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MAY 2023

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gulf **gourmet**

volume 18, issue 5

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COOKING WITH COMPASSION

Chef **Majed Al Sabagh** and
Chef **Badya Salam** on their
recent food relief project
in Syria



THE GLOBAL GUY

Spice Up Your Business:
Chef **Amro Al Yassin**'s
thriving entrepreneurial
venture



SWEET TASTE OF EMIRATI CULTURE

Erth Hotel's Chef **Vinod
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culinary treat for our
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Dear fellow chefs, ladies, and gentlemen,

Welcome to the May issue of the Gulf Gourmet.

This year's May issue is very special. It is our International Salon Culinaire 2023 Issue, and this issue is a special tribute to our friend and colleague Alan Pedge. Alan, we will miss you as an organizer and supporter of the events and as a friend. Read more about Chef Alan in this issue, where we are celebrating the life of a great chef.

May is a hectic month for us in the United Arab Emirates and our colleagues and friends internationally. On the 7th, a team from your Guild is flying to the Maldives to compete at FHAM. Peter, Majed, and I will be part of the jury. Chef Sanjeewa and team, good luck!

A few days later, the chefs from Azerbaijan will have busy days with competition in Baku. Orkhan and team, good luck with your show.

The 23rd–25th of May is the Hotel Show in Dubai, World Trade Center. Part of the Hotel Show again is the Chefs Table Competition. A great team event brought to you by DMG.

The ECG is partnering and organizing the competition. Nine teams will comprise a cook, waiter, barman, and steward each. This year's head of the jury will be our old friend and supporter, Chef Iztok Legat, from Slovenia. Worldchefs awarded Chef Iztok the Honorary Judge Medal during Congress 2022.

On the 29th, we have our big event at the Sharjah Exhibition Centre: The Expo Culinaire and the International Salon Culinaire 2023. The show also includes



the Education Area, the Alen Thong Trophy, and the Worldchefs Global Chef Semi-Finals. The winners of the Global will represent the Middle East and Africa at the Global Final in Singapore in 2024.

Our Salon 2023 is packed with great classes, including our popular classes like Live Cooking of Beef, Chicken, Potato, Seafood, Pasta, Pastry Classes, Artist Classes, and of course, the growing Vegan Class.

I am most excited about our new trophy for culinary students; this class is for students, interns, and kitchen helpers. The class is supported by Thryve, the new plant-based brand from Dubai. Thryve is part of IFFCO Out of Home.

There are only a few spaces left in the competition. Please get in touch with Madam Josephine at emiratesculinaryguild@gmail.com for more information. Please see the special pages with all our Salon Partners. Thank you to everyone.

Wishing good luck and all the best to all our competitors, and remember that the gold medal is not the most important thing in life. It is great to win a medal, but the most important thing for all of us is education, learning from the competition, gaining experiences, and meeting new friends.

Please visit www.emiratesculinaryguild.net to browse through previous issues of the magazine and to see the latest happenings on the events calendar. And visit www.facebook.com/wacsyongchefs for young chefs to be in contact with over 4000 chefs across the globe. Do not miss to watch and subscribe to our YouTube channel at <http://www.youtube.com/c/TheEmiratesCulinaryGuild>

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

Thank you to Chef Diyan Manjula and the Radisson Blu Hotel DDC Team, who hosted our April meeting.

Culinary Regards,
Uwe Micheel
President of Emirates Culinary Guild



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Think ahead.

chairman'snote

email editor@gulfgourmet.org

As we come to the end of a busy Ramadan season we are now looking forward to our upcoming big event, the Expo Culinaire and Salon Culinaire from 29th May to 31st May. International teams and chefs will descend on Expo Centre Sharjah for what is to be a great three days of competition. Competitions such as this give us the chance to educate and hone our people's skills and with the skills and training of our young people being a major discussion point for employers and recruiters, it is an opportunity to give back to our teams with real hands-on training.

As natural disasters and talk of climate change are still on top of people's discussions points we were proud of our Syrian Guild chefs led by President Chef Majid Al Sabagh, who went to Syria to help support his countrymen and woman with the aid of the UAE Armed Forces and provided food and aid to the people affected by the earthquake. Read about his amazing journey in this issue.

We bid farewell to our Guild Vice President Alan Pedge this year and his passing has saddened many of us in the culinary world. Alan was a long-time member and great supporter of the Guild and will be missed by us all and we pay tribute to him in this edition.

Get ready to be inspired by Chef Amro Fahed Al Yassin's incredible journey from being a chef to becoming a global entrepreneur. Reading his story would bring to mind the

saying, "There are many things that seem impossible only so long as one does not attempt them." His persistence and hard work have paid off in a big way. Today he is not only running Chef Amro Global L.L.C, but he is also a Certified Judge at Worldchefs showcasing just how much can be achieved with determination and drive.

We have another inspirational story from a Chef who is crafting delicious desserts with traditional Emirati Ingredients. He started his career in India watching his brother who was a chef and after years of hard work, he went on to be a part of the pastry team for Erth Abu Dhabi where he has been creating stunning desserts that celebrate the flavors of the Emirates. Don't miss out on his recipe!

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

As the Salon Culinaire competition approaches, we can't help but feel excited to see the talented young chefs showcase their skills and creativity in the kitchen. It's always a thrill to witness the passion and dedication that these up-and-coming culinary stars bring to the table. Wishing them all the best of luck and can't wait to see what delicious and innovative dishes they'll create. Here's to a successful and inspiring competition for all the chefs out there!

Andy Cuthbert
Chairman and Editor



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PUBLISHED BY SALES ENQUIRY

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May 2023 **Gulf Gourmet**



Your Food Service Partner



newsbites

To get your chef or company related news featured in this section, email editor@gulfgourmet.org

DoubleTree by Hilton Hotel to open in Jeddah

The recently revamped opulent DoubleTree by Hilton Jeddah Al Andalus Mall is set to debut with a number of features and a spectacular view, setting a new standard for hospitality experiences for the hotel chain.

The hotel, which is slated to open next year, would reportedly be connected to the Al Andalus Mall, one of Jeddah's major shopping locations.

"Saudi Arabia represents a significant opportunity for Hilton to grow its portfolio, and with the announcement of this DoubleTree by Hilton property in an exceptional location, we look forward to further expanding our full-service footprint across the country," said Carlos Khneisser, vice president, Development, Middle East & Africa, at Hilton, in a statement.



Meanwhile, Hilton is now managing 16 hotels in Saudi Arabia and has 51 more under progress. In the upcoming years, the business intends to increase its operations to more than 75 hotels, including additional brands

like LXR Hotels & Resorts, Canopy by Hilton, Embassy Suites by Hilton, and Hampton by Hilton.

Stay tuned to this space to learn more about its grand opening.

Saudi Arabia to host hospitality mega-event 'InFlavour'

An international culinary and hospitality mega-event, InFlavour, will take place in Saudi Arabia.

Famous chefs, market innovators in the food industries, and culinary trailblazers will reportedly grace the event. Chef Marco Pierre White, the first British chef to receive three Michelin stars, will give a keynote address to encourage new culinary innovators. He will be also joined by other presenters including TV star chef Manal Alalem.

Organized by the Saudi Ministry of Environment, Water & Agriculture (MEWA) and Tahaluf, the entity behind the LEAP technology exhibition, the event will take place in Riyadh on October 29-31.

Patricia Roig joins BOCA as the new Executive Chef

Patricia Roig has been appointed as the new executive chef at BOCA. With more than two decades of culinary experience, the Spanish native will be responsible for overseeing all culinary operations at BOCA and La Taperia by BOCA.

The BOCA team recently posted on social media about the chef's recent special Iftar dinner, which included freshly baked bread and a classic soup inspired by her Spanish roots.

She was previously part of the Blue Marlin Ibiza Sky Lounge and the Palocortado Restaurant Group in Gran Canaria, Spain.

She has also held several roles in the



kitchens of notable restaurants such as Abantal Restaurante, ROKA London, Lima Floral London, Central Restaurante in Lima, Peru, Lillas Pastia, and more.



This is Bob (yes, he's real)

Bob has a lot of passions:



He makes a
lot of wholesome
foods at his mill
in Milwaukie,
Oregon.



May 2023 **Gulf Gourmet**

COOKING WITH COMPASSION

Chef **Majed Al Sabagh** and Chef **Badya Salam** share poignant accounts from their recent food relief project in Syria

"Some are frightened to step inside the buildings. Some live in tents while grieving the profound loss of their loved ones," says Chef Majed Al Sabagh.

Less than a week after numerous aftershocks hit north-west Syria, Chef Majed Al Sabagh was already exchanging emails to work for food relief efforts, not just with money but also by traveling there personally—something he had intended to do as soon as he heard his home country was one of the worst-hit regions.

"In the early morning of the 6th of February, when I heard the heartbreaking news, I knew we had to find ways to support them. The catastrophic Turkey-Syria quakes that took the lives of more than 50,000 people two months ago have overturned the lives of survivors. Moreover, for something like this to happen after 11 years of war, it took a huge toll on the people in Syria."



As the President of the Syrian Chefs Guild, Chef Majed actively collaborated with the Emirates Culinary Guild and the World Chefs Organization to brainstorm ways to divert challenges and reach an agreement. After waiting on standby for the project for over three weeks, the moment arrived for Chef Majed Al

Sabagh and three Guild members to pack the required items and travel with the UAE Red Crescent team to Syria.

"We got positive support from the Worldchefs without Borders, Chef Uwe, and Chef Andy. I also want to thank the team, including Chef Abdalla Hussain



Mardinli, Chef Wesam Alsaghbiny, and Chef Badya Salam Khairuddin. A Chef's job is not easy. And all these chefs working in higher positions were on standby, willing to take time off, and steadfast in their commitment to humanitarian causes."

When asked about how he managed to surmount tasks with a team of three, he explained that they were looking for senior chefs with expertise in not only cooking but also management. "The foremost distinguished thing about the team was that they wanted to cook with heart. No hierarchy existed there. We all cooperated to offer quality food."

After preparing over 2,000 meals during his five-day support visit and continuing to support his team, who are organizing 4,700 meals in the 13 days until Ramadan, Chef Majeed has a few things



to mention about disaster relief, one of which is that there is always a glimmer of hope at the end of the tunnel.

KNEADING FOR KINDNESS

Chef Majed is accustomed to working in high-pressure environments. As the director of the International Hospitality Education & Training Centre in Sharjah and a Masterchef certified by the World Chefs, he is constantly involved in developing hospitality skills. But the situation was peculiar in his role as a chef dishing out food in north-west Syria.

Chef Majed and his team decided to work from location to location, ending up in Lattakia. Reality struck gradually as his team nestled within the tents. The heartbreaking tales of those who lived on the edge while waiting for rescue operations, racing against time by communicating with family members buried beneath the wreckage, solely hoping to remain linked through their whispers and voices, were still permeating the air.

"There is no time to complain. Our



situation is much better than theirs. You should see how strong the people there are and how they live. Imagine having a house that cannot be used because half is now in rubble or, worse, losing a family member. So, we gathered our courage and let them know that we are there for them."

After visiting a few sites, eventually, the team settled down at the Institute of Music. The group then sprang into action by bringing cooking pots and purchasing supplies that would enable them to make hot meals.

"Once, when we were in a hamlet, we

were purchasing oranges and lemons when someone volunteered to give the oranges from his farm. 'You are our guest. You came here to support us, that individual remarked. He refused to accept any fruit or money I offered in return. He even got five gallons of fresh yogurt for us. There, the crisis is being met with generosity by the locals."

Following a long day and first-day jitters, it was natural for his team to deal with stress to prepare and ensure everything was in place for tomorrow. "When we were just leaving the camp, the band players started to play some music, and some expressed that we had given them hope to thrive, which dissolved all the tensions," adds Chef Majed.

His team was fortunate to have great assistance from volunteers in each location visited - sometimes only 20 or fewer, but other times more - all working together to make their mission successful.

HOT FOOD HOPE

Often natural disasters are accompanied by power outages that could last for days. Not correctly storing food can hit the survivors with a double whammy of hunger and a livelihood crisis. That's where Chef Majed and his team came up to speed by bringing their expertise in procuring food, repurposing buildings for kitchens, cooking for scale, and delivering meals to even reach rural and distant communities.

"Once you plan the project, you should stay in touch with the source to know



what is nearby your camp. You need to know the water's vicinity and raw materials' availability. In our case, we booked a water truck that moved with us wherever we set up camp and cooked. When it came to raw materials, we had access to quality meat and vegetables, while dry items were stored properly at room temperature."

Additionally, fresh items that we got daily were ready to serve the same day. The team members divided up the tasks of cutting, cleaning, and packaging to prepare for the next day. His team even considered the eating preferences to create dishes with which the survivors could connect. "On the second day after we arrived, we set up the kitchen, cleaned the space, and prepared 308 dinners. We created juices, meat, fruit, and salads, and even got some individuals to deliver them, occasionally in their automobiles," he describes how, in retrospect, the actual scenario was very different from what had been seen on television.

COURAGEOUS COOKING

Regardless of the enormity of the task, Chef Majed was amused by the response from the volunteers who came in solidarity. He noted that, somehow, professionalism was a challenge. "We were working with food and had to maintain a certain standard of hygiene. People were ready to use the knife to make our mission their own in their way, but their love and support were enough."

However, in a job where clocks are ticking fast, the need of the hour became serving large quantities of high-quality food in a short period. Thus, the mission expanded to cover chefs there, who had limited tools at their disposal but could assist well with the expertise imparted by the team.

"Our objective is not just to be there for a week to cook and return home. The idea was to share food safety and hygiene training not just with the people who were cooking for the affected ones



in the camps but also with professional chefs who are either assisting in catering or running something of their own."

Being a Syrian native himself, the havoc has taken an emotional toll on him. Nevertheless, he viewed these stories as an enlightening experience that inspired him to strive for good. "A day before we were leaving, some individuals approached me and said, 'We have been running since last month, wanting things to work fast. And when you came here, you motivated us to continue moving forward.'"

Back in the UAE, many chefs want to be a part of this project. Chef Majed says they can do this by taking some time




from their schedule to attend in-person guild meetings, where they will be sharing and presenting plans regarding the situation.

The guild strictly does not accept donations but believes there are ways to

support and feed the survivors. Feeding survivors in the days after earthquakes is vital, but equally crucial is food safety to avoid exacerbating the situation. "We certainly need manpower, but teaching people about safe cooking methods during disasters is equally important. Our ongoing mission to support people will continue as we learn about new developments and plan accordingly. We can do this by visiting places there, or maybe someone from Syria reading this can communicate with us to exchange knowledge."

"I want to thank my team, the Emirates culinary guild, the world chefs without borders, and the UAE Red Crescent. And a big thanks to the people who helped us in Syria."

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The Guild Meet

The April guild meeting was held at the Radisson Blu Dubai Deira Creek on the 11th of April 2023. Two new appointments to the guild were introduced- The new President Ambassador of Abu Dhabi, Chef **Kushan Perera**; and Chef **Dwarika Bhatt**, the new Chairman of Dubai. A scrumptious iftar dinner followed the meeting thanks to Executive Chef **Diyan Manjula De Silva**.



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**Chef
Simon
says...**



Trends Express

Simon Martin, Executive Chef of Kerry Taste & Nutrition, has been sharing trends for our region since 2016

How can we predict trends—those things that create disruption, and innovation and drive our desires, leading to success in our kitchens, hotels, cafes, and manufacturing sites?

The truth is, we cannot predict trends. But we can observe, recognize, and learn. Our customers are more willing than ever to broadcast their needs, desires, and habits, and as future suppliers, we can adapt and anticipate.

We must remember that most Gen Z or IGen (born after 1997) are more likely to buy food to photograph and post it on their media as we all become global food critics. While 41% of consumers overall say they have used TikTok, nearly 80% of Gen Z have, with almost half saying they have uploaded content to the platform. Remember, **"LIKE IT, BUY IT, SNAP IT, SHARE IT"** - 43% of customers have photographed a dish they have eaten. Wow!

In the coming months, I want to excite you, energize you, and stir your interest in what is trending in our region. Together, let's take a culinary journey on the **"trends express."**

The Croburg: We're no strangers to alternative buns (waffles, donuts, etc.) for sandwiches. And right now, it appears that bun-shaped croissants are having a moment. This buttery laminated viennoiserie is taking over the sandwich world and is now in retail too. We have all tried a cheese-filled croissant, so take the plunge and try it with a chicken or beef patty.... Go on,



try a Croburg Philly steak, and climb aboard this trend journey we are about to begin.

Amber Sauce: This region, like many others, eats with its eyes. The word "Amba" in Sanskrit translates to mango. This sweet, tangy sauce made from pickled mangoes reached the Middle East in 114 BC and quickly became a staple of indigenous Iraqi cuisine. Now amber is the new black, and it is on trend, asked after, and making its way onto our menus with eggs, cheese, meats, and bread. But why stop there? The complex spices of cumin, sumac, fenugreek, cayenne, and chili, alongside brown sugar and pickled mangos, are the next level of taste that's finally getting recognition in culinary trends.

Yuzu is here to stay! It's come from the east to take the region by storm with chocolates, drinks, mayonnaise, dressings, ice creams, and chips. It's aromatic and tastes like a cross between grapefruit, lemon, and lime. Sharp but lifting dishes across the GCC as our customers crave a new experience. Similar to either a Korean Dangyuja or a Calamansi, it has been seen on social media in numerous applications.

Lickable Television is here: Would you believe it? YES YES YES! Forget 3D food printers; we are now going to the next culinary level. The prototype lickable television screen created in Japan can imitate food flavors. It uses a cartridge of 10 flavor canisters that spray in combination to create the taste of a particular food!

May 2023 *Golf Gourmet*

ONE IN A MILLION

An ode to Chef **Alan Pedge**, who played a significant part in UAE's culinary scene for nearly four decades. Remembering his words that were like a snapshot, capturing the wonder, joy, and tribulations of life



The Greek philosopher Heraclitus famously said, "Change is the only constant."

Just as change is unpredictable and par for the course, dealing with the loss of a loved one is inevitable. We can find solace in the love and memories they leave behind.

Recently, Chef Alan Pedge, the vice president of the Emirates Culinary Guild left a void in the lives of many people and was adored by his family, friends, and chefs of the culinary world.

Many people, when they think about robust development in the Emirates culinary scene, not only miss the heyday of Chef Alan Pedge but how that culinary maverick strived to shape the way of the local food industry.

On March 1st, 2023, the industry veteran breathed his last at a hospital in UAE. Throughout his five-decade career, Chef Alan was celebrated for his contributions to the evolution of hospitality in the Gulf region; when only a few European chefs back then

considered the city to be a destination for their professional explorations, he believed to play his part in making Dubai a hub of the culinary landscape.

Tracing his early life in the city of Lincoln in Northeast England, and his brush with cooking, we went back to 1972 when Chef Alan was only a 14-year-old schoolboy when he started working part-time in a hotel cleaning vegetables and washing dishes. After finishing school, he was offered an apprenticeship at the hotel, diving right into his passion that not only took him halfway around the world but also cemented his love to learn about the hospitality industry.

UNEARTHING HIS LEGACY

One can trace his idiosyncrasies towards learning in 1976 when he moved on to work at Norfolk for prestigious country hotels. This is when *nouveau cuisine* began to gain popularity in the UK and before Michelin stars were commonplace. With a classic culinary background, Chef Alan had to adapt by using lighter sauces and incorporating more fruit into his recipes. His dedication to learning, exploration of new trends, and honing of his skills culminated in an impressive chef's cap full of amazing experiences.

After working for three years in the two opulent Norfolk properties, he relocated to the city of dreams, London, where he managed mass catering at the enormous 600-room Posthouse Hotel at Heathrow.

Then in 1979, he began his love affair with cooking in the UAE. Stepping into a city when today's most vibrant Middle Eastern country was a plain Jane, we duly spotlighted the real big difference he observed in the supply chain in a considerable number of pages of his previous story. "You had a flight coming in with supplies once a week. So you didn't get fresh vegetables and produce every day. Most of your produce came from Jordan and Syria via truck or from India by boat."

When he first lived in the apartment





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blocks in Bur Dubai, there were few infrastructure projects underway, packs of wild dogs roaming around the city, and ingredients like avocado were rarely found. But with every year that passed and each new infrastructure project, Dubai became a completely different entity altogether.

During his stint, he catered to guests substantially different from what they are today. With infrastructure projects underway across Dubai, his patrons at those times were primarily blue-collar individuals and British, South African, and Australian engineers working to build the projects that exist today.

He worked at a British restaurant in Bur Dubai for a year before he returned to England to join Posthouse as a senior sous chef. Shortly after, Dubai beckoned again in 1981, and this time it was for a role as chef de partie at the Chicago Beach Hotel. After spending a year and a half there, he returned to England.

But this intrepid chef was constantly on the search for fresh perspectives. And he did something he had never done before: he went to central London to work at the Palm Beach Casino in Mayfair. In 1985, one more feather was added to his already overflowing cap when he received his first executive chef position at the Marlborough Crest Hotel.

ILLUSTRIOUS CAREER

In 1988, a new chapter began in Chef Alan's life when he went on shifts amid the tumultuous Gulf War in Bahrain. The uncertainties were countless, but he managed to strike a balance by working with the limited ingredients while still curating fine dishes, realizing that food and war had a rich history together.

And yet, ever the globetrotter, he went off the beaten track and hit the road towards Sri Lanka, where he took up the position of executive chef at the Ramada Renaissance Hotel. Shortly after, he was back in the Gulf, working at prestigious properties, including the Al Jazeera



Resort in Abu Dhabi and the Regency Palace Hotel in Lebanon.

There was never a dull moment in his life. Every note of his culinary career was filled with vivid experiences. The account of this was seen when he went to severely cold Kazakhstan from hot Lebanon to cook in subzero temperatures.

In spite of the extreme weather conditions, he relished the chance to discover different cultures and cuisines, which made the experience all the more rewarding. It also gave him a chance to cater to several foreign leaders who visited the energy-rich country as the country was emerging from the shadows of the Cold War.

After working at the only five-star hotel in the country's capital, Astana, midway through the 2000s, he decided to shift to Dubai in search of stability. Subsequently, he worked for the Ramada Hotel in Bur Dubai and Samaya Hotels and Resorts in Deira, Dubai, before joining YOSH Hospitality in 2013.

There was always more to his happy face than met the eye. Going down the bridge path of his unique experiences framed with training the staff, cooking two sides of Lebanese cuisine—French and Arabic

dining during civil war—being inventive, or preparing mise en place in non-conducive conditions. With that, it was inevitable that he had flipped the script of destiny to beat all odds.

BRINGING THE BEST IN OTHERS

Chef Alan touched the lives of many during his visits to the culinary competitions by making admirable efforts to connect with those around him. Amidst the rough and tumultuous life while dealing with illness, the prodigious persona even ran day-to-day shows when culinary events like Salon Culinaire or La Cuisine du SIAL took place. An active member of the Guild since 1994, he was the chief marshal from 2009 to 2016 and headed the Abu Dhabi chapter between 2011 and 2014. He was at the forefront of taking care of events, willing to be up by 4 a.m. just to be able to see the faces of young chefs as they prepared for competition.

Armed with the creed of enjoying each moment doing what he loved, he was one of few among his generation of Chefs to judge multiple culinary events and had various articles and recipes printed. A teller of tales, he mentored young chefs with colorful yarns filled with humor, emotion, and wisdom. Several chefs knew him as a leader who always encouraged dialogue.

One of Chef Alan's notable moments for our young chef readers may also come from an interview he did with Gulf Gourmet magazine two years ago. We questioned him about how one could stay relevant despite the increased demand for chefs to innovate. Chef Alan replied, "Flexibility is the key to remaining relevant."

He also added that one of the reasons he came to this part of the world was that he saw this happening in Europe, where many of the skills were being outsourced. Unfortunately, it does lead to a loss of skills. Nevertheless, he asserted that young chefs should improve their all-round skills and be more flexible than the

previous generation. With that response, Chef Alan emphasized not just learning a part of the kitchen but knowing the onions of the entire kitchen.

A great believer in empowering their staff to make their own decisions, he often gave them the freedom to experiment and innovate in the kitchen. One can never stop marveling at how he used his skills and knowledge of hospitality to benefit others. Never the one to hesitate to serve the dish himself when the staff were busy, he wanted young chefs to cross-train and use their skills with humility instead of becoming prima donnas or know-it-alls.

Today, his advice applies to chefs and anyone in any profession. In this rapidly changing world, it's essential to be adaptable and relevant to thrive and succeed in our careers.

HEART OF GOLD

Though not active in sports, only a few knew that he was a qualified scuba diver up to the rescue level. Besides scuba diving, Chef Alan was also a rugby fan, which he played in his school days.

In his final years, Chef Alan enjoyed a tranquil yet productive life, spending time with his family while devoting himself to working for the guild. He continued to inspire a new generation of chefs with his vision and passion for cooking. His legacy lives on through his impact on the culinary industry and the untold number of aspiring chefs he mentored along the way.

Dear Chef Alan, even as you soar with the angels, leaving us all with tremendous grief, let us remember the words you shared a while ago as you refused to let past tribulations affect your present or future. "If you are going to worry about what happened yesterday, you give up on life. You don't fight an illness with your body. You fight it with your mind." This world needs chefs, friends, and believers like you. Your contribution to the world of food will keep inspiring chefs for the years to come.



If you are going to worry about what happened yesterday, you give up on life. You don't fight an illness with your body. You fight it with your mind



It's always tough to find the right words to say goodbye. But as I said in the President's Message, these pages are to celebrate Chef Alan's life. We chose to do it in the special Salon Culinaire Issue (not last month) because we know Alan's favorite event of the year was the Salon Culinaire. I enjoyed doing many events with Alan, but no other events were like Salon Culinaire or Sial A.D. He was always first in the morning to arrange the last-minute stuff.

Even in 2022, during the Worldchefs Global Competition, I came in the morning before 7:00 a.m. to see if all was okay. Alan was already there and

said, "All okay, done go and have coffee with the boys" That was Chef Alan; he ensured everything was under control. The chairman always called him the VP of shouting; others called him the Salon General. Whatever you want to call him, he was a very responsible person. I remember a few years back in Sharjah. I asked him if all was okay with the ice blocks, and he said, "You asked me last week to take care of it; why have you asked me again?". Yes, when he was committed, he made sure it was done. Chef Alan, we will miss you and never forget you.

— **Chef Uwe Micheel**

I know Alan is in safe hands in a place where we all have to visit one day. Alan and I worked together, looking after Abu Dhabi, ably supported by Raghu most of the time when it came to monthly meetings or competitions. He was the first to show up for any appointment and had plenty of time for his smoke. On many occasions when we met, I would say, Al! Why do you need to smoke this much? Even at the latter stages of his ailments, his response was always the same: "The doctors have asked me not to stop, as they showed no signs of damage to me whenever I was tested with X-rays."

Alan was a perfect father and family man who devoted much of his time to his wife Emma and his daughter Kim whenever she visited them in the sand pit. He walked the streets around his residence almost every morning and tried hard to influence me to follow, but it never came across as a serious offer. Emma would set out with him, but then his pace was different from what interested Emma. However, he would meet up with her on his way home when she was still strolling along.

I was able to spend time with Alan mainly on the telephone, but when we had to



meet, it was always over a cuppa or when he fancied a typical British Breakfast enjoying his perfect sausages and bacon while Emma tucked into her salmon. We would have a casual chat and collar in Raghu and Kushan when we had to plan out events we were hosting in Abu Dhabi. Alan was a down-to-earth gentleman with no egoistic mentality and was very sincere to the others around him. He was patriotic, loyal to his passion, and proud of the White Jacket he always wore.

I had the privilege of associating with Alan and his family when we traveled together to overseas events, where we enabled a strong growth of our relationship. My wife Chandrika, with a nudge, would always ask me to use Alan as a good example when

it came to taking care of your partner. However busy he was, he would ensure he popped down and had an eye on his loving wife's wellbeing.

At all competitions, I am sure the competitors will miss Alan's grumpy, loud sounds from the early hours of the morning when he is giving instructions and directions at first, followed by having a go at the guys with haversacks when they barged around with their magical crafts of art. Although Alan's advanced thoughtfulness sees us with not much of an issue on the surface, we all will indeed feel the void. He was a fighter to the last second and never gave up at any stage of his illness. It was only around a month before the sad day when he told me silently, 'Pete! I don't think I will return home.' On a positive note, I was able to give him a reluctant hug while taking care of not crushing his diminishing bones, assuring him that he would be back for the next competition.

While we all miss Alan very much, we are positive that we will meet again. I also would like to tell Emma and Kim that we are only a call away if you need any assistance.

— **Chef Peter De Kauwe**



Chef Alan Pedge is the reason I'm an ECG Marshal, today.

When SIAL Middle East was first launched in Abu Dhabi, I received a call from Chef Alan. He suggested that we get together at The Club with Chef Peter and Raghu



Alan Pedge and I have known each other for almost two decades. If you ask most people, one shared memory of Alan is his broad laugh and heavy-dynamite voice. With his British accent when he shouts out, "Hey Boys!" the world knows it is Alan. I will miss that vibrant sound apart from the great, giving, humble and straightforward man.

His dedication, passion, and hard work

for a cup of tea. We stayed in touch till the WorldChefs Congress in Abu Dhabi. I am so grateful for everything he did as a friend, colleague, and team leader!

Chef Alan, by witnessing your excitement at any event and your drive, we understood that we can always grow as individuals. I still admire you. Thank you for always providing me with the support I needed to thrive in my job responsibilities. Your ability to manage complex tasks with ease never fails to impress me. You care about your team, and it shows. Thank you for all that you did. RIP, Chef Alan.

— **Chef Kushan Perera**

are great examples for today's young generation to learn and not complain about simple things.

Even when Alan found out about his health challenges, he continued to be the person he was. He kept his demeanor and fitness going, which is great courage for me. We introduced our east coast international event in 2011, and from day one, the support and Alan's participation in the event were unbelievable. That gave me immense confidence and courage to start our own first-ever culinary event, which we confidently managed for eight years, and all this time, our dearest friend Alan was there to support us.

Losing a senior colleague and a never-say-no friend is a heartbreaking loss.

— **Chef K.A.C. Prasad**



I remember being the back door police with Alan for seven years at DWTC when we did the salon at Gulfood. Alan would have me organizing the chefs as they arrived from all over the 7 Emirates and around the globe.

He would tell them nicely to get in line: "Have you got the relevant paperwork, chef? Where is your competitor number? NO, YOU CAN'T HAVE A JACKET LIKE MINE, do you know where you are going, young man?" he would ask while all the time shouting at me to get them organized before they reached him.

"Come on, Chef," he would tell me as I smiled, knowing he had my back.

It was, as we say, 'organized chaos' at



I started to know Chef Alan closely when I became a board member of the ECG in 2012; from that time, I realized how serious he was at work and how hard he worked. He doesn't want to be in the front and doesn't care to show himself, but he is always there to ensure that everything is done perfectly during the show.

I remember in 2016 in Greece during the Worldchefs Congress when we got the announcement that the Syrian culinary guild had become a full member of the Worldchefs; Chef Alan was one of the first people who congratulated me and said, "You did this thing for the future of the Syrian chefs, and no one can ignore it."

— **Chef Majed Al Sabagh**

the back door, but something I will never forget sharing with Alan.

We were the first port of call for most of the competitors at 6.30am before Josephine and the registrars, and then it was game on for the chefs as they ultimately met Chef Gomes, who organized the kitchens they would compete from.

Great memories for me and others too, no doubt. Thank you, Alan; thank you, chefs; and thank you, ECG.

— **Chef John Redding**

It was in 2010 when I brought my team to compete in the Sial competition and met Chef Alan (who was taking care of the marshaling), and he was so helpful to us, guiding us on where to park and where to prepare our food for the competition, then I saw him after that in the backyard of the show and had the chance to talk to him and learn some of his methods to handle marshaling.

Next year, during the Gulfood competition, I tried to implement what I learned from him, and he saw it and told me, "See... it works!"

I still remember that word, and it has become one of my methods when I implement any ideas and get a great result; I always say, as Chef Alan said, "See ... it works".

It's a bit funny, but I have to say it: Chef



Alan taught me (in his perfect British accent) that when he saw something that he should not interfere with, he always said, "I don't know, and I don't care." It's a great moral lesson from him that we should not put ourselves in every situation that may harm us if or if we don't know how to do it. Just simply say, I don't know, and I don't care.

May God bless you, Chef Alan. Your soul will be with us forever till the day that we will meet you in the heavens.

— **Chef Amro Al Yassin**



It is with a heavy heart that I write this testimonial for the late Chef Alan Pedge. Chef Alan was a culinary maestro and a fantastic administrator who left an indelible mark on the world of chefs with his exceptional talents.

I never got the opportunity to professionally work with Chef Alan, but being on the board of Emirates Culinary Guild we had many occasions where we managed and shared our knowledge during salon Culinaire.

Beyond his culinary prowess, Chef Alan was a genuinely kind and compassionate person. His warm and welcoming demeanor made everyone feel at ease in his presence. He was always willing to share his knowledge and expertise, inspiring those around him with his creativity and dedication to his profession.

Chef Alan's passing is a profound loss to the culinary world and to all those who had the pleasure of knowing him. His talent, passion, and generosity will be remembered and cherished forever. He has left an indelible legacy that will continue inspiring aspiring chefs and food enthusiasts for years.

Rest in peace, Chef Alan Pedge. Thank you for the culinary knowledge you shared and the memories you left behind. Your professional legacy will live on in the hearts.

— **Chef Vivek Huria**



Chef Alan Pedge will be remembered fondly by us all for his cheeky smile while having a smoke and his favorite cup of tea out the back of the salon after organizing everyone and everything. Alan was the main man for our marshaling for both Salon culinaire and La Cuisine du Sial, which he helped grow over its ten years, and most recently, Expo Culinaire. In May 2022, Alan was first in the door in the morning; even though he was still not 100%, he was there in the Congress first thing. The success of the Congress and its associated competitions was down to Alan's organizational skills and dedication to us all and the competitors.

He was a true inspiration to not only the young chefs but the older members as well. I will miss him dearly and will miss our banter and camaraderie early mornings. Sleep well, my friend, fondly remembered as Vice President of Shouting, just a little bit as he would say.

— **Andy Cuthbert**



DELICIOUSLY PLANT-BASED

SPAGHETTI IN A RICH ROASTED TOMATO & PEPPER SAUCE

VIBRANT AND CREAMY WITH A HINT OF SPICE,
MADE WITH ALPRO COOKING SOYA OR PBAY PLAIN NO SUGARS



INGREDIENTS

- 5 large tomatoes
- 2 cloves garlic
- 2 onions
- 250g mixed cherry tomatoes
- 1 tsp chili powder
- 2 tsp curry powder
- 20 g fresh basil
- 250g grilled peppers (from a jar)
- 400g vegan & gluten-free spaghetti
- 250ml Alpro Cooking Soya OR
- 250g Alpro plant based alternative to yoghurt plain No Sugars

Prep time: 15 min

Cook time: 35 mins

Serves: 5-4 persons

PREPARATION

1 Start by preheating your oven to *160C, line a baking tray with parchment paper and bring a large pot of salted water to boil. **2** Cut the large tomatoes and one of the cloves of garlic in two, and coarsely chop one of the onions. Pile them into your lined tray, drizzle with olive oil and season with salt and pepper. Roast in the oven for 40 minutes. **3** Finely dice the rest of the onion and garlic, warm olive oil in a large skillet and sauté them over a medium heat until soft. Halve the cherry tomatoes. Season the onions and garlic with salt, pepper, chili powder and curry powder, then toss in the cherry tomatoes, turn down the heat and sauté for 5 more minutes. **4** Meanwhile, put the roasted tomatoes, half the fresh basil and the grilled peppers in a blender and whizz until you have a smooth sauce. Season to taste with salt and pepper. **5** Cook the pasta according to the instructions on the pack. **6** Grab your skillet of veggies, and stir in the pepper sauce and the Alpro Cooking Soy OR Alpro plant based alternative for yoghurt plain No Sugars. Let it all simmer for six more minutes. **7** Finally, drain the cooked pasta, add to the skillet and stir to coat every strand with the sauce. Scatter with the rest of the chopped basil and serve straight away.



THE GLOBAL GUY

The owner of Chef Amro Global L.L.C and Certified Judge at Worldchefs can shine the best in both ingredients and inspiring chefs thanks to his optimistic outlook and astute talents

Everyone has the skill of speech, but few are possessed of wisdom. As you get to know him, it's clear that Chef Amro possesses this talent in spades.

The Certified International Culinary Judge from the Worldchefs, Vice President of the Emirates Culinary Guild in Dubai, and chef who has been working since the age of 14 underlines that modest beginnings cannot prevent someone from dreaming big.

Beginning his career in Damascus, Syria, in 1993 and working for different hotels as the Executive Chef in the UAE, Chef Amro imparts his knowledge to the community by offering his expertise to chefs and client organizations.

Today, as the founder of Chef Amro Global L.L.C, he focuses on more than 14 categories, including culinary consultancy, training, assisting distributors, and supporting the culinary teams. The value of Chef Amro Global L.L.C is not restricted to just accelerating ideas from page to real picture. "We offer a complete solution to the clients. They can have everything, from designing menus to setting up kitchens," he explains.

BRIDGING THE CULINARY GAP

Chef Amro Global L.L.C currently enjoys an established clientele, including importers, cloud kitchens, food trucks, and some of the biggest global brands in hospitality. In the world of business, determining the ideal services involves legwork and is crucial to the success of any organization. The right hire can strengthen the workplace culture and



We are not charging people for hiring. We want to support the young chefs and the chefs' community, so we only charge for the services

productivity, introduce new ideas, and enhance profits. Chef Amro recognizes this need to go above and beyond to provide the best food and beverage solutions that uplift the grassroots.

"We are not charging people for hiring. We want to support the young chefs and the chefs' community, so we only charge for the services," adds Chef Amro.

For the past few months, he has been putting together menus for international companies. To be fair, not everyone is cut out for a career in hospitality and culinary arts. One must possess perpetual devotion and extreme patience to stay on course. Devising concepts, branding, designing kitchens, supply chain development, audits, recipe development, and executing plans that resonate with current trends—the constantly changing needs of customers make hospitality a challenging career. Nonetheless, Chef Amro takes everything in stride and can think quickly, even under pressure. "I have been officially running the

business for the last four months, but I was already doing this before. Bringing new ideas to the market especially interests me. Recently, we developed a plant-based idea where any cuisine you want could be made using plant-based ingredients, including chicken biryani, noodles, and rogan josh."

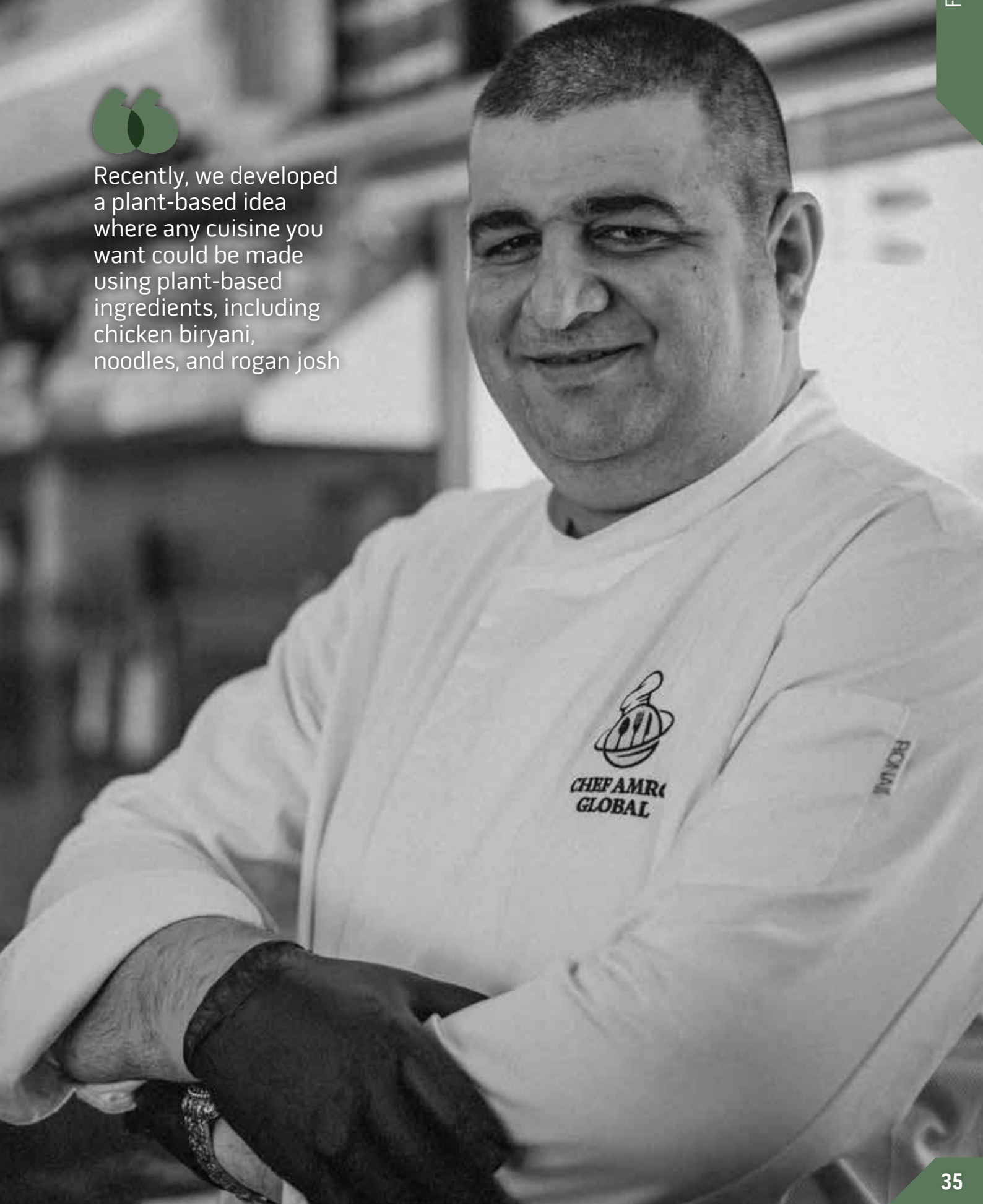
In just four months, he has expanded a network of clients panning outside his home country. The congenial relations within the community have aided him in building networks and getting inspiration. To keep the F&B concepts as authentic as possible, Chef Amro advocates seeking guidance from the natives, who discern the food and beverage scene like the back of their hands." In my opinion, no one knows their national food better than the natives of that place. I am appreciative of the community's diverse friends that stand behind me. I am international because I can exchange ideas with talented chefs from Taiwan or Mexico. We are a global family of chefs, so I call it Chef Amro Global."

HEADING TOWARDS WORLDCHEFS

The need to communicate with his patrons and impart his learnings is also what drove chef Amro towards Worldchefs. What began as a volunteer position in 2019 has translated into a complete turnaround in the vivid experience of Chef Amro. "When the chefs were discussing plans to create a new academy where young chefs can learn the basics of kitchen, front of the house, commercial kitchen aspects, and types of cuisine, I was excited by the idea," says Chef Amro as he recalls his



Recently, we developed a plant-based idea where any cuisine you want could be made using plant-based ingredients, including chicken biryani, noodles, and rogan josh



enthraling journey as the Arabic advisor of the World Chefs Academy.

It took more than four years to transform the idea into reality. Only in 2018, at the WorldChefs Congress & Expo in Kuala Lumpur, did Chef Amro chance upon a discussion about the academy's plans, and he volunteered to work on translating all 35 classes' syllabi into Arabic.

"The translation also involved a lot of different elements. I gained experience with subtitles. We began by translating, writing for a media kit, working with the IT department and visual designers, and producing a bio for each advisor. So, it pertained to more than simply literature," he describes his three-year experience with the Worldchefs.

Since it started, nearly 10,000 individuals from Arabic-speaking nations have taken the Arabic course. He has even seen budding chefs from Egypt, Jordan, and Palestine enrolling in the course. The free course at the academy trains the staff, giving them access to the fundamentals of world cuisine.

There were other obstacles that Chef Amro surmounted besides transitioning from the kitchen to marketing and content management. A more significant challenge was encouraging chefs to take the courses and get acquainted with the Arabic culinary scene. Chef Amro has strongly urged the Arabic culinary community to actively participate in the global culinary scene and inspire chefs to discover the true fundamentals of Arabic cuisine.

GROWING WITH GUILD

Drawing on his experiences, Chef Amro wants to use his association with the Emirates Culinary Guild to help advance both people who have chosen to work in the business and the industry itself.

He regards the Emirates Culinary Guild as "one of the top guilds in the world." That's likely why he has been a long-



In my opinion, no one knows their national food better than the natives of that place. I am appreciative of the community's diverse friends that stand behind me

standing guild member for 12 years. As soon as he joined the organization, he made it his home, building amicable connections without any reluctance.

"I remember entering the guild's office and hopping on, directly assisting them with tasks. I have even taken pictures for the Gulf Gourmet magazine, distributed them throughout the hotel, posted gazettes for the contests, judged competitions, and served as a marshal during the salon culinaire. Whenever the guild needed me, I was there."

He's not stopping there. In the last eight years as the guild's Vice President, it has become his second family. His ambition to enrich the gastronomic scene and commitment to broadening perceptions led him to become one of the cornerstones of the UAE culinary industry.

Young chefs nowadays harbor aspirations to work as executive chefs one day. Before assuming such leadership responsibilities, getting a firm foundation and actively engaging in the community is crucial. "With the ECG, many aspiring young cooks may participate and grow. The talent here is incredible," he adds.

Should we anticipate more young chefs coming from Chef Amro's family? "My son is already finalizing the concept for



his burger nicknamed the Royal Buns." The father of two, a 7-year-old son and a 13-year-old daughter, also touches on letting the kids discover their passions.

"My kids have observed me developing culinary concepts and are following in my footsteps. While my son wants to work on his ideas, my daughter too is working



on a concept of stuffed cinnamon rolls and planning it out professionally."

Besides bringing his "A" game daily to the kitchen, he appreciates that his wife cooks better than him at home. "She adds love to whatever she cooks. My wife has been very supportive of my career."

It has been a long path for Chef Amro, battling the odds, growing, and paying back to the community. A lot has been accomplished, and a lot is still left to be done. Chef Amro has already laid the path for his future plans. Some five years from now, he believes he will have four different roles. "First, I will be the global consultant for Chef Amro Global L.L.C;

the second plan is to have my school. I'll also surely have a trading company to support importers and distributors. Finally, my own concepts (restaurants), where I will teach aspiring chefs, assist them in finding jobs, and guide them."

If the tutoring brings in patrons like Chef Amro, we already know the future.

A Sweet Taste of Emirati Culture

Taste the unique flavors of the UAE as Pastry Chef **Vinod Thomas** crafts delicious desserts with traditional Emirati Ingredients

Colorfully created, intricate pastries with multisensorial and visually appealing colors jump into view when one sifts through Chef Vinod Thomas' Instagram account. In the grids of his account, delicate specks of minimal plating showcase his creativity and artistry, making sweet gourmands hungry after scrolling.

Fortunately, one can savor his creations at the Erth Abu Dhabi, a five-star hotel inspired by the UAE's heritage. The 33-year-old assistant pastry chef, who works in their pastry department, brings authentic Emirati flavors to his pastry plate.

"I am tasked with telling the story about Emirati cuisine. Our vision is to foster the growth of Emirati cuisine, infusing both Emirati and modern flavors."

However, bringing these knot-tying influences onto a plate is a challenge, from landscapes to exotic spices to faraway flavors. As a seasoned navigator of ingredients, Chef Vinod is adept at incorporating this disparate cuisine and impressing guests, making them yearn for more.

"We have great chefs here who are dedicated to elevating the pastry flavors with traditional Emirates ingredients. We delve deeper into learning the vast Emirati cuisine. Regarding pastry, we incorporate our learnings, be it making desserts with Emirati flowers, dates, or getting a unique texture."

With 30 staff solely designated to



I am tasked with telling the story about Emirati cuisine. Our vision is to foster the growth of Emirati cuisine, infusing both Emirati and modern flavors

the pastry department, one can only imagine the efforts that are made to run the enormous operation. Every day, the team prepares desserts for thousands of meals, including both outside catering, events and routine desserts for the 600-room hotel.

"We craft delicacies for high-profile clients and offer outdoor catering for corporate events and banquets." Given the day, if it is fully loaded, the team hires temporary staff when needed. "Once, we hired a task force during Ramadan when we had to cook 20 to 30,000 meals," Chef Vinod recalls.

Considering the immense pressure of his role, Chef Vinod understands that great things can only be achieved if we take everyone along and work together. He believes that success can be multiplied by having the right people with the right skills in the right roles at opportune times.

"I understand my staff, and I know their skills. Given the challenging task, I divide the job between people who can pull off certain tasks and others who are better suited for different aspects of the food preparation."

PASTRY ROUND THE CLOCK

Growing up in Kozhikode (Calicut) in India, the spark for delighting guests with delicious creations began for an ardent foodie when he started observing the career trajectory of his elder brother. "My brother was a chef and a huge source of inspiration to me. As soon as I finished school, I got into the hotel school for a three-year bachelor's degree," says Chef Vinod.

His tryst with professional pastry making happened soon after when he took up his first job at the Taj Residency. Realizing what he was doing called for 100 percent of his efforts, Chef Vinod decided not to look back, trained hard, and learned the ropes to polish the art of making pastries around the clock.

After his training, he joined Emirates Flight Catering. Becoming a commis for a prestigious organization immediately after training meant the talented chef was a force to be reckoned with. "EKFC cemented a foundation for me. Working with large numbers and preparing around 1,000 meals was a breeze for them, and for me, it was super exciting," he smiles.

A short while later, he was hired by a Cruise Line, taking a big step in his career while fulfilling his professional aspiration



and the dream to travel continents. The cruise, frequented by guests looking to escape their daily rigor, took Chef Vinod to over 30 countries at breathtaking ports and gave him the expertise to work in a multicultural environment.

"Working with a great team, meeting new guests, and visiting places brought a fresh perspective. That said, we were preparing meals following the menu cycle, so there was limited room to explore and boost creativity."

After two years as a cooking sailor in the deck kitchen, he sought shores and docked up his career boat back to India, accepting the role of a Demi Chef de Partie at the Sheraton Grand Convention Bangalore. He then returned to the Gulf to work at Aloft Hotels in Al Ain.

In 2015, he joined the Armed Forces Offices Hotel and Club as a chef de partie, and over the years, he got promoted to Assistant Pastry Chef. As jovial as he appears, he gets even happier when he cooks here, as he has for nine years—the secret: his unconditional love for his job.

"This is the right place for me. My peers and managers are supportive and happy with my work. Three years ago, I started putting my creations on social media and have garnered positive reviews there too."

If it makes you wonder how this culinary wizard works with the rarest ingredients



to create unique desserts every time, the answer lies in practice. Many ideas come from research and envisioning specific recipes by replacing them with Emirati ingredients to create something unique. "We experiment a lot. After playing with textures, balancing flavors for more than a week, and testing it plenty of times, it finally makes it on the menu."

This versatile approach and going the extra mile to try different things is what he also advises the aspiring chef. Besides the optimistic attitude, Chef Vinod suggests that chefs give their all during food trials. "Here, we ask the prospective chefs to attempt a black box food trial, where they have no idea what's in store. Anyone can cook brownies or a chocolate cake, but it takes talent to create desserts using ingredients that are sometimes unrelated to pastry."

LIFE & TECH

Does cooking all day in the professional kitchen chomp all the enjoyment of cooking at home for loved ones? Not for Chef Vinod. A sought-after experimenter, he brings devotion to inspirational ideas back home. The father of a four-year-old kid enjoys preparing a hearty yet creative meal for his family.

Ask him about the distant future, and he shares his desire to open a cafe in Kerala where he will serve dishes made from premium ingredients. "It is something that is not usually there. We only see a range of normal cakes when we go to cafes or cake shops. I want to create something unique and expand the range."

For our readers, he has created a unique recipe. The recipe called Arabian Dunes is a blend of Emirati ingredients that recreate a safari odyssey by combining the flavors of the desert with a touch of luxury.

The evolution of technology and customer preferences had an impact on the way we cook. Websites that formerly sent only cookie alerts now offer chocolate cookie recipes with tutorials to cater to various skill levels. Development and continuous research have also enabled pastry creations to reach new heights. "Whenever one brings something new to the table, there will be room to explore it as per trends. Pastry is a never-ending story."

ARABIAN DUNES

Pistachio Rahash Cheesecake with Aseeda Bobar Cremeux, Cardamom Aero Chocolate, Caramelia Sand, Saffron Tuile & Sidr Honey Gel

♦ (2 Portion)

RAHASH CHEESECAKE

Arla Pro Cream Cheese - 34%	170 gm
Arla Pro High Stability Whipping Cream 35%	38gm

Granulated Sugar	25gm
Tahina Paste	50 gm
Vanilla Bean	1 Pod
Gelatine	5 gm

Method

- ♦ Soften the cream cheese with a mixer.
- ♦ Add tahina paste and keep aside. Whip the fresh cream with granulated sugar and vanilla till soft peak consistency, fold with the cream cheese mixture, and add gelatine.

- ♦ Pour into the mold and freeze overnight. Glaze with pistachio and chocolate.

ASEEDA BOBAR CREMEUX

Pumpkin Puree	50 gm
White Chocolate	125 gm
Fresh milk	20ml
Arla Pro High Stability Whipping Cream - 35%	150ml
Liquid glucose	8gm
Gelatine	1gm



Cardamom powder	1gm
Liquid glucose	0.2gm

Method

- ♦ Boil milk, cream, and glucose. Add bloomed gelatin and pour it on top of white chocolate. Fold it into the pumpkin puree and the spices.
- ♦ Blend the mixture with an immersion blender till you get a smooth and shiny cream.
- ♦ Keep it in the refrigerator.

CARDAMOM AERO CHOCOLATE

Valrhona Manjari chocolate 64%	100gm
Cocoa butter	25gm
Cardamom powder	1gm
NO2 cartridge	1

Method

- ♦ Melt the chocolate and cocoa butter; add the cardamom powder. Blend and

pour it into a siphon through a strainer. Charge the siphon with one cartridge.

- ♦ Siphon the foam into a plastic container and vacuum the container to create bubbles.

CARAMELIA SAND

Granulated sugar	120gm
Water	45 ml
Valrhona caramelia chocolate 36%	55gm

Method

- ♦ Boil water and sugar to reach a temperature of 135 degrees celsius. Add the chopped chocolate and stir till the chocolate starts to crystalize and becomes soil.

SAFFRON TUILE

Icing sugar	25 gm
Egg white	25gm

Flour	25gm
Arla Pro Butter melted	25gm
Saffron	25gm

Method

- ♦ Mix all the ingredients together and spread them on a silpat. Bake at 170 degrees celsius for 8 minutes.

SIDR HONEY FLUID GEL

Sidr honey	50gm
Water	25gm
Agar agar	1gm
Sugar	2gm

Method

- ♦ Boil honey and water. Add agar agar and sugar to the honey mixture.
- ♦ Transfer it to a container and refrigerate it until set. Blend until you get a smooth gel.

May 2023 **Gulf Gourmet**

EXPO Culinaire
FOOD & EQUIPMENT FOR CHEFS | PASTRY CHEFS | BAKERS | HOMECH PROFESSIONALS
FEATURING THE 26TH EMIRATES INTERNATIONAL SALON CULINAIRE
29-31 MAY 2023 | EXPO CENTRE SHARJAH, UAE



PURPLEkitchen
EVENTS
Organiser | Management | Consultancy

THE EMIRATES SALON CULINAIRE 2023

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



- 35 Plant based Practical cookery appetizer and main course
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PASTRY AND BAKERY

Practical Pastry

Class 01: Cake Decoration – Practical by Master Baker



1. Two hours duration.
2. Decorate a pre-baked single cake

- base of the competitor's choice.
3. The Theme of decoration for the cake decoration will be to the competitors choice
4. The cake base must be a maximum size of 25cm X 25cm or 25cm Diameter.
5. The cake can be brought already filled without coating – ready to decorate.
6. The cake must be delivered and set up hygienically with cold box or dry ice storage. Not up to hygiene food product will not be judge.
7. All decorating ingredients must be edible and mixed on the spot. (Chocolate/Sugar/Marzipan/ Fondant) minimum height is 30cm, it should be able to enhance and harmonize with the overall presentation
8. Natural colors and flavoring only to be used nonchemical.
9. Gold, Silver, bronze, copper, pearlescent, metallic, lustre, glitter, mica and titanium dioxide powders or liquids are not allowed unless used as none edible, removable decoration such as cake top or centrepiece
10. No pre-modelled garnish permitted.
11. Chocolate and royal icing can be pre-prepared to the basic level,
12. Competitors must provide all ingredients, cake base, utensils, and small equipment required.
13. A standard buffet table is provided for each competitor to work upon.
14. Water, electricity and refrigeration might not be available.
15. The cake will be tasted and cut by the Judges, as part of the judging criteria
16. Ingredients maybe supplied by the sponsor and shall be mandatory to be used,
17. Information shall be sent to competitors in advance of the competition for supply of



ingredients if being supplied.
50 Points will be deducted for noncompliance

18. All recipes must be provided for the judges on the day of the completion including all finishing items such as glazes and decoration ingredients to be mentioned.

Pastry Displays

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



All decorations must be edible and made entirely by hand.

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

12. 50 Points will be deducted for non-compliance where mandated ingredients are not used.

Class 03: Plated Dessert Powered by Kerry



1. Prepare four different types desserts each for one person.
2. Displayed cold, each portion for one person, suitable for a la carte service.
 - a) 1 x Hot and Cold dessert composition
 - b) 1 x Vegetarian without eggs and animal fat
 - c) 1 x Arabic Dessert Free Style creation
 - d) 1 x Dessert serve in glass
3. Practical and up-to-date presentation is required.
4. Typewritten description and recipes are required.
5. Tasting will be part of the judging process if deemed necessary to determine quality and authenticity.
6. Maximum area w90 cm x d75 cm
7. Showpieces are allowed but will not be judged.
8. Each dessert must have 15% of KERRY product in the recipe
9. 1 dessert must be with rhubarb
10. 1 dessert must be lingon berry
11. All the plates must use 15% Kerry Fruit products compulsory in the preparation.
12. All Kerry Fruit, purees and IQF fruits are mandatory to be used and no other fruit purees or IQF fruits are to be used if others used then 50% reduction in points will be applied.
13. All Kerry fruits shall be supplied by the sponsor

Class 04: Pastry Showpiece

1. To display a showpiece of either
 - a) Chocolate
 - b) marzipan/sugar / pastillage
 - c) dough/bread dough
 - d) Asian dough figurine
- No frames, moulds or wires are allowed.

Points will be deducted for non-compliance.

2. Edible media may be used, singly or in mixed media. Sponsors products may be available to be used. Information shall be sent to competitors prior to the competition
3. Written description required.
4. Maximum area w90 x d75cm.
5. Maximum height 90cm (including base or socle).

Class 05: Baked Goods and Baked Bread Showpiece Powered by Master Baker



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

1. A baked bread showpiece.
2. Three types of bread loaves 200-300 grams (competitor's choice) two pieces of each loaf to be displayed.
3. Three types of bread roll 25-40grams (competitor's choice)) three pieces of each roll to be displayed.
4. Three types of baked sweet breakfast items 25-40grams (competitor's choice) three pieces of each item to be displayed.
5. Three types of baked savoury breakfast items 25-50grams (competitor's choice) three pieces of each item to be displayed.
6. One extra piece of each variety to be displayed on a separate platter for judges' tasting. Tasting shall make up 30% of the marks
7. All breads & dough must be baked at own workplace as fresh as possible and delivered to the competition venue for judging.
8. Poor hygiene standard of handling bakery products will not be judged.
9. Typewritten products description and recipes are required.
10. Maximum area w90 x d75cm
11. Ingredients may be supplied by the sponsor these shall be mandatory

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to be used, information shall be sent to competitors in advance of the competition

- The focus of this class is on the quality and flavour of the bread rolls and loafs presented. The centre piece is judged however only 20% of the marks are attributed to the centre piece.

Class 06: Petites Four & Pralines Powered by Master Baker



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

SHOWPIECE ARTISTIC DISPLAYS

Artistic Displays

Class 07: Chocolate Carving Showpiece

- Free-style presentation.To be carved from a single block
- Natural colouring and minimal glazing is allowed.
- No frames, moulds or wires are allowed.

- Points will be deducted for non-compliance.
- Maximum area: w60 cm x d75 cm.
- Maximum height 30-35cm (including base or socle).
- Written description mentioning the theme is required

Class 08: Fruit & Vegetable Carving Showpiece Powered by Barakat



- To bring in already prepared one display of fruit and / or vegetable carving, no visible supports are permitted
- Freestyle presentation.
- Light framing is allowed, but the construction of the piece must not depend upon it.
- Maximum area w60 cm x d75 cm.
- Maximum height 55 cm (including base or socle).

Class 09: Open Showpiece (Free Style Showpiece)

- Freestyle presentation.
- Only showpieces made of edible food material will be accepted for adjudication.
- Frames and wires support are allowed but must not be exposed.
- Maximum area w90 cm x d75 cm.
- Maximum height 75 cm. (including base or socle).
- Special note:** To enhance the overall level of competition and to aid competitors to demonstrate superior modeling skills, it is permitted to use, frames and supports .i.e. Styrofoam support must not pre-molded and simply sprayed, a round cylinder to form the base of a body is permitted, under no circumstances will pre-carved detailed Styrofoam of any other media be permitted. If the judging committee deems that the finishing has been aided by excessive moulding work it may not be judged.

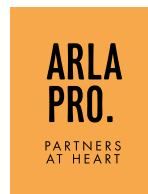
GOURMET STATIC DISPLAY Gastronomic Creations

Class 10: Five-Course Gourmet Dinner Menu Powered by USMEF



- Present a plated five-course gourmet meal for one person
- One of the courses for the meal must contain US Beef as the main ingredient. Proof of purchase needs to be brought to the Competition for all the Beef Products if proof of purchase is not brought then 50% of the judging marks shall be reduced
- The meal to consist of:
 - > **A cold appetiser,**
 - > **A soup,**
 - > **A hot appetiser,**
 - > **A main course with its garnish**
 - > **A dessert.**
- Hot food presented cold on appropriate plates.
- Food coated with aspic or clear gelatin for preservation.
- Total food weight of the 5 plates should be 400/500 gms.
- Typewritten description and typed recipes required
- Maximum area w90 cm x d75 cm.

Class 11: Sustainable Three-Course Vegetarian Lunch Menu Powered by ARLA PRO



- Present a plated three-course vegetarian meal for one person.
- Suitable for lunch service in a high-end restaurant
- The meal consists of:
 - > **An appetizer or soup**
 - > **A main course**
 - > **A dessert**



4. To be prepared in advance and displayed cold on appropriate plates.
5. No meat, chicken, seafood, or fish to be used, (meat-based gelatin glaze to enhance presentation is accepted).
6. Ovo-Lacto products are allowed. Chefs are to apply sustainable product selection for ingredients and ensure food wastage is reduced through this meal.
7. The following Arla Pro Products must be used, Cream Cheese, Cream, Butter. Proof of purchase needs to be brought to the Competition for all the Arla Pro Dairy Products if proof of purchase is not brought then 50% of the judging marks shall be reduced
8. Total food weight of the four plates should be 500/600 gms.
9. Typewritten descriptions and recipes required.
10. Maximum area w75cm x d75cm.

Class 13: Four Plated Chicken Dishes –Powered by USAPEEC



1. Prepare 2 different appetizer and 2 different main course dishes each for 1 person using USAPEEC chicken as the main protein items in all dishes
2. All 4 dishes must use USAPEEC Chicken in their creation
3. Each of the dish's plate must contain ingredients as stipulated by the sponsor
4. Proof of purchase needs to be brought of sponsors ingredients to the Competition for all the USAPEEC chicken if proof of purchase is not brought then 50% of the judging marks shall be reduced
5. Practical and up to date presentation is required
6. Hot food presented cold on appropriate plates.
7. Food coated with aspic or clear gelatin for preservation.

8. Recipes and ingredient list (typed) of each dish required.
9. Maximum area 60cm x 80 cm

Class 23: HUG AG – Savory Creations



1. This is a static class featuring savory HUG pastry shells suitable for dinner service.
2. Only savory HUG pastry shells are to be used.
3. Pastry shells will be supplied by ARAMTEC.
4. Present four different savory dishes on individual plates, 1 of each dish, using two savory HUG shells per plate (i.e. exhibit eight shells in total).
5. To be prepared in advance and displayed cold on appropriate plates and appropriate garnishes to represent a dish suitable for dinner service in a restaurant ala carte style.
6. Typewritten description and recipes required.
7. Maximum space available: 75cm x 75cm.

Class 24: HUG AG – Sweet Creations



1. This is a static class featuring dessert HUG pastry shells suitable for dinner service.
2. Only dessert HUG pastry shells are to be used.
3. Pastry shells will be supplied by ARAMTEC.
4. Present four different pastry dishes on individual plates, 1 of each dish, using two dessert HUG shells per plate (i.e. exhibit eight shells in total).
5. To be prepared in advance and

displayed cold on appropriate plates and appropriate garnishes to represent a dish suitable for dinner service in a restaurant ala carte style.

6. Typewritten description and recipes required.
- Maximum space available: 75 cm x 75 cm

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



1. Prepare 2 different dessert dishes and 2 different savoury dishes each for 1 person
2. All 4 dishes must be 100% vegan
3. Each of the dish's plate must contain vegan ingredients as stipulated by the sponsor
4. Vegan products will be supplied by Violife Professional
5. Practical and up to date presentation is required
6. Typewritten description and recipe in English is required
7. This is a static class; plates must be prepared with Aspic hot food to be displayed cold.
8. Maximum area for display is w92cm and d75cm.

Class 34: Potatoes USA – Dessert/Baked Creations



1. This is a static class featuring Potatoes from USA suitable for restaurant service. NO Sweet potatoes to be used. A dessert or sweet dishes utilizing the wide variety of Potatoes from USA. Potatoes from USA products including Fresh, Frozen and Dehydrated must be utilized.
2. NO Sweet potatoes to be used. Potatoes from USA MUST be used in all preparations and be the main ingredient used in the dish,

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Potatoes from the USA, Fresh, Frozen and Dehydrated these are the only Potatoes to be used and are mandatory failure to utilize these products then 50% of the judging marks shall be reduced

- Present three different pastry dishes on individual plates, 1 of each dish, using Potatoes from USA, Potatoes as the main ingredient per plate.
- To be prepared in advance and displayed cold on appropriate plates and appropriate garnishes to represent a dish suitable for dinner service in a restaurant ala carte style.
- Typewritten description and recipes required.
- Maximum space available: 75 cm x 75 cm.

Class 38: Syrian Cuisine Traditional and Modern- Plated Display Powered by Boody's



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

Class 39: Syrian Three Plates of Kibbeh Plated display Powered by Boody's



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

PRACTICAL ARTISTIC CARVING

Practical Artistic

Class 15: Individual Ice Carving

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

Class 16: Ice Carving Team Event

- Freestyle.
- Two persons per team
- 120 minutes duration.
- Hand-carved work from three large block of ice (provided by the organizers).
- Competitors to use own hand-tools and gloves.
- Non-slip mats are mandatory.
- Great care must be taken with

health and safety considerations. If an exhibit becomes in any way unstable or dangerous to competitors or public, it will be dismantled and destroyed by the organizers.

- The use of power tools is allowed to slice blocks only.

Class 17: Practical Fruit & Vegetable Carving Powered by Barakat



- Freestyle.
- 120 minutes duration.
- Hand carved work from competitor's own fruit/vegetables.
- Competitors to use own hand-tools and equipment.
- No power tools permitted.
- Pre-cleaned, peeled material is allowed, but pre-sliced/carved will result in disqualification.
- Each competitor will be supplied with a standard buffet table on which to work.

PARCTICAL COOKERY

Notes on the Practical Cookery Classes - These notes pertain to all practical cookery classes. They must be read in combination with the brief of the class entered.

- The preparation, production and cooking skills of each competitor must be demonstrated during her/his time in the kitchen.
- Waste and over-production will be closely monitored. Please refer to the ECG Sustainability Guidelines on the website
- Competitors are to avoid the use of single use plastics, acceptable items are reusable, recyclable, compostable, bio-degradable, items for ingredient containers etc., reusable tasting spoons to be used.
- There is a point penalty deduction for wastage or over-production.
- Timing is closely monitored.



6. There is a 1-point penalty deduction for 2 minute that the meal is overdue.
7. All food items must be brought to the Salon in hygienic, chilled containers: Thermo boxes or equivalent.
8. Failure to bring food items in a hygienic manner will result in disqualification.
9. All dishes are to be served in a style equal to today's modern presentation trends.
10. Portion sizes must correspond to a three-course restaurant meal.
11. Dishes must be presented on individual plates with appropriate garnish not exceeding 250g total food weight excluding sauces.
12. Unless otherwise stated, competitors must supply their own plates/bowls/platters with which to present the food.
13. Competitors must bring with them all necessary mise-en-place prepared according to WORLDCHEFS guidelines in the hot kitchen discipline (www.worldchefs.org).
14. Competitors to ensure they read the latest Food safety guidelines from Worldchefs'
15. Competitors are to provide their own pots, pans, tools and utensils.
16. All brought appliances and utensils will be checked for suitability. The use of any additional equipment must receive prior approval before the competition from the organizers.
17. The following types of pre-preparation can be made for the practical classes:

EXPLANATION (what foods are permitted to be brought into the kitchen)

- a) *Salads – cleaned, washed, not mixed, or cut.*
- b) *Vegetables – cleaned, peeled, washed, not cut, must be raw.*
- c) *Fish may be scaled and filleted, and the bones cut up.*
- d) *Meat may be de-boned, and the bones cut up*
- e) *Stocks – basic stock, not*

reduced, not seasoned, no additional items (garlic, etc.). Hot and cold samples must be available for the judges.

- f) *Pastry sponge, biscuit, meringue, basic dough's – can be brought in but not cut.*
- g) *Basic pastry recipes can be brought in weighed out but no further processing.*
- h) *Fruit pulps – fruit purees may be brought in but not as a finished sauce.*
- i) *Decor elements – 100% must be made in the kitchen.*
18. No pre-cooking, poaching, marinating etc. is allowed.
19. No ready-made products are allowed.
20. No pork products are allowed.
21. No alcohol is allowed.
22. If a farce is to be used for stuffing, filling, etc., at least one of the three portions of the farce must be prepared in front of the judges to show the competitor's skill
23. Within 10 minutes after the end of the competition, competitors must have the kitchen thoroughly cleaned and tidied and ready for the next competitor to use.
24. Two copies of the recipes - typewritten - are always required.
25. Submit one copy of the recipe/s to the clerk when registering.
26. Submit one copy of the recipe to the duty marshal at the cooking station.

Practical Cookery

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



1. Time allowed: 60 Minutes
2. Prepare and present for two persons: Two types of hot mezzeh and three types of cold mezzeh.
3. Only one (if any) of the following types of mezzeh may be displayed: homous, tabouleh, babaganough, fatouche, moutabel.

4. The mezzeh can be representative of any of the following countries:
 - > **Lebanon**
 - > **Syria**
 - > **Jordan**
 - > **Morocco**
 - > **Egypt**
 - > **Tunisia**
5. Dishes must represent a variety of cooking methods and the use of ingredients as used in the Arabic restaurants of the UAE. All Mezzeh should be prepared during the competition with very minimum of pre-prepared ingredients as per Worldchefs Guidelines please read the overview in this document for practical cookery .
6. Rahma olive oil must be the only olive oil used in the creation of these dishes and will be available in the competition venue
7. Present the mezzeh in two equal portions.
8. One portion will be presented and one portion will be presented to the judges.
9. Typewritten recipes are required.

Class 20: Fish & Seafood - Practical Cookery

1. Time allowed 60 minutes
2. Prepare and present three identical main courses using fish and or shellfish as the main protein item of the dish.
3. All ingredients including the fish/ seafood must be provided by the competitors and any type of fish can be used. In the event of fish being supplied by the sponsor then this fish is only to be used.
4. Weight of fish per portion on the plate to be 150grams
5. Present the main courses on individual plates with appropriate garnish and accoutrements.
6. Hulala Cream and Rahma olive oil will be supplied and must be used in the kitchen
7. Typewritten recipes are required.

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Class 21: Beef - Practical Cookery Powered by USMEF



1. Time allowed 60 minutes
2. Prepare and present three identical main courses using US Beef as the main protein item. Proof of purchase needs to be brought to the Competition for all the US Meat Products if proof of purchase is not brought then 50% of the judging marks shall be reduced
3. Any cut of beef with the exception of tenderloin, rib eye and sirloin, can be used.
4. Weight of beef per portion on the plate to be 150grams
5. Present the main courses on individual plates with appropriate garnish and accoutrements.
6. Rahma Olive oil shall be supplied and must be used in the kitchen
7. Typewritten recipes are required.

Class 22: Emirati Cuisine - Practical Cookery

1. This class is designed to ensure that the tradition of Emirati Cuisine is preserved and promoted through professional chefs. Prepare and present two plated portions each of three Emirati dishes according with the following criteria:
2. Prepare and present two plated portions of any one of the following dishes:
 - > **Balalit**
 - > **Kabeesa**
 - > **Assedat Bobal**
3. Also prepare and present two plated portions of any two of the following of the competitor's choice main course. The following dishes are as a guide only and are not mandatory:
 - > **Margougat Al Khudar**
 - > **Thareed Laham**
 - > **Margougat Al Dijaj**
 - > **Maleh Biryani**
 - > **Machboos Samak**
4. Emirati cuisine with traditional

presentation and serving as would be found in a family home of the United Arab Emirates.

5. **Young Chef of the Year competitors must cook Balalit as one of the dishes.**
6. Competitors must bring their own plates/bowls for presentation and all necessary mise-en-place for the meals
7. All Competitors must use (Sponsors ingredients if provided) in one of the dishes, this is mandatory, and failure will result in 50 point reduction.
8. The judges will check appliances and utensils for suitability
9. Typewritten description and recipes are required
10. Time allowed 60 minutes to present all three recipes

YOUNG CHEF OF THE YEAR ENTRIES

Entrants for The Young Chef of the Year trophy must enter the following classes and no others.

In addition to classes **25 & 33** here below competitors must also enter for **class 22** Emirati Cuisine Practical Cookery one dish must be Balalit

Class 25: Dressed Chicken – Dressed Fish - Supplementary Class

1. Practical Butchery Fish and Chicken Class for Young Chef of the Year Trophy.
2. Competitors are to supply their own whole fish and whole chicken **MUST BE USED**, all utensils and chopping boards.

Time allowed 1 hour in 30-minute sections as below:

Chicken

1. Time allowed 20 minutes
2. Take a whole fresh chicken and prepare from it the following:
3. One breast skinless.
4. One breast skin-on.
5. One whole leg, skin-on, and tunnel-boned, ready for making a ballotine.

6. One thigh boneless.
7. One drumstick.
8. Two wings prepared for pan frying/grilling.
9. Carcass prepared for stock.
10. **After 20 minutes:**
11. 10 minutes to explain to the judges the method of preparation of a classical chicken stock.
12. **Fish:**
13. Time allowed 20 minutes.
14. Take a whole fresh Sherry or other sustainable fish species of the Arabian Gulf waters.
15. No imported type of fish is to be used.
16. Gut, clean and fillet the fish.
17. One fillet with skin on.
18. One fillet skinless.
19. Cut each fillet into as many 140gr size servings as possible.
20. **After 20 minutes –10 minutes to:**
21. Explain to the judges the usage of any leftovers.
22. Explain to the judges the method of preparation of a classical fish stock

Competitors will be marked on knife skills, clean bone work, meat left on carcass, wastage, basic knowledge of questions asked about the preparations of stocks.

Class 27: Chicken - Practical Cookery Powered by USAPEEC



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



7. All of the above rules are applicable for the competitors entering Best Arab National Cuisinier trophy. The main course for those competitors ONLY must be a Traditional Chicken Arabic main course, from any Arab country.
8. All other competitors are not to follow Point 7

Class 30: Pasta - Practical Cookery powered by Barilla



1. Time allowed 60 minutes
2. Prepare and present two identical main courses using Barilla Pasta and Sauces only, 1 main course suitable for a Bistro or coffee shop and to be vegetarian, 2 plates to be presented one for judges one for presentation, 1 main course suitable for a fine dining restaurant to the competitors choice, 2 plates to be presented one for judges one for presentation.
3. Barilla Pasta and Sauces shall be available in the competition venue and these are the only sauces and Pasta to be used and are mandatory failure to utilize these products then 50% of the judging marks shall be reduced.
4. Present the main courses on individual plates with appropriate garnish and accoutrements.
5. Limited kitchen equipment will be provided, in the form of 2 rectangular work benches with 2 induction units and 1 additional power 13amp socket. Water will be provided.
6. Typewritten recipes are required
7. Weight per portion on the plate to be 150 grams

Class 33: Potatoes USA – Savory Creations Practical cookery



1. Time allowed 60 minutes
2. Prepare and present three identical

- main courses using Potatoes from USA, Fresh, Frozen or Dehydrated, to the competitor's choice, 3 plates to be presented two for judges one for presentation. The dish must have a minimum of 3 potato recipes using potatoes from the UAS, Fresh, Frozen or Dehydrated.
3. Potatoes from USA MUST be used in all preparations and be the main ingredient used in the dish, Potatoes from the USA, Fresh, Frozen and Dehydrated these are the only Potatoes to be used and are mandatory failure to utilize these products then 50% of the judging marks shall be reduced.
4. Present the main courses on individual plates with appropriate garnish and accoutrements.
5. Typewritten recipes are required
6. Weight per portion on the plate to be 150 grams

Class 34: Potatoes USA – Sweet Creations



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

- 4 To be prepared in advance and displayed cold on appropriate plates and appropriate garnishes to represent a dish suitable for dinner service in a restaurant ala carte style.
- 5 Typewritten description and recipes required.
- 6 Maximum space available: 75 cm x 75 cm.

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

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

Class 35: Plant based Practical cookery appetizer and main course Powered by THRYVE



1. Prepare and present 1 appetizer hot or cold and 1 main course hot, 2 identical plates of each (1 for judge; 1 for feedback)
2. Total of 60 minutes for both creations
3. Present the dishes on individual plates with appropriate garnish and accoutrements.
4. Each of the preparations must be totally plant based and only plant based ingredients are to be used.
5. IFFCO out of home THRYVE products are to be used and a combination of the plant based protein item MUST be used in both dishes.
6. The sponsor shall provide a catalogue of Plant based items that are to be used and explanations of each item will be provided to the competitors.
7. Typewritten recipes are required
8. Weight per portion on the plate to be 150 grams

May 2023 Gulf Gourmet

EXPO Culinaire

FOOD & EQUIPMENT FOR CHEFS | PASTRY CHEFS | BAKERS | HOVEN PROFESSIONALS
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29-31 MAY 2023 | EXPO CENTRE SHARJAH, UAE



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

Class 36 Soup and Sandwich Practical cookery

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

Class 37 Lamb Primal Cuts- Practical Butchery



1. Prepare various ready-to-cook joints and pieces, some as required by the organisers, the others to competitor's choice.
2. Make a presentation of the finished cuts and off-cuts for exhibiting to the judges.
3. Competitors must use the fridges provided to store their finished cuts prior to judging
4. Cuts/joints can be suitable for foodservice or suitable for a retail butchery display.
5. Organisers will supply the lamb primal for this class.
6. Each competitor will have two stainless steel tables (supplied by the organisers) on which to work.
7. No power tools permitted.
8. Competitors to supply their own:
9. Tools and knives
10. Twine or netting
11. RED cutting boards (this is a municipality requirement and will be strictly enforced)

12. Garnishing
13. Display trays
14. Sundries
15. Time allowed: two hours
16. All tools and sundries will be inspected to ensure that they are hygienically suitable for food use.
17. Cuts required by the organisers are:
18. 1 x shoulder, boned and rolled, tied or netted ready for roasting.
19. 3 pieces shoulder chops.
20. 1 x 8 rib Frenched rack.
21. Mid-loin chops from a short loin
22. 1 x Eye of Loin.
23. 1 x Tunnel-boned leg tied or netted for roasting.
24. 1 x Seam-boned leg trimmed into its 4 primal cuts plus its bone-in shank.
25. Sustainability is a key part of our jobs as chefs and judges will be looking at this as part of the judging criteria to see wastage on bones, competitors knowledge of usage of off cuts and other usable parts, they will be expected to explain to the judges what can be done with any waste seen by judges.
26. Nutritional facts, competitors are expected to be able to tell the judges what is the difference between beef and lamb from a nutritional stand point.

VENUE, ENTRY FEES, JUDGING AND THE AWARDS SYSTEM

VENUE & ENTRY FEES:

1. The Emirates Salon Culinaire will be held during the Expo Culinaire 2023 from May 29th till 31st May 2023.
2. The venue is at the Expo Centre Sharjah
3. The entrance fee for all single entries is Dhs.100 (AED. One Hundred) per person per class, unless otherwise stated in the **Rules and Regulations** or the **Class Briefs**.
4. The fee for entry to the trophy classes is as follows:

- i. **Best Cuisinier – The Emirates Salon Culinaire- Dubai 2023**
AED:500/- per person
- ii. **Best Pastry Chef – The Emirates Salon Culinaire- Dubai 2023**
AED:400/- per person
- iii. **Best Artist – The Emirates Salon Culinaire- Dubai 2023**
AED:500/- per person
- iv. **Best Arab National – The Emirates Salon Culinaire- Dubai 2023**
AED:300/- per person
- v. **Young Chef of the Year – The Emirates Salon Culinaire Dubai 2023**
AED: 300/- per person

CLOSING DATE:

5. Closing date for entries is May 15th 2023 However, many are often fully subscribed and closed well before the closing date.

TROPHY ENTRY:

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

Trophies are awarded on the highest aggregate judging points from all classes pertaining to the trophy being awarded.

The required classes are:

BEST CUISINIER:

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

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

BEST PASTRY CHEF:

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



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

BEST ARTIST:

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

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

BEST ARAB NATIONAL CUISINIER

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

YOUNG CHEF OF THE YEAR

See Classes for Entry Document.

JUDGING AND THE AWARDS SYSTEM

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

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

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

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

The scaling for awards in all classes is as follows:

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

Corporate and Establishment Trophies

The corporate and establishment trophies available are:

Best Effort by an Individual Establishment – The Emirates Salon Culinare

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

Best Effort by a Corporation – The Emirates Salon Culinare

This trophy is awarded to the corporation whose competitors gain the highest total combined points from the medals won from all their entries. Students must enter classes 35 and 36 to be eligible.

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

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

Point Value of each Medal Won:

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

Winners where a sponsored trip is awarded are restricted to winning the trip once per lifetime. In a case where the overall winner has participated in a sponsored trip previously the trip shall be awarded to the 2nd place winner.

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

May 2023 **Gulf Gourmet**

THE EMIRATES SALON CULINAIRE 2023

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May 2023 **Gulf Gourmet**

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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

newmembers



Tim Walsh, Managing Director and Jay Kumar D, Sales Director, Meiko Middle East FZE, receiving Emirates Culinary Guild Membership certificate from ECG President Chef Uwe Micheel

MEIKO develops, manufactures and distributes professional dishwashers AND waste management systems especially for the hospitality sector.

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MEIKO Maschinenbau GmbH & Co. KG has established a fully owned subsidiary MEIKO Middle East FZE on 2009, with headquarters at Gold & Diamond Park, Building 6, office 207, Sheikh Zayed Road, P.O. Box 282365, Dubai UAE.

MEIKO Middle East have local Project



The clean solution

Management support who co-ordinate between consultant, kitchen contractor and site, to ensure a smooth project hand-over.

MEIKO have 3 x factory trained / Meiko employed qualified Service/ Technical Managers, who are all based in Dubai and whom provide installation, commissioning and trouble-shooting hotline support to qualified kitchen contractors.

Spare parts stock are available for instant delivery of the best-selling parts.

MEIKO have stock of dishwashers in Jebel Ali Free Zone Warehouse with approx of 100 units of the best-selling dishwashers, for instant delivery (order in the morning, pick up in the afternoon or the next day).

MEIKO dishwashers can be found in many of the region's leading hotels, caterings, IKEA's and is also the choice of several high profile restaurants.

May 2023 **Gulf Gourmet**

newmembers



Damon Holmes, Business Development Manager, receiving Emirates Culinary Guild Membership certificate from ECG President Chef Uwe Micheel

Meat & Livestock Australia (MLA) is a farmer owned and funded organisation who is tasked with designing and delivering marketing programs tailored the middle east to each market and distribution channel leveraging our Aussie beef and Lamb Country of origin logo.

MLA develops and executes programs across the Middle east region targeting trade, retail, foodservice, government and consumers, with the overall objectives of increasing market access, market share and sales of Australian beef, sheepmeat and goatmeat.

To build demand for Australian red meat, Meat & Livestock Australia (MLA) designs and delivers marketing programs tailored to each market and distribution channel.

Programs target trade, retail, foodservice, government and



consumers, with the overall objectives of increasing market access, market share and sales of Australian beef, sheepmeat and goatmeat.

MLA interacts regularly with governments and various other organisations to defend and improve accessibility of overseas markets for Australian red meat products.

Trade shows are used to support suppliers, disseminate information about Australian red meat products and also strengthen existing relationships with the industry in each market. Trade missions to Australia are organised for importers and other trade contacts to familiarise and introduce international

industry players to Australian production systems. First hand experience, combined with structured trade education activities, strengthens user loyalty and enables new business opportunities.

Our cooperative branding program with exporters and importers is enjoying success around the world, and MLA continues to train butchers and retailers to ensure Australian red meat is prepared and presented for consumers in the best possible way.

In-store displays are held in supermarkets and butcher shops and point-of-sale material designed for specific countries educates consumers and encourages them to buy Australian red meat. These various activities work to support Australia's red meat export sales, building longterm trade loyalty and consumer demand.



Chandrakanth Pathi, Area Manager UAE/ Product Solutions & Training and Antoine Aubreton, International Sales manager, Robot coupe, receiving Emirates Culinary Guild Membership certificate from ECG President Chef Uwe Micheel

It was in the Burgundy region of France, known for its gastronomy, that **Robot-Coupe** invented the Food Processor more than 40 years ago.

As both a precursor and undisputed leader in the food preparation equipment sector, Robot-Coupe manufactures a range of appliances to meet the specific needs of the culinary trades (catering, restaurants, delicatessans, baked goods, pastries, confectioners).

From mixing the most delicate ingredients to grinding almonds and spices, from emulsifying to cooking, Robot-Coupe has a solution for any of chefs' needs!

A continuous quality Improvement and launching of new concepts of kitchen



machines made Robot-Coupe the leading manufacturer in this field with worldwide operation and service centres.

Today Robot-Coupe produces over 90 models and 6 main groups of equipment: vegetable preparation machines, cutters, kitchen processors, Blixers, hand mixers and juice extractors.

Robot-Coupe equipment is trusted by the professionals of food preparation all over the world for its quality, robustness, productivity and design.

One of the latest inventions – the first professional Cooking Cutter-Blender -

the Robot Cook, has been appreciated by many professionals for being an ideal assistant for preparation of a multitude of attractive, hot or cold, savoury or sweet recipes.

The biggest operators at the market of food service equipment trust Robot-Coupe and maintain a long-term relationship in order to meet the most sophisticated needs of professional chefs, artisanal, kitchen planners, and many other clients.

Robot-Coupe equipment and service allow professionals to express their creativity, imagination and talent.

May 2023 **Gulf Gourmet**

newmembers



Bassam Bousaleh, receiving Emirates Culinary Guild Membership certificate from ECG President Chef Uwe Micheel

The U.S. Meat Export Federation

(USMEF) is a non profit trade association aiming to increase the value and profitability of U.S. beef, pork and lamb industries by enhancing demand for their products in export markets through a dynamic partnership of all stakeholders. Simply, USMEF is "Putting U.S. Meat on the World's Table."

The U.S. Meat Export Federation (USMEF), headquartered in Denver, is a non profit trade association responsible for developing international markets for the U.S. red meat industry. Through its worldwide network of offices and representatives, including the Middle East, USMEF manages to create new opportunities, develop existing international markets and enable U.S. companies and U.S. products to become integral parts of international red meat markets

USMEF shares its local intelligence and more than three decades of experience with U.S. exporters, traders and buyers



in addition to foodservice operators, end users and processors in each market.

USMEF's mission is to increase the value and profitability of U.S. beef, pork and lamb industries by enhancing demand for their products in export markets through a dynamic partnership of all stakeholders.

Market development activities are carried out and fall into several primary areas:

1. Marketing – Creating demand in international markets for U.S. meat through promotions, trade seminars, consumer education, advertising and public relations.
2. Trade Servicing – Working to bring buyer and seller together and by conducting both market and product research.

3. Market Access – Providing the U.S. government and industry with the market intelligence necessary to secure, maintain and develop fair and reasonable access to international markets.

These activities focus on total Carcass Utilization to maximize export demand for value-added products and "Underutilized" cuts. USMEF also provides trade and HRI services to help its members better identify and reach new market opportunities. Such services include breaking news about the industry, updated lists of trade leads, U.S. suppliers and members, participation in regional and international trade shows, market research and seminars on technical issues as well as chef training and culinary initiatives.

To learn more about USMEF, please visit our website www.usmef.org. For your inquiries, kindly contact bassamb@ams-me.com.



Sana Makkani, Manager, Global Marketing, US Poultry & Egg Council, receiving Emirates Culinary Guild Membership certificate from ECG President Chef Uwe Micheel

Out of its home office in Tucker, Georgia, **USAPEEC's** reach is far-ranging. Through its network of international offices and consultants in key markets around the globe, USAPEEC keeps current on issues that have a direct impact on U.S. poultry and egg exports.

Although USAPEEC's mission is to promote exports of U.S. poultry and eggs around the world, the Council has evolved into an association that is an advocate for the industry on trade policy issues. Because of its status as a not-for-profit entity, USAPEEC does not lobby, but the organization can and does act as an intermediary with USDA, in Washington, and at embassies and Agricultural Trade



Offices around the world. To learn more about USAPEEC, please visit our website: www.usapeec.org

USAPEEC is represented in MENA region as well as the South Caucasus & Turkmenistan by AMFI Investment LLC. For your inquiries, kindly contact amfi@amfi-me.com.

COOKING THE ChatGPT WAY

Can ChatGPT come up with a unique and delicious recipe that can win a food trial?

By **Shreya Asopa**

Currently, the grist for every tech mill is ChatGPT. The AI bot's ability to generate responses that sound like a human has made it a popular choice for businesses and even home cooks.

As an AI-driven chef, CHATGPT could generate menus tailored to dietary preferences, nutritional values and even assist with day-to-day kitchen tasks. But recent hubbub all over social media is its ability to generate human-like recipes in minutes. All you have to do is to provide a detailed description of the leftover ingredients in their pantry.

That's when I decided to take a whack at it, asking ChatGPT to suggest something 'unique' using pineapple, nutmeg, beans, rice, cocoa powder, sapodilla, and other on-hand basic ingredients. Seconds later, it responded with a few options ranging from savory to sweet. However, I decided to give it more cues detailing it to include all the ingredients in a single recipe to land on a unique combination that was a cut-out for me.

Then came a catch. While it gave me a savory recipe combining all the ingredients, I wasn't sure whether it was novel or if it had considered certain subtleties, such as combining soy sauce and cocoa powder, or factored in cooking techniques for crisper beans. So far this feels like an exciting experiment!

Personally, I believe ChatGPT is an excellent tool for a novice cook. Instead of scouring through websites to find

Certainly, here is a savory recipe that combines these ingredients:

Pineapple Cashew Fried Rice with Green Beans

Ingredients:

- 2 cups cooked rice
- 1 cup diced fresh pineapple
- 1/2 cup roasted cashews
- 1 cup green beans, trimmed and cut into 1
- 1 tablespoon vegetable oil
- 2 cloves garlic, minced
- 1/2 teaspoon ground nutmeg

Sure, here's an easy and delicious fusion recipe that uses the ingredients you have:

Sapodilla and Pineapple Sauté with Cashew Nuts

Ingredients:

- 2 sapodillas, peeled and diced
- 1 cup diced fresh pineapple
- 1/4 cup chopped fresh cilantro
- 1/4 cup chopped green onions
- 1/4 cup roasted cashew nuts
- 1 tablespoon fresh lime juice
- 1/8 teaspoon ground nutmeg

Chocolate Pineapple Fried Rice with Sapodilla

Ingredients:

- 2 cups cooked rice
- 1 cup diced fresh pineapple
- 1/2 cup cashews
- 1 cup green beans, trimmed and cut into 1-inch
- 1 tablespoon veg

For the fried rice:

- 2 cups cooked rice
- 1 cup diced fresh pineapple
- 1/2 cup cashews
- 1 cup green beans, trimmed and cut into 1-inch
- 1 tablespoon veg

Regenerate response

This savory recipe combines the sweetness of pineapple and the crunch of cashews with the nutmeg and cocoa powder to create a unique and flavorful fried rice. The green beans provide a healthy and nutritious addition to the dish, making it a well-balanced meal. This recipe is easy to prepare and can be customized to include other vegetables or protein sources if desired.

recipes, one can use this resource to discover culinary techniques and advice. But in terms of recipe creation, it cannot be a substitute for recipe developers' and testers' vision.

That doesn't mean there are no silver linings to it. Identifying consumer preferences through AI can revolutionize menu creation for ever-changing themes and social media appeal. One can use chatGPT's suggestions on the most preferred dishes in the market to analyze bestsellers and optimize the underlying opportunities. Chefs can leverage it in the kitchen to create memos, training materials, and hygiene-related manuals. You can ask it to make daily profit calculations of your daily orders and use it to learn about competitive ingredient rates.

ChatGPT has helped us discover ideas that may have been overlooked otherwise. As exciting as this technology is, however, it's important to remember that food creation often relies heavily on trial-and-error experimentation and intuition — qualities that may be difficult for AI systems to mimic.

Ultimately, it cannot create food — Food that has the potential to evoke moments of childhood memories — a priceless gift that even the most advanced technology cannot substitute.

As you delve into the thoughts, I'm off to the kitchen to try my hand at the pineapple recipe; who knows what recipe ChatGPT will suggest next?



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