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THE MAGAZINE CHEFS LOVE TO READ
volume 12, issue 5WEARING
ART
ON THEIR
SLEEVES

MEET ROHITHA KUMARA,
THE 'BEST KITCHEN ARTIST'
TROPHY WINNER AND ACHIRA
KULARATHANE, THE 'BEST
PASTRY CHEF' TROPHY WINNER
AT SALON CULINAIRE 2017

MICHELIN STARS

Alfredo Russo, one of Italy's finest culinarians, tells us about his life and his Michelin star restaurants



LE CHOCOLATIER

French-born Romain Castet, the executive pastry chef at Fairmont Dubai, offers advice to young chefs



GOLDEN CHEF

Four youngsters from Dubai and Doha take up our Nestle Professional Golden Chef Award challenge



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Dear fellow chefs, ladies and gentlemen,

Welcome to the May issue of our Gulf Gourmet.

April was the month of training and preparation for our culinary teams. Our first mixed Young Chef and Senior Chef Team is ready to travel to Hong Kong to represent us at HOFEX 2017. It was very pretty amazing what I have seen during the practice session. I like to thank the Hong Kong Team, Chef Rudy Muller and Anita Cheng for the help and support with the visa and market list.

Our team for Beijing China as well is ready to go. I wish both teams, all the best and a safe and successful trip.

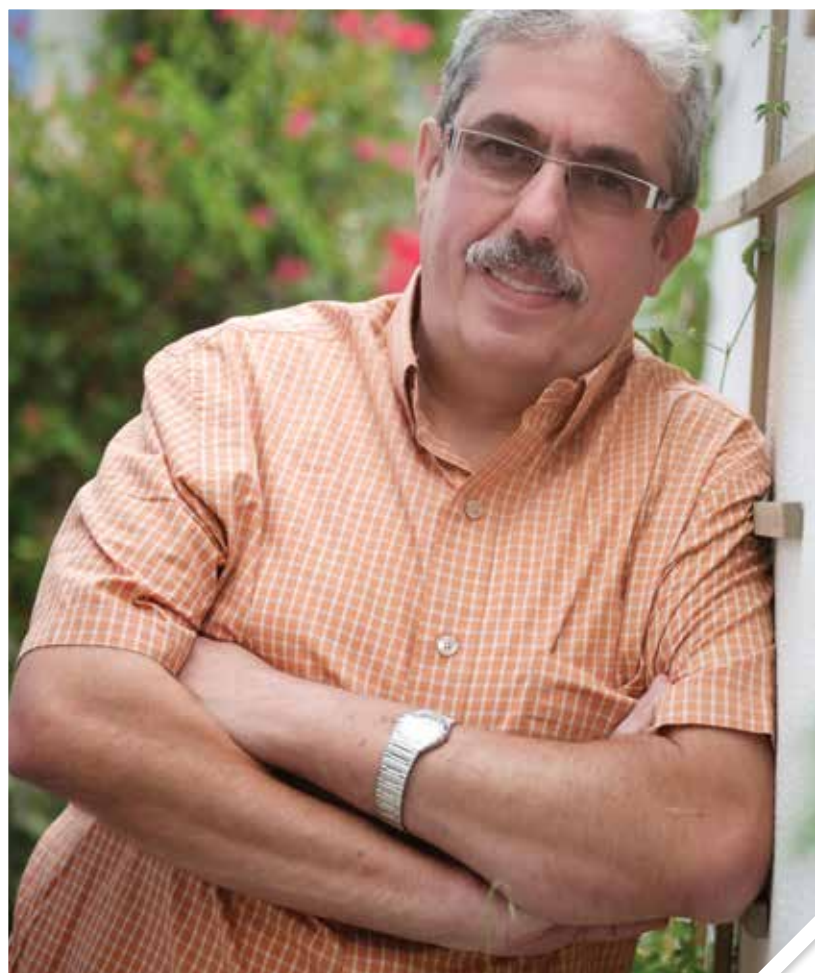
Back in Dubai, the 14 young chefs qualified for the UAE Chaine de Rotisseurs Young Chef Final are in training. Our UAE winner will represent the Chaine Des Rotisserur-Uae Bailliage National Competition entry at the World Final in Frankfurt, Germany in September this year.

I would like to thank the US Poultry and Egg Export Council for the US Poultry Seminar in April at the Radisson Blu Hotel Deira Creek. Thank you to Bassam, Khaled and the Team for the informative evening.

The US Beef Hands On Workshop on the 7th of May is now fully booked. For the Mini Plated Competition on the 8th of May, there are still a few open spots.

Our 2 biggest events in May are our Annual General Meeting (AGM) on 22nd May hosted by Chef Prasad and his Team from Miramar Al Aqah Beach Resort and East Coast Salon 2017 in Fujairah

I wish all competitors all the best of luck and happy cooking and learning. And remember, winning a Gold medal is not the most important thing in life. The key during every competition is for you to learn improve your skills and hopefully you meet some new friends.



If you have missed previous issues of Gulf Gourmet magazines please visit www.gulfgourmet.net for the back issues.

I urge all members to go onto the Guild website to see what is happening on the calendar at emiratesculinaryguild.net and to visit the WACS Young Chefs Facebook page on facebook.com/wacsyoungchefs. Encourage your young chefs to join that page so they can be in contact with over 4,000 chefs across the globe.

Please do not miss the company profile

of our corporate members. We really do appreciate your support. Also, do look at the Friends of the Guild pages to check all our supporters.

A final thank you to Youssef Darwish and his team from Jood Palace Hotel for hosting the April meeting.

Culinary Regards,

Uwe Micheel
President, Emirates Culinary Guild
Director of Kitchens
Radisson Blu Hotel Deira Creek

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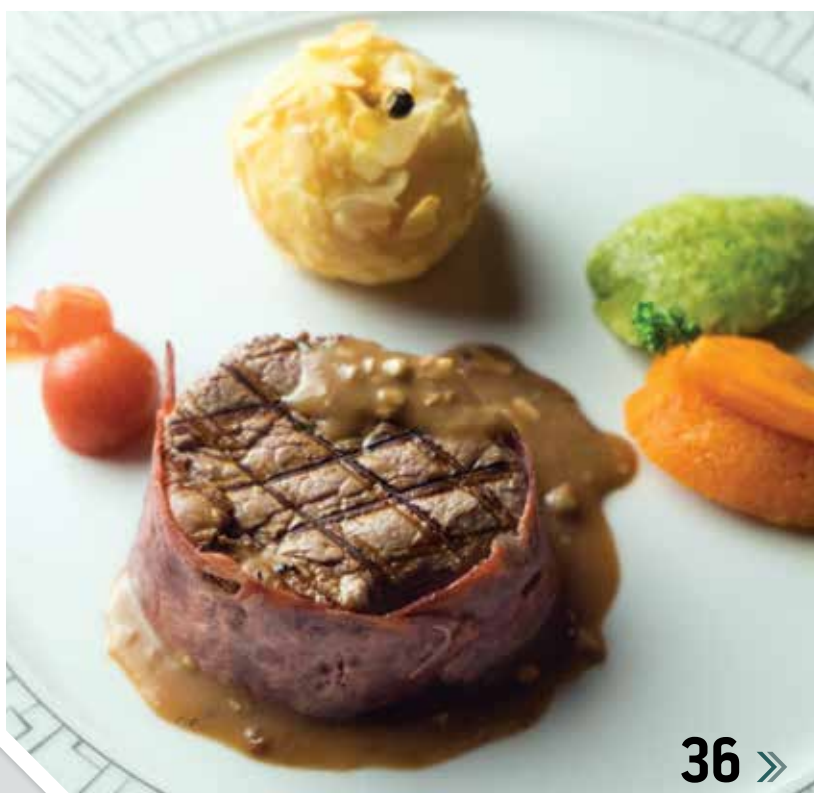
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DRESS UP YOUR MENU **WITH THE** BEEF SKIRT

There is a reason why Australian Beef Skirt is the star of the barbecue – its versatility, texture and taste pairs perfectly with the bold and saucy flavour combinations loved across the globe. Mexicans marinate the skirt in lime juice, coriander and chilli and grill for juicy tortillas. In the Dominican Republic, skirt is cooked 'churrasco' style over the grill and dressed with famed Chimichurri sauce. In the US, skirt is widely used in Tex-Mex cooking and is the star ingredient in fajitas. It also adds a fantastic texture to gourmet hamburger patties. Australian Beef Skirt hold its own alongside all these strong, savoury flavours resulting in a flavour match made in heaven.



Australian Beef Skirt

Australian Beef Skirt is relatively long and flat with a coarse grain running across the entire muscle. This cut comes from two long, flat, well-marbled muscles of the cow located on the inside of the abdomen wall, next to the brisket navel end.

Preparation of Cut

The skirt is prepared by stripping away the membrane and connective tissue to leave a flat, coarse-grained muscle with a grain that runs crosswise. This cut is processed practically free of connective tissue, so very little, if any, trimming is required.

Cooking Tips

Choosing a marbled piece of Australian Beef Skirt will contribute to the juiciness and flavour of this cut, when sliced across the coarse grain and served as a steak. This coarse grain means the skirt is perfect for marinating as the meat fibres are very porous, yet firm enough to ensure the meat won't collapse while marinating and during subsequent cooking.



American 'Fiesta' Skirt
Steak Salad

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editor'snote

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I am writing my note this month sitting atop a wooden bench in a village surrounded by so much greenery you would mistake it for a rainforest. In fact, if you take away the amazing road-infrastructure and well-educated local people, this place is a rainforest. In less than 48 hours I have seen over 100 species of animals, birds, insects and snakes. Here, uninterrupted electricity is a luxury and the nearest restaurant is 20-odd miles away. I have been enduring incessant rainfall accompanied by violently loud thunders and sub-tropical humidity. Yet, this place gives me better sleep than some of finest luxury hotels I have stayed at during my travels across the world. How could I not? The air is so fresh and the sounds emanating from outside my room are of birds chirping as opposed to urban clamour. Stress here literally melts away.

This is the place where my father grew up as a child. And his ancestral home is surrounded by 30 acres of rich soil that makes this household completely sustainable. Everything you need to eat to live a healthy life grows here. And I mean everything. The house has 24/7 hot running water thanks to solar technology and all of the cooking happens through bio-gas. The fruits I eat here look the same as those I buy at supermarkets but tastes so much more amazing, it makes me want to cry. There is nothing to beat fresh produce for cooking every single meal. My ancestral home produces and sells everything from cocoa beans to coffee beans and from pineapples to honey. The list has close to 50 products and yes, it is all organic. At the end of every trip to my village, I yearn to take home some honey, pepper, pineapples, jackfruit, tapioca, bananas, and a variety of other spices. I know I can never buy this taste in any supermarket.

It is ironical how the two things that most five-star hotel guests look for – a good night's sleep and "deliciously" healthy organic food – are so easily



available in a remote village; a village whose inhabitants have never stayed in a five star hotel. This experience also allows me to better understand why Michelin-star chefs spend as much time in the markets and with farmers as they do training their own junior chefs. A masterchef knows that cooking is not about complicating things. It is about serving satisfaction on a plate. And for that you need to understand taste, textures and colours that occur in nature. You need to understand that the "knowledge of cooking basics" is more important than fancy plating. At the end of the day, your customer will choose an average looking restaurant that serves "deliciously" healthy organic food over a luxury restaurant where the taste is just above average.

Your hotel/restaurant's profitability is literally in your hands. And if you succeed at excelling in what you do, it will only be because you are passionate about it. So go a bit beyond just grilling, frying and baking. Find out the source of the ingredients you use and how to acquire the best ingredients. Also, remember, knowing how to make a mayonnaise from scratch is as important as knowing how to sous vide. The chefs featured in this magazine do.

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

Aquin George
Editor

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May 2017 **Gulf Gourmet**

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newsbites

HMH Appoints a New CEO

Hospitality Management Holding (HMH) has appointed of Aboudi Asali as its Chief Executive Officer. HMH is a fully integrated hotel management company for properties that include The Ajman Palace Hotel, Coral Hotels & Resorts, Corp Hotels, EWA Hotel Apartments and ECOS Hotels.

Asali joins HMH with over twenty years of hospitality experience including the Four Seasons Hotel Boston. After several years in operations, Asali joined Arthur Andersen as a Real Estate and Hospitality Consultant in Bahrain and then London. He returned to the Middle

East in 2002 as the Vice President International Lodging Development for Marriott International where, during his tenure he signed more than 40 hotels across the region. In 2012, Asali established a company to guide hotel operators and owners in the Middle East and Africa region and negotiated a number of contracts with Hilton, IHG, and Starwood.

Asali's last position was Senior Vice President Development at Jumeirah Group where he was responsible for the expansion of both the Jumeirah and the Venu lifestyle brand, in the Middle East, Africa, South Asia and Europe.



H.E. Sheikh Mohammed Bin Faisal Al Qassimi, Chairman & CE, MANAFA LLC, and Vice Chairman, HMH, said, "Asali will be a key member of our management team with a clear mandate for identifying growth opportunities for the expansion of HMH's portfolio in the hospitality sector fulfilling our strategic vision. His extensive experience in the region and successful history in development and attaining both management and franchise agreements will surely be a recipe for success."

Table 9 at Hilton Dubai Creek announces New Head Chef

Table 9, the restaurant located at Hilton Dubai Creek, announced the appointment of Enver Can Gümüş as Head Chef. Chef Enver Can will be overhauling the menu at the renowned fine dining outlet and overseeing the kitchen team at Table 9, steering it in a new direction for the year.

Before joining Hilton Dubai Creek, Chef Enver Can was the Chef de Partie at a luxury hotel and spa in Cyprus. His previous culinary roles include positions in a fine dining Oriental restaurant in Turkey, The Kempinski Hotel Yinchuan China and Ciragan Palace Kempinski in Istanbul.

Laurent A. Voivenel joins Swiss-Belhotel International as Senior VP – MEA & India

Global hospitality group Swiss-Belhotel International has named Laurent A. Voivenel as Senior Vice President, Operations and Development for the Middle East, Africa and India. The group currently manages a portfolio of more than 145 hotels, resorts and projects worldwide and is targeting the Middle East, Africa and India region as a key growth market.

The announcement was made by Gavin M. Faull, Chairman and President of Swiss-Belhotel International. Laurent will be based in the group's regional office in Dubai and said he was excited to be joining at a pivotal point when Swiss-Belhotel International is one of fastest growing hospitality groups."

Laurent has over 30 years of outstanding international hotel and asset management experience with hospitality brands including Starwood Hotels & Resorts and Hilton Hotels



& Resorts. Prior to joining Swiss-Belhotel International he was the Chief Executive Officer of HMH – Hospitality Management Holding.

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Unilever portfolio brand value double that of KraftHeinz

Every year, leading valuation and strategy consultancy Brand Finance values the brands of thousands of the world's biggest companies. The world's 50 most valuable food brands are included in the Brand Finance Food 50.

Combining the values of these brands based on ownership reveals the brand portfolio values of the FMCG corporate giants. Unilever's total portfolio value is US\$42.9 billion, more than double that of KraftHeinz, which recently attempted a takeover of the Anglo-Dutch company.

Unilever is a major UK employer, well-known for its business ethics and focus on sustainability. Dozens of its brands, such as Marmite, Colmans and PG Tips, have achieved 'national treasure' status in the UK and beyond. So when

KraftHeinz (whose brand portfolio is worth just US\$20.2bn) launched its bid, there was widespread surprise and trepidation. Eyebrows were raised in UK government circles and the upper echelons of business too, as the bid appeared to confirm the vulnerability of British firms to takeover by foreign counterparts following the Brexit vote.

In the event, Unilever's CEO Paul Pohlman rebuffed the US\$143 billion deal, which was seen to significantly undervalue the company. Brand Finance's CEO David Haigh comments, "Unilever has one of the world's most valuable brand portfolios, more than double the value of KraftHeinz. Quantifying this and bringing it to the fore will be key to defending any future bids or ensuring that shareholders receive fair value."

In general, the last year has proved challenging for food brands. Brands with significant confectionary lines have had the most difficulty as concerns around health eat into revenues. Kraft, Hershey's, and Mars have lost 4%, 10%, and 14% of their brand value this year respectively. This trend is global, with Chinese snack food manufacturers Want Want and Master Kong dropping significantly too. Kellogg's brand value has dropped 3%. Demand for cereal is faltering as consumers explore a wider variety of breakfast options.

The dairy segment is holding up a little better than the food sector as a whole. This year's fastest growing food brand is Australia's largest dairy brand, Devondale. Its brand value is up 35% year on year to US\$1.5 billion.

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ITALIAN MASTER

Alfredo Russo, is one of Italy's finest culinarians and the recipient of so many awards and accolades, it is hard to count. We bring you the Michelin-star chef's story in his own words. Learn about how self confidence and a leap of faith helped him reach the heights of culinary glory

Could you tell us about your childhood and your family?

I was fortunate enough to have a childhood in the beauty of nature. My family and I lived in the mountains that were 2000 metres high. The winter was long and cold, but for a child it was beautiful. I spent all my free time skiing and engaging in snow activities. Those are some of my most favourite memories today. At the age of 12, we moved to the city, which again was a beautiful experience.

Why did you choose to become a chef? Did you study for it?

The city in which I grew up was very touristy. Many of our friends and family had hotels and restaurants there, and I had spent many days of my childhood there. One of these hotel kitchens was very close to my friend's apartment. I was fascinated peeping into the kitchen and see the chefs at work with these big chef hats. Those were my first impressions of life as a chef and I was intrigued.

None of my family members have been in hospitality and it came a surprise to them when I expressed my desire to be a part of this industry. But still, they supported me completely. I started at the grass-root level at the young age of 13, by helping out in a restaurant close to my house.

Subsequently, I went to hotel school.



As a chef you always have to think about your guests and their expectations. Your guests are your main focus, not the awards

During the busy months of summer, which is also the tourist season, I would work in restaurants. This was my apprenticeship. As soon as I completed hotel school, I got the opportunity to work in Michelin star restaurants and that was such a fantastic learning ground for me.

How were the early years as a chef? Was it a struggle?

When I was 21, in my opinion, I was ready to be a chef. Of course I was very young and not many would trust such a young person in the kitchen. But I knew I was ready. And it was then that I decided to open my restaurant. It was the biggest challenge of my life, but step by step we started with less than 10 tables and a very limited budget. But people loved it, and my restaurant was always full. In the second year after opening, I received a Michelin star and it was the most

gratifying moment of my life. There was no looking back after that.

It was 1993, you can imagine. After 10 years we moved to another restaurant. By then the team was already growing and in 2008 we moved to the place we are now, the Palace of Venaria, one of the Magnificent Royal Palaces in Italy.

Would you call yourself an Executive Chef?

I am not an executive chef as it is a bit different from the hospitality industry, where in your career after certain positions you will arrive to executive chef. But in your own restaurant the job is different. It is not only to cook and arrange the kitchen, it is also a responsibility to take care of everything, every aspect of business, marketing, customer service, human resource, it is all in one, and you have to be manager and chef at the same time. This job is more complicated, because you have to understand market and business, to learn from the guests.

When did the world start taking notice of you?

To receive the Michelin star was a very important moment in my career. Today, we have a lot of tools for communication, but way back in 1993, there was no chance to communicate. The Michelin book was like a Bible, it was the only way to communicate and it was very important for restaurant to speak about



them. Now marketing is easy, you can put information on social media or on the internet. Back then, we could only use our limited resources.

The best and worst time in your career?

The best time of my career is in the future (smiles). I mean that there were so many happy moments in the past, but I can't identify one of them and say that it was the best one, so I expect that the best one will be in the future!

The worst time, I would rather not use this word, because I did not have 'worst' moments, but yes, indeed I had tough moments. Of course in the beginning of a journey as a Chef it was tough. The time when I decided to open my restaurant, I was young and ambitious,

but my passion to work and my positive thinking helped me to find solutions. It is these tough moments that have helped me to get my expertise and knowledge.

I am deeply passionate about what I do and that is why, each moment I am taking in new things, learning and living it the best way I can.

What is life in the day of Alfredo Russo like today?

One of the big part in my life now will be traveling back to Italy. I spend all my time there, checking the restaurants' work, welcoming guests there, as in Italy it is very important to have a direct contact with your guests, I always stay till the restaurant will be closed. I am happy to have a

fabulous team back at home, that are very supportive, for example with my executive chef we are working together for more than 20 years.

What is your advice to young chefs?

My advice is to be passionate about what you are doing. For example, it might sound trendy now to become a Chef, but at the same time it is not the thing that should be driving you in your career. As a chef you always have to think about your guests and their expectations. Your guests are your main focus, not the awards.

Also remember that there are no shortcuts, you have to go through the entire process but yet do not lose time. Focus and put your heart into the learning. When you are young you have to think about your opportunities to learn and get that expertise, otherwise there is a risk of losing time. Gaining proper and thorough expertise is very important.

Tell us about your family?

My wife is involved in most of my activities at the restaurant back in Italy, and in everything regarding finance, administration. We have been together since we were very young and all these years she supported me a lot. Honestly I can't imagine my journey without her. I also have a daughter. She has shown a keen passion towards this field too and is currently in hotel school. It was entirely her decision to be a part of this industry. She has seen the challenges of being in the kitchen and knows exactly how tough it is. But she is determined and we have no choice but to support her, the way my family supported me.

Finally, your tip for non-Italian chefs trying to cook authentic Italian food.

While some other cuisines are based on technique, Italian cuisine is based purely on the ingredients. In Italy, we are blessed with the freshest and widest variety of vegetables and fruits. It is very important not to complicate your dish and respect the ingredients.

May 2017 *Gulf Gourmet*

LE CHOCOLATIER

If you're a member of Chocoholics Anonymous, don't skip a visit to The Chocolate Room at Fairmont Hotel, Dubai. And while you're indulging in your sweetest fantasies, don't forget to thank Romain Castet, the executive pastry chef and the man behind the delicious delights there. In a casual chat, the French chef tells *Gulf Gourmet* why desserts were his dream...

Sweet moments are rare. Except when you're in France. From mousse and crème brûlée to eclairs, crepes and macarons, the French have mastered the art of sweet nothings like none other.

So when you meet a French pastry chef, expectations always run high. Luckily for us, Chef Romain Castet meet all these expectations and more. The executive pastry chef at Fairmont Hotel in Dubai is challenging the definition of desserts daily, bringing his innovative touch to traditional delights.

If you're not convinced, check out The Chocolate Room at the Fairmont. From the finest single-origin chocolates to creative cakes and special afternoon tea, you can indulge every craving here. And when you do, don't forget to thank Chef Romain - the man behind it all.

The seeds of culinary craftsmanship were sown in Chef Romain when he was very young. "My father owned two restaurants in a small village close to Paris. I grew up helping out at these restaurants – from cooking to serving the guests," says the now 32-year-old chef. His mother was in charge of the pastry kitchen. The impressionable 8-year-old that he was, Chef Romain wholeheartedly jumped into the culinary world, only to realise later on that it was what he wanted out of life. "I enjoyed that work even as a kid. When I saw my father cooking, I wanted to do the same thing. And by the time I was 13, I had decided I wanted to be a chef."

Chef Romain's father was less than happy with this decision. "He tried to dissuade me, he said it was not an easy job and that I should try something else." A compromise offered was that Chef Romain try his hand at pastry, an offer he promptly rejected. "I started training to be a kitchen chef instead. At the hospitality school, I learnt how to



Spend time in the lower rungs to learn properly before you go for a promotion. Eventually, the lack of a strong foundation will show

manage a hotel – waiting tables, being a barman, working in the kitchen."

But he kept circling back to pastry. "After two years of school, I met some pastry chefs and I always felt better around them. There was this aspect of creating something beautiful. So I decided to move to pastry."

When he changed schools, Chef Romain joined an institute where he had to alternate between working and lectures on a weekly basis. "This was in Paris and that was also a new experience – going from a village to a big city." After finishing his formal education, he secured a job at Lenotre, a top French catering company. "It was like the five-star of catering. I worked in the central kitchen. It was my first job and I was mostly on night shift, starting work at 2 AM." The tryst lasted a good six years, with a year's break in between. Upon his return from the break, Chef Romain moved to the south of France with a challenging assignment as a sous chef. "I was so excited. I was just 24 at the time and had to prove to the team there that I deserved to be there. Long hours, no private life but it was a great learning experience." Two years on, when the director of the hotel left, he invited Chef Romain to accompany him to Fairmont hotel in Monte Carlo. The chef did, starting off another couple of hectic years. "There were many projects to work on. I also went to Azerbaijan for a pre-

opening, where I worked with non-French people for the first time. I hardly spoke any English and the people there did not come from culinary schools. They had to be trained from scratch."

It might have prepared Chef Romain for his big move to Dubai. Even so, when his life began in Dubai in 2014, there were challenges to overcome. "The biggest of them was to adapt to a whole new kind of guest. I was used to making pastry for Europeans. In the Middle East, people are very different. The flavours are more international, the portions are different."

The good thing, according to Chef Romain, was that there was no dearth of ingredients to experiment with. "You get almost everything from Europe here. Seasonal products are a little difficult though. For small ingredients, we need the best quality. But overall, Dubai is very good for ingredients."

Chef Romain's pastry team of 11 people handles 10 outlets including The Chocolate Room. When the executive chef is not around, he assumes all responsibilities.

The Chocolate Room is currently the flavour of the season. "We used around 80 kilos chocolate to just paint the walls. It was quite an experience. After making The Chocolate Room, I have become more curious about chocolate," he chuckles.

Ask him what makes a good chef and Chef Romain rates patience as the most important trait. "In Dubai, it's very easy to jump jobs. But ask yourself if you really have the training required to be in the position you are being offered. Spend time in the lower rungs to learn properly before you go for a promotion. Eventually, the lack of a strong foundation will show." Wise words indeed.

And what does this pastry chef like to be served after his main course? "Ice cream and sorbets. I'm crazy about them!" Now isn't that sweet?

THE WAFFLE MILLE-FEUILLE WITH RASPBERRIES

WHIPPED WHITE CHOCOLATE GANACHE

Ingredients

White chocolate	400 gm
Gelatin sheets	12 gm
Cream	1.6 L
Vanilla Bean	2 pcs

Method

- ♦ Cut the vanilla beans in half and scrape the seeds, combining this with the cream and cook until it boils.
- ♦ Chop chocolate into small pieces and put in a bowl.
- ♦ Bloom the gelatin sheets by submerging them in ice water until they become soft.
- ♦ Add gelatin to the cream and mix until the gelatin melts.
- ♦ Pour cream onto the chopped white chocolate, mix until it's well incorporated.
- ♦ Place a cling wrap on top of the ganache and keep it aside until the mixture has cooled to room temperature, then transfer to fridge and keep chilled overnight.
- ♦ When ready to use, put needed amount onto an electric mixer and whisk until stiff peaks form

STRAWBERRY COULIS

Ingredients

Strawberry purée	1 kg
Sugar	150 gm
Agar agar	3 gm

Method

- ♦ Place the strawberry purée in a pot. Stir in agar agar until it's dissolved. Bring the

purée to a strong boil.

- ♦ Add sugar and then return the mixture to a full boil until it slightly thickens. Skim foam off the top.
- ♦ Transfer coulis into a container and cool down

PUFF PASTRY WAFFLE

Ingredients

Flour T 55	1 kg
Salt	18 gm
Milk powder	35 gm
Melted butter	400 gm
Water	475 ml
Butter	250 gm

Method

- ♦ Mix flour, salt and milk powder together in a bowl of a stand mixer that is fitted with a dough hook. Gradually stir in water, mixed with melted butter until the dough holds together enough to clean the sides of the bowl. Shape into a flat ball, and allow to rest for at least 10 minutes.
- ♦ Place the butter between two pieces of plastic wrap and pound into a flat sheet using a rolling pin or other heavy object. Refrigerate for 20 minutes, until it's firm.
- ♦ On a lightly floured surface, roll out the dough into a large rectangle about 1/2 inch thick. Place the butter sheet in the center and fold the two ends over it, so that it is completely encased in dough. Roll out the dough again, taking care not to let the butter break through the dough, to about 1/2 inch thickness. Fold into thirds. This is the first "turn".
- ♦ Rotate the dough 90 degrees and roll out into a rectangle again. Fold into thirds. By this time the butter is starting to warm up. Place the dough on a baking sheet and mark it with two pokes from your finger

(two turns). Wrap in plastic and refrigerate for at least 30 minutes.

- ♦ Repeat this rolling, folding and turning two more times, then refrigerate until firm. Repeat two more times for a total of 6 "turns". Wrap and refrigerate.
- ♦ Cut into desired shape and put into a waffle machine.

PREPARATION METHOD

- Step 1:** Cut the vanilla beans in half and scrape the seeds, combining this with the cream and cook until it boils. Add previously submerged soft gelatin to the cream and mix until the gelatin melts.
- Step 2:** Place two 1/2 inch thick puff pastry dough pieces into the waffle machine.
- Step 3:** Chop chocolate into small pieces and put into a bowl.
- Step 4:** Pour cream onto the chopped white chocolate, mix until it's well incorporated. Place a cling wrap on top of the ganache and keep it aside until the mixture has cooled to room temperature, then transfer to fridge and keep chilled overnight.
- Step 5:** Observe the puff pastry dough in the waffle machine and remove once it's golden brown and nicely crisp.
- Step 6:** Place the strawberry purée in a pot, stir in agar agar until it's dissolved and bring the purée to a strong boil. Add sugar and then return the mixture to a full boil until it slightly thickens and skim foam off the top. Transfer coulis into a container and let it cool down.
- Step 7:** Remove the puff pastry from the waffle machine and cut into half.
- Step 8:** Place the white chocolate ganache in a mixer.
- Step 9:** Whisk the mixture until stiff peaks form.
- Step 10:** Make an even circle with strawberry coulis on the plate.
- Step 11:** Cover the waffles with powdered sugar.
- Step 12:** Plate the puff pastry waffles and decorate with whipped white chocolate ganache.
- Step 13:** Fill the fresh raspberries with strawberry coulis and place them on top of the ganache.
- Step 14:** Decorate the plate with transparent sugar jelly
- Step 15:** Top the dessert with edible silver leaves.





‘Our hard work has clearly paid off’

Ashraf Helmy, General Manager, Miramar Al Aqah Beach Resort – the property that conceived, organizes and hosts the successful East Coast Salon Culinaire – gives us an insight into the event

I still remember that day when Chef Prasad and I were talking about an idea that involved a mini food competition among our own chefs. And at a later stage inviting our surrounding hotels followed by expansion to other parts of the UAE. Now as I look back after many years, our hard work has clearly paid off. We have become one of the most in demand events for the F&B industry in the UAE. Today, the East Coast Salon Culinaire welcomes almost 400 participants from hotels across the seven emirates as well as from Europe, Africa, Asia and the Middle East.

Last year our property Miramar Al Aqah won the champions trophy. Our boys exceeded our expectations with a high level of satisfaction. We had welcomed

over 130 Executive Chefs and Culinary Directors to the property. More than 100 chefs stayed in our hotel, some with their families. Even our sponsors and our hotel colleagues came together to create a great family atmosphere. This is exactly as grand as we had imagined it when we started this concept. It fits right in with our goal to make this event educational, fun and most importantly, family-oriented. Same as our core values in the hotel.

The next change we have placed in front of ourselves is to look at how we can improve and take the event to the next level. Of course, the sponsor feedback backed by their tremendous support due to our progress every year leaves little room for worry. It's the matter of what we do next to make people more

interested? Chef Prasad has sat with me many hours to discuss this.

The best thing that happened this year is our competition being recognized by the WorldChefs (WACS). It is an honour given to very few professional culinary competitions. The judges, marshals, participants will receive a world recognition, which is an achievement. Then our partnership with Fujairah Municipality & Tourism is another icing on the cake that allows us to take this event to the next level. And more importantly, places the Fujairah hospitality sector and our competition in a very special place on the global culinary map.

We are already planning on offering more trainings and workshops to young chefs as well as entertainment and a gala beach dinner with cocktails for our judges, marshals, sponsors and VIP guests. Let's hope and pray that our vision will show the true colours of Miramar and our teamwork, something which we strongly believe in.

Special thanks to the leaders of the Emirates Culinary Guild, who always give us tremendous support to make this event successful. I wish the greatest success for the event and special thanks to my hard working team. They have been giving their extra effort to make this event successful, despite the fact we've fully booked operations for past business quarter.





Now as I look back after many years, our hard work has clearly paid off. We have become one of the most in demand events for the F&B industry in the UAE



THE MAN BEFORE THE MISSION

Chef KAC Prasad's passion and exuberance is known to all. **Aquin George** remembers the time he met the Director of Culinary at Miramar Al Aqah Beach Resort before East Coast Salon Culinaire was even a thing

This was the summer of 2011 and the idea of an East Coast Salon Culinaire was probably yet to be discussed between KAC Prasad and Ashraf Helmy. I was sitting by the poolside at a restaurant housed within the Miramar Al Aqah Beach Resort in Fujairah. Chef Prasad grabbed my complete attention and began talking with authority. If you know Prasad, you probably already know this. He is a man in a hurry. Hurry to do more. Achieve more.

Back then he was an Executive Chef still in his late 30s and already the Vice President for the East Coast at the Emirates Culinary Guild. A crown he has held on to since then. This is his story as narrated to me that day.

Prasad, who was raised by his grandparents, had decided not to pursue higher education due to personal problems. He said, "I was an independent individual, who had no passion for cooking and couldn't fathom working under someone else. I never knew any chef and no one ever encouraged me to cook."

As luck would have it, his grandfather's boss, the then Director of Nestle, secured him a job at a John Keells Holdings hotel, 150kms away from his hometown in Colombo. "The only reason I enjoyed my job was because it gave me the opportunity to play cricket and travel to Colombo," he said candidly.

A fight with his Chef saw his probation



You can take a stone and hit me as hard as you want. I will take it and use it to my benefit. The bigger the stone, the stronger the house you build with it. At the end of the day, if you excel at your job, no one can touch you

period extended and it was only when his request for a transfer to a sister property got approved that he finally got his jacket. "From thereon, I took my career as seriously as my sport."

Chef Prasad started his career in Harbarana Lodge as a kitchen steward and worked mainly in fine-dining restaurants for 4 years. Impressed by his gift of the gab, his Chef always ensured he interacted with guests. The guests in return would shower him with the highest tips and praise him in the hotel's guest books. "When I read those guest notes today, I feel happy," he said, adding, "I would love to work there again."

Next was his luxury break with an Oberoi

property in Sri Lanka (now Cinnamon Grand), which has over 800 rooms and 10 outlets. He was nominated to work in the prestigious 35-pax luxurious fine dining outlet that catered to top VIPs including the President. His Chef also allowed him to work across all kitchens in a hotel that had over 170 chefs. "I was fortunate to have the opportunity to open many restaurants there. Oberoi was a great experience."

In 1997, he was one among the eight chosen from over a 1,000 Sri Lankan Chefs for a job opportunity in Dubai. "Those days, opportunities abroad were few and far between. I was selected as Commis I for the newly opened Sheraton Deira and I got to work in every area of the hotel and got promoted."

He then joined the opening team of the Taj Palace Hotel as Chef de Partie. During his stint with the Taj he got married and was looking to bring his wife to Dubai. "Unfortunately getting promotions, increments and visas sorted was tough. This is when I decided to move for the sake of my family."

Prasad was in luck as his previous Director of Finance from Sheraton had become the GM at the Al Soudos Suites, a Le Meridien property, and had offered him the job of Head Chef. He was even asked to take over the Italian cuisine after the management had terminated the services of a Chef who was an Italian national. This was his



first role working independently with no chef above him.

Five years later, Prasad joined hands with two GMs from Hilton and Starwood to start a consultancy firm. "It worked well with the money but not with my passion and I decided to move back to my world."

He received the opportunity to open the Miramar Al Aqah Beach Resort in Fujairah as Executive Sous Chef and eight months later got promoted to Executive Chef. "I am successful because of my great team. I am lucky to have a father figure in my boss. During the occasional argument with the management, I need someone who

understands my need to put guests and quality above numbers. Thankfully my GM Ashraf Helmy is my hero," he said.

Talking about life in Fujairah those days, he said, "While I do miss my parties, my cricket and my friends of 10 years (now 16 years) in Dubai, I am glad to have moved away from the hectic Dubai lifestyle. I like responsibility but responsibility does not mean stress. My job role here is three-fold but I love the freedom and calmness."

Was it tough managing suppliers being based in Fujairah? "Yes and No," he said. "Relationships matter. My suppliers are allowed to meet me at any time. I

don't ignore someone for not having an appointment. Also, having worked in the country for long has helped. I cater to 800 people when the hotel is full. We have a fully systematic procurement process and the boys do a great job."

When I asked him if he ever does relax, his answer was unexpected. "We are nothing in front of individuals like Mother Theresa, who gave their lives for humanity. I am just using my power and the power given to me by my GM for the betterment for society, to help someone. If you organise yourself and want to do something for others you will find time."

"I don't like people who complain. Till date I shop for my family and I do it twice a week. Every month I make it to the Parents Advisory Board meetings, the Emirates Culinary Guild meetings, I have meetings for hotels here and for the environment. I have enough time," he said.

Chef Prasad's meteoric rise to the top should not be confused with luck. He never had it easy. "There was a time we got slapped and kicked in the kitchen. That time is gone. Today we motivate and encourage people. If you have a great team, you can deliver just about anything."

"You can take a stone and hit me as hard as you want. I will take it and use it to my benefit. The bigger the stone, the stronger the house you build with it. At the end of the day, if you excel at your job, no one can touch you."

Chef Prasad is the kind who will not let any challenge crush his will power. "I still remember going to Sri Lanka for my marriage. My Chef told me I had three months before the hotel opened. However, management brought forward the opening by 2 months and I had to return within 3 days of marriage. We had to skip the honeymoon. This was tough for both of us. After 6 months I returned, had the grand reception, and soon brought my wife along with me to Dubai."

Looking back at his life story you realise that the East Coast Salon Culinaire was not a random success. It has been rife with struggles and hard work with a team helmed by Chef Prasad. And achievements through hard work are, as always, sweet and second to none.

May 2017 **Gulf Gourmet**

FLYING HIGH

Two young chefs from Dubai International Hotel are this month's contestants at the Golden Chef Hat Award competition

Two youngsters from Dubai International Hotel are this month's challengers for the Nestlé Professional Golden Chefs Award challenge for UAE. These boys could not be taken lightly given that their seniors just won the Best Gastronomist and Best Pastry Chef

trophies at Salon Culianire during Gulfood 2017.

Unsurprisingly, they both thanked their culinary leaders including chefs Bala, Achira, Sathish, and Prasanna for their support. Here are their profiles and recipes.

Chef Shehan Liyanarachchi

Chef Shehan works as a Commis I at the Business Club Lounge at Dubai International Hotel and has already worked really hard to get here. "I have loved cooking since my childhood. My uncle and parents did not want me to pursue cooking as a profession. I literally struggled for





Chef Shehan Liyanarachchi

my culinary education. Finally, when they realised that my passion for cooking was genuine and not a fleeting flight of fancy, they allowed me to join a hotel school in 2010 in Colombo," he says.

After his Diploma he worked in Sri Lanka for some time before joining Dubai International Hotel in Dubai. "I was at first placed in McGettigans. And when concourse B was opened, I was allowed to work at the lounge here," he says. His future plans include wanting to work in France with a good chef to learn about the finer nuances like plating so that he can "become a good executive chef".

For this competition he prepared a roast lamb loin with herb crust, a filo wrap truffle mashed potato, coconut infused

pumpkin puree, butter poached baby vegetables, spicy tomato chutney and thyme infused jus.

Chef Hashan De Silva

24-year-old Chef Hashan works as a Commis I at the Dubai International Hotel. He was born and raised in the tourist centric city of Galle, Sri Lanka. His father is a good pastry chef and Chef Hashan too decided on his career choice by looking up to his dad.

Following his education, he began his career with the Ramada Resort in Sri Lanka. This was his training ground for 10 months before he went to work at a leading pastry shop – Tasty Caterers.

Fifteen months later he joined a five



Chef Hashan De Silva

star property Heritance Ahungalla Hotel where he worked for over three years before moving to Dubai to work for Lotus Grand Hotel in Deira. Close to a year ago, he took up his current role and is working his way up to his long-term goal – to become a Food and Beverage Director.

"I want go beyond just the role of a Pastry Chef. I want to become an F&B Director as I have a lot of ideas that I would like to implement someday." Chef Hashan already has a decent collection of medals from culinary competitions and loves to partake in such challenges.

For this competition he created a crispy Kit Kat chocolate mousse, a dulce de leche jelly, and coconut panna cotta with Ellinikos lemoni extravaganza.

May 2017 Gulf Gourmet

ROAST LAMB LOIN WITH HERB CRUST, FILO WRAP TRUFFLE MASHED POTATO, COCONUT INFUSED PUMPKIN PUREE, BUTTER POACHED BABY VEGETABLE, SPICY TOMATO CHUTNEY AND THYME INFUSED JUS

For: 4pax

ROAST LAMB LOIN WITH HERB CRUST OLENTA CAKE

Lamb loin	720g
Salt	08g
Pepper	08g
Dijon mustard	08g

For Herb crust

Bread crumbs	120g
Mixed herbs	120g
Parmesan cheese	20g

Method

- Season the lamb loin with salt and pepper and leave it for a while.
- Blend all the ingredients of herb crust.
- Pan fry the lamb loin.
- Apply Dijon mustard to the loin and crust and roast in the oven for 03 minutes.

TRUFFLE MASHED POTATO IN FILO PASTRY

MAGGI mash potato	400g
Water	200ml
MAGGI vegetable stock	04 cube
Truffle oil	08ml
Filo pastry	04 no's
Salt	08g
Pepper	08g

Method

- Boil the vegetable stock and add mash potato and make it thick mash potato.
- Remove the mash potato from the pan and leave it out till it gets cold.
- Once it gets cold wrap it in filo pastry sheet and panfry all over till it get golden brown.

COCONUT INFUSED PUMPKIN PUREE

Pumpkin	400g
NESTLE cooking cream	400ml
MAGGI coconut powder	80g
Thyme	08g



Bay leaves	3 leaves
Butter	40g
Garlic	08g
MAGGI vegetable stock	400ml
Salt	08g
Pepper	08g

Method

- Sauté garlic in butter and add cleaned diced pumpkin, thyme, and bay leaves.
- Add cooking cream, coconut powder, prepared vegetable stock and cook it until the pumpkin get cooked.
- Strain the mixture and blend until it become smooth puree.

BUTTER POACHED BABY VEGETABLE

Baby vegetable	80g
Butter	280g
MAGGI vegetable seasoning	08ml

Method

- Poached the baby vegetable in the butter for 25 minutes in 60°C and season it with vegetable seasoning.

SPICY TOMATO CHUTNEY

Chopped onion	12g
Chopped garlic	08g
Fine dice tomato	40g
Red chili	12g
Chopped parsley	08g
Chopped basil	08g
BUITONI tomato coulis	60g
Butter	20g
Salt	08g
Pepper	05g

Method

- Sauté all the ingredients except tomato coulis.
- After it get sauté add tomato coulis and prepared vegetable stock.
- Season it from salt and pepper and reduced for 10 minutes till it get thick chutney.

PICKLE RADDISH

Radish (thin sliced)	40g
Salt	20g
Sugar	20g
Water	160ml
Bay leaves	04 leaves
Pepper corn	04g
Cloves	04g

Method

- Boiled all the ingredients except radish.
- After boiled take out and keep it until they become cold.
- Slice the radish thin and add them into the mixture and keep it for 05 minutes.

THYME INFUSED JUS

CHEF demi glaze	20g
MAGGI beef stock	08g
Thyme	12g
Garlic	08g
Shallots	08g
Water	300ml
Butter	20g
Salt	08g
Pepper	05g

Method

- Make the beef stock with MAGGI beef stock powder.
- Once it starts to boil add CHEF demi glaze powder.
- Into a separate pan add butter and sauté garlic, shallots, thyme and add the prepared stock and season it with salt and pepper

PILLOW POTATO

Potato	12g
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Method

- Sliced the potato into thin slice. Deep fry it for 01 minute in 150°C.
- Increase the temperature of the oil till 180°C and fry again for 01 minute

CRISPY KIT KAT CHOCOLATE MOUSSE, DULCE DE LECHE JELLY, COCONUT PANNACOTTA WITH ELLINIKOS LEMONI EXTRAVAGANZA

CRISPY KIT KAT CHOCOLATE MOUSSE

Docello Chocolate Mousse	250g
Nestle Cream 35%	300ml
Milk	500ml
Kit Kat Chocolate	70g
Gelatin	30g

Method

- ◆ To the chilled full cream milk add chocolate mousse powder.
- ◆ Add whipping cream and gelatine to the mousse mixture.
- ◆ Finish it with Kit Kat crumble mix in.
- ◆ Pour the mixture in to the mould

COCONUT PANNA COTTA

Docello Panna Cotta powder	150g
Nestle Cream 35%	500ml
Milk	500ml
Maggi Coconut Milk Powder	75g
Gelatine	20g

Method

- ◆ Heat a pan. Add cream, milk, coconut milk powder and sugar.
- ◆ Strain the mixture and add panna cotta powder and cook.
- ◆ Pour the mixture into a tube mould and set in the freezer.
- ◆ Keep under the salamander until its turns golden brown

GREEN TEA CRÈME BRULE

Docello Crème Brule	150g
Nestle Cream	250ml
Milk	500ml
Sugar	30g
Green Tea Powder	25g

Method

- ◆ Heat a pan. Add milk, cream, sugar and green tea powder.
- ◆ Strain the mixture and add crème brule powder and cook.
- ◆ Pour the mixture to the mould and set in the chiller.
- ◆ Remove from the chiller, sprinkle sugar on top.
- ◆ Keep under salamander until its gets golden brown colour.

ELLINIKOS LEMONI POTATO CRUMBLE

White Sugar	50g
Flour T 55	50g
Soft Butter	30g
Olive oil	20g

Lemon Zest	5g
Lemon juice	3ml
Maggi Mashed Potato Powder	30g
Salt	2g
Cinnamon Powder	2g

Method

- ◆ Mix all ingredients together with the mashed potato powder.
- ◆ Transfer the mixture to the silpat.
- ◆ Bake for 170 c for 12 minutes

DULCE DE LECHE JELLY

Nestle Sweetened Condensed Milk	395g
Nestle Cream	50ml
Gelatin	20g

Method

- ◆ Boil the condensed milk in a can filled with water for 3 hours.
- ◆ Heat a pan. Add cream to the boiling condensed milk. Finish with gelatine.
- ◆ Transfer the mixture to a metal container and chill it until it turns cool and hard.
- ◆ Cut into desired shape and measurements

COCONUT TUILE

Water	80g
Tempura flour	10g
Olive oil	30ml
Yellow color Powder	01g
Maggi coconut powder	20g

Method

- ◆ Mix all ingredients together with coconut powder.
- ◆ Make it a batter and fry it in the pan.

RASPBERRY GLAZE

Sugar	360g
Water	150ml
Mix berry Puree	150ml
Nestle Cream	275ml
Potato starch	20g
Gelatine	10g

Method

- ◆ Soft boil the sugar and water until it reaches 110 c. Add the puree in to it.
- ◆ In the meantime, cook the cream and starch until it becomes thick.
- ◆ Mix both mixtures together and finish it with gelatine.

CHOCOLATE FEULLITINE BASE

Praline Paste	320g
Milk Chocolate	100g
Kit Kat Chocolate	80g
Feullitine	270g

Method

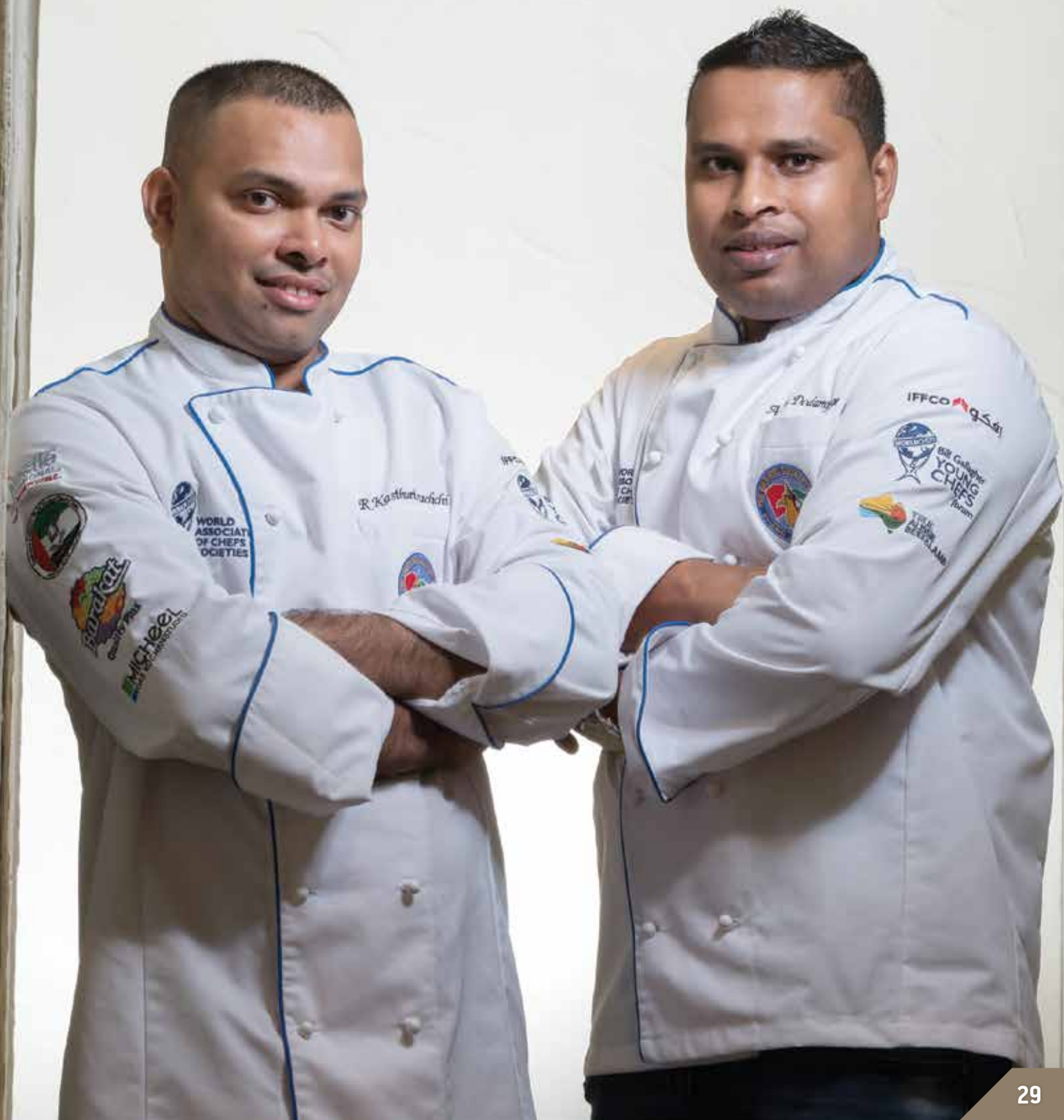
- ◆ Cut into desired shape and measurements.
- ◆ Chill it for 10 minutes.



May 2017 **Gulf Gourmet**

WEARING ART ON THEIR SLEEVES

Meet **Rohitha Kumara**, the 'Best Kitchen Artist' trophy winner and **Achira Kularathane**, the 'Best Pastry Chef' trophy winner at Salon Culinaire 2017



THE CULINARY CRAFTSMAN

He's easily the best of the best. Chef Rohitha Kumara, the kitchen artist at Burj Al Arab Jumeirah, has not only won the 'Best Kitchen Artist' title for five straight years at Gulfood but has also floored judges at the Culinary Olympics in Germany.

In an easygoing chat, the Sri Lankan chef tells Gulf Gourmet what his secret sauce for success is...

Art is where work meets love. And there's no love greater than the love of food. Few people know this better than Chef Rohitha Kumara, the kitchen artist at Burj Al Arab Jumeirah. He has dedicated his life to ensuring a wholesome experience for his guests – not just a gastronomic journey but also a sensory one.

Chef Rohitha has won the 'Best Kitchen

Artist' honour for five straight years – 2013 to 2017 - at the prestigious Gulfood culinary competition.

This one is an international talent. Three gold and an excellent gold at the Culinary Olympics in Germany last year prove Chef Rohitha has what it takes to give the world's best kitchen artists a run for their money.

"He's one of the most gifted and talented artist chefs I've had the pleasure of working with," says Johannes Bonin, the executive pastry chef at Burj Al Arab Jumeirah. "He consistently demonstrates such an amazing set of skills in sculpture, ice carving, sugar work and everything that comes close to 'beaux arts'."

Perhaps it was inborn talent, or maybe it was early training but Chef Rohitha doesn't remember a time he did not like art or food. "My father

was a baker," recalls the 35-year-old chef. "I was also interested in art as a subject in school. So it made sense that I ended up combining the two." Interestingly, his brother is also a kitchen artist at the Etihad Towers in Abu Dhabi.

Growing up in a small town near Colombo in Sri Lanka, the two brothers would spend their free time making sculptures and paintings. Around his mid-teens, Chef Rohitha realised combining his two interests could be a good career option. "My father supported my decision. Given my interest in art, I found it very easy to learn food sculpture."

Unlike most others who begin their careers helping in the kitchen, Chef Rohitha started out as a trainee kitchen artist. Working at the Club Palm Bay Hotel in Marawila, he learnt to carve butter, make sugar decorations and design food. "There was a senior chef, Gamini Wattawa, who took me under his wings and trained me well. He taught me the basic techniques and showed me how to turn a simple ingredient into a creative masterpiece. I spent two years there."

Around mid-2004, Chef Rohitha decided to test his wings, heading out to Maldives to work at the Olhuweli Beach Resort & Spa. A year later, he moved to Full Moon Beach Resort and Spa in Maldives, where also he stayed for about a year.

When he eventually returned home, he went back to work for the Palm hotels group, this time at the Palm Beach Resort hotel in Beruwala. "It was while working there that I got a chance to come to Dubai in 2007 for the first time for a competition. I participated in the open showpiece category and won a silver medal."

An emotional connection with Dubai formed almost immediately. But it





would be a year more before Chef Rohitha headed out to this culinary hub. "I went to work at the Labriz Resort and Spa in Seychelles. Finally in October 2008, I got a chance to work in Dubai when I came here for the pre-opening of Atlantis the Palm Jumeirah hotel." In the three years that Chef Rohitha spent there, he climbed the career ladder from chef de partie to junior sous chef.

Later towards the end of 2011, Chef Rohitha joined the Etihad Towers as a sous chef – where his brother now works. Four years ago, he landed a job at the Burj Al Arab.

Long and eventful, that's how he describes his journey so far. Along the way, Chef Rohitha has notched up about 42 gold medals, 17 silver and 8-9 bronze medals. In this year's Salon Culinaire, he won gold medals in 'chocolate showpiece', 'open showpiece', 'ice carving' and 'fruit and vegetable carving' categories. That's as creative a talent as you can get.

"I love my job. I like to work with all kinds of ingredients, create artistic pieces out of everyday foods." A typical day for this kitchen artist consists of assignments that range from ice carvings to showpieces for brunches to cake decorations. In his free time, he still indulges in paintings.

Chef Rohitha knows that the secret to being a good kitchen artist is complete dedication to the job. "It's not something you can do with a wishy-washy attitude. It's something you have to be dedicated to. You have to experiment and toy with ideas." Keeping your eyes out for innovative concepts and staying motivated are integral to this profession. "Excellence requires dedication. There have been days when I have slept barely three hours. That's the kind of passion this job requires."

Passionate as he is about his chosen



I love my job. I like to work with all kinds of ingredients, create artistic pieces out of everyday foods

profession, Chef Rohitha shows a surprising lack of ambition when it comes to long-term planning. "I am a simple person. I don't have any major future plans. I live for the day," he says.

For the moment, Chef Rohitha is content to lend his creativity to the culinary landscape and spend any downtime with his wife and his three-year-old daughter.

But don't be surprised if you see Chef Rohitha's name crop up in the unlikeliest of victory scrolls. Constantly surprising himself and others is what he does best!

A MOUTHFUL OF SKY

Chef Achira Kularathane, the pastry chef at Dubai International Hotel, is a chip off the old block. Salon Culinaire's 'Best Pastry Chef 2017' on how he is taking his father's legacy forward with every win...

Most people have a sweet tooth. Chef Achira Kularathane seems to have a sweet gene. How else would you explain a family of pastry chefs? Little wonder then that winning the 'Best Pastry Chef' award at the Salon Culinaire 2017 came as effortlessly to him as deciding to become a dessertarian. Everything that this pastry chef from the Dubai International Airport Hotel touches, turns into culinary gold. And that's barely scratching the surface.

When you get talking to Chef Achira, you realise that the apple did not fall far from the tree. His father was also a well-known pastry chef in Colombo, Sri Lanka. "Around the early-1980s, he was a formidable name in pastry. His wedding cakes were much sought after," Chef Achira recalls fondly.

During his schooling years, a young Chef Achira tagged along with his father to the workplace. "I used to watch him in the pastry kitchen and I wanted to be like him when I grew up. I guess every child wants to be like his father." A homemaker mother, another brother and two sisters completed the family portrait.

His father's influence on the family was strong. "One of my sisters is also a pastry chef. She won two gold medals at the Salon Culinaire in 2014 for her wedding cakes." The extended family has dessertarians too – a cousin, an uncle and even his wife are pastry chefs. "I guess you can expect to find desserts at every family party," Chef Achira laughs.

With so many pastry chefs in the family, there was absolutely no resistance to his decision to become one. Chef Achira obtained a three-year diploma in pastry before joining Royal Bakery in 2000 as an apprentice under his father. "It wasn't easy. My father was quite a taskmaster, scolding me for any mistakes I made. He kept me on my toes. I think he wanted to prepare me for this tough profession and today I am grateful for those lessons."

Five years after starting out, Chef Achira first set foot in the UAE with a job at Mister Baker LLC in Sharjah. A year and a half later, he moved to Dubai, joining the Al Bustan Rotana Hotel as a commis chef. Promotions followed every year, with his dedication and talent being appreciated overall.

Towards the end of 2009, Chef





Achira joined the Le Meridien Dubai Hotel as chef de partie. After working there for about three years, he took up a job at St Regis Sadiyath Island in Abu Dhabi, only to return to Le Meridien within months. Three more years went by before Chef Achira secured a position at the Dubai International Hotel at the airport. Unfortunately, along the way, he lost his father – his inspiration – to a bomb blast in Colombo. “He was on his way to work and there was a blast in the bus he was commuting in. I had to assume the responsibilities of my family and I brought my sister here.”

Between 2007 and 2010, Chef Achira participated in a number of culinary competitions, winning gold medals every year. This stopped when he worked at the Le Meridien. Not one to waste time, he trained his sister for such contests. “When I joined Dubai International Hotel, then I started participating in competitions again. I love making wedding cakes. It’s something of a tribute to my father.”

At the Culinary Olympics in Germany last year, Chef Achira



In this day and age of the internet, it’s very easy to find concepts you can build on. You must make full use of these opportunities

wowed judges with his wedding cake, winning a gold medal at the prestigious international event. “It was rather tough. The weather was completely different. It was below 4 degrees and we were so tired because of the long travel,” he says of the experience. For four straight days, Chef Achira worked nearly 23 hours a day. All the hard work, however, paid off when he won the gold in the only category he participated in. “I made a four-tier wedding cake with flowers.”

Chef Achira repeated his spectacular performance at the Salon Culinaire this year. “I participated in three

categories – live cake, petit fours and four-plated desserts and won gold in all three. It was two-three months of practice that bore fruit.”

However, the live cake competition did not quite go as smoothly as the 34-year-old chef had expected. “There were hiccups. The frosting wasn’t turning out as I wanted. But all’s well that ends well.”

Chef Achira is a big believer in ‘practice makes perfect’. “You have to keep coming up with new ideas. After my trip to Germany, I further developed a few ideas I had seen there. In this day and age of the internet, it’s very easy to find concepts you can build on. You must make full use of these opportunities.”

At the Dubai International Hotel, Chef Achira oversees the operations of a team comprising 12 chefs. There are six outlets across the airport that this team handles. “Heavy security at the airport makes it a little difficult to centralise operations and so, we have to be very fast and efficient in what we do.” The hotel’s operations are pretty huge, with more than 500 rooms to be taken care of.

Looking into the future, Chef Achira has his eye on the ‘executive pastry chef’ crown. He also hopes to fulfil his father’s dream of opening a pastry shop in Sri Lanka. “My father had readied all plans to open that shop but he died just weeks before it opened. I want to realise that dream.” With so many pastry chefs in the family, that might turn into a reality pretty soon.

Training other chefs from Sri Lanka in a hospitality school is yet another secret ambition Chef Achira nurses. Why not? Creativity is contagious and such talent deserves to be passed on.



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It's a culinary feast at **WYNDHAM**

These youngsters from Wyndham Grand Regency Hotel Doha are this month's contestants at the Golden Chef Hat Award competition - Qatar

A Jordanian and a Sri Lankan team up to make their hotel proud by creating an amazing two-course meal using Nestle Professional ingredients. Here are their stories and their recipes.

Chef Thaer Nabtiti

22-year-old Jordanian chef Taher Nabtiti is anything but short on

experience. He has been working for two years at the Wyndham and was recently promoted to Demi Chef de Partie. Prior to this stint he was working at the Ramada Encore Hotel in Doha and before that back home in Amman at the Hyatt Regency.

"I want to be a head chef," is his simple and straightforward answer when asked

about his ultimate career goal. He completed his studies at the School of Hospitality and Tourism Education in Amman before working full time.

He has worked across various cuisines including Arabic and Chinese before finally settling in at the main kitchen at the Wyndham Grand Regency Hotel in Doha.





Chef Thaer Nabtiti

For this competition he created a grilled beef medallion and bacon with truffle sauce and vegetable bureau.

Chef Samarasooriyage Chamith Viduranga Senaratne

Chef Senaratne is a 21-year-old Sri Lankan who loves being in the pastry kitchen. Like chef Taher, he too

graduated in 2011 but from the Holy Cross College in Kalutara. His first job was working for Eden Hotel in his home town as a trainee. In 2015, he joined Wyndham Grand Regency Hotel Doha as a Commis.

He was inspired by his parents to join the field and was lucky to have received the right kind of training for his career



Chef Samarasooriyage Chamith Viduranga Senaratne

ahead. His current role involves producing bread, pastries, and cakes and he reports into his senior pastry chefs for guidance.

His long term goal is to open his own pastry shop someday. For this competition he created a chocolate crepe crème brûlée roll. Here are the two recipes.



Grilled beef medallion and bacon with truffle sauce and vegetable bureau

Ingredients

Beef tenderloin (1½ inches thick) 1 medallion

FOR MARINADE

Lime juice	60 ml
Honey	60 ml
Vegetable oil	45 ml
Onion, minced	30 ml
Fresh ginger, minced	30 ml

Curry powder 15 ml

FOR SAUCE

Jarred truffles	120 ml
Maggi beef stock	60 ml
Nestlé Every Day Ghee	as required
Shallots, chopped	60 ml
Vegetable oil	30 ml
Warm water	30 ml
Sugar	15 ml

FOR GARNISH - POTATO PURE PEAR WITH ALMOND

Maggi potato powder	100 gm
Almond	50 gm

Method

- ◆ Combine all ingredients of the

marinade. Place beef tenderloin in a large re-sealable bag. Pour marinade over top. Turn to coat. Marinate for 30 minutes at room temperature.

- ◆ Meanwhile dissolve a tablespoon of sugar in warm water. Pour vegetable oil into a sauté pan. Add shallots and cook, stirring for one minute. Add sugar water, jarred truffles and Maggi beef stock. Simmer on low heat for 10 minutes.
- ◆ Preheat a grill. Remove medallions from marinade and grill to desired doneness. About 5 to 6 minutes per side. Place beef on serving plates, top with warm sauce and place the vegetable bureau.

Chocolate Crepe Brule roll

Ingredients

FOR PANCAKE

Milk	200 gm
Flour	65 gm
Nestle Toll house baking cocoa powder	15 gm

Sugar	20g
Eggs	2
Butter oil	20 gm
Vanilla	2 gm
Docello crème brule	80 gm
Sesame tulips	
Liquid glucose	150 gm
Almond powder	100 gm
Sesame seeds	25 gm

Butter	25 gm
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Method

- ◆ Sift the cocoa powder and flour together.
- ◆ Mix butter and vanilla, and then add the milk.
- ◆ After mixing it with hand, finely strain the pancake mix. Keep it to rest for an hour at room temperature.



Let Milan Be Your HOST

The world's best professionals all agree: Host 2017 is the must-attend event that anticipates new trends and formats

Design, creativity, and innovation are the distinctive features of the new partnerships with six authoritative North American associations, which will join Host 2017, at fieramilano from 20 to 24 October, in addition to the already rich list of Italian and international institutional agreements.

The six associations are the following: ASID - American Society of Interior Designers, IDC - Interior Designers of Canada, NEWH - The Hospitality Industry Network, BAC - Baking Association of Canada, SCA - Speciality Coffee Association, NYC Hospitality Alliance.

The goal is to further increase the presence of decision-makers and influencers from one of the world's most economically dynamic areas, thus consolidating a continuous double digit growth trend. During the last edition, the presence of exhibitors from the USA had marked a +26% increase compared to 2013 and +51%, to 2011, whereas visitors had gone up +35% and +46%, respectively.

54 US companies have already registered to the next edition also thanks to the confirmation of the prestigious certification of the Commercial Service of the US Department of Commerce. In 2015, visitors from Canada had increased by 40% compared to four years earlier.

New partnerships: from design to food creatives

With over 25 thousand members between USA and Canada, ASID is North America's largest interior designer association. A major catchment area always attentive to the trends anticipated in Milan. IDC has been Canada's interior design association since 1972. It counts over 5,500 professionals and over 300 companies and suppliers.

NEWH, also in the furnishing and interior design sector, has 23 sections in USA, 2 in Canada, and one in London. It counts 5,600 members between interior designers, architecture firms, and contract furniture suppliers: "We believe that HostMilano is a great platform that expands business opportunities on a global level," said Executive Director, Shelia Lohmiller.

BAC - Baking Association of Canada represents Canada's bread-making industry, which is worth CAD 8 billion. The association includes retailers, small and large bread-making companies, and distributors.

The NYC Hospitality Alliance was established in 2012 and, for the first time, will gather New York's entire hospitality supply chain, considered the world's largest in one city, from restaurants to bars and lounges, from hotels to suppliers.

As of January 2017, SCA – Speciality Coffee Association – gathers the American and European chapters, thereby systematising all the players of the coffee supply chain. All this confirms the global horizon of Host 2017's alliances.

Agreements with a global horizon

These new partnerships add up to those already in force with FEDA - Foodservice Equipment Distributors Association, OCSA - Ontario Convenience Stores Association, WCSA - Western Canada's Convenience Store Industry, and Restaurants Canada.

FEDA, 255 distributors who generate 75% of sales in the US food service sector, will bring highly profiled top buyers to Host 2017. "In 2015, we were impressed with the greatness of this trade fair, the quality and variety of exhibitors, and level of innovation. This partnership will provide our members with a brilliant opportunity for expanding their global network," said President, Joe Schmitt.

OCSA represents Ontario's over 7,500 convenience stores, while WCSA gathers other 6,000 from Western Canada, for an annual turnover of CAD 10 billion (EUR 6.8 billion).

Restaurants Canada is the country's largest eat-out organisation, with over 30 mila members covering the entire



supply chain, from bars, restaurants, and caterers to suppliers and institutions.

According to NEWH, the US Ho.Re.Ca. machine and supply industry has an annual turnover of 11 billion dollars. This sector is extremely lively in Canada too, where, according to Restaurants Canada estimates, it marked a further +4.2% increase in 2016, with a turnover equal to CAD 78 billion (EUR 54.6 billion).

Host 2017's growing investment on Canada and USA – also identified in the Italian Government's "Made in Italy Plan" between regions with the highest potential – joins the investment on the Middle East as 2017 target countries and traditionally strong markets. Among the latter, recent alliances have been entered into in the United Kingdom with CEDA – Catering Equipment Distributors Association – approximately 100 distributors that manage a turnover of GBP 450 million (EUR 522 million), half of the entire food service sold in that country. Another alliance was entered into with Spain's AFEHC – Asociación de Fabricantes Españoles Exportadores de Equipamientos para Hostelería y Colectividades – established in 2001, which today counts about 180 members.

The collaboration with FCSI – Foodservice Consultants Society International – the world's largest and most authoritative association of professionals specialising in consultancy for the restaurant and hospitality industries, continues.



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Biryani challenge

A specialist biryani competition was held last month at the Arabian Courtyard Hotel, The annual competition for housewives was judged by Chef Uwe Micheel, Mrs. Rita and Dr. Rajul Matkar, a known food Blogger from Dubai. Here are images captured at the event.



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2nd Hoi An International Food Festival 2017

By **Chef Uwe Micheel**

I had the pleasure to once again be part of the International Hoi An Food Festival earlier this year. The team of international chefs were led by World Chefs President Thomas Gugler. I had the opportunity to represent my home country Germany. During the event, we had the opportunity to learn a lot about Vietnamese cuisine and culture and at the same time pass on our knowledge to Vietnamese chefs.

The Vietnamese people and the visitors from all over the world had the opportunity to taste dishes from 12 guest chefs who showcased their country's cuisine. Chef Hilmer from USA, Chef Alen from Mauritius, Chef Gert Kloetzke from Sweden, Chef Iztok from Slovenia, and Chef KK Yau from Malaysia, to name but a few. Other countries represented were India, Finland, Greece, Sri Lanka, Russia, Taiwan and Germany. The event was organized by the People's Committee of Hoi An.

The event is an opportunity to promote and strengthen the image of Hoi An as a cultural and culinary destination for both domestic as well as international travellers. Additionally, it is a wonderful opportunity for local chefs to interact and exchange experiences with world renowned culinary experts, thereby contributing



to improving skills, increasing product quality and food service to tourists.

The 12 chefs cooked street food and 2 big dishes every night over 4 days. Greek-style lamb on the spit by Chef George and Christos. Indian curry by Chef Anil, Slovenian Stew by Chef Iztok. Thomas Gugler and Chef Prasad cooked a Hoi An inspired goulash and I did German style cabbage with bratwurst.

I'd like to thank the People's Committee

of Hoi An, Mrs Vy and Chef Happy for this great event and the opportunity to let us be a part of it.

A big thank you also to the amazing teams from Maison Vy (the official hotel), the team from VY Market Place, Cargo Club and Morning Glory. Hoi An has won in me a new ambassador to take Vietnam cuisine to the world. To learn more about the Hoi An international food festival and to see lots more pictures please visit their website.

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Guild Meet

The last monthly meeting of the Emirates Culinary Guild was held at the Jood Palace Hotel and hosted by Youssef Darwish and his team. The event saw a large number of young as well as decision making chefs. Corporate members too took the opportunity to talk about their latest products and solutions. Here are images from the event.



newmembers

Robot-Coupe, the food preparation specialist. It is in France, in the heart of Burgundy, a well-known region for its gastronomy, that Robot-coupe has created more than 40 years ago the Robot-Coupe food processor.

As precursor and uncontested leader, Robot-coupe, manufacturer of food preparation equipment, offers a wide range of machines adapted to each professional needs (restaurants, institutions, delicatessens, caterers...)

Created at the beginning of the sixties, ROBOT-COUPÉ, manufacturer in the foodservice industry, offers a wide range of products for restaurants, hotels, chains, delicatessens, bakeries, confectioners...

Back in the early sixties, Robot-Coupe had the idea of devising a simple machine that could do a variety of tasks (grinding, chopping, and kneading, shredding etc.) which were normally performed by separate appliances. The first Food processor was born.

Since then, ROBOT-COUPÉ has continued to be the leader in the development and innovation of food processors and has expanded its line of products both in terms of functions and sizes to appeal to every place where food preparation is made.

ROBOT-COUPÉ offers now a wide range of products for every professional needs: food processors, vegetable preparation machines, table-top models, vertical cutter mixers, stick blenders, blixers, automatic sieves...All these models allow professional to express their creativity and talent.

Some details about ROBOT-COUPÉ product families :

- ♦ **Combinations units:** 2 machines in 1!
- ♦ **1 bowl cutter + 1 veg'prep attachment Cutter function:** to mix, chop, puree, emulsify, grind, knead, etc Veg'prep: to slice, shred, grate, dice and julienne.



Aditya Kanumuri, Area Manager UAE for Robot Coupe receiving Emirates Culinary Guild Membership certificate from ECG President Chef Uwe Micheel.

robot coupe®

- ♦ **Vegetable preparation machines:** to process all type of fruit and vegetables cutting such as slicing, dicing, shredding, grating.
- ♦ **Table-top cutter mixers:** Models with bowl capacities from 2.5 to 11.5 liters ready to chop, grind, mix, blend, emulsify, puree...
- ♦ **Vertical cutter mixers:** High volume processing (from 17.5 to 60 liters) for institutional market and food industry.
- ♦ **Power Mixers (Stick Blenders):** 12 models with strong benefits in terms of hygiene with a fully removable foot (Robot-Coupe's exclusive patented

device). They will allow to make soups, cream soups, beaten egg whites, chocolate mousse...

- ♦ **Blixers®:** Combination of the best features of 2 machines: the food processor and blender to prepare the smoothest, creamiest liquidized foods.
- ♦ **Automatic sieves (pulp extractors):** to make soups, sauces, fruit-pulps, and mainly dedicated to restaurants, ice-cream makers and delicatessens.

In just over 40 years, Robot-Coupe has grown into a industry leader with worldwide distribution and service centers dedicated to better serve you. That's the reason why all the Robot-Coupe machines are in compliance with european and international safety and hygiene standards.



WORLD
ASSOCIATION
OF CHEFS
SOCIETIES



EAST-COAST SALON CULINAIRE 2017

Resume of Classes for Entry

Class No. - Class Description

- 01 Three-Course Gourmet Dinner Menu
- 02 Three – Course Arabic Dinner Menu
- 03 Three-Course Vegetarian Menu
- 04 Tapas, Finger Food & Canapés
- 05 Arabic Family Dinner
- 06 Cake Decoration
- 07 Wedding Cake Three-Tier
- 08 Four Plates of Desserts By Nestle
- 09 Bread Loaves & Showpiece
- 10 Friandise/Petite Four/ Pralines & Nougatines
- 11 Open Showpiece
- 12 Fruits & Vegetable Carving Showpiece
- 13 Practical Fruits & Vegetable Carving
- 14 Beef - Practical cookery By US Beef
- 15 Chicken - Practical cookery By US Poultry
- 16 Arabic Mezzeh
- 17 Cocktail Championship
- 18 Sandwich Class By Unilever

NB: Ingredients may be supplied by the sponsor, these shall be mandatory to be used. Information shall be sent to competitors in advance of competition.

Gastronomic Creation

Class 01: Three - Course Gourmet Dinner Menu

1. Present a plated three-course meal for one person.
2. Suitable for dinner service.
3. The meal consist of:
 - > *An appetizer or soup*
 - > *A main course*
 - > *A dessert*
4. To be prepared in advance and displayed cold on appropriate plates.

5. Total food weight of the three plates should be 420/480gms.
6. Food coated with aspic or clear gelatin for preservation.
7. Typewritten descriptions and recipes required.
8. Maximum area w60cm x d60cm.

Class 02: Three- Course - Arabic Dinner Menu

1. Present a plated three-course meal for one person.
2. Suitable for dinner service.
3. Modern style presentation.
4. The meal consists of:
 - > *An appetizer (Mezzeh)*
 - > *A main course*
 - > *A dessert*
5. To be prepared in advance and displayed cold on appropriate plates.
6. Food coated with aspic or clear gelatin for preservation.
7. Total food weight of the three plates should be 420/480gms.
8. Typewritten descriptions and recipes required.
9. Maximum area w60cm x d60cm.

Class 03: Three - Course Vegetarian Menu

1. Present a plated three-course meal for one person.
2. Suitable for dinner service.
3. The meal consist 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, Fish or Egg to be used (meat-based

- gelatin glazed to enhance presentation is accepted)
6. Total food weight of the three plates should be 420/480gms.
7. Typewritten descriptions and recipes required.
8. Maximum area w60cm x d60cm.

Class 04: Presentation of Tapas, Finger Food and Canapés

1. Exhibit six varieties. Weight for each piece (10-20gms)
2. Six pieces of each variety. (total 36 pieces)
3. Three hot varieties.
4. Three cold varieties.
5. Hot food presented cold.
6. Food coated with aspic or clear gelatin for preservation.
7. Presentation on suitable plate/s or platter/s or receptacles.
8. Six pieces should correspond to one portion.
9. Name and ingredient list (typed) of each variety required.
10. Maximum area w60cm x d75 cm

Class 05: Arabic Family Dinner Menu

1. Exhibit a Traditional Arabian Wedding Feast would serve in standard hotel in UAE.
2. Suitable for 04 people.
3. Free style presentation.
4. Hot food presented cold.
5. Six cold mezzeh.
6. Three Hot mezzeh.
7. Rice with garnish.
8. A Chicken main course- (Emirati Cuisine)
9. A Lamb main course- (Traditional Cuisine)
10. A Fish main course- (

- Traditional dish)
11. A Vegetable dish - (Traditional dish)
 12. Three types of Kebabs (Chicken, Beef & Lamb) with appropriate accompaniments.
 13. One hot dessert. (presented cold)
 14. Three cold desserts. (one must be Emirati Cuisine)
 15. Only above dishes are allowed to present.
 16. Maximum available space w75cm x d180cm.
 17. Competitors must ensure their exhibit is presented neatly in above space.

Practical Pastry

Class 06: Cake Decoration

1. Two hours duration.
2. Free-style shapes.
3. Decorate a pre-baked single cake base of the competitor's choice.
4. The cake base must a minimum size of 25cm X 25cm or 25cm Diameter.
5. The cake can be brought already filled without coating.
6. The cake must be delivered and set up hygienically.
7. All decorating ingredients must be edible and mixed on the spot.
8. No pre-modelled garnish permitted.
9. Chocolate and royal icing can be pre-prepared to the basic level.
10. Competitors must provide all ingredients, cake base, utensils, and small equipment required.
11. A standard work table is provided for each competitor to work upon.
12. 03 power connections will be provided for each table.
13. Water and refrigeration will not be available.
14. The cake will be tasted as part of judging.

Pastry Display

Class 07: Wedding Cake Three-Tier

1. All decorations must be edible and made entirely

- made by hand.
2. Pillars or stands may be inedible but, unless decorated by hand, must be plain and unadorned.
3. Fine, food-quality wiring is allowed for the construction of flowers and the like, but must be properly wrapped and covered with flower tape or paste.
4. Royal icing, pastillage, pulled sugar, etc., may be used in the construction, but the finished display must not be dependent on these items.
5. The cake will be tasted by the judges.
6. The bottom layer of the cake must be edible.
7. Inedible blanks may be used for the two top layers.
8. Typewritten description and recipes are required.
9. Maximum area w60 cm x d75 cm.
10. Maximum height 01 meter (including socle or platforms)

Class 08: Four Plates of Dessert By Nestle

1. Prepare four different desserts, each for one person.
2. Display cold, each portion for one person, suitable for ala-carte service.
 - a). 1x Hot dessert
 - b). 1x Sugar free dessert
 - c). 1x Arabic dessert
 - d). 1x Free style dessert
3. Each dessert presented individually on an appropriated plate.
4. One of the above desserts must use Nestle DOCELLO (panna cotta, crème brulee or chocolate mousse) desserts powder as main ingredient.
5. Total food weight of one plate should be 80/100gms.
6. Presentation to include one hot dessert (presented cold).
7. Typewritten description and recipes are required.
8. Tasting will be part of the judging process if deemed necessary to determine quality and authenticity.
9. Maximum area w60cm x

d90cm.

Class 09: Bread Loaf & Baked Bakery Showpiece

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

1. A Baked bread showpiece.
2. Two types of bread loaves 200-300gms(competitor's choice) two pieces of each loaf to be displayed.
3. Two types of bread roll 25-40gms (competitor's choice) three pieces of each roll to be displayed.
4. Two types of baked sweet breakfast items 25-40gms (competitor's choice) three pieces of each item to be displayed.
5. Two types of baked savory breakfast items 25-50gms (competitor's choice)three pieces of each item to be displayed.
6. One extra piece of each variety to be display in separate platter for judge's tasting
7. All the bread & dough must be baked at own work place and deliver to competition venue for judging.
8. Tasting will be part of the judging criteria
9. Typewritten recipes are required.
10. Maximum area w75cm x d90cm.
11. Maximum height 75cm.
12. The focus of this class is on quality & Flavor of the bakery items. The center piece will be judged.

Class 10: Friandises Petites-Four Pralines Nougatines

1. Exhibit six varieties.
2. Six pieces of each variety (36 pieces total) plus one extra piece of each variety on a separate small platter for judges' tasting. each piece weight between 06-14gms.
3. Freestyle presentation and theme.
4. Present the exhibit to include a small showpiece
5. Showpiece should enhance the presentation, and will be

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- judged.
6. Written description mentioning the theme is required.
 7. Typewritten recipes are required.
 8. Maximum area w70cm x d75 cm.

Artistic Display

Class 11: Open Showpiece

1. Freestyle presentation.
2. Only showpieces made of edible food material will be accepted for adjudication.
3. Frames and wire support are allowed but not be exposed.
4. Maximum area w60cm x d60cm.
5. Maximum height 75 cm. (including base or socle).

Class 12: Fruits & Vegetable Carving Showpiece

1. To bring already prepared one display of fruits and / or vegetable carving, no visible supports are permitted.
2. Free style presentation
3. Maximum area w60cm x d60cm.
4. Maximum height 75 cm. (including base or socle).

Class 13: Practical Fruits & Vegetable Carving

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

Notes on the Practical Cookery Classes

These notes pertain to all practical cookery classes. They must be read in combination with the brief of the class entered.

1. The preparation, production and cooking skills of each competitor must be demonstrated during her/his Time in the kitchen
2. Waste and over-production will be closely monitored.
3. Penalty deduction of **05 points** for waste and over-production.
4. Timing closely monitored. **02 points** deduction for each minute that the meal overdue
5. All food items must be brought to the venue in hygienic, chilled containers: Thermo boxes or equivalent.
6. Failure to bring food items in hygienic manner will result in disqualification.
7. All dishes are to be served in a style equal to today's modern presentation trends.
8. Portion sizes must correspond to a three-course restaurant meal.
9. Dishes must be presented on individual plates with appropriate garnish not exceeding 250g total food weight excluding sauces.
10. Unless otherwise stated, competitors must supply their own plates/bowls/ platters with which to present the food.
11. Competitors must bring with them all necessary mise-en-place prepared according to WACS guidelines in the hot kitchen discipline (www.worldchefs.org).
12. Competitors are to provide their own pots, pans, tools and utensils.
13. All brought appliances and

utensils will be checked for suitability.

14. The following types of pre-preparation can be made for the practical classes:

- > *Vegetables/fungi/fruits; washed & peeled – but not cut up or shaped.*
- > *Dough can be pre-prepared.*
- > *Basic stocks can be pre-prepared.*
- > *Meat may be de-boned and the bones cut up.*
- > *Pastry sponge, biscuit, meringue- can be brought but no cut*
- > *Fruits pulps- fruits purees may be brought but not as finished sauce*
- > *Décor elements- 100% made in the salon*
- > *Basic ingredients may be pre-weighed or measured out ready for use.*

15. No pre-cooking, poaching etc. is allowed.
16. No ready-made products are allowed.
17. No pork products are allowed.
18. No alcohol is allowed.
19. If a farce is to be used for stuffing, filling, etc., at least one of the four portions of the farce must be prepared in front of the judges to show the competitor's skill
20. 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.
21. Two copies of the recipes typewritten are always required.
22. Submit one copy of the recipe to the duty marshal at the cooking station.

Practical Cookery

Class 14: Beef - Practical Cookery / US Beef

1. **Maximum 06 entry per Hotel**
2. Time allowed for 40 minutes.
3. Prepare and present two identical main courses using **only US Beef** as the main protein item.
4. Any cut of beef with the exception of tenderloin, Rib eye and Sirloin can be use.
5. Present the main courses on individual plates with appropriate garnish and accoutrements.
6. Typewritten recipes are required. **Evident of purchase required.**

Class 15: Chicken - Practical Cookery / US Poultry

1. **Maximum 06 entry per Hotel**
2. Time allowed for 40 minutes.
3. Prepare and present two identical main courses using **only Chicken leg quarter** from US poultry as the main protein item.
4. Present the main courses on individual plates with appropriate garnish and accoutrements.
5. Typewritten recipes are required. **Evident of purchase required.**

Class 16: Arabic Mezzeh - Practical Cookery

1. **Maximum 04 entry per Hotel**
2. Time allowed for 60 minutes.
3. Prepare and present for two persons.
4. Three types of Hot Mezzeh & Cold Mezzeh.
5. Only one of following Mezzeh allowed to present (**Hummus/Tabbouleh/Baba ghanoug/ Fattoush**)
6. The Mezzeh can be representative of any of following countries:
 - > *Egypt*
 - > *Lebanon*
 - > *Syria*
 - > *Morocco*
 - > *Tunisia*
 - > *Jordan*
7. Dishes must be representing a variety of cooking methods and the use of ingredients use in Arabic restaurants.
8. Present the Mezzeh in equal

portions

9. Typewritten recipes are required.

Class 17: Cocktail Championship by MMI

We'll be sending the full detail this event once the sponsors finalized with organizers prior to the event.

Class 18: New Class

Practical Cookery 2 Different sandwiches by Unilever Food Solutions

1. To prepare and present 2 different sandwiches, 2 portions of each one for judges one for display within 30 minutes
2. 1 vegetarian – 1 non vegetarian
3. Unilever products will be supplied on common table Hellman's Real Mayonnaise, Coleman's English Mustard Colman's Dijon and whole grain mustard. The use of these ingredients is mandatory to be used and failure to use this product shall result in 50% of the judging points being reduced
4. Minimum of 3 Unilever Products, must be used in the preparation of both sandwiches
5. The sandwich must be suitable for a light lunch
6. The sandwich can be hot or cold
7. 1 power point will be available
8. Plates, equipment and all other ingredients must be brought by the competitors
9. Type written recipes are required.

Additional ingredients that will be available on the day in the venue: Hellmanns Real Mayonnaise: this product comes in a gallon container Colmans English Mustard: we have an option to provide these in a 2.25 L container or a 150 g squeeze bottle World Knorr sauces, Hickory BBQ, Thai Sweet Chili, teriyaki sauce, Knorr Basil Pesto Colmans Dijon Mustard: this product comes in a 2.25 L container Colmans Wholegrain Mustard this

product comes in a 2.25 L container In addition, contestants will have access to the following:

Addendum: - East-Coast Salon Competition 2017

Venue & Entry:

1. East- Coast Salon Competition will held 22nd & 23rd of May 2017
2. The venue is "Miramar Beach resort AlFarha Ballroom" Fujairah
3. Free entry for all classes

Closing Date

4. Closing date for entries is 15th of April 2017. However, many are often fully subscribed and closed before the closing date

Trophy Entrees

5. Entrance to best trophy awards, must enter and finished all mentioned classes. Trophies are awarded on the highest aggregate points from all three classes.
6. Best individual awards, Highest Medal points in mentioned category
7. Champions Trophy: Best Effort by Individual Establishments

Best Gastronomic Chef: (Maximum 04 entries per hotel)

- > *Class # 01: Three Course Gourmet Dinner Menu*
- > *Class # 14: US Beef Practical cookery*
- > *Class # 15: US Chicken Practical cookery*

In-order to qualify for inclusion in the points tally for Best Gastronomic Trophy, competitor must win at least two Medals. One of which must be Gold or Silver medal.

Best Arabic Cuisinier: (Maximum 04 entries per hotel)

- > *Class # 02: Three course Arabic dinner menu*
- > *Class # 05: An Arabian Feast*
- > *Class # 16: Practical Mezzeh*

In order to qualify for inclusion in the points tally for Best Arabic Cuisenaire Trophy, competitor must win minimum 02 medals.

May 2017 **Gulf Gourmet**

Best Pastry Chef: (Maximum 04 entries per hotel)

- > Class # 06: Practical Cake decoration
- > Class # 08: Four Plates of Desserts (International)
- > Class # 10: Friandise/ Petit Four/ Pralines & Nougatines

In order to qualify for inclusion in the points tally for Best Pastry Chef Trophy, competitor must win at least two Medals. One of which must be Gold or Silver medal.

Best Kitchen Artist: (Maximum 04 entries per hotel)

- > Class # 11: Open Showpiece
- > Class # 12: Fruits & Vegetable Carving showpiece
- > Class # 13: Practical Fruits & Vegetable Carving

In order to qualify for inclusion in the points tally for Best Kitchen Artist Trophy, competitor must win medals for all three classes. One of which must be Gold or Silver medal.

Best hygienic Chef:

- > Class # 14: Beef Practical Cookery
- > Class # 15: Chicken Practical cookery

Best Hygienic Trophy will awarded to heights points winner of Beef or Chicken Practical cookery

Highest Medal points awards for Individual Classes

- > Class # 03: Three course vegetarian menu
- > Class # 04: Tapas, Finger food & canapés
- > Class # 07: Wedding Cake Three-Tier
- > Class # 09: Bread Loaves & Showpiece
- > Class # 17: Best Bartender

Champions Trophy

Champion's trophy awarded to the establishment whose competitors gain the highest total combined medal points won from all of their entries. (except Cocktail Event)

Judging Guidelines and Awarding System

- > A team of WACS Approved Judges will adjudicate at all the classes of competition.
- > After each judging session, the judges will hold a debriefing sessions at which each decision.
- > Competitors will not be competing against each other rather they will be striving to reach the best possible standard. 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 classes.
- > In theory, therefore, everyone in the particular class could be awarded with gold medal.
- > Conversely, it could be possible that no awards at all are made.

The scaling for awarding 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

70 – 50 - Certificate of merit.

Rules and regulations for Culinary Competition

VENUE & ENTRY FEES

(Organized by Miramar Al Aqah Beach Resort with Advice &



WORLD ASSOCIATION OF CHEFS SOCIETIES



Guidance of Emirates Culinary Guild)

NB:

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

PARTICIPATION

4. Participation at competition is open to anyone professionally employed in the preparation of food within UAE and Internationally.
5. All classes are for entry by a single competitor.
6. Competitors are restricted to one entry per class.
7. Competitors are restricted to entering a maximum of three classes
8. Competitors entering to win Best Category must participate fully in every class entered in order to qualify.
9. Competitors must attend and participate on the time allotted to them.

COMPETITION ENTRY

10. Competition Fees: East-Coast Culinary & Cocktail Competition is Free entry to anyone professionally employed in the preparation of food within UAE and Internationally.

11. Please note that there are different forms for different classes; ensure that the correct form is being used.
12. Complete the entry form according to the instructions on the form.
13. Completed entry form must send though by Emirates Culinary Guild.
14. Submit the completed form to the organizer before 15th of April 2017.

CERTIFICATES AND LETTERS OF PARTICIPATION

15. Ensure that your name (clearly written in block capitals) appears on your entry form exactly as you would wish it to appear on any certificate, letter of participation or posting of results.
16. Competitors must bring their items according Food Safety standard.
17. As the event will be held in the Al Farha Ballroom of the organizer, official Hygiene Officer will judge all the live cooking participants

THE SECRETARIAT

18. Miramar Al Aqah Beach Resort & Emirates Culinary Guild is the soul responsible for the organization and administration of the competition.
19. The competition is governed by ECSC according to the rules of the organizing committee
20. Competitors acceptance of participation in the competition will mean as confirmation of their undertaking to submit unconditionally to the jurisdiction of the organizer

COMPETITORS & HELPERS

21. Each competitor is allowed to have one helper to assist in carrying equipments. No other help is allowed in preparing/ presentation area.
22. Competitor & helper must wear appropriate uniform.
23. Competitors must register on their given time.

24. Competitors & Helpers must not entered apart from salon area (Hotel lobby, Hotel restaurants etc...)
25. Competition area will be monitored by East-Coast Event Committee

EXHIBITS

26. Each exhibits must be completely original work, it must not have been displayed previously.
27. All exhibits must be of edible substance except for framing and stands.
28. It is forbidden to use any living entity, depicts religion, nude, seminude or political themes in an exhibit.
29. All exhibits must be suitable for presentation as a decorative item in a restaurant.
30. An exhibit must not carry any logo or mark of identification however; they should identify their own work, if required.
31. Competitors are responsible for their exhibits and should ensure that they are available in their proper place for judging on the day and time specified.
32. No preparation or finishing of exhibits is allowed in any area except designated preparation area.
33. Finished exhibits must be placed in the position indicated by the organizer, it has submitted for judging.
34. Competitors must leave the judging area as soon as their exhibit is in place or when instructed To leave.
35. Failure by competitor to register at the specified time will result in to disqualification.
36. Exhibit which is removed by competitors without permission will not qualify for any awards.

COMPETITION MARSHALS

37. A Marshall will recognize by the badge displaying the logo of the organizer.
38. Marshalls are instructed to ensure that the rules

and regulations of the competition are observed by all concerned.

39. Competitors, helpers and visitors are all obliged to cooperate with the marshals.

AWARD

40. Gold, silver and bronze medals and certificates are awarded solely at the discretion of the judges.
41. Decisions made from the judges is final and each competitor is required to abide.
42. The medals will be present at the end of the competition. Certificates will be present after the Event (10days of maximum) by the organizer.
43. Special awards will be given to all category winners.
44. Competitors must be dressed with complete uniform when collecting medals.
45. Incorrectly dressed competitors are not allowed to access in awarding area.

DISCLAIMER

46. The organizers are entitled to cancel or postpone the East Coast Salon Competition or alter the duration, timing or schedule of any event.
47. The organizer reserved the right to cancel any classes or limit the number of entries or extend.
48. The organizer will not be held liable or responsible for the loss, damaged of any exhibit, equipment, or personal effects.

ENQUIRY

49. All enquiries must submitted by email to (emiratesculinaryguild@gmail.com / kacprasad@miramaralagah.ae)

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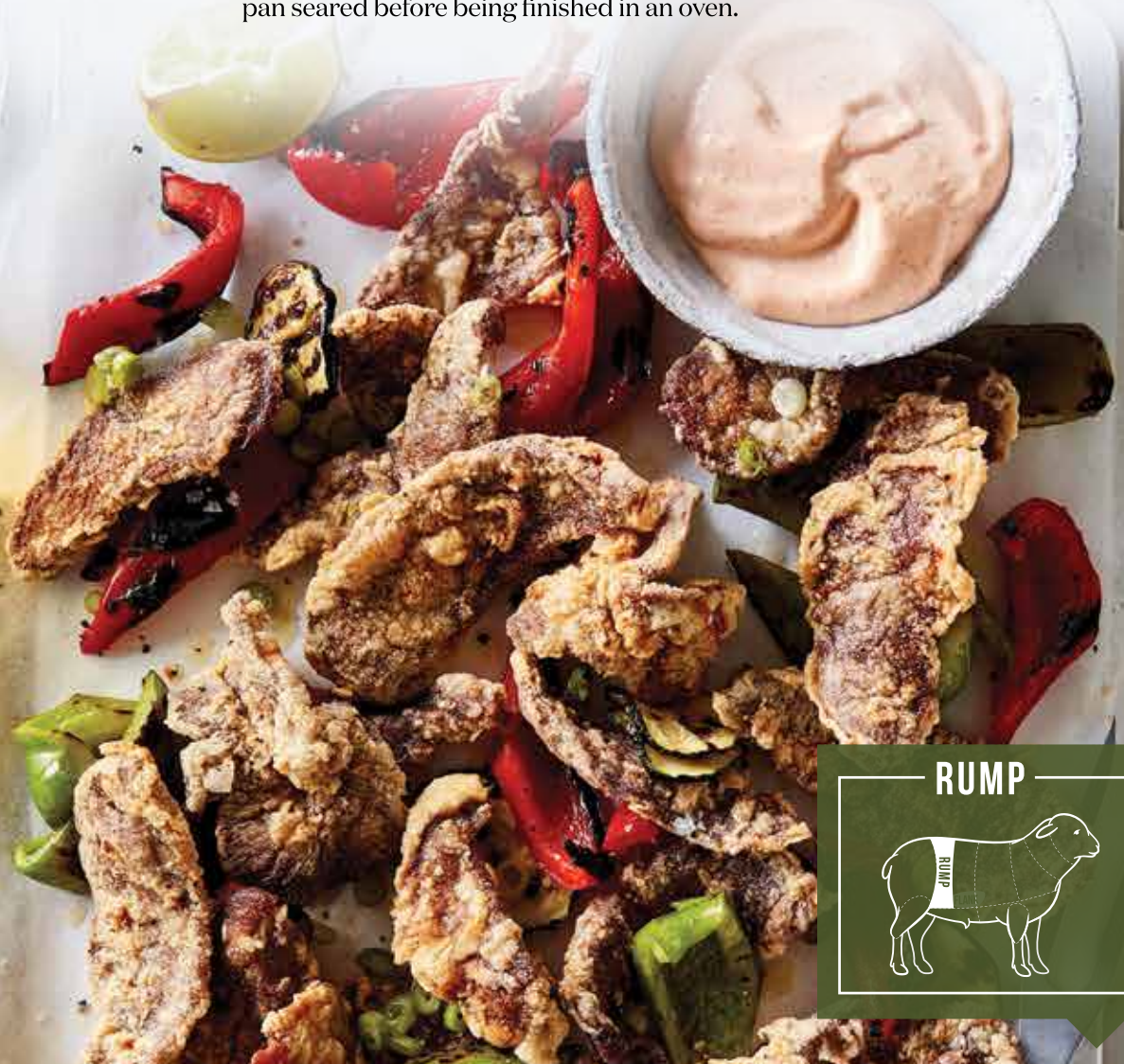
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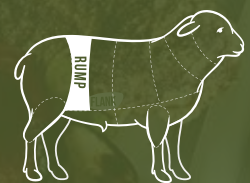
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DO YOU KNOW YOUR RUMP FROM YOUR CHUMP?

Australian lamb rump has star qualities which suits any contemporary menu. Full of flavour and great texture, this versatile cut can be used across all seasons from a mini lamb roast meal, carved and served as a steak or sliced on salads. It satisfies those that like a grilled, juicy piece of meat and assists chefs with lower plate costs. The tenderness of Australian lamb rump means it performs perfectly when cooked properly (medium rare) ideally pan seared before being finished in an oven.



RUMP



Lamb Rump

Australian lamb rump is prepared from a boneless leg by locating the seam between the boneless chump and the remaining leg cuts. This cut can be tied with twine to keep a uniform shape while cooking or further trimmed to remove the cap muscle and the subcutaneous fat.

Preparation of Cut

For a leaner piece of meat, denude the rump by removing the cap and all silver skin. This is known as a Denuded Rump. This can be butterflied and then stuffed and rolled for roasting, or sliced into strips for stir-frying.

Hot Tip

For extra flavour, leave the cap on your Australian lamb rump for cooking. Score the fat and season, and cook cap side down to render the fat before finishing in the oven.



Salt and pepper lamb with
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US\$ 3 billion

what's your GCC market share?

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

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

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

Now you do the maths.

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

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

Gulf Gourmet is the only magazine endorsed by the ECG.

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

Take advantage of our platform.

Positively impact your market share!

Contact us now

advertise@gulfgourmet.net / 050-5045033

REACH

ENGAGE

INFLUENCE

ABOUT GULF GOURMET

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

WHO READS IT?

▶ Executive Chefs	23%
▶ Senior & Mid-Level Chefs	36%
▶ Hotel GMs	10%
▶ Restaurant Owners	15%
▶ C-Level Executives	2%
▶ Purchase Managers	7%
▶ Food Industry Leaders	4%
▶ Marketing / PR Managers	1%
▶ Others	2%

REACH BY COUNTRY

▶ United Arab Emirates	71%
▶ Kingdom of Saudi Arabia	18%
▶ Oman	2%
▶ Qatar	4%
▶ Kuwait	1%
▶ Bahrain	2%
▶ United Kingdom	1%
▶ Others	1%

MARKET SEGMENTATION

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



gulf
gourmet



Is your message loud and clear?

Content-Farm.com is an international network of business and lifestyle journalists, copywriters, graphic designers, web developers and communication specialists that have come together to create an ecosystem for content marketing. Our role is to understand your target audience, get the message right and to deliver your message in a format that is cost-effective, has maximum impact and increases the return on your marketing dollars. We have:

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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:.....

FOR OFFICIAL USE ONLY

Remarks:

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

Fees:

Young Member: Junior members will receive a certificate.

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

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

150/=per year thereafter.

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

Corporate Member Dhs. 20,000 per year

The Most Important “F” WORD

“Where focus goes, energy flows. And if you don't take the time to focus on what matters, then you're living a life of someone else's design” — Tony Robbins

It is a terrible state of affair that the “F” word is horribly misused and abused. We are talking about ‘Focus’. In fact, it is pathetic how on a day-to-day basis its importance and power has simply been ignored.

My friend Ray Jacobs always says, “You need to understand the “F” word is the most important word in your life. Yes, focus is crucial.” Many believe the word focus is the same as the word concentration. Furthermore, it has been taught that the two words are interchangeable.

The truth of the matter is that these two words, though closely related, are actually different. Focus and concentration are two words that refer to our attention and yet there is a distinction between both of them. Concentration usually relates to paying attention to one thing or



one task. On the other hand, focus relates to paying attention and being fully aware of yourself and your surroundings rather than to just one thing or task.

Let us dwell much deeper to learn the difference between the two words, as suggested by pediaa.com:

- ◆ Focus is a noun and a verb. Concentration is a noun.
- ◆ Focus refers to the centre of interest or activity or close or narrow attention. Concentration refers to the ability to give your attention or thought to a single object or activity.
- ◆ Focus can also refer to adjustment for distinct vision. Concentration can refer to a large amount of something in one place.

In other words, focus relates to breadth, range and coverage. While the word concentration is about all about depth relating to a specific thing or task.

Many of us lose our focus in both work and personal life. Thus we need to be like an autofocus on a camera. Like autofocus, we need to constantly adjust our attention to be most productive in any given situation or time. While concentration may assist you to complete a task at hand, focus

empowers you to be flexible and adaptable to the uncertainty of life.

In simple words focus allows you to embrace the uncertainties of life. This may be job loss, the death of a loved one, divorce, loss of a major account, closing your business and other emotionally stressful scenarios. Focus gives you the opportunity, direction and courage to boost your self-worth in order to overcome adversities and enhance your performance in any given scenario.

Stay focused as the only thing that is permanent is change, so instil an attitude of creativity and innovation to outperform yourself. This means going back to basics. Get back to basics which requires you to revisit the simple concepts of:

- ◆ What is important to you in life?
- ◆ What is your vision?
- ◆ What is your mission?
- ◆ What are your values?

Seems simple but many of us have this clarity missing. Get back to the drawing board and get that sense of direction. Kindly note, doing “paralysis by analysis” on yourself will certainly not assist you. The focus is to amplify your awareness.

Never underestimate the power of the “F” word, the power of FOCUS, it is crucial to your success.

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



The difference between the almost-right word and the right word is really a large matter – it's the difference between the lightning-bug and the lightning
— Mark Twain

JOIN THE WORLD OF CHEFS NOW!

DON'T GET LEFT BEHIND!

WORLDCHefs is the authority and opinion leader on food, and represents the global voice on all issues related to the culinary profession. We are very pleased with this partnership with GulfGourmet magazine and look forward to sharing content and articles.

- Thomas Gugler, President, Worldchefs

THIS IS WORLDCHefs

Founded in 1928 in Paris, France, the World Association of Chefs Societies (Worldchefs) is a global network of national chefs associations from over 100 countries, representing over 10 million professional chefs worldwide. Worldchefs is a non-political professional organisation dedicated to maintaining and improving the culinary standards of global cuisines. We accomplish these goals through these pillars:

EDUCATION & CERTIFICATION

Worldchefs offers a selection of certification programmes, from the landmark Recognition of Quality Culinary Education to Fast Track Certification. Contact us to find out how you can easily benefit from our certification services.

GLOBAL CHEF CHALLENGE COMPETITIONS

The Global Chef, Global Pastry Chef and the Global Young Chef Challenges are the international benchmark for culinary competitions for working chefs, pastry chefs and young chefs respectively. As an authority on competitions, Worldchefs also provides competition framework, guidelines as well as seminars to accredit culinary competition judges.

THE WORLDCHefs CONGRESS & EXPO

A bi-annual culinary event that is highly anticipated worldwide and one of its kind. Look forward to a gathering of chefs from international corners of the world, networking opportunities and learnings from the world's experts.

SUSTAINABILITY & FEED THE PLANET

Chefs have a role to play within and beyond the kitchen, and our Feed the Planet programme shows and engages chefs in active ways that they can be environmentally responsible, and respond to humanitarian causes.

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THE WORLDCHefs CALENDAR 2017

GLOBEL CHEFS CHALLENGE REGIONAL SELECTIONS

REGIONAL SELECTION ASIA

Bangkok Thailand 31 May 2017 to 4 June 2017

REGIONAL SELECTION AMERICAS

Orlando USA 9-13 July 2017

REGIONAL SELECTION PACIFIC RIM

Guam 11-13 October 2017

REGIONAL SELECTION AFRICA/MIDDLE EAST

Abu Dhabi UAE December 2017

REGIONAL SELECTIONS EUROPE

Czech Republic 5-8 October 2017

JUDGING SEMINAR

ECUADOR – 21 APRIL 2017

Judging Seminar in Quito

NORWAY – 27 APRIL 2017

Judging Seminar in Oslo

DENMARK – 30 APRIL 2017

Judging seminar in Silkeborg

ARTS & SCIENCE SEMINARS

SINGAPORE – 27 APRIL 2017

Art&Science Electrolux Seminar

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مقطوفة طازجة، معبأة طازجة



Nestlé Professional brings to you Buitoni® Tomato Coulis; only the best tomatoes are picked at their peak freshness to guarantee the highest quality. Buitoni® Tomato Coulis will enhance your pasta, pizza, soups, sauces and is great for salsas, helping you create your own Mediterranean flavours.

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