using Potatoes from USA, Potatoes as the main ingredient per plate.
- 4 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.
- 5 Typewritten description and recipes required.
- 6 Maximum space available: 75 cm x 75 cm.

The Student Challenge Powered by IFFCO OOH Plant Based Open to Culinary school students and kitchen trainees/interns only Classes 35 and 36 only



Entry to the class must be accompanied by a current student card issued by a recognized culinary school or letter from Human resource department stating trainee or culinary intern

Class 35: Plant based Practical cookery appetizer and main course

1. Prepare and present 1 appetizer hot or cold and 1 main course

- hot, 2 identical plates of each (1 for judge; 1 for feedback)
2. Total of 60 minutes for both creations
3. Present the dishes on individual plates with appropriate garnish and accoutrements.
4. Each of the preparations must be totally plant based and only plant based ingredients are to be used.
5. IFFCO out of home THRYVE products are to be used and a combination of the plant based protein item MUST be used in both dishes.
6. The sponsor shall provide a catalogue of Plant based items that are to be used and explanations of each item will be provided to the competitors.
7. Typewritten recipes are required
8. Weight per portion on the plate to be 150 grams
9. Limited kitchen equipment will be provided, in the form of 2 rectangular work benches with 2 induction units and 1 additional power 13amp socket. Water will be provided.

Class 36 Soup and Sandwich Practical cookery

1. To prepare a hot or cold soup
2. Any cuisine any style
3. 2 identical plates, cups or.... (1 for judge; 1 for feedback)
4. Hot or Cold Sandwich
5. Competitor's style and choice
6. 2 identical plates (1 for judge; 1 for feedback)
7. Limited kitchen equipment will be provided, in the form of 2 rectangular work benches with 2 induction units and 1 additional power 13amp socket. Water will be provided.

Class 37 Dressed Lamb - Practical Butchery This class is subject to change competitors will be advised



1. Prepare a whole, fresh, dressed lamb carcass TBC 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 two stainless steel tables (supplied by the organisers) on which to work.
7. No power tools permitted.
8. Competitors to supply their own:
9. Tools and knives
10. Twine or netting
11. RED cutting boards (this is a municipality requirement and will be strictly enforced)
12. Garnishing
13. Display trays
14. Sundries
15. Time allowed: two hours
16. All tools and sundries will be inspected to ensure that they are hygienically suitable for food use.
17. Cuts required by the organisers are:
18. Neck slices or Neck boned.
19. 1 x shoulder, boned and rolled, tied or netted ready for roasting.
20. 3 pieces shoulder chops.
21. Spare ribs.
22. 1 x 8 rib Frenched rack.
23. Mid-loin chops from a short loin



24. 1 x Eye of Loin.
25. 1 x Tunnel-boned leg tied or netted for roasting.
26. 1 x Seam-boned leg trimmed into its 4 primal cuts plus its bone-in shank.
27. Sustainability is a key part of our jobs as chefs and judges will be looking at this as part of the judging criteria to see wastage on bones, competitors knowledge of usage of off cuts and other usable parts, they will be expected to explain to the judges what can be done with any waste seen by judges.
28. Nutritional facts, competitors are expected to be able to tell the judges what is the difference between beef and lamb from a nutritional stand point.

VENUE, ENTRY FEES, JUDGING AND THE AWARDS SYSTEM

VENUE & ENTRY FEES:

1. The Emirates Salon Culinaire will be held during the Expo Culinaire 2023 from May 29th till 31st May 2023.
2. The venue is at the Expo Centre Sharjah
3. The entrance fee for all 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 2023 AED:500/- per person**
 - ii. **Best Pastry Chef – The Emirates Salon Culinaire- Dubai 2023 AED:400/- per person**
 - iii. **Best Artist – The Emirates Salon Culinaire- Dubai 2023 AED:500/- per person**
 - iv. **Best Arab National – The**

Emirates Salon Culinaire- Dubai 2023 AED:300/- per person

- v. **Young Chef of the Year – The Emirates Salon Culinaire Dubai 2023 AED: 300/- per person**

CLOSING DATE:

5. Closing date for entries is May 15th 2023 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 judging points from all classes pertaining to the trophy being awarded.

The required classes are:

BEST CUISINIER:

- i. **Class #10. Five-Course Dinner Menu**
- ii. **Class # 21. Beef Practical Cookery**
- i. **Class # 27. Chicken 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 Desserts**
- 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

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.

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

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

The scaling for awards in all classes is as follows:

Points

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

Corporate and Establishment Trophies

The corporate and establishment trophies available are:

Best Effort by an Individual Establishment – The Emirates Salon Culinaire

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

THE STUDENT CHALLENGE open to Culinary school students only a Special Trophy to be given to the best effort of a single Culinary School, classes open only to culinary students from bona fide culinary schools can enter these classes

Point Value of each Medal Won:

Gold Medal with Distinction 6 Points
 Gold Medal 5 Points
 Silver Medal 3 Points
 Bronze Medal 1 Point

Winners where a sponsored trip is awarded are restricted to winning the trip once per lifetime. 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 2023 Gulf Gourmet

THE EMIRATES SALON CULINAIRE 2023

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March 2023 **Gulf Gourmet**

newmembers



Anna Kirakosyan, Senior Foodservice Manager - UOQ and Ahmed Magdi Youssef, Key Account Manager – Foodservice, Arla Foods, receiving Emirates Culinary Guild Membership certificate from ECG President Chef Uwe Micheel

Arla Foods is the 4th largest dairy company in the world and the world's largest producer of organic dairy products. We are a cooperative with 11,900 farmer owners from Denmark, Sweden, United Kingdom, Germany, the Netherlands and Luxembourg. We work continuously on the farms, at the dairies and in our administration to improve our footprint in these areas. We have more than 19,000 employees globally, and we work together with our customers, scientists, suppliers, NGOs and other stakeholders. Our brands include Arla®, Lurpak®, Castello®, The Three Cows® and Puck®, which are sold in more than 100 countries.

With more than a century of dairy experience, Arla Foods launched its Arla Pro brand across the world and in the UAE as the first market in the Middle East. Arla Pro is a foodservice brand

**ARLA
PRO.**

PARTNERS
AT HEART

that caters to the F&B professionals of the industry. Arla Foods used the deep insights it gained from its global, regional and local customers and the best of culinary practices across different nations and cultures, to continually innovate and evolve its products and services.

Arla Pro range of products are high-quality products that function in the professional kitchen with full traceability and the highest possible standards. Arla Pro

completely understands that foodservice professionals, whether top chefs running a high-class establishment, pastry chefs or baristas, are creative souls who see themselves as artisans in creating the best in taste experiences. Therefore, that identification is at the core of Arla Pro's business philosophy as a complete partner, rather than just a supplier. Arla Foods launched their new brand - Arla Pro in an event held in April 2018 at The Farm Restaurant Al Barari in the presence of more than 125 industry professionals.

During the event, Arla Pro joined the Emirates Culinary Guild as a corporate member in order to stay closer to the chefs' world, to better understand their needs and to be able to support them delivering the means to better food, the means to better business and the means to mastery.

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From clothing to jewellery, electronic retailers, a money exchange and transfer, pharmacy, perfumeries, homeware stores, cafes and a Lulu Hypermarket, the Waterfront Market has it all.



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RESTAURANTS
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The Amodio group has a long history spanning over 130 years in the dairy sector, a tradition that has been handed down over four generations which is characterized by their craftsmanship, quality and freshness.

Its strength is producing an industrial product that maintains the taste and flavour of artisan production, this is the result of careful organization in all stages of production, processing of high quality raw materials, which are strictly selected and controlled.

The production offers a wide and complete range from which our spun cheese products stand out especially the Fior di latte which we produce in different formats block, diced, julienne and matchstick, this has a unique taste and flavour, ideal for making an excellent Neapolitan pizza.

