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THE MAGAZINE CHEFS LOVE TO READ

volume 13, issue 9

CULINAIRE'S
COVE

MOHAMED AHMED IBRAHIM
IS THIS YEAR'S WINNER AT THE
SYRIAN SALON CULINAIRE
ORGANISED BY THE SYRIAN
CULINARY GUILD IN THE UAE

ARABIC
TOUCH

Chef Ahmad Awad Al Fakir is determined to make Middle Eastern fusion food fashionable

PUNJAB
DIARIES

UAE chefs partake in the first World Heritage Food Festival held in Amritsar, India

GOLDEN
CHEFS

Two young teams compete for the Nestle Professional Golden Chefs Hat competition



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Dear fellow chefs, ladies and gentlemen,

Welcome to the November issue of our Gulf Gourmet.

October was a busy month for everyone – both in the UAE and elsewhere. Our culinary team was in Amritsar, India at the first World Heritage Food Festival. This was a great show. Congratulations to Chef Manjit Singh Gill and his team. Well organized event with lots of great presentation. We saw some amazing heritage dishes from all over the world, including Canada, USA, Europe, Middle East, Bhutan, and Myanmar. We look forward to next year.

Later in the month, Chef Majed and I went to Tunis to judge the Tunisian Culinary Awards. We had the honour of being welcomed by the office of Madam Salma Elloumi Rekik, the Minister of Tourism and Handicraft. We used the opportunity to celebrate the International Chefs Day in Tunis by conducting two days of Master Class for their culinary students.

Our own WorldChefs International Chefs' Day was celebrated on the 28th (as has been the norm in the past years) at the International Centre for Culinary Arts (ICCA). The team from our partner, Nestle Professional was led by Roger Frei. The Nestle Professional and Emirates Culinary Guild teams were working with 40 students in the morning and another 40 kids in the afternoon. Everyone had a great time and enjoyed all the healthy dishes prepared by the kids with the support of our senior members.

"Again, a big Thank You to Nestle Professional and ICCA for hosting this amazing event."

Our culinary team was very busy training for Luxembourg. We had a few live sessions with very happy customers. We wish the Teams – Senior and Junior plus our individual artist and pastry chefs all the best at the Culinary World Cup in Luxembourg.



In the meantime, your Executive Committee is working closely with Joanne Cook and Purple Events on our two big upcoming events in Abu Dhabi. First is the La Cuisine du Sial from December 10-12 at ADNEC. Registrations are going very well. If you have not registered yet, please do so now. I am very much looking forward to the Alen Thong Trophy brought to you by USPEEC. Young chefs will use US Chicken leg quarter as a main protein.

Straight after SIAL, the team in Abu Dhabi stays busy with the Abu Dhabi Food Festival from December 13-17 at the Corniche. We look forward to a great festival, especially the World Kitchens' 15 Celebrity Chefs representing their respective countries. Michelin-star Chefs and our own top chefs from UAE will present the dishes on the main stage.

We will also have our National Culinary Team showing their skills. Artist and Pastry Chefs will be on the second stage. A lot of events are also planned for our

young future chefs. Chef Majed Al Sabagh will be looking after our young visitors.

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

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

Thank you to Chef Youssef Darwish and Jood Palace Hotel Team for hosting the October meeting.

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

ggcontents

07 » **Editor's Note**
Our Editor's take on all things F&B in the region

08 » **Friends of the Guild**
Brands that support the Emirates Culinary Guild

12 » **Newsbites**
Chef events and news from within the country and around the globe

16 » **Chef of the month**
Chef **Ahmad Awad Al Fakir** is determined to make Middle Eastern fusion food fashionable

20 » **Golden Chef**
(by Nestle Professional)
Galvin Bistrot & Bar has picked Chefs **Faishal Nazwaruddin Maulana** and **Faizan Ansari** to show its excellence at the Nestle Professional Golden Chefs Hat Competition 2018



34 »



20 »

24 » **Culinaire's Cove**
Chefs **Ahsan Khan** and **Mohamed Ahmed Ibrahim**, winners of two coveted titles at the Syrian Salon Culinaire 2018

32 » **Unilever and Sustainability**
Unilever MENA calls for collective action on sustainability at the 6th Edition of Unilever Sustainable Living Plan

34 » **Golden Chef**
(by Nestle Professional)
Chefs **Raju Bhandari** and **Mani** from V Hotel Dubai are this month's second set of competitors for the Nestle Professional Golden Chefs Hat Competition 2018

38 » **Events**
News from past and future events concerning chefs and the food service industry at large

48 » **SIAL Rules**
Full listing of the rules, regulations and classes for the upcoming La Cuisine du SIAL in Abu Dhabi this December

58 » **Members Directory**
A listing of all leading food, beverage and equipment suppliers in the region

62 » **More Than A Chef**
A monthly column by best-selling author **Rohit Bassi**



42 »

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editor'snote

email editor@gulfgourmet.net

Spent a week last month in New York City strolling the streets of what is truly the most majestic city in the world. For lunch, my brother suggested we try a restaurant on the other side of the Hudson river, a place called 'A Taste of Greece'.

I ordered a plate of lamb souvlaki with tzatziki sauce while my brother ordered a plate of meatballs at the quaint outlet that could seat 30. The restaurant had one chef, and you could see him and his kitchen from any table as there wasn't even a glass barrier separating us. He interacted with all the guests without overdoing it. When the food arrived, I realized my waiter had got my order wrong. I was served chicken.

The reaction of the Chef, when he got to know I was given the wrong dish, simply made my day. He was cool as a cucumber, neither too sorry nor too defensive. He just said, 'No problem, I'll make the lamb right now' and swiftly went back to his station.

When the waiter came to take away the plate, he said, let it be there and that I could eat that too if I wanted to, while waiting for the lamb. He was smart enough to know that we had come in for a late lunch and were possibly quite hungry, so the table was not to be left empty any longer.

The reason I'm narrating this incident – apart from the fact that the place served the best tasting meatballs ever – is that the chef was running a one-man show and yet was far from stressed. He was cooking without any assistance, while at the same time talking to his guests, as well as having the presence of mind to give the right answers.

How could he possibly be so cool and happy? The fact that he enjoyed doing what he did, made the place so much more appealing.



And that's when it dawned on me. He was not there to do a job. The restaurant was his baby and he wanted everyone who came to his place to appreciate what he loves to do – which is cook. He clearly had ownership of the place. I never got to ask him whether it was a family business. Even if it wasn't, that positivity would take him places.

If you are a great cook but have a poor attitude and not a team player, you will not stay at the top for long. You need to be like the guy at this Greek restaurant to succeed, as happiness is infectious.

Many of the chefs, who have been featured in this issue, possess that positive attitude. You will love their stories and their grit that has allowed them to succeed regardless of whether they are a young Commis or a senior Executive Chef.

We also bring you images of various culinary events from Tunis to Amritsar. Hope you like them.

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

Aquin George
Editor

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November 2018 **Gulf Gourmet**

newsbites

Towering Truffle

Roberto's, the outlet at DIFC, will house the largest fresh white truffle in the UAE, weighing over one kilogram!

The impressive 1005-gram gem was found earlier this month on the Tuscan Hills (near Siena) in Italy by two truffle dogs, Tina and Chira. A Tuber Magnatum Pico truffle, it's one of the rarest types found worldwide and is of an approximate value of USD \$51,000 (AED 187,000).

The special truffle will be welcomed by Roberto's team of highly-trained international chefs who will use the delicacy in dishes prepared for guests from its white truffle menu which will be available throughout the month of November.

The menu will feature Italian favorites such as Burrata cheese (with 1g white truffle shavings) for AED 132, Homemade chitarra spaghetti (with



2g white truffle shavings) for AED 200 and beef tenderloin polenta and mushrooms (with 1g white truffle shavings) for AED 495.

Group Executive Chef of Roberto's, Francesco Guarracino worked closely with Massimo Vidoni (also known as 'The Truffle Man' and founder

of Italtouch) to bring the special ingredient over to the UAE.

Chef Francesco said, "Dubai is one of the biggest markets for truffle and we are delighted to be welcoming the truffle to the region. It is an honor to be chosen as the selected restaurant to serve it to our guests."

Christophe is executive head chef at Crowne Plaza Dubai

Christophe Prud'Homme has been appointed as the new executive head chef at Crowne Plaza Dubai, the first five star hotel on Sheikh Zayed Road that is still standing tall in the face of tough competition.

Chef Christophe has been handed over the reigns to eleven outlets including our favourite lunch sushi place Sakura and Brazilian Chamas Churrascaria among others.

He brings over three decades of experience which included being head pastry chef at the three-Michelin-starred Le Pre Catalan Lenôtre in Paris, and other notable roles at The Dorchester and the Four Seasons in London.

The property's GM Mrad EIKhoury, says, "Christophe will help us in elevating the hotel's food and beverage portfolio and ensure that the culinary team positions our diverse restaurants and bars as leading dining spots in Dubai."



Antonio heads to the beach



Each Rotana has appointed Chef Antonino Chirieleison to manage the kitchen at Prego's its popular Italian restaurant. Chef Antonino has previously worked at The Address Downtown Dubai, the Grand Hyatt in Abu Dhabi and Dubai and is not stranger to the country. The Sicilian has also worked at L'Andana in Tuscany made famous by Chef Alain Ducasse.

Taj Dubai pins hope on Chef Vikas



Vikas Milhoutra, a long-time Taj veteran, has been moved to the position of Executive Chef at Taj Dubai. The role was previously held by Jitin Joshi. Chef Vikas has been in the culinary space for a quarter of a century and is expected to build on Taj Dubai's reputation.

The Mumbai-based Chef began his career at the world-renowned Taj Mahal Palace in Mumbai where he worked 10 years till he reached the level of Sous Chef at the award-winning Golden Dragon

restaurant. Chef Vikas has travelled the world, working with Taj properties in Goa, Maldives, London and most recently Taj Santa Cruz, Mumbai.

He says, "Dubai has one of the most diverse food and beverage offerings and it is important to innovate yet be consistent in standards of service and the quality of the offering. I look forward to elevating the dining experience at Taj Dubai and to engaging with all our guests."



Interesting Battle

Two-star Michelin chef Massimo Mantarro will take Dubai-based Chef Giuseppe Pezzella head on during a battle of the chefs type event at the latter's Italian restaurant Quattro Passi. The event runs from November 20-23 this month and the two Sicilian chefs – Mantarro and Pezzella – will kick off their partnership with a gelato-inspired menu.

They are each expected to create an eye-watering Dh 550 priced five-course menu. Whichever chef find his dishes ordered the most, wins the battle. We love how this battle has been tailored. And if you want a piece of the action, head to Quattro Passi at Five Palm Jumeirah for lunch or dinner.

newsbites

From Indonesia to Italy: GulfHost Brings The World Together

Global suppliers unite at bespoke food events to shape regional F&B sector and service needs of expanding HORECA sector

A trio of F&B B2B shows at Dubai World Trade Centre (DWTC) last month enabled a holistic sourcing, education and networking hub for the industry. The focus was on evolving needs of a regional F&B industry driven by growing populations and shifts in consumer preferences.

The Speciality Food Festival, SEAFEX and yummex Middle East that ran alongside GulfHost 2018 at Dubai World Trade Centre (DWTC) until 1 November, and the four B2B platforms collectively boasted more than 1,000 companies showcasing 2,500 brands and more than 8,000 products.

From new-to-market finished food products in various niche segments, to foodservice solutions for the HORECA segment, the shows had something for all visitors.

The Indonesian Catfish Entrepreneurs Association (APCI) debuted with its new Indonesian Probiotic Pangasius fish product. The healthy, sustainably



sourced product is supported by the SMART-Fish Program of UNIDO (United Nations Industrial Development Organisation) and is farmed using clean groundwater and probiotics, not antibiotics, making it a healthy option for provenance-minded consumers.

The Italian Trade Agency (ITA) supported more than 40 companies at its pavilion and showcased how modern Italian food producers are innovating to meet wide-ranging regional demands for both high-end artisanal products and affordable mid-range food items.

"Italy provides the perfect product balance," said Gianpaolo Bruno, Italian Trade Commissioner to the UAE, Oman and Pakistan. "Our pavilion features companies specialising in the high-end market and high-value products, while a wealth of SMEs are showcasing cost-effective mid-range products. Italy is famous for very traditional foods, but our producers are innovating to meet new tastes and consumer behaviour.

"Pizza, pasta and cheeses may be Italian staples, but our farmers are benefitting from increased exports of Italian fruit and vegetables to the UAE. As our main MENA market, the UAE absorbs around €300 million (USD340 million) worth of Italian food products annually. While the UAE is an important end market, it is also a highly-strategic market because it serves as a logistics hub to re-export our products all over the world from Dubai."





HOW AND WHY WE SHOULD 'REST' MEAT AFTER COOKING



True Aussie Lamb and Beef explain why taking the time to let meat rest after cooking will ensure it is moist, tender and juicy.

Why you should rest meat after cooking

As meat is cooked, the proteins in the meat heat up and set. When the proteins set, they push the meat's juices towards the centre of the meat. This is why we can judge a piece of meat's doneness by prodding it with tongs – the thinner the meat, the more 'done' it is. Allowing the meat to stand away from the heat before serving, allows the juices, which have been

driven to the centre of the meat to redistribute and be reabsorbed. As a result, the meat will lose less juice when you cut it and be far more tender and juicy.

How to rest meat

Take it from the heat and place it on a warm plate or serving platter. Cover the meat loosely with foil (as opposed to covering it tightly which will make the hot meat sweat).

How long should meat rest

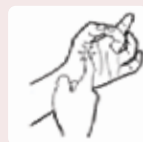
If given the time to rest, the meat will lose less juice when you cut it, and when you eat it, the meat will be juicier and tastier. The time taken to rest will depend on its size – a roast is best rested for 10 to 20 minutes before carving. Steaks or chops should stand for at least 2 to 3 minutes before serving.

TESTING TO CHECK IF IT'S DONE



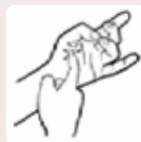
RARE STEAK

You'll only need a few minutes for each side, depending on thickness. Turn once only. A rare steak feels very soft with the back of the tongs.



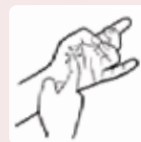
MEDIUM-RARE STEAK

Cook on one side until moisture is just visible on the top surface. Turn once only. Cook on the other side until surface moisture is visible. The steak should feel soft with the back of your tongs.



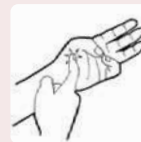
MEDIUM STEAK

Cook on one side until moisture pools on the top. Turn once only. When moisture pools again, it's almost ready. Continue to cook until the steak feels springy with the back of your tongs.



MEDIUM-WELL STEAK

Follow same steps as medium, but leave on a cooler part of the grill for a little longer until the steak feels firm with the back of the tongs.



WELL DONE STEAK

Cook on one side until moisture pools on top. Turn and cook on second side until moisture pools again. Reduce heat slightly or move steaks to a cooler part of the grill. Continue to cook until it feels very firm with the back of the tongs.



November 2018 **Gulf Gourmet**A portrait of Chef Ahmad Awad Al Fakir, a man with short dark hair, wearing a black chef's jacket. He is looking directly at the camera with a slight smile. The background is a bright, out-of-focus interior space. The text "Ahmad Awad Al Fakir Executive Chef" is embroidered on the right side of his jacket.

CAPTAIN OF CONCEPTS

Dotting the Dubai landscape with concept fine-dining restaurants such as Verdura, Siraj, Kahraman and others, Chef **Ahmad Awad Al Fakir** is determined to make Middle Eastern fusion food fashionable...

Many people are discouraged when the ugly reality of financial difficulties raises its head. For Ahmad Awad Al Fakir, it was a motivator.

Today, the executive chef at Global Catering Services is a well-known face in the Dubai hospitality industry, especially for his expertise in the Emirati concept restaurants sphere. You will find his signatures in popular restaurants such as Siraj, Qbara, Kahraman, Verdura and others. More are to come, as he puts finishing touches to his blueprints.

The uniqueness of his rags-to-riches story lies in its simplicity – there is no luck or element of drama involved. Born in a poor farming family in Daraa, south Syria, a young Chef Ahmad came to Dubai when he was just 17 to support his family financially. His first job? “Steward at Yahala restaurant,” he replies. “Later, I started helping out chefs with cutting ingredients and prepping. In my five years at Yahala, I went from being a steward to the head chef’s assistant, in charge of the kitchen.”

Dubai, the land of opportunities, rewarded Chef Ahmad’s work ethic and determination. “That’s what I love about this city. You just have to know how to use the opportunities presented and work towards improving every day.”

In the early years of his career, Chef Ahmad did not focus much on growing his paycheck. Instead, he honed his skills and worked to bring his own personality into the dishes he made.

Slowly but surely, his career started shaping up. From restaurants, he moved to hotels when he was hired at the Armani hotel as the chef de partie in the pre-opening team. “From there, I moved to Miramar Al Aqah as a sous chef. I worked for two years in both these places.”



It’s true that many senior chefs are afraid of participating in competitions because they think that if they don’t do well, they will look bad in front of junior chefs. I understand that fear but I trust my skills too much to give in to that fear

Chef Ahmad’s abilities were noticed by the industry soon enough. At just 31, he became executive chef, featuring in the list of those who claimed this coveted crown at a very young age. Given how cut-throat the Dubai hospitality industry is, that was no easy achievement. “I was the executive chef at Qbara restaurant and then I opened the Kahraman in Abu Dhabi in 2014. It’s a Middle Eastern restaurant with a Japanese sushi counter.” The cuisine of the Kahraman restaurant, which is in the Southern Sun Hotel in Abu Dhabi, combines the goodness of traditional flavours of the Middle East with the minimalism of Japan. The restaurant has even won awards for its contemporary offerings. “I was there for a couple of years and then I opened the Siraj restaurant in Dubai. It’s an Emirati-Levantine restaurant which adapts regional flavours to a more modern experience.”

With so much experience with concept restaurants under his white hat, Chef Ahmad decided to join the Global

Catering Services two and a half years ago. Currently, he manages four concept restaurants. The Verdura Mediterranean restaurant has two branches - in IBN Battuta Mall and Sheikh Mohammed bin Rashid Boulevard.

As his first concept at Global Catering Services, this restaurant holds a special meaning for Chef Ahmad. It brings Mediterranean flavours from countries such as Greece, Italy, and the Levant (Lebanon and Syria), celebrating the Mediterranean region’s sun, sea, soil, structures and greens in its décor and experience. ‘Naturally natural’, promises its tagline.

There’s more from the Global Catering Services stable as the company tries to offer a basket of Arabic cuisine. Diwan Al Hana offers Syrian cuisine while Bab Al-Mansour, a Moroccan fine-dining concept, is all set to open its doors soon. Don’t be surprised if other innovative concepts join the list in the future.

If you look at Chef Ahmad’s career graph, it’s obvious that he climbed the ladder rather quickly. While many struggle to be noticed by the who’s who of the industry, he doesn’t seem to have had that problem. Which is why it is a bit of a surprise that he participated in the East Coast Salon Culinaire in 2015. Senior chefs tend to shy away from culinary competitions. This makes his participation all the more noteworthy. “It’s true that many senior chefs are afraid of participating in competitions because they think that if they don’t do well, they will look bad in front of junior chefs. I understand that fear but I trust my skills too much to give in to that fear. I put my faith in my abilities and it paid off! I won three medals – two silvers and one gold.” That year, Chef Ahmad was conferred the ‘Best Arabic Cuisiner’ and ‘the Best Arabic Chef’ titles at the prestigious event.

November 2018 **Gulf Gourmet**

The 35-year-old executive doesn't shy away from sending his junior chefs for competitions, encouraging them to learn from the best. This year, one of his chefs won the 'Best Arabic Cuisiner' title at the East Coast Salon Culinare.

Chef Ahmad applies the same principles of commitment to his personal life too. "I am quite a family man. I have four children – three daughters and a son – and my mother also lives with us. Without family support, it's hard to survive in this tough industry."

As for Dubai, he shares a special relationship with the city. It's a prized relationship that has evolved over nearly two decades. "In the time I have been here, I have seen it go from a regional to an international culinary destination. There are so many new ideas and inventions across the city. You can find cuisines that you had never even heard of. That shows its vibrant culinary soul."

Although every restaurant he has worked in reflects his own love for food and creativity, Chef Ahmad's personal go-to eatery is Aroos Damascus. "Something about that restaurant's authentic Syrian cuisine reminds me of my childhood plate." It's not just the food choices in Dubai but also its sights, smells and sounds that fascinate the culinnaire. "On days when I need to clear my head, all I need to do is walk down a promenade and everything is right with the world again."

Sometime in the not-too-distant future, Chef Ahmad hopes to open his own concept Emirati cuisine restaurant. "It will be a high-end, authentic Emirati concept. That's my dream."

For those dreaming of walking in his footsteps, he has just one advice - "Keep on learning."

Pay heed. That advice might be the magic wand that turns you into a culinary genius.





**Nestlé
Golden
Chef's Hat
Award**



FRENCH TWIST

Chefs **Faishal Nazwaruddin Maulana** and **Faizan Ansari** of Galvin Bistrot & Bar are all set to bring French flavours to the Golden Chef's Hat Award this month...

Golden fingers are getting ready yet again to pick the Golden Chef Hat Award. Partnering up in the first team are two talented chefs from Galvin Bistrot & Bar, a quaint French restaurant in City Walk, Dubai.

The restaurant, the brainchild of Michelin-starred chef brothers Chris and Jeff Galvin, offers classic French dishes in a lively atmosphere reminiscent of Parisian bistrotts.

Chefs Faishal Nazwaruddin Maulana and Faizan Ansari are both 26 years old but that's pretty much where the similarities end. One is Indonesian and the other is Indian. One can cook up a delightful main course while the other bends sugar and chocolate to his whims.

Say hello to the awesome twosome...

CHEF FAISHAL NAZWARUDDIN MAULANA

He can give any homegrown French chef a run for his money. Chef Faishal, who hails from Bandung in Indonesia, has spent a good five and a half years in Dubai, learning the finer nuances of French cooking.

Starting out after high school, he worked in Asia for a couple of years - first as a kitchen trainee in Puteri Park Hotel in Kuala Lumpur and then as a commis chef in Artiste Cafe & Lounge in Bandung - before moving to Dubai in 2013. "Sofitel the Palm hired me for the pre-opening team. I started as a third commis but left as demi chef de partie after four and a half years." The learnings were immense, enough to win Chef Faishal a job at Galvin in October 2017 as chef de partie.



Interestingly, the kitchen has given Chef Faishal not just his professional love but also his romantic love. "I met my wife when we were both working at a cafeteria. We fought a lot as colleagues but the fights never trickled into our personal lives," he laughs. Someday, he hopes to extend this romantic partnership to a business partnership. "We talk about opening a nice Indonesian restaurant together someday. A fusion of traditional Indonesian cuisine with a modern twist would be a perfect concept."

For now though, he's focused on winning the Golden Chef Hat. Chef Faishal hopes his 'Duo of Beef' will be the winning entry. Tenderloin medallions served with short rib ragout fagottini pasta, potato espuma, coconut herb crumble, lemongrass and spring onion coconut emulsion and tomato coulis glass. "I braised the short ribs for 18 hours. There's also a vegetable garnish to make the dish vibrant."

Several Nestle products have gone into the sumptuous dish - mashed potato powder, coconut powder and demi glace. "I hope the judges enjoy tasting it as much as I enjoyed making it."

CHEF FAIZAN ANSARI

At a young age, Indian-born Chef Faizan has already done what many pastry chefs dream of doing in their later years - set up and run a successful cake shop. With a father who was a resort manager and a grandfather who was a chef, the love for hospitality is a gift handed down generations.

"I studied science until high school but then decided that I wanted to be a chef," says the demi chef de partie. After doing the rounds of several culinary schools in Mumbai, he joined a one-year diploma course. "The only available seat was in pastry. I was hesitant at first but a friend of mine convinced me, saying that

pastry chefs were in high demand in the Middle East and western countries." The decision proved to be a smart one.

Three years of training at different restaurants in Mumbai followed. "I learnt to produce chocolate and other desserts, baked goods and run big pastry kitchens. Then in 2013, I came to Dubai as first commis in Dynamic Hospitality."

Dynamic Hospitality owns the La Postreteria restaurants and runs a central kitchen in Jebel Ali. "An Indonesian senior chef there taught me a lot about kitchen operations and also how to work with different ingredients."

A couple of years later, the spirit of entrepreneurship engulfed Chef Faizan and he went back to Mumbai to open his own bakery. "It was called Cake Bites. For two years, I was my own boss, running a successful bakery with a staff of four-five people."

Tragedy, however, struck the family.



CHEF FAISHAL NAZWARUDDIN MAULANA

When he lost his brother to an accident, a grieving Chef Faizan found it difficult to concentrate on the business. "My parents told me to leave the country to recover from the painful memories. So I joined a restaurant called Chocomelt in Kuwait in April 2017. My bakery was shut down." After a year in Kuwait, Chef Faizan moved to Dubai to join Galvin. However, he has not given up on entrepreneurship yet. "I plan to work in Dubai for a few more years and then open a restaurant with my father, maybe serving modern Indian cuisine. My father has 25 years of hospitality experience and together, we can do it."



CHEF FAIZAN ANSARI

But first, he has a Golden Chef's Hat to win.

Chef Faizan's dish for the competition is aptly called 'Texture de Nestle'. It's a dark chocolate mousse and orange marmalade feuille with Kit-Kat crunch sable, dulce de leche sphere, coconut and lime meringue, panna cotta, orange infused crème brulee glaze and beetroot sponge. The dessert, made using several Nestle products such as coconut powder, condensed milk, panna cotta and crème brulee powder, delights all senses and offers a perfect finish to a meal. "I am keeping my fingers crossed," says its creator.

DUO OF BEEF

52°C Sous-vide Tenderloin, 18 hours braised beef ribs & mushroom ragout Fagottini, Pomme espuma, Coconut herb crumb, Lemongrass & spring onion coconut emulsion, Tomato coulis glass

MEDALLION OF TENDERLOIN

| | |
|-----------------|----------|
| Tenderloin | 720gr |
| Butter | 100gr |
| Thyme | 4 |
| Garlic | 8clove |
| Olive Oil | 4tbsp |
| Salt and Pepper | To taste |

Method

- ◆ Season the tenderloin with salt, pepper, garlic and thyme.
- ◆ Then roll it with cling film to form a cylinder.
- ◆ Preheat the sous-vide bath at 52c. submerge the tenderloin in the bath for 10-12 minutes and core temperature reaches 45c. remove from the bath and

rest for 2 minutes before removing from the cling film.

- ◆ Pre heat a cast iron pan, drizzle some olive oil to coat the tenderloin and start to sear the tenderloin. Allow to caramelize all sides and spoon a nob of butter to the pan, start to glaze and bath the tenderloin for a further 1 minute till core temperature reaches 52c. remove from heat and allow resting for 2 minutes before serving.
- ◆ To serve, reheat the tenderloin in the oven at 180c for 30-45 seconds and trim the edges and ready to serve.

SHORT RIB RAGOUT FAGOTTINI

| | |
|-----------------------|----------|
| Buitoni Tomato Coulis | 120gr |
| Carrot | 10gr |
| Celery stick | 10gr |
| Onion | 15gr |
| Salt and pepper | To taste |

Method

- ◆ In a food container, mix the mirepoix, wine, Maggi demi glaze, half amount of Buitoni

tomato coulis and short ribs together. Allow to marinate for 12-14 hours.

- ◆ Pre-heat the sous-vide bath to 85c, place all the marinated ribs and all the marination into a vacuum bag and seal. Submerge the ribs in the bath and allow to cook for 18 hours till the ribs falls of the bones and tender.

BRAISED SHORT RIB

| | |
|-----------------------|----------|
| Short Rib | 200 gr |
| Carrot | 20 gr |
| Celery | 20 gr |
| Onion | 30 gr |
| Thyme | 1 stem |
| Garlic | 2 clove |
| Red Wine | 50 ml |
| Maggi Demi-Glace | 2 tbsp |
| Vegetable stock | 150ml |
| Salt and Pepper | To taste |
| Buitoni tomato coulis | 80 gm |

Method

- ◆ Drain the ribs from the glaze and separate. In a pot, sweat the carrots



and onions, then add the cooking glaze to the pot, bring it to boil and remove impurities. Reduce the temperature and allow the glaze to reduce and come to thick consistency. Remove 1/4 part of the glaze, add the balance of Buitoni tomato coulis, brunnoise mirepoix and add in the portioned ribs for the tomato ragout filling for pasta.

SAUCE

| | |
|--------------------|-------|
| Braised Ribs Stock | 100ml |
| Shallot | 20gr |
| Carrot | 20gr |

Method

- ◆ To prepare the sauce glaze, with the part of the glaze. In a sauce pot, sweat the carrot and shallot, add the glaze and reduce to a sauce.

PASTA DOUGH

| | |
|----------------|-------|
| Semolina Flour | 100gr |
| T55 Flour | 25gr |
| Egg yolk | 1 |
| Whole Egg | 1 |
| Olive oil | 5ml |
| Salt | 2gr |

Method

- ◆ Beat flour, eggs, olive oil, and salt together in a bowl. Add Turn dough out onto a work surface and knead for 10 minutes. Let dough rest for 12 hours in the chiller. Use a pasta machine to roll and cut dough into fagottini pasta shape.

POTATO ESPUMA

| | |
|---------------------------|----------|
| Maggi Instant Mash Potato | 30gr |
| Nestle Cream | 75ml |
| Butter | 50gr |
| Milk | 150ml |
| Gelatine | 2sheet |
| Salt and Pepper | To taste |

Method

- ◆ In a pot, place milk and cream bring it to boil then place maggi instant mash potato whisk until it smooth. Add butter and melted gelatine
- ◆ Place in the blender and blitz; season to taste with salt and. Then pass through the siphon. Screw on 2 nitrous oxide charger and shake vigorously. Keep the siphon warm at max. 75 °C in a bain-marie or water bath.

SPRING ONION COCONUT EMULSION

| | |
|----------------------|----------|
| Maggi Coconut Powder | 100gr |
| Milk | 200ml |
| Cream | 75ml |
| Spring onion | 2 |
| Lemon grass | 1pcs |
| Salt and pepper | To taste |

Method

- ◆ In a pot, bring milk, cream, coconut powder, spring onion and crush lemongrass to a simmer for 8 minutes, cover and allow to infuse for 20 minutes, place in the blender without lemon grass and blitz. Add seasoning and strain.
- ◆ Bring to boil in a pot, using a hand blender to form emulsion and serve.

HERB COCONUT CRUMBLE

| | |
|----------------------|------|
| Maggi Coconut Powder | 50gr |
| T55 Flour | 50gr |
| Butter | 50gr |
| Sugar | 10gr |
| Salt | 2gr |
| Chopped chervil | 5gr |
| Chopped chives | 5gr |
| Chopped parsley | 5gr |

Method

- ◆ Preheat oven to 165°C. place the sugar, salt, maggi coconut powder, butter and flour in a bowl and rub with your fingertips until the mixture resembles coarse breadcrumbs. Sprinkle the crumble mixture on the silicon and bake for 6 minutes or until golden. Take out and add the chopped herbs at last

BUITONI TOMATO GLASS

| | |
|-----------------------|----------|
| Buitoni tomato coulis | 100gr |
| Garlic | 2clove |
| Thyme | 2 |
| Vegetable stock | 50ml |
| Gelatine | 2sheet |
| Salt and pepper | To taste |

Method

- ◆ In the sauce pot, sauté garlic, add Buitoni tomato coulis, vegetable stock and thyme, bring to simmer. Add the melted gelatin.
- ◆ Place in the blender, blitz and strain.
- ◆ On the silicon spread the coulis, keep in the chiller. Once it set put in the dehydrator machine, set the temperature

68°C for 2-3 hours

VEGETABLE GARNISH

| | |
|-----------------|------|
| Heritage Carrot | 4pcs |
| Brocolini | 8pcs |
| Daterino tomato | 4pcs |

| | |
|----------------------|------|
| Chanterelle Mushroom | 20gr |
| Shimeji Mushroom | 20gr |
| Butter | 4 gm |

Method

- ◆ Prepare and clean the vegetables, blanch carrot and broccolini.

- ◆ Cut the tomato to half, place in a food warmer to semi dry it.
- ◆ Heat the saute pan, drizzle some oil and saute the carrot, broccolini, mushrooms and season to taste. Add a nob of butter at the end to glaze.

TEXTURE DE NESTLE

Dark Chocolate Mousse & Orange marmalade Feuille, Kit Kat Crunch Sable, Dulche de Leche Sphere, Coconut & Lime Meringue, Milk Panna Cotta, Orange infused Crème Brûlée Glace, Beetroot Sponge

ORANGE INFUSED NESTLE CRÈME BRÛLÉE GLACE (ICE CREAM)

| | |
|-----------------------------|---------|
| Docello crème brulee powder | 250gm |
| Fresh milk | 1 liter |
| Nestle cream | 50 gm |
| Heavy cream | 450 gm |
| Orange zest | ½ nos |
| Egg yolk | 75 gm |

Method

- ◆ In a pot, heat the milk, nestle cream and heavy cream to 80c and remove from heat. In a separate bowl, whisk the egg yolk slowly and slowly pour the milk mixture into the yolk mix, constantly whisking to prevent the heat to cook the yolk and slowly emulsify the warm mixture into it.
- ◆ Pour back to the pot, add orange zest and Nestle Crème brulee into the mixture. Heat it and bring the mixture to 90c for 2 minutes by slowly and constantly whisking the mix. Remove from heat, transfer to a bowl on ice bath and rapidly cooling the mixture. Transfer the chill crème mix to a pacojet can, freeze overnight. To serve, churn the mix and spoon as ice cream.

DOCELLO PANNA COTTA AND KITKAT CRUMBLE

| | |
|----------------------------|--------|
| Docello panna cotta powder | 150 gm |
| Fresh milk | 500 ml |
| Nestle Cream | 100 gm |
| Heavy cream | 400 ml |
| Kit Kat crunch | 80gm |

Method

- ◆ In a pot, heat the milk, nestle cream and heavy cream to a soft boil, reduce heat and add the Nestle panna cotta powder in to the liquid mix. Allow to simmer for 4-6 minutes and constantly folding the mix so there a no lumps forming. Remove from heat, pour into a mold and cooldown in the blast chiller/chiller for 2 minutes. Then sprinkle the surface of the panna cotta with the kit kat crunch crumb, allow it to set for 1 hour and ready to be served.

DOCELLO CHOCOLATE MOUSSE

| | |
|---------------------------------|--------|
| Docello chocolate mousse powder | 100 gm |
| Fresh milk | 250 ml |
| Nestle Cream | 200 gm |
| 83% chocolate | 55 gm |
| Agar | 0.2 gm |

Method

- ◆ In a pot, heat the milk and nestle cream, reduce heat and add the mousse powder and agar in to the liquid mix. Allow to simmer and constantly folding the mix so there a no lumps forming.
- ◆ In a separate bowl, melt the chocolate. Remove the mousse mix from heat and slowly pour and fold it into the melted chocolate. Mix well.
- ◆ Place bowl on ice bath, continue to whisk with medium speed and allow to cooldown and starts to set. Transfer to a piping bag and ready to serve.

NESTLE KIT KAT CRUNCHY CHOCOLATE SABLE

| | |
|------------------|--------|
| Jivara chocolate | 73 gm |
| Kit Kat powder | 100 gm |
| Kit Kat crumb | 60 gm |

Method

- ◆ Melt the chocolate in a bowl, add both Kit Kat in the bowl. Mix all ingredients together.
- ◆ Pour on a silicon lined tray and allow

to set in a cold room/chiller. Once set and firm, cut the sable into rectangular (3.5cm x 10cm).

ORANGE MARMALADE

| | |
|-------------------|--------|
| Orange juice | 125 gm |
| Lemon juice | 25 gm |
| Green apple puree | 65 gm |
| Fresh orange peel | 65 gm |
| Yellow pectin | 5 gm |
| Castor Sugar | 150 gm |
| Vanilla bean | 0.5 gm |

Method

- ◆ Slice the orange peel, put the peel in a pot and cover it with water. Bring it to simmer and cook for 20minutes.
- ◆ Strain the cooked orange peel and set aside.
- ◆ In a separate pot add all the other ingredients together and the strained orange peel, bring up the heat and allow to cook until temperature of the mix reaches 103c. Then cooldown and ready to serve.

BEETROOT MICRO-SPONGE

| | |
|----------------|--------|
| Egg white | 150 gm |
| Beetroot puree | 150 gm |
| Sugar | 170 gm |
| Almond Flour | 35 gm |
| T 55 flour | 70 gm |
| Corn starch | 30 gm |
| Salt | 1 gm |

Method

- ◆ In a bowl, whisk the egg white and sugar to for a meringue. Slowly add the beetroot puree. Then slowly fold in all the dry ingredients and mix well.
- ◆ Fill the syphon gun with the mix and charge with whip charger once. Using a paper cup, fill 1/3 of the cup with the mix using the syphon gun. Place in microwave for 30 seconds to cook. Remove and turn upside down to cooldown. Remove from cup and ready to serve.

DOLCE DE LECHE SPHERE

| | |
|-------------------------------|--------|
| Nestle condensed milk | 50 gm |
| Nestle evaporated milk | 50 gm |
| Simple syrup | 40 gm |
| Glucos | 3 gm |
| Xantan gum | 0.5 gm |
| Alginate | 5 gm |
| Water | 200 ml |

Method

- ♦ To make the Dulce de Leche, place the can of the condensed milk in a pot of water, assure the can is fully submerge in the water. Bring up to boil, allow to boil for 3 hours. Cool down and remove from can.
- ♦ In a bowl, with a whisk mix the dulce de leche with all the other ingredients well. Freeze the mix in a small sphere shape mold.
- ♦ In a bowl, mix both alginate and water until well mix.
- ♦ To prepare make the sphere, drop the frozen dulce de leche sphere into the liquid mix. Allow to rest in the mix for 40 seconds, this will allow a layer of skin protecting the sphere and giving a

caviar like texture. Remove spheres and keep in a simple syrup before use.

RASPBERRY GEL

| | |
|-----------------|---------|
| Raspberry puree | 250 gm |
| Agar | 2.5 gm |
| Sugar | 42.5 gm |

Method

- ♦ In a pot, mix puree and sugar and bring the mixture to boil. Add the agar and whisk mix well. Allow to mix boil further for 2 minutes. Remove from heat, cooldown in chiller to set. Then transfer to a food processor to blitz forming a smooth gel like texture.

MAGGI COCONUT & LIME MERINGUE

| | |
|--------------|---------|
| Egg white | 40 gm |
| Simple syrup | 75 ml |
| Lime zest | 1/3 nos |

Maggi coconut powder 4 gm

Method

- ♦ Heat a saute pan, add the coconut powder and on a medium heat lightly toast the coconut powder until fragrant and golden brown. Remove and

cooldown.

- ♦ In a mixing bowl, slowly whip the egg white and lime zest, slowly drizzle in the simple syrup and continue to whip till a medium hard peak. Then fold in the toasted coconut powder. Spoon on the plate and using a blow torch to caramelize the meringue surface.

CARAMEL GLASS GARNISH FOR CRÈME BRULEE ICE CREAM

| | |
|-----------------|--------|
| Glucose | 35 gm |
| Vanilla essence | 1.5 ml |

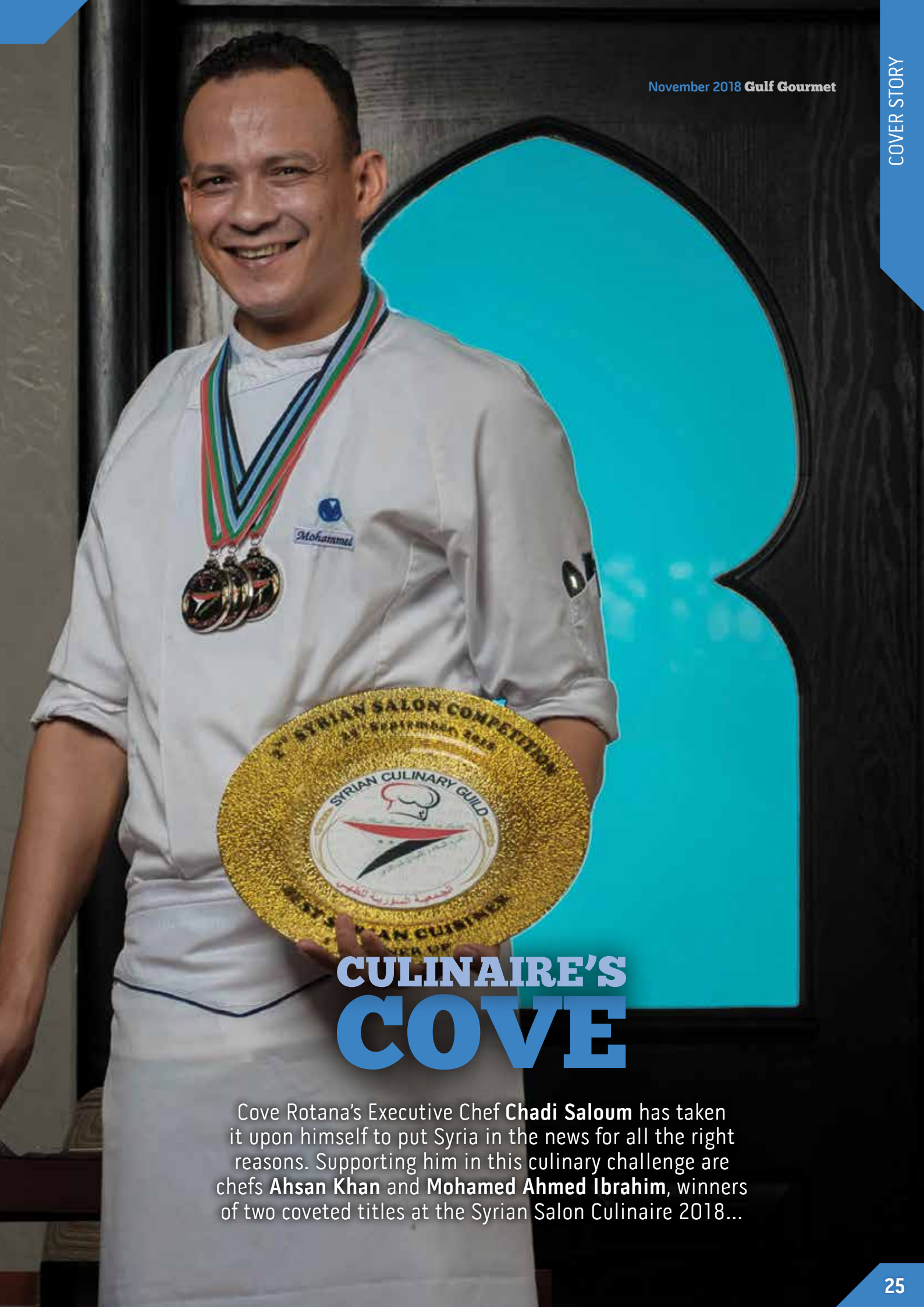
Method

- ♦ In a pot, mix the glucose and vanilla essence and bring to simmer. Allow to simmer till the glucose starts to slightly caramelize. Remove and spread on a silicon mat. Bake in the oven for 7 minutes at 175c. Cooldown the melted caramelized glucose. Once cooldown, it will form a glass like crystal caramel. Break into size required and serve as garnish for the crème brulee ice cream.



November 2018 **Gulf Gourmet**





CULINAIRE'S COVE

Cove Rotana's Executive Chef **Chadi Saloum** has taken it upon himself to put Syria in the news for all the right reasons. Supporting him in this culinary challenge are chefs **Ahsan Khan** and **Mohamed Ahmed Ibrahim**, winners of two coveted titles at the Syrian Salon Culinaire 2018...

Wikipedia describes Syria as a 'country in Western Asia, bordering Lebanon and the Mediterranean Sea to the west, Turkey to the north, Iraq to the east and Jordan to the south. The country hosts diverse ethnic groups, including Arabs, Greeks, Armenians, Assyrians, Kurds, Circassians, Mandeans and Turks.

So much diversity is bound to trickle into a country's cuisine. And its culinary talent. This eclectic talent was on full display at the Syrian Salon Culinaire recently held in Dubai.

Two of the talented chefs who dazzled the crowd and the judges alike were Ahsan Khan and Mohamed Ahmed Ibrahim, both from Cove Rotana Resort in Ras Al Khaimah. Chef Ahsan won the 'Best Pastry Chef' honour at the competition, while Chef Mohamed walked away with the 'Best Gastronomist' title.

Like a proud parent, Cove Rotana's Executive Chef Chadi Saloum cannot stop smiling. "I am very proud of my boys. They made a commitment to win and worked hard to achieve that. The results are for everyone to see," he gushes.

Meet the dedicated duo...

HERE COMES THE CANDYMAN

The continental kitchen's loss turned out to be the pastry kitchen's gain. A simple



A cousin joined the industry. When I saw his photo wearing the chef's uniform, I knew I too had to get one of those

twist of fate landed Chef Ahsan in a sweet spot. "When I was trying to get a job as an apprentice, there was no vacancy in the continental kitchen but there was one in the pastry kitchen. I had no choice but to take what was offered. Today, I am grateful for that lost opportunity!" says the 'Best Pastry Chef' winner.

Rewinding to the past, Chef Ahsan had no inkling that cooking was his fate when he was growing up in Jalalabad in north India. "A cousin joined the industry. When I saw his photo wearing the chef's uniform, I knew I too had to get one of those."

The road ahead, however, was bumpy.

To begin with, Chef Ahsan came from a humble background. So a fancy hotel management degree was ruled out. "The only way I could do this was

through an apprenticeship." Every time the newspapers released new job ads, Chef Ahsan applied. "It took me three long years of painstaking applications to finally get a break. I started applying in 1999 for jobs and it wasn't before 2002 that I got one." Le Meridien in Delhi returned the call but there was more disappointment around the corner. "I really wanted to join the continental kitchen but there were no open positions. They offered me a job in pastry." Having to decide between staying unemployed and starting off with something else, Chef Ahsan chose the latter. His initial plan was to make the switch when he got a chance. But the aromas and creativity of pastry won his heart. "In hindsight, it may have been the best decision of my life."

Over the next couple of years, the young chef went from being an apprentice to first commis. He worked at the Intercontinental and Taj Land's End hotels in Mumbai before moving to the UAE in 2005 with an opportunity at the Al Hamra Fort hotel in Ras Al Khaimah. The experience was short. Within a year, Chef Ahsan moved on to other shores, joining Carnival Cruise Lines.

It was a decade-long adventure. "Between 2007 and 2016, I worked and lived on ships, going from one port to another. It was an experience like no other. Personally, I found it very exciting." The job took him to various





destinations – celebrated American cities such as New York and Los Angeles, countries like Mexico, Canada. “Later, I felt I need to be more accessible to my family. And that’s when I decided to leave the cruise life.”

Someone who leaves the past where it belongs, Chef Ahsan quickly settled into land life even though things were markedly different. “On ships, you have a set menu. There is limited scope for innovation. Everyday you do more or less the same kind of work. In 10 years,

I saw the menu change just two-three times on the cruise. But in hotels, there is scope to do a lot more. You can create new things, play with ingredients.”

Docking at the Bin Majid Beach hotel, Chef Ahsan spent the next two years getting used to a different style of working. In January this year, he joined Cove Rotana. The 38-year-old is the chef de partie in the pastry kitchen at the hotel. It’s a big operation – there are 485 rooms spread over 300,000 square meter. “The biggest challenge is not the

size but catering to the needs of all kinds of guests. Some are gluten-intolerant, some are allergic to nuts, some are health-conscious. Our pastry team has 13 people, including me.”

The Syrian Salon Culinaire was Chef Ahsan’s second competition. He participated in the East Coast Salon Culinaire organised by Miramar Beach Resort last year. “I did not win anything but it was a good learning experience. I took those learnings and applied them to this competition.” Chef Ahsan entered in two categories – three plates of Syrian desserts and practical cooking cake decoration. “I didn’t know much about Syrian desserts. So I spoke to Chef Chadi and he gave me some ideas. I won two bronze medals and the ‘Best Pastry Chef’ award.”

Winning the medals came as a surprise. The discussion among judges was about the mistakes that were made and suddenly, Chef Ahsan’s name popped up. “I didn’t quite understand why. Then they told me. It was an emotional moment for me.” The first family member to hear the news was his wife. “I didn’t get a chance to speak to her for a month because I was so busy with the training. She deserved to be the first to know.”

The rest of his huge family – three brothers, three sisters and two daughters – were elated to hear the news as well. Although Chef Ahsan sees them just once or twice in a year because they live



I did not win anything but it was a good learning experience. I took those learnings and applied them to this competition



in India, he is role model for the whole family. "After I did well in the industry, my nephew was also inspired. He now works as a chef in Delhi."

An inspiring journey. Looking forward, there's an executive pastry chef position in a reputed hotel in his dreams. "Maybe in the next 10-20 years. For now, I am happy to learn with each passing day," he finishes.

WORK LIKE AN EGYPTIAN

When Mohamed Ahmed Ibrahim left the army, he took two things with him – discipline and a strong work ethic. They might have been the best takeaways. For, they helped him impress his boss daily and the judges at the Syrian Salon Culinaire. The 'Best Syrian Cuisiner' and the chef de partie at Cove Rotana's Arabic kitchen is a humble man, allowing his work to speak for him.

Growing up in Egypt, Chef Mohamed did not have the hospitality industry on his radar as a career option. "When I finished my compulsory army duty in my early 20s, I was rudderless for some time. I joined a restaurant as a helper," says the now 41-year-old chef. One thing led to another and in 2002, he made his way to Abu Dhabi to join Le Meridien. "I joined as third commis and left as first commis. In those six years at the Le Meridien, I learnt continental cooking."

Moving to Dubai with a job at the Millennium hotel in Deira City Centre introduced him to Arabic and Indian cuisines. "Now I can make a mean biryani and delicious butter chicken," Chef Mohamed laughs.

In mid-2011, the Egyptian chef moved to Cove Rotana when an acquaintance flagged an opportunity. "I love working here. The atmosphere is friendly and conducive to growth. I started as the demi chef de partie in the hot kitchen and became the chef de partie after a couple of years." According to Chef Mohamed, most of the guests at the hotel are locals, so Arabic food is an important part of the



Overall, I was the second runner-up last year. This year, I climbed to the first position with three silver medals

equation. "We serve Middle Eastern food at many of our restaurants – Cinnamon, Basilico, Sunset...People mostly liked grilled food and seafood."

When it comes to competitions, Chef Mohamed seems to have a lucky charm. Like Chef Ahsan, he participated in the East Coast Salon Culinaire organised by the Miramar Beach Resort last year, winning a gold for the Arabic mezze. The same year, he won a gold and two silvers at the Syrian Salon Culinaire. "Overall, I was the second runner-up last year. This year, I climbed to the first position with three silver medals." For the competition, Chef Mohamed made three delicious plates of kibbeh, whipped up one traditional and one modern dish, and impressed in the live cooking category.

All these learnings will someday translate into a continental food restaurant, which Chef Mohamed has planned with his brother. "My brother had a restaurant before but the 2011 slowdown shut it down. We are now planning to open another restaurant - a pizza, pasta, burger kind of a place. Maybe in a couple of years." Three sisters, a wife and a two-year-old daughter complete Chef Mohamed's personal universe. "At this point, I cannot ask for more," he signs off.

FRIEND, PHILOSOPHER AND GUIDE

Behind every strong man stands a strong mentor. For our two winners, this mentor is Chadi Saloum, the cluster executive chef for North Emirates at the Cove Rotana.

Chef Chadi, who is also the founder of the Syrian chapter of the Emirates Culinary Guild, believes in extensive training for chefs, be it in the kitchen or through competitions. "Chefs without training and without commitment will never do well. Luckily, my boys have both," says the Syrian-born chef. Chef Ahsan and Chef Mohamed both went through one month of culinary bootcamp before the contest. "I did not want to give them recipes. I told them to bring ideas and then helped them develop those into dishes."

Chef Chadi's biggest motivation for sending his chefs to competitions is learning. "I want them to learn the best practices out there. Competitions are like training courses. You get feedback from judges and see where you stand skill-wise. Witnessing other people's skills forces you to look at yourself." If they win medals in the process, great. If not, that's fine too as long as they learn something.

Doesn't Chef Chadi worry that other hotels might notice his talented chefs and poach them? "Not at all. I would be proud to see my boys become executive chefs somewhere someday. The more my guys grow, the greater will be my contribution to this industry."

It's this need to contribute to greater good that made Chef Chadi start the Syrian chapter of the Emirates Culinary Guild. "Our aim is to help Syrian chefs adopt an international thinking and learn international techniques, get adequate exposure. The Syrian kitchen is a varied, rich kitchen but there is not enough awareness about it internationally."

The executive chef had simple advice for his boys – make a commitment, honour it and pay attention to detail. "It's the small details that make a big difference."

The proof of the power of this advice is in the pudding. Congratulations to the winners!




Mohammed

Unilever MENA calls for collective action on sustainably

6th Edition of Unilever Sustainable Living Plan event focused on plastic packaging as organization leads the charge for achieving a sustainable future for the Middle East



During an industry forum held earlier this month, it was revealed by Unilever that 54% of consumers are keen to purchase products more sustainably, according to a global study. The forum hosted by Unilever, aimed to draw regional focus towards building an environmentally responsible future for the Middle East.

In its 6th year, the Unilever Sustainable Living Plan's (USLP) 2018 focus was on plastic waste and sustainable packaging in a bid to drive collective efforts towards meeting the UAE Vision 2021 and the UNs Sustainable Development Goals (SDGs), with a focus on SDG goal 12 – 'sustainable consumption and production patterns'. Two roundtable discussions attended by senior private and public sector representatives outlined the challenges and opportunities as well as strategies for sustainable packaging including end of use and packaging performance.

"With the topic of sustainability – especially when it comes to plastic packaging – currently under a global microscope, we remain committed to driving the industry agenda and implementing sustainable initiatives that encourage the region's public and private sector to collectively build a prosperous future for the region and the world," said Sanjiv Kakkar, Executive Vice President for Unilever MENA, Turkey, Russia, Ukraine and Belarus.

In 2017 Unilever made a bold and public commitment to switch to a circular economy model by making all its plastic

packaging reusable, recyclable or compostable by 2025.

Kakkar adds, "Our research has shown that over 50% of people want to buy brands that are more sustainable. This is great news because it presents a strong business case for sustainability and will help drive transformational and systemic change towards achieving the ambitions set out in the 17 SDGs."

The Unilever Sustainable Living Plan (USLP) is the company's blueprint for decoupling its environmental footprint from its growth while increasing its positive social impact and aims to drive sustainable change via its brands, innovation, sourcing and operations.

Since the launch of the MENA USLP in 2012, Unilever has made huge strides towards meeting its sustainable goals. The organization has reduced its CO2 by 27% per tonne of production, water use by 6% and waste by a remarkable 100% in its manufacturing. In



Our research has shown that over 50% of people want to buy brands that are more sustainable

December 2015, Unilever announced its ambition to become 'carbon positive' by 2030. To do this, Unilever will source 100% of its energy across its operations from renewable sources by 2030. In MENA, the company has made good progress on reducing energy consumption per tonne of production by 21%. Its Personal Care Manufacturing Facility in Dubai is one of the first factories in the region to have the largest private solar park

delivering 2MW out of its 9MW clean energy requirements.

Cem Tarik Yuksel, Managing Director Unilever Gulf & Vice President Customer Development MENA, Turkey, Russia, Ukraine & Belarus said, "Through our USLP initiative and annual forums, we hope to inspire and collaborate with our peers to drive change so that together we can really make a positive impact on the environment. SDGs are central to how we highlight the positive impact of USLP. We have contributed to the development of the SDGs, recognizing their strategic importance both to our business and to the world, and we are committed to helping achieve them."

Following the roundtable discussion, Unilever will develop an industry report which includes suggested actions to be made in the MENA region and will be released at a later date. Further details on Unilever's MENA Sustainable Living Plan can be found at unileverme.com/sustainable-living/





Nestlé
Golden
Chef's Hat
Award



V FOR VICTORY

The second team this month for the Nestle Golden Chef's Hat Award comes from V Hotel Dubai. Together, Nepalese-born chefs **Raju Bhandari** and **Mani** pack quite a powerful punch...

The world knows Nepal for being home to eight of the world's tallest mountains, including Mount Everest. What's lesser known about the country is that it has a talented bunch of chefs too. Our second team this month for the Nestle Golden Chef Hat Award is a duo from the tiny landlocked country.

Chef Raju Bhandari and Chef Mani are playing for a different team – V Hotel Dubai, Curio Collection by Hilton Hotel. Know the Nepalese newbies...

CHEF RAJU BHANDARI

Once upon a time in Nepal, a teacher

asked his students what they wanted to be when they grew up. "Engineer", "Doctor", "Pilot", came most replies. One kid, however, stood up confidently and said, "Cook." Some other children sniggered at his unambitious answer. Today, Chef Raju Bhandari is having the last laugh.

The same unambitious answer has developed into a burning ambition to excel in a great industry.

The 22-year-old has come a long way. From a quiet corner in Nepal to the bustling culinary hub of Dubai, it's been a journey that has taught him not just

to make great dishes but also to present himself well. "Right from childhood, I knew the kitchen was where I wanted to be. To the extent that even though my family was against it, I went ahead and made a career in it," says Chef Raju.

He has been in Dubai for two years. Initially, he came to the city for a personal visit. "There were many opportunities in services but I knew I belonged in the kitchen. One of the places I dropped my CV was Best Western Premier hotel and that became my first employer here."

Chef Raju was called for a trial cooking



**CHEF MANI****CHEF RAJU BHANDARI**

session. Although his cooking impressed the hiring chef, inability to communicate his ideas properly came in the way of getting a good position. "I barely spoke English. So the hiring chef offered me a trainee job. I accepted."

Within six months, he was promoted to first commis as Chef Raju diligently worked on his culinary as well as language skills. A little over a year later, he left Best Western to join V Hotel's Namu Asian restaurant. "It's a Japanese Korean restaurant with a terrific view of the city."

Much as he loves his home country and hopes to return there someday, Chef Raju is content to explore the opportunities in Dubai for now. "My parents want me to come back but for now, I am enjoying my work here a little too much to even consider it." We second that sentiment. Why waste an opportunity to experience the best the industry has to offer?

What Chef Raju is offering to the Golden Chef's Hat competition is a beef tenderloin main course with pepper sauce, tomato puree, mashed potatoes and rosemary buttered vegetables. Sounds like quite a feast, huh?

CHEF MANI

When Chef Mani took up a deliveryman job at a supermarket in Dubai, he had no idea that someday that will deliver him to his dream destination – the pastry kitchen. Now, the 29-year-old is representing V Hotel in the Golden Chef's Hat Award.

Chef Mani is a second commis at the hotel, handling pastry for banquets. "It's in the family. My brother is also a chef. I came to Dubai for a visit but landed a job," he says.

While he was working in the supermarket, an acquaintance suggested his name to a contact in Marriott Hotel in Jeddah. "I joined as third commis in

pastry. At the time, I did not know even the basics of pastry. I learnt everything on the job." Over four years, senior chefs at Marriott Jeddah taught Chef Mani to manipulate sugar, chocolate and other ingredients to make delicious desserts. "They trained me very well but I did not get any promotions. So I moved to V Hotel in search of opportunities to grow."

By participating in competitions and learning all he can, Chef Mani is warming up his gloves to achieve his ultimate dream – open a pastry shop in Nepal in the next two decades. "I would like to join my family back home. I am married and my wife and I have a son."

For the competition, he has made a chocolate mousse dome, a dessert with a pistachio base made of chocolate sponge, mousse and crème brulee, garnished with berries. The dessert, made from Nestle products such as cream, mousse powder and crème brulee powder, looks like a winner to us.



BEEF TENDERLOIN

in demi-glace pepper sauce and tomato puree with mashed potatoes and rosemary infused buttered vegetables

INGREDIENT

Beef tenderloin 200gr

Method

- ◆ Remove fat and silver skin, seasoning with rock salt and black pepper

DEMI-GLACE PEPPER SAUCE

| | |
|--------------------------|--------|
| Nestle demi-glace powder | 120 gr |
| Vegetable stock | 200ml |
| Black pepper | 20 gr |
| Butter | 32gr |
| All-purpose flour | 8 gr. |
| Salt | -- |

Method

- ◆ Garlic, ginger, onion, celery, leek and carrot build 30 min slow fire and use strainer.
- ◆ Make roux with butter and flour and add

vegetable stock. Add Nestle demi glace, salt and pepper

TOMATO PUREE

| | |
|-----------------------|--------|
| Buitoni tomato coulis | 160 gr |
| Fresh thyme | 15 gr |
| Salt and pepper | -- |

Method

- ◆ Boil tomato coulis with thyme seasoning by salt and pepper. After blend and strainer

MASHED POTATO

| | |
|----------------------------|--------|
| Maggi mashed potato powder | 200 gr |
| Hot water | 120 ml |
| Fresh cream | 100 ml |
| Butter | 40 gr |
| Salt | -- |
| White pepper | -- |

Method

- ◆ Mix potato powder with hot water. Add butter and cream. Seasoning with salt and pepper

ROSEMARY BUTTERED VEGETABLES

| | |
|--------------|--------------|
| Asparagus | 2 pcs |
| Broccoli | 2 small pcs |
| Sweet potato | 2 small pcs. |
| Rosemary | 5 gr |
| Butter | 8 gr |

Method

- ◆ Blanch vegetables and sauté with butter and rosemary. Add salt and pepper

Garnish

COCONUT NORI CRACKER

| | |
|---------------------------|-------|
| Maggi coconut milk powder | 40 gr |
| Hot water | 40 ml |
| Tapioca | 8 gr |
| Nori paste | 12 gr |

Method

- ◆ Mix with hot water coconut milk powder, tapioca and nori paste. Add seasoning salt. Spread on the silicon mate and use food dryer 120F 4 hours.
- ◆ Mirco cress.

CHOCOLATE MUSH

CRÈME BRÛLÉE

| | |
|-----------------------------|--------|
| Nestle cream | 200gr |
| Docello crème brûlée powder | 100 gr |
| Milk | 400 ml |

Method

- ♦ Mix milk with crème brûlée powder, add cream, and mix it again.
- ♦ Keep it in the piping bag in the chiller

CHOCOLATE MOUSSE

| | |
|---------------------------------|--------|
| Docello chocolate mousse powder | 375 gr |
| Milk | 700 ml |

CHOCOLATE SPONGE

| | |
|------------------|--------|
| Pasteurized egg | 1 l |
| Sugar | 500 gr |
| Chocolate powder | 125gr |
| T-55 flour | 188gr |

Method

- ♦ Whisk eggs with sugar. Add flour and chocolate powder mix. Use silicone

pan and place inside freezer for 15-20 minutes. Remove from pan.

Garnish

- ♦ Berries
- ♦ Chocolate balls

Plating

- ♦ Spread the chocolate mousse by brush on the plate, place the chocolate sponge in the centre, crème brûlée on top, and garnish



November 2018 **Gulf Gourmet**

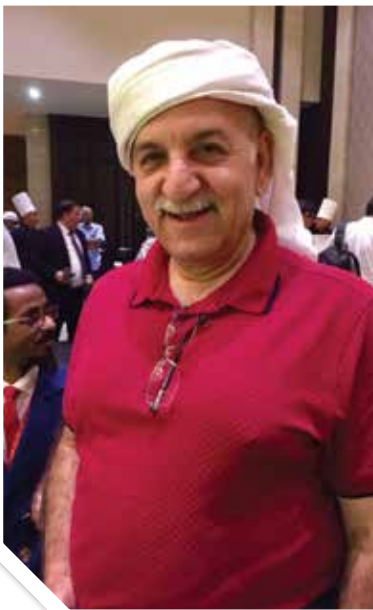
BALLE BALLE

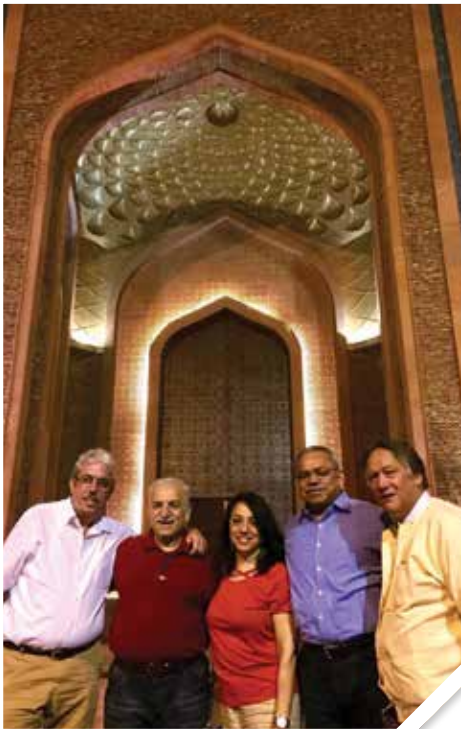
The UAE culinary team was in Amritsar, India last month to partake in the first World Heritage Food Festival. Chef Uwe Micheel, President of the Emirates Culinary Guild, who was invited to be a part of the show, said, "It was a great show and I congratulate my counterpart in India, Chef Manjit Singh Gill, and his team. It was a well-organized event with lots of great presentations. We saw some amazing heritage dishes from all over the world, including Canada, USA, Europe, Middle East, Bhutan, and Myanmar. We can't wait to see what they do next year."

Here are images from the event.





November 2018 **Gulf Gourmet**



November 2018 **Gulf Gourmet**

UAE chefs in TUNISIA

Chef Uwe Micheel, President of the Emirates Culinary Guild and Chef Majed Al Sabagh, Vice President for Sahrjah, Ajman and Umm Al Quwain were invited to Tunis, Tunisia to judge the Tunisian Culinary Awards.

The duo had the honour of being welcomed by the office of Madam Salma Elloumi Rekik, the Minister of Tourism and Handicraft. They also used the opportunity to celebrate the International Chefs Day in Tunis by conducting two days of Master Class for their culinary students.

Here are some of the images from the event.



November 2018 **Gulf Gourmet**

November 2018 **Gulf Gourmet**

Chef's Table Competiton

The first 'Chefs Table' contest was held last month in Dubai and pitted head chefs and their teams from 9 regional hotels against each other in a timed cooking competition was a huge success.

Each three-hour battle saw three full lunches and three dinner menus cooked-up daily last month during the show. And the ingredients were not revealed until the countdown began. Here are images from the event.



November 2018 **Gulf Gourmet**



Main sponsor



LA CUISINE BY SIAL 2018

Briefs of the Classes for Entry

Class No. - Class Description

1. Cake Decoration – Practical by Master Baker Egg Station
2. Elegance Stylish Wedding Cake –Three Tier
3. Four Plates of Dessert by Nestle Docello
4. Pastry Showpiece
5. Baked Bread Showpiece by Master Baker
6. Friandises Petites Four Pralines Nougatines
7. Chocolate Carving Showpiece
8. Fruit & Vegetable Carving Showpiece by Barakat Quality plus
9. Open Showpiece
10. Australian Lamb Five-Course Gourmet Dinner Menu by MLA
11. Tapas, Finger Food and Canapés by JM Foods
12. Individual Ice Carving
13. Ice Carving Team Event
14. Practical Fruit & Vegetable Carving
15. Sustainable Fish & Seafood - Practical Cookery by The Deep Seafood Company
16. Australian Beef - Practical Cookery by MLA
17. Mezzeh – Practical Cookery by Boodys
18. Emirati Cuisine - Practical Cookery -
19. A Medly76 of Mocktails by Barakat Quality Plus
20. Blank
21. Vegetarian Four-Course

Menu by Badia Cress

22. Blank
23. Chicken - Practical Cookery by USAPEEC
24. Blank
25. Blank
26. Blank

Practical Pastry (Patisserie)

Class 01: Cake Decoration by Master Baker Egg Station

1. Two hours duration.
2. Decorate a pre-baked single cake base of the competitor's choice.
3. The Theme for the cake decoration will be " Abu Dhabi "
4. The cake base must be a minimum 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. For practical cake category the sponsor shall provide the following ingredients that must be used, Liquid eggs to

make the sponge with Dawn sponge cake mix and Dawn fruit Fillings and use Candia dairy cream 35% in the preparation of the cake.

9. No pre-modelled garnish permitted.
10. Chocolate and royal icing can be pre-prepared to the basic level, i.e chocolate tempered
11. Competitors must provide all ingredients, cake base, utensils, and small equipment required.
12. A standard buffet table is provided for each competitor to work upon.
13. Water, electricity and refrigeration might not be available.
14. The cake will be tasted and cut by the Judges, as part of the judging criteria

Pastry Displays

Class 02: Elegance Stylish Wedding Cake –Three Tier

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.
- The bottom layer of the cake must be edible. A section of the finished edible cake should be cut for the judges' inspection
 - The cake will be tasted by the judges.
 - Inedible blanks may be used for the two top layers.
 - Typewritten description and recipes are required.
 - Maximum area w60 cm x d75 cm.
 - Maximum height should not exceed 1 meter (including socle or platforms)
 - Points will be deducted for non-compliance.

Class 03: Plated Dessert by Nestle Docello

- Prepare four different types desserts each for one person.
- Displayed cold, each portion for one person, suitable for a la carte service.
 - 1 x Hot and Cold dessert composition
 - 1 x Vegetarian without eggs and animal fat
 - 1 x Arabic Dessert Free Style creation
 - 1 x Dessert serve in glass
- Practical and up-to-date presentation is required.
- Typewritten description and recipes are required.
- Tasting will be part of the judging process if deemed necessary to determine quality and authenticity.
- Maximum area w90 cm x d75 cm
- Showpieces are allowed but will not be judged.
- One of the plates must use **Docello by Nestle** as the main ingredient.

Class 04: Pastry Showpiece

- To display a showpiece of either

- Chocolate
 - marzipan/sugar / pastillage
 - dough/bread dough
 - Asian dough figurine
- No frames, moulds or wires are allowed. Points will be deducted for non-compliance.
 - Edible media may be used, singly or in mixed media.
 - Written description required.
 - Maximum area w90 x d75cm.
 - Maximum height 90cm (including base or socle)

Class 05: Baked Goods and Baked Bread Showpiece

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

- A baked bread showpiece.
- Two types of bread loaves 200-300 grams (competitor's choice) two pieces of each loaf to be displayed.
- Two types of bread roll 25-40grams (competitor's choice)) three pieces of each roll to be displayed.
- Two types of baked sweet breakfast items 25-40grams (competitor's choice) three pieces of each item to be displayed.
- Two types of baked savoury breakfast items 25-50grams (competitor's choice) three pieces of each item to be displayed.
- For the bread display competitors must use the sponsors products that will be supplied, use Schapfen Muhle T55 , Vx2t bread improver and incorporate a healthy bread using Pro Protein and Beta Hafer Gold 50%(Oats bread mix). The participants doing laminated products need to use the Candia Extra tourage Butter 82%.
- One extra piece of each

- variety to be displayed on a separate platter for judges' tasting.
- All breads & dough must bake at own work place as fresh as possible and deliver to the competition venue for judging.
 - Poor hygiene standard of handling bakery products will not be judged.
 - Typewritten products description and recipes are required.
 - Maximum area w90 x d75cm

Class 06: Petites Four & Pralines

- Exhibit six varieties.
- Six pieces of each variety (36 pieces total) plus one extra piece of each variety on a separate small platter for judges' tasting. each piece 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.

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.



Main sponsor



6. Maximum height 30-35cm (including base or socle).
7. Written description mentioning the theme is required

Class 08: Fruit & Vegetable Carving Showpiece

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

Class 09: Open Showpiece (Free Style Showpiece)

1. Freestyle presentation.
2. Only showpieces made of edible food material will be accepted for adjudication.
3. Frames and wires support are allowed but must not be exposed.
4. Maximum area w90 cm x d75 cm.
5. Maximum height 75 cm. (including base or socle).
6. **Special note:** To enhance the overall level of competition and to aid competitors to demonstrate superior modeling skills, it is permitted to use, frames and supports
.i.e. Styrofoam support must not pre-molded and simply sprayed, a round cylinder to form the base of a body is permitted, and 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.

Class 10: Five-Course Lamb Gourmet Dinner Menu by MLA

1. Present a plated five-course gourmet meal for one person
2. One of the appetisers for the meal must contain Australian Lamb as the main ingredient.
3. The meal to consist of:
 - > **A cold appetiser,**
 - > **A soup,**
 - > **A hot appetiser,**
 - > **A main course with its garnish**
 - > **A dessert.**
4. Hot food presented cold on appropriate plates.
5. Food coated with aspic or clear gelatin for preservation.
6. Total food weight of the 5 plates should be 400-500 gms.
7. Typewritten description and typed recipes required
8. Maximum area w90 cm x d75 cm.

Class 11: Presentation of Tapas, Finger Food and Canapés by JM Foods

1. Exhibit eight varieties. Weight between 10-20 grams per piece
2. Six pieces of each variety (total 48 pieces)
3. Four hot varieties.
4. Four cold varieties.
5. Hot food presented cold
6. Food coated with aspic or clear gelatin for preservation
7. Presentation on suitable plate/s or platter/s or receptacles.
8. Eight pieces should correspond to one portion.
9. Name and ingredient list (typed) of each variety required.
10. Sponsored items may be stipulated to use and will be communicated as soon as possible to all competitors.
11. Maximum area 60cm x 80 cm.

Practical Artistic

Class 12: Individual Ice Carving

1. Freestyle.
2. 90 minutes duration.
3. Hand carved work from one large block of ice (provided by the organisers).
4. Competitors to use own hand-tools and gloves.
5. A non-slip mat is mandatory.
6. Before the competition starts, competitors will be allowed 30 minutes to arrange and temper the ice block.
7. The use of power tools is forbidden.

Class 13: Ice Carving Team Event

1. Freestyle.
2. Two persons per team
3. 120 minutes duration.
4. Hand-carved work from three large block of ice (provided by the organisers).
5. Competitors to use own hand-tools and gloves.
6. Non-slip mats are mandatory.
7. Great care must be taken with health and safety considerations. If an exhibit becomes in any way unstable or dangerous to competitors or public, it will be dismantled and destroyed by the organizers.
8. The use of power tools is forbidden.

Class 14: Practical Fruit & Vegetable Carving

1. Freestyle.
2. 120 minutes duration.
3. Hand carved work from competitor's own fruit\vegetables.
4. Competitors to use own hand-tools and equipment.
5. No power tools permitted.
6. Pre-cleaned, peeled material is allowed, but pre-sliced/ carved will result in disqualification.



- Each competitor will be supplied with a standard buffet table on which to work.

Practical Cookery

Class 15: Sustainable Fish & Seafood by the Deep Seafood Company - Practical Cookery

- Time allowed 60 minutes
- Prepare and present three identical main courses using Gulf waters sustainable Fish and seafood. Sponsored items may become available this will be communicated to competitors as soon as possible.
- Weight of fish per portion on the plate to be 150 grams
- Present the main courses on individual plates with appropriate garnish and accoutrements.
- Failure to use gulf water sustainable fish will result in a 50 point reduction of judging points
- Typewritten recipes are required.

Class 16: Beef - Practical Cookery by Meat and Live Stock Australia

- Time allowed 60 minutes
- Prepare and present three identical main courses using Australian Beef as the main protein item.
- Competitors cannot use tenderloin, rib eye and sirloin, any other cut of beef is allowed.
- Weight of beef per portion on the plate to be 150-170grams
- Present the main courses on individual plates with appropriate garnish and accoutrements.
- Typewritten recipes are required.
- If Australian beef is not used then 50 points shall be

deducted from the judging points, competitors must bring with them proof of purchase of Australian beef.

Class 17: Mezzeh – Practical Cookery by Boodys

- Time allowed: 60 Minutes
- Prepare and present for four persons: Three types of hot mezzeh and three types of cold mezzeh.
- Only one (if any) of the following types of mezzeh may be displayed: humus, tabouleh, babaganough, fatouche, moutabel.
- The mezzeh can be representative of any of the following countries:
 - > *Lebanon*
 - > *Syria*
 - > *Jordan*
 - > *Morocco*
 - > *Egypt*
 - > *Tunisia*
- Dishes must represent a variety of cooking methods and the use of ingredients as used in the Arabic restaurants of the UAE.
- Boodys olive oil and Tahina must be the only olive oil and Tahina used in the creation of these dishes and will be available in the competition venue for use in the kitchens
- If Boodys products are not used then 50 points shall be deducted from the judging
- Present the mezzeh in four equal portions.
- Two portions will be presented and two portions will be presented to the judges.
- Typewritten recipes are required.

Class 18: Emirati Cuisine - Practical Cookery

- 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:
- Prepare and present two plated portions of any one of the following dishes:
 - > *Balalit*
 - > *Kabeesa*
 - > *Assedat Bobal*
- Also prepare and present two plated portions each of any two of the following dishes:
 - > *Margougat Al Khudar*
 - > *Thareed Laham*
 - > *Margougat Al Dijaj*
 - > *Maleh Biryani*
 - > *Machboos Samak*
- Emirati cuisine with traditional presentation and serving as would be found in a family home of the United Arab Emirates.
- Competitors must bring their own plates/bowls for presentation and all necessary mise-en-place for the meals
- The judges will check appliances and utensils for suitability
- Typewritten description and recipes are required
- Time allowed 60 minutes to present all three recipes

Class 19: A Medley of Mocktails

Barakat Quality plus will supply juices to entrants in this class. Display three portions each of three different alcohol-free cocktails using any combination of the following Fresh juices:

- > *Orange*
- > *Watermelon*
- > *Pinapple*
- > *Grapefruit*
- > *Strawberry*
- > *Lemonade*
- > *Carrot*
- > *Green Apple*
- > *Mango*



Main sponsor



- > *Cocktail*
 - > *Guava*
 - > *Kiwi*
 - > *Pomegranate*
 - > *Mint Lemonade*
 - > *Lemon Concentrate*
1. Competitors are allowed to use a maximum of two other ingredients per mocktail.
 2. Ice, Salt, Pepper, Spices and Herbs used as seasoning are not counted as ingredients.
 3. Competitors are to bring their own equipment, glasses, receptacles, etc.
 4. Contact the organisers for juice samples after payment of entry fee.
 5. The mocktails must be made entirely on-site; no pre-mixes or pre-mixing is allowed.
 6. Garnishes, which can be made from any edible substance, must be prepared, cut and shaped entirely on-site.
 7. The competition will begin with a close pre-inspection by the judges to ensure that no pre-preparation has taken place.
 8. Time allowed 30 minutes to include garnish preparation.
 9. Recipes required.

NOTES TO AID COMPETITORS

Judging Points

TASTE 60: The highest percentage point possibility is given for a good tasting mocktail

PRESENTATION 30: The preparation and use of the garnish, the type of glass used the overall look of the mocktail.

WORKING METHOD 05: Clean, hygienic and safe work methods

INNOVATION 05: New thinking as to glassware, decoration or presentation

Class No 20: Blank

Class 21: Vegetarian Four-

Course Menu by Badia Cress

1. Present a plated four-course vegetarian meal for one person utilizing at least 2 Badia Cress products, list will be made available to competitors to choose from, cress to be purchased directly to Badia Cress.
2. Suitable for dinner service
3. The meal to consist of:
4. An appetizer
5. A soup
6. A main course
7. A dessert
8. To be prepared in advance and displayed cold on appropriate plates.
9. No meat, chicken, seafood or fish to be used, (meat-based gelatin glaze to enhance presentation is accepted).
10. Total food weight of the four plates should 500/600 gms.
11. Typewritten descriptions and recipes required.
12. Maximum area w75cm x d75cm

Class 22: Blank

Class 23 Chicken - Practical Cookery by USAPEEC

1. Time allowed 60 minutes
2. Prepare and present three identical main courses using Chicken as the main protein item. USA Chicken leg quarters will be supplied to the competitors on the competition day at the venue. No other chicken can be used.
3. Present the main courses on individual plates with appropriate garnish and accoutrements.
4. Typewritten recipes are required
5. Weight of chicken per portion on the plate to be 150 grams

Class 24: Blank

Class 25 Blank

Class 26 Blank

VENUE & ENTRY FEES

1. La Sial will be held during the La Sial Middle East Exhibition from December 10 th to 12 th 2018.
2. The venue is at the Abu Dhabi National Exhibition Centre
3. The entrance fee for single entries is Dhs.100 (AED. One Hundred) per person per class, unless otherwise stated in the Rules and Regulations or the Class Briefs.
4. The fee for entry to the trophy classes is as follows:
 - i. *Best Cuisinier – La Sial Abu Dhabi 2018 – AED:500/- per person*
 - ii. *Best Pastry Chef – La Sial Abu Dhabi 2018 – AED:400/- per person*
 - iii. *Best Artist – La Sial Abu Dhabi 2018 – AED:500/- per person*
 - iv. *Best Arab National – La Sial Abu Dhabi 2018 – AED:300/- per person*

CLOSING DATE:

5. Closing date for entries is December 1st 2018 However, many are often fully subscribed and closed well before the closing date

TROPHY ENTRY

Entrants to a trophy class must enter and finish in all and only those classes that pertain to the trophy for which they are entering. No other classes may be entered into by a trophy entrant. Trophies are awarded on the highest aggregate points from all three classes.

Required classes
BEST CUISINIER:



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

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

BEST PASTRY CHEF:

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

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

BEST ARTIST:

- i. **Class # 07. Chocolate Showpiece**
- ii. **Class # 09. Open Showpiece**
- iii. **Class # 12. Individual Ice Carving**
- iv. **Class # 14. Practical Fruit & Vegetable Carving**

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

BEST ARAB NATIONAL

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

HYGIENE AWARD

A special hygiene shall be commissioned with a trophy from

the Hygiene partner of La Sial. The award shall be presented to the chef showing the highest standard of food safety and hygiene in the practical classes in the kitchen. A special hygiene jury shall be present.

IMPORTANT NOTES ON THE PRACTICAL COOKERY CLASSES

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

WASTAGE and EXCESS MISE-EN-PLACE

1. Mise-en-place and brought materials will be checked at the time of arrival to the kitchen,
2. There will be a penalty deduction of up to five points for excess mise-en-place production.
3. Wastage will be calculated during and after the class.
4. There will be a penalty deduction of up to five points for excess wastage.
5. Due to the fact that only one hour is given to complete the competition; competitors are allowed to bring with them an extensive mise-en-place. However, there are restrictions on how much pre-preparation the judges will tolerate. In all cases, the preparation, production and cooking skills of each competitor must be demonstrated during her/his time in the kitchen.
6. All food items must be brought to the Salon in hygienic, chilled containers: Thermo boxes or equivalent. Failure to bring food items chilled will result in disqualification.
7. All dishes are to be served in a style equal to today's

modern presentation trends.

8. Portion sizes must correspond to a three-course restaurant meal.
9. Dishes must be presented on individual plates with appropriate garnish not exceeding 250g total food weight excluding sauces or as indicated on the class brief.
10. Unless otherwise stated, competitors must supply their own plates/bowls/platters with which to present the food.
11. Competitors must bring with them all necessary mise-en-place prepared according to Worldchefs guidelines in the hot kitchen discipline (www.worldchefs.org).
12. Competitors are to provide their own pots, pans, tools and utensils.
13. All brought appliances and utensils will be checked for suitability.
14. The following types of pre-preparation can be made for the practical classes:
 - > **Vegetable / Fungi / Fruits; washed and peeled – but not cut up or shaped**
 - > **Potatoes washed and peeled – but not cut up or shaped**
 - > **Onions peeled but not cut up**
 - > **Basic dough can be pre-prepared.**
 - > **Basic stocks can be pre-prepared**
 - > **Basic ingredients may be pre-weight or measured out ready for use**
 - > **Fish may be scaled, gutted de-finned and de-gilled, but must otherwise be brought to the competition whole.**
 - > **Meat may be de-boned and portioned and the bones cut up.**
 - > **No pre-cooking, poaching**



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- etc. is allowed*
- > **No ready-made products are allowed.**
- > **No pork products are allowed.**
- > **No alcohol is allowed.**

15. If a farce is to be used for stuffing, filling, etc., at least one of the four portions of the farce must be prepared in front of the judges to show the competitor's skill
16. No help is allowed to be given to the competitor once the competition starts; the coaching of a competitor from the sidelines will result in the competitor being disqualified.
17. 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.
18. Two copies of the recipes typewritten are always required.
19. Submit one copy of the recipes to the clerk when registering
20. Submit one copy of the recipe to the duty marshal at the cooking station.

Rules and Regulations

(Organised by the Emirates Culinary Guild)

NB

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

to a particular competition would appear on the last page/s of this document

PARTICIPATION

4. Participation at competition is open to anyone professionally employed in the preparation of food.
5. Unless the organisers specifically mention a class as being a team event, all classes are for entry by a single competitor.
6. Competitors are restricted to one entry per class.
7. With the exception of those entering for the Best Artist trophy, competitors are restricted to entering a maximum of three classes.
8. Competitors entering to win a trophy must participate fully in every class entered in order to qualify.
9. Competitors must attend and participate on the date and at the time allotted to them

COMPETITION ENTRY

10. Please note that there are different forms for different types of entry; ensure that the correct form is being used. Competition runs 10th-12th December 2018
11. Complete the entry-form according to the instructions on the form.
12. Completed photocopies of the entry-form are acceptable.
13. Submit the completed form to the organisers along with the requisite fee.
14. Fees must be submitted along with completed entry forms.
15. Fees are payable to:
Bank Name: Mashreq Bank
Account Name: Emirates Chefs Guild FZ LLC
Account Number: 019000017926

IBAN:

AE600330000019000017926

SWIFT: BOMLAHAD

Branch: Dubai Internet City

16. Entries are accepted strictly on a first-paid, first-accepted basis
17. No entry is accepted until the appropriate fee has been received.
18. Entry Fees are non-refundable.

CERTIFICATES AND LETTERS OF PARTICIPATION

19. Ensure that your name (clearly written in block capitals) appears on your entry-form exactly as you would wish it to appear on any certificate, letter of participation or posting of results.
20. Any applications for amendments to letters or certificates will necessitate:
 - a) Return of the original certificate
 - b) A written confirmation from the executive chef
 - c) A pre-paid fee of Dhs: 100/- (AED: One-hundred) per certificate.

HYGIENE

21. A professional food-safety company will oversee all aspects of hygiene practice at the competition.
22. It is quite possible that the Municipality Food Control Section will conduct its own hygiene inspections as and when it sees fit.
23. The organisers have no control over these two entities. Should either raise an objection to the standard of hygiene of any particular person or team, that person or team will not be allowed to compete

THE SECRETARIAT

24. The Emirates Culinary



Guild (ECG) is the body responsible for the creation, organisation and administration of the competition.

25. The competition is governed by and construed according to the rules of the organisers.
26. The organisers have sole authority to adjudicate on any matters pertaining to the competition.
27. Entrants' acceptances of participation in the competition are construed as confirmation of their undertaking to submit unconditionally to the jurisdiction of the organisers in regard to all aspects of the Emirates Salon Culinaire.
28. The address of the ECG for all correspondence and inquiries referencing culinary competitions is: The Emirates Culinary Guild, PO Box 454922 Dubai, United Arab Emirates. Tel: + (97156) 8014089. Email: emiratesculinaryguild@gmail.com

COMPETITORS AND HELPERS

29. Each competitor is allowed one helper to assist with carrying equipment. No other help is allowed to a competitor within the preparation area.
30. A helper must be junior in rank to the person he/she is helping.
31. A competitor must wear full; freshly laundered chefs uniform with appropriate headgear and footwear when attending at the exhibition.
32. A competitor's helper must wear full; freshly laundered chefs uniform with

appropriate headgear and footwear when attending at the exhibition.

33. Incorrectly dressed competitors will not have their exhibits judged.
34. Incorrectly dressed helpers will not be admitted to the exhibition.
35. Logos, marks and identifying colours provided by the organisers must be worn by the competitor throughout the competition in the position indicated to them by the organisers at the time of registration.
36. Logos, marks and identifying colours provided by the organisers must be worn by helpers throughout the competition in the position indicated to them by the organisers at the time of registration.
37. A competitor entered in a practical competition must register at least thirty minutes before the commencement of the competition otherwise the competition slot will be given to a waitlisted competitor.
38. Any competitor not in place and ready to start at least five minutes before the time a competition commences, will be disqualified.
39. Competitors and helpers are forbidden from approaching or speaking with or at a judge without the express permission of the organisers.

EXHIBITS

40. Each exhibit must be the bona fide work of the entering competitor. It must be solely the work of

the competitor and must be certified as such by his Head of Department or General Manager.

41. Each exhibit must be a completely original work, it must not have been displayed previously (in whole or in part) in any competition or exhibition whether private or public.
42. All exhibits must be of edible substance except for framing, socles and stands where they are allowed.
43. It is forbidden to use any living entity whatsoever as part of an exhibit (e.g. tropical fish).
44. It is forbidden to depict religious, nude, semi-nude or political themes in an exhibit.
45. All exhibits must be suitable for presentation as a decorative item in a restaurant or banqueting setting.
46. An exhibit must not carry any logo, label or mark of identification; however, competitors must be able to identify their exhibit if required.
47. Competitors are responsible for their exhibits and should ensure that they are available in their proper place for judging on the day and time specified.
48. No preparation or finishing of exhibits is allowed in any area except the designated preparation area at the rear of the competition area.
49. Finished exhibits must be placed in the position indicated by the organisers.
50. No interference with an exhibit is allowed once the organisers have deemed it as submitted for judging.



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51. Competitors must leave the judging area as soon as their exhibits are in place or when instructed to leave by the marshals, whichever is the sooner.
52. Exhibits may, at the discretion of the organisers, be moved to a separate enclosure, there to remain for part or for the duration of the exhibition.
53. Failure by a competitor to register or exhibit at the specified time could result in disqualification.
54. Exhibits which are removed by competitors without permission of the organisers will not qualify for any kind of award

COMPETITION MARSHALS

55. A Marshal-at-arms will be recognizable by a badge displaying the logo of the Emirates Culinary Guild and the legend 'Marshal'.
56. Marshals are charged with ensuring that the rules and regulations of the competition are observed by all concerned.
57. Competitors, helpers and visitors are all obliged to cooperate with the marshals - without question, at all times

AWARD

58. Gold, silver and bronze medals and certificates and certificates of merit are awarded solely at the discretion of the judges.
59. The decision of the judges is final and each competitor is required to abide by it without comment.
60. Medals will normally be

presented at 18:00 each day. This may change according to circumstance.

61. Any medal or certificate that is not accepted by the competitor or his/her helper at the presentation ceremony for that day will be forfeit, unless prior arrangements are made with the organisers.
62. A competitor or his/her helper must be correctly dressed as stipulated in the rules when collecting medals or certificates.
63. Incorrectly dressed competitors/helpers will not be allowed access to the awards area

COPYRIGHT

64. All exhibitors and competitors assign all rights concerning videos, photographs, menus, recipes, exhibits, sound recordings etc. to the Emirates Culinary Guild

DISCLAIMER

65. The organisers are entitled to cancel or postpone the Salon, or to alter the duration, timing or schedule of any event.
66. The organisers reserve the right to cancel any classes or limit the number of entries or extend, modify or revoke any of the rules and conditions without being held liable for any claims for compensation whatsoever.
67. The organisers will not under any circumstances be held liable or responsible for the loss or damage of any exhibit, equipment, goods, persons or personal effects.

QUERIES

68. All queries must be submitted by email to: emiratesculinaryguild@gmail.com
69. The question and answer to each query will be broadcast to all entrants.
70. La Cuisine by SIAL will take place during SIAL Middle East at the Abu Dhabi National Exhibition Centre in hall 7
71. Access to the Exhibition Centre is through loading gate 3
71. Access to the halls is through hall door 8.1
72. La Cuisine will run December 10th– 12th 2018.

newmembers



Paul Da-Costa-Greaves receiving Emirates Culinary Guild Membership certificate from ECG President Chef Uwe Micheel

Koppert Cress, is a producer of innovative, and food-safe living micro-vegetables, specialities and cresses. Our seedlings come from unique plants, each having their own specific effects on the senses either for flavour, fragrance, feel or just presentation!

Architecture Aromatique at its finest!

Koppert Cress grows the best, to enable the best Chefs and Bartenders to be the Best. ! Here we present to you the power of the plant using Nature to Nurture. Good Food is Crucial for a Healthy Existence this is why KoppertCress Grows, Sustainably, Heirloom and Clean using no soil,



pesticides giving a longer shelf life.

"Koppert Cress is based in a small town in the heart of the Netherlands, but known internationally for their superior products, chosen by our chefs for taste, health benefits and decorative appeal," said Thomas Gugler, Worldchefs President. "We are delighted to bring them on board as Official Partner and look forward to

collaborating over the coming months."

"The Global Chefs Challenge represents the highest global standards in the world of culinary competitions. We are proud to be a part of this prestigious Organisation, and to have the chance to work closely with The Emirates Culinary Guild and Worldchefs as a global authority on food," said Paul Da-Costa-Greaves, Countries Manager for UK, Middle East & the GCC looks after the Gastronomy Markets for Koppert Cress.

For More information on Koppert Cress please visit +31 174 242819 www.koppertcress.com mobile +447956 976413



Aditya Kanumuri, Area Manager UAE 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

robot coupe®

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.



Rashid Bahar, Business Development Manager of Technical Supplies receiving Emirates Culinary Guild Membership certificate from ECG President Chef Uwe Micheel

Technical Supplies and Services Co. L.L.C. (TSSC) was established in 1961 as a trading company for refrigeration parts and accessories. In 1993, the company was acquired by Basil Bahar who envisaged a need for a quality service provider for foodservice and commercial laundry equipment in the local hospitality and catering market.

In 1994, using the enhanced



resources at his disposal and his past experience, he decided to diversify and establish a division with the sole purpose of providing foodservice and commercial laundry equipment

solutions to developers and operators in the UAE market.

TSSC's aim was to provide high quality solutions to customers while focusing on after-sales service. This strategy has been, without a doubt, very rewarding as TSSC's client list reads like the who's who of the HORECA industry in Dubai which is home to some of the most luxurious hotels and restaurant brands in the world.



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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

PURSUIT OF HAPPINESS

MORE THAN A CHEF

**ROHIT
BASSI**



A deadly virus kills millions of people every second. Many are not even aware of this virus. For all you know, that deadly virus is killing you right now while reading this.

I'm talking about the viral trend of self sabotaging feelings, thoughts and actions. This may include feeling down or low in energy to something more life threatening like depression, suicidal or behaviour that leads to destroying yourself and others. It could be the obsession with materialistic wealth or showing the world you are a success.

Even in a busy culinary world, more and more chefs are slowly succumbing to this unhealthy way of life. More and more chefs come into this world with glamour in their eyes and end up doing the same monotonous role day in and day out for years and end up feeling let down.

So what do they do? Like a moth to a fire, they get attracted by the mumbo jumbo of self help gurus who claim to show purpose, passion, goal, better health, amazing relationships, or making loads of money.

Material and financial success is great to have. But you cannot measure happiness in those terms. Deep down you know money and success cannot bring you happiness. Yet you continue in a rat race and end up hurting your integrity, health and beautiful relationships.

We take these fundamentals for granted. In fact, most of you forget to appreciate the essence of these in your life. Your life can easily be magical and exciting if you learn to say "thank you" to these core elements. As a child we had the ability to easily and effortlessly appreciate all of these.

And getting back to that blissful innocence and thankfulness for all you have can be a simple road to reach.

Try these 18 things and let me know if it makes you less stressed and unhappy. It may sound weird at first, but no harm in trying, right?

(1) Take in fresh air between work, travel and your room. (2) Drink good water (3) Enjoy the sunshine (4) Eat healthy and in moderation (5) Exercise regularly and keep the happy hormones on a high (6) Sleep well as it makes you much more alert and active (7) Smile and laugh to boost your immune system (8) Appreciate some alone time without your phone or laptop (9) Get into a healthy relationship platonic or otherwise (10) Be more compassionate to others no matter how difficult you find it (11) Find out what you believe in deep down and stick to it (12) Find out the meaning of the Japanese word 'Shoshin' and imbibe that (13) Read the story of the Two Wolves as narrated by the Indian Cherokee Grandfather (14) Whatever you do, do it to ultimately row your boat and not someone else's (15) and finally, accept that some things have not gone right for you and move on. If you can't accept your failures, you will be stuck in that dark moment.

Let me know if these work for you and if they make your life a little less troublesome. There are some out there who believe in you – a family member or a friend – and it's time you do so too.

Rohit Bassi is the founder of In Learning and works across industries to help employees outperform themselves.

You can contact him on rohit@in-learning.com



WORLD CHEFS WITHOUT BORDERS

MYANMAR TOUR FOR HUMANITY



**WITHOUT
BORDERS**



10,000

MEALS TO PREPARE

10,000

INGREDIENT RELIEF PACKS

8

LOCAL CHARITY GROUP CASH
DONATIONS (AFTER EXPENSE)



PROGRAM AGENDA

- 09 JUNE 2018** VIP FUND RAISING GALA DINNER FOR 200 IN YANGON
- 10 JUNE 2018** GROUND COOK OFF OF 5000 MEALS AND 5000 RELIEF PACKS
- 11 JUNE 2018** BOAT COOK OFF OF 5000 MEALS AND 5000 RELIEF PACKS
- 12 JUNE 2018** APPRECIATION COCKTAIL PARTY FOR ALL CHEFS AND CONTRIBUTORS

CHEF FUND RAISING DONATION : PARTICIPATING CHEFS TO DONATE 1000 EUROS + OWN FLIGHT EXPENSE

CHEF PACKAGE INCLUDES : 4 NIGHTS ACCOMMODATION, AIRPORT TRANSFERS, GROUND TRANSPORTATION, MEALS, 2 EVENT CHEF JACKETS, 2 EVENT T-SHIRTS, 1 BACKPACK, MEDAL OF PARTICIPATION, CERTIFICATE OF PARTICIPATION AND E-COPY OF HIGH RESOLUTION GROUP PHOTO

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A TRIP TO "FOOD & HOTEL ASIA 2019" IN SINGAPORE



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