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CHIEF SPEAK

In conversation with **Ammar Hilal**, General Manager of Fairmont Hotel Dubai on chefs and team spirit



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Dear fellow Chefs, ladies and gentlemen,

Welcome to the October issue of our *Gulf Gourmet*.

First, the greatest news. Our Young Chefs Team has lifted the African Culinary Cup in Mauritius. We had 4 teams competing in the final on September 30 (Mauritius, Namibia, South Africa and the United Arab Emirates). This is the first time the team had brought the Cup home. We will have all the details in next month's issue. Great competition, and a very high standard. Congratulations to all 4 teams for the great job done.

Our next big one is our Pastry Team in Milan; we wish them all the best. Our Team will be supported by our Honorary Vice President Andreas Kurfurst and our Vice President Dubai – Thomas Haller.

Chef Ramon Salto, K.A.C. Prasad and myself will travel to Milan as well to visit HOST Milan; we will come back with a full report in the November issue.

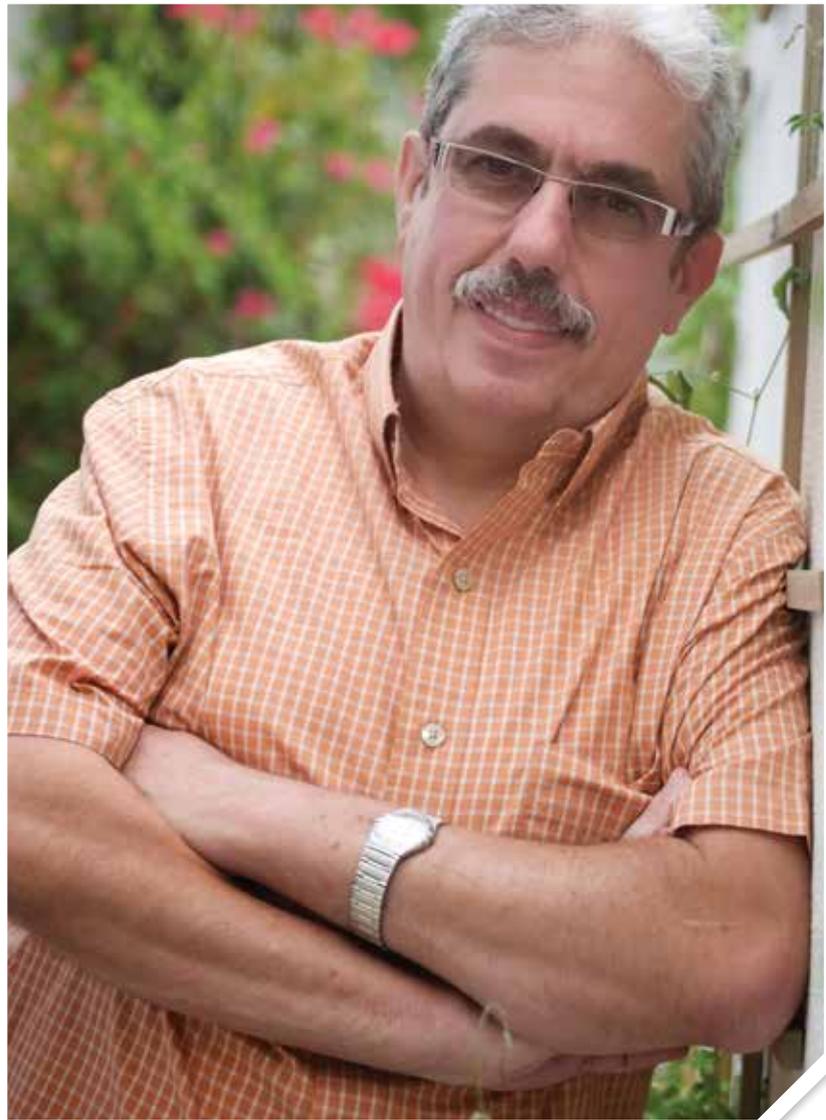
If you have not yet registered for the WorldChefs Congress July 2018 in Kuala Lumpur, make sure you register as soon as possible, we are looking forward to a great Congress. Andy Cuthbert and the Organizing Committee are working very hard to put up an amazing Show for us together. Do not miss it.

In the meantime our Culinary Team for Singapore and Luxembourg got together and started their training.

The registration for the La Cuisine Du Sial in December is open. I know that some of you are already in full training. Look forward to seeing you all in Abu Dhabi.

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

I urge all members to check out our website emiratesculinaryguild.net to know what's happening on the calendar.



Do visit facebook.com/wacsyoungchefs and encourage your young chefs to join and stay in contact with over 4,000 chefs across the globe.

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

Thank you to Chef Michel Miraton and Ajman Palace Hotel team for hosting the September meeting.

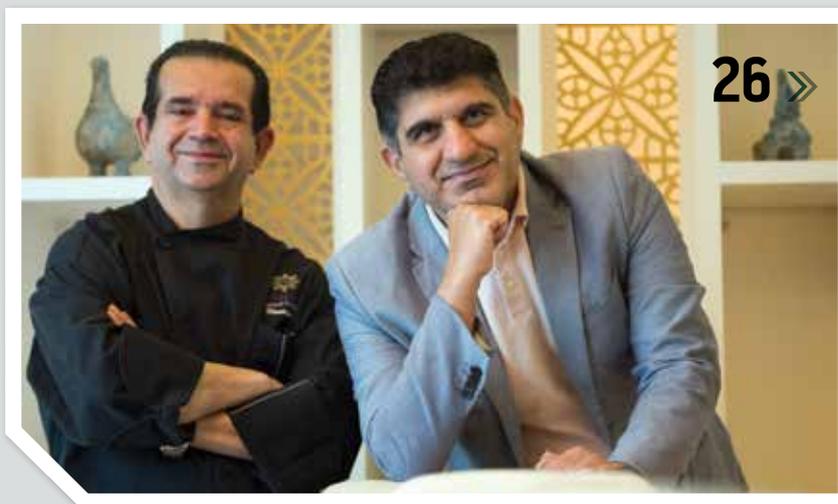
Culinary Regards,

Uwe Micheel

*President of Emirates Culinary Guild
Director of Kitchens
Radisson Blu Hotel Dubai Deira Creek*

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editor'snote

email editor@gulfgourmet.net

The Emirates Culinary Guild has done it again! After working tirelessly night and day to get our senior chefs recognised on the global map, even our young chefs have started getting accolades. Chef Sagar Khadkikar with other senior chefs have trained three youngsters – Kavya, Rushi and Aamir – to be the face of UAE's Junior National Culinary Team. And at the time of going to press, the news had just trickled in that they won the African Culinary Cup in Mauritius.

Congratulations to the team and a big thank you to the Guild for scouting and nurturing them.

This is the first big team win for the junior national culinary team. And we could not be happier. Our aim with this magazine has always been to promote young chefs. This is why, you will never see a Michelin star chef on the cover of this magazine while you will see rising young stars grace the cover more than 50 per cent of the time.

This is by design. As the leading chefs' magazine in the region with one of the most diverse chef readerships on the planet, it is our responsibility to ensure that the next generation of epicurians are ready to do better than the established leaders in the field. And in keeping with that trend, we will be featuring the trio on the cover of our magazine before the year-end.

Talking of young chefs, we have our ongoing Nestle Professional Golden Chef Hat Award challenge for them every month. This has been a legacy promoted by Nestle in partnership with us for 5 years now. Check out the recipes from the UAE and KSA-based teams in this issue.



Also inside this edition is an interview with two chefs who found fame in India through TV shows and we speak to them about the impact they have – both positive and negative – on the new breed of professionals who join the industry looking for fame. Their answers are in here.

We have an interview with two senior chefs – one who is known for his Iranian cuisine in Dubai and the other for his Indian cuisine the world over. We are talking about Ibrahim Nourozi and Atul Kochhar respectively. Their words of wisdom along with advice from three of UAE's hottest pastry chefs (they grace our cover) are here for your consumption.

Make the most of it.

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

Aquin George
Editor

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LICENSED BY National Media Council

PUBLISHED BY SMARTCAST GROUP FZ-LLC

PO Box 34891, Dubai Media City,
Dubai, United Arab Emirates

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October 2017 Gulf Gourmet

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newsbites

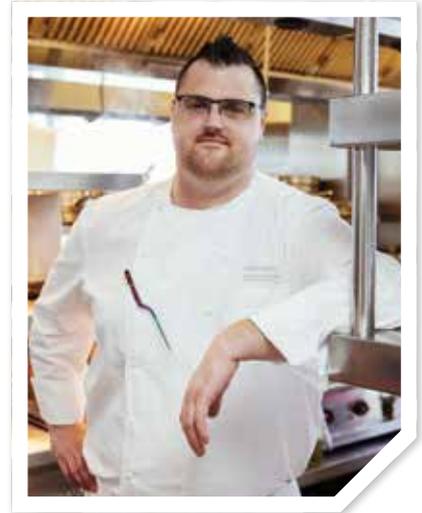
Graham's Gastronomic Galivant

At.mosphere, Burj Khalifa – in its quest to be recognised on the world culinary map – unveiled a Global Gastronomy Exchange Series, which brings together culinary experts from across the world.

This is amazing for the restaurant's Executive Chef, Christopher Graham, as he will get to cook in celebrated kitchens all over the world and in return, other masters of gastronomy will take over the kitchens at At.mosphere. This

also gives the restaurant's patrons the opportunity to experience the gourmet palette and culinary trends of some of the world's finest chefs.

During the first exchange held last month, Chef Graham flew to 'Fleur de Lin' in Belgium for three days and helped curate a special menu for the city. In November, three Michelin starred chef, Sergio Herman, will create a tasting menu at At.mosphere, inspired by the menu at his restaurant, The Jane, in Antwerp.



Two new barista championships with prize pot of USD 25,000

The Dubai International Coffee & Tea Festival (DICTF), is featuring a Dubai International Coffee Championships with winners getting a chance to take home part of the prize pool of USD 25,000. The organisers of the event which runs from December 14 to 16, claim that this is the largest prize pool in the history of barista competitions across the world.

The Coffee Championships will include the Dubai International Barista Championship and the Dubai International Brewers Championship, each featuring professional baristas from UAE and around the world. The Coffee professionals will compete against each other in a

test of skills, imagination, and creativity while preparing a series of beverages onstage. An equal number of local and international competitors will be featured in the two championships, which will be consecutively held to allow baristas to participate in both competitions.

The newly introduced contests are taking place for the first time alongside DICTF at the Dubai International Convention & Exhibition Centre in December. This year the world's most rewarding coffee competition has also opened its doors to international contenders to raise the level of global appreciation for baristas and provide relevant learning and networking opportunities for all the participants.

October 2017 **Gulf Gourmet**

Gourmet Gulf Raises AED 150,000 for children to 'Make-A-Wish'

Gourmet Gulf, one of the Middle East's top F&B companies, has raised AED 150,000 for the non-profit organization Make-A-Wish® UAE. The fundraising campaign #RamadanWishes united seven of the UAE's favourite restaurants to help grant wishes for children with life-threatening medical conditions.

Across Ramadan and through July, diners at Azkadenya, California Pizza Kitchen, Dalloyau, Panda Express, Texas De Brazil, The Hummingbird Bakery and Yo! Sushi, were invited to add a small donation to their restaurant bill. In the spirit of giving, the Gourmet Gulf team also contributed and actively raised funds for the campaign. Some of the wishes that have been granted include a bedroom makeover and trips to Disneyland Paris and Japan.

Make-A-Wish UAE serves children in



nearly 50 countries on five continents. Since its inception in the UAE in 2010, the Make-a-Wish Foundation has been fulfilling the wishes of children suffering from critical and life-threatening diseases, under the patronage of Her

Highness Sheikha Sheikha Bint Saif Bin Mohammed Al Nahyan, Honorary President of the Foundation, the wife of His Highness Sheikh Dr. Sultan Bin Khalifa Bin Zayed Al Nahyan, Advisor to the President of the UAE.

Aiming to be in the top 300

Colin Clague, Executive Chef of the home grown Anatolian restaurant, Rüya, has been nominated for the Best Chef Awards to be hosted in Warsaw this month. Chef Colin is on a mission to elevate and polish Anatolian cuisine on a global scale, and is shortlisted for the Top 300 World Selection.

This prestigious accolade identifies the best chefs in the industry worldwide whilst the voting system is based on votes of chefs, journalists and professionals in the international culinary sector. Regardless of the value of the award and the win or loss, it is great to see Anatolian cuisine gets its fair share of response in the city.



St. Regis Dubai get new GM

Faiiek El Saadani has been promoted to General Manager at The St. Regis Dubai in Al Habtoor City Complex. His hospitality career spans over 19 years working in the UAE, India, Thailand, Azerbaijan, Germany and Poland.

In his current role, El Saadani is expected to maintain a prime position for the property against market trends. Optimizing the overall efficiency of the hotel's operations is a key priority along with ensuring that guests continue to receive unrivalled service.

He says, "...a successful hotel is built on two key factors – a strong and cohesive team; and a consistent high-touch service, of an elevated standard. At the St.Regis, we always to look to meet every guest's need is anticipated in advance, giving them a seamless and enjoyable experience with us."



Road to Awareness



On October 17, Sheraton Grand Hotel, Dubai aims to raise \$60,000 for Al Jalila Foundation with its Road to Awareness Campaign dinner. It is part of Road to Awareness, an annual campaign that began 10 years ago when a handful of senior associates at Starwood Hotels & Resorts decided to take on a three-day cycling challenge in the French Alps in aid of UNICEF. We wish them the very best.

MICE Arabia and Luxury Travel Congress 2018 to return for its sixth annual to Dubai

The MICE Arabia and Luxury Travel Congress will return early next year with a focus on the outbound travel market. The invitation only business platform will be held in Dubai on February 27 and 28, 2018.

Outbound business and luxury travel from the Middle East increased at an annual rate of 4.9% from 2012 to 2016, a figure higher than the global average. Figures released by VISA estimated that the MENA region will see the number of annual outbound trips rise from 42 million in 2016 to 65 million by 2025. According to a Credit Suisse report, GCC nationals spend 260% more on airfare than other nationalities, with up to 60% purchasing business tickets. They also spend an average of

430% more on accommodation and 558% more on dining.

Travel demand in the region is underpinned by the lucrative GCC business and luxury travel buyers. Poised to capitalise on the region's fast-growing outbound travel market, the sixth annual MALT congress will welcome influencers from the world of conferences, meetings, incentives, events, business and luxury travel for more than 15 hours of learning and more than 10 hours of business networking over two days.

A major trend seen in outbound MICE and luxury travel from the Middle East is the shift towards unique experiences be it cultural, historical or natural. Exclusivity and high-quality standards remains at the top of the agenda for this market.



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

October 2017 **Gulf Gourmet**

gourmetwatch

Rüebeli Chueche

Mövenpick Hotels & Resorts sent us this image from Baar, Switzerland, to convey their “reinvention of traditional Swiss dishes” that will be featured on restaurant and in-room dining menus across all Mövenpick properties. Their four signature dishes are Beef tartare, Riz Casimir, Zürich-style veal and of course, this amazing Carrot cake. The carrot cake is a modern take on the traditional Swiss ‘Rüebeli Chueche’. It is gluten-free, light to bite, and big on flavour. Comes topped with a smooth and velvety cream cheese frosting.



Cheesy Delight

This image of the ‘Goat Cheese, Caramelized Onion and Fig Tart’ at the newly opened ‘Eat Artisanal Bakery’ in Bay Square, Business Bay had us all drooling. Wonder if the real deal is as good as this picture looks.



Dessert Desert

Shangri-La Hotel, Qaryat Al Beri, Abu Dhabi has a new afternoon tea concept called 'The Dessert in the Desert'. Executive Chef Reiner Lupfer created the menu with Executive Pastry Chef Muhamad Jejen. Their aim to bridge the gap between 'then and now' is achieved by giving French pastries a modern touch with the use of local ingredients. Can you see it? The dessert in the desert?



Moules Mariniere

Pierchic took the Shellebration to the coastal shores of Belgium last month. Bringing the 2017 festival to a close, Chef Paolo has created a delectable, creamy Moules Mariniere, comprising of fresh black mussels, garlic, white fermented grape, parsley, cream, and pommes pont neuf. A traditional favourite, Moules Mariniere first originated by combining mussels with fried potatoes, eaten during the winter months when foods were scarce.



Desi Eggs Benedict

Farzi Café, a modern spice bistro in City Walk, has launched a breakfast menu that includes the likes of French Toast Jenga. Don't ask what it is. All we know is Arabic and Indian influences using elements of molecular gastronomy and creative culinary art have gone into it. Check out their version of Eggs Benedict with tawa toast and desi ghee hollandaise and Coriander Akuri.

October 2017 **Gulf Gourmet**

Argentine dessert

Almost everyone is offering pink this month. Sass' Café in DIFC and Novikov, the contemporary Pan-Asian Restaurant and Lounge, in Sheraton Grand SZR are offering pink drinks specially for breast cancer awareness month. Gaucho DIFC is offering the traditional Argentine dessert, Pink Alfajores (pictured), for AED 65 and donating AED 15 of that to Al Jalila Foundation.



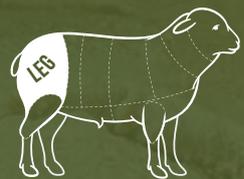
When Taco Met Tuna

A new ladies' night in Dubai every Monday called Nobu Noir will see the Japanese Peruvian hotspot serving limited complimentary cocktails and a selection of tapas for AED 40 throughout the evening. Housed in Atlantis, The Palm, the dishes include Spicy Miso Tuna Tacos, Black Cod Butter Lettuce and Yellowtail Sashimi.

HOW TO MAXIMISE VALUE **FROM YOUR** LAMB LEG

Around the world, the classic leg of lamb is celebrated as one of the most versatile cuts, as it can be rolled and tied, butterflied, boned, cubed or prepared whole. Australian lamb leg, with little surrounding fat and juicy texture is a great way to lower plate costs, without compromising on flavour or taste. From marinated and flash grilled Japanese negimaki and Korean bulgogi, to smoky jewels fresh from the South American parilla, served with bright and vinegary chimichurri, Australian lamb leg can be stuffed with any array of herbs, spices and other ingredients and trussed to hold shape.

LEG CUT



Lamb Steak

Lamb steaks are prepared from a leg by following their natural seams and trimmed accordingly. Cut from the leaner part of the leg, you can buy lamb leg steaks with the bone in or boneless. A 'bone-in' steak is cut from the centre of the leg, whilst boneless steaks are cut from the larger leg muscles. Lamb leg steaks are best grilled, griddled, pan-fried for 6-8 mins per side and make a great steak for the BBQ.



Easy Carve Leg

Easy carve leg is prepared from the leg by the removal of the bone via seam boning, removing surrounding fat and frenching the shank. The topside and round are sometimes removed along their natural seams and the leg is evenly rolled, tied or netted.



Mini Roast

Prepared from the leg chump the mini roast allows for quicker cooking times and smaller servings. A mini roast is simply a smaller joint of lamb, of about 300-500g. Lamb mini roasts come from the same areas as larger roasts like the leg and the shoulder and is a quick and easy meal choice that is perfect for a mid-week dinner as it cooks in under an hour.



Maple and honey roasted easy carve leg of lamb

Scan barcode to view this recipe.



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'I BELIEVE IN HARMONY WITHIN THE TEAM'

Ammar Hilal has travelled the world in his quest to create memorable experiences for his guests. And every property he has invested his time in has been the talk of the town. In conversation with the General Manager of Fairmont Dubai





Could you tell us a bit about your career? How did it all begin and the journey thus far?

I am of Egyptian origin, born, raised and educated in Germany and from very early on, I developed a passion for good food, an eye for detail and a love for music. I spent a couple of summers in my student years at my uncle's restaurant in New York City, coupled with being inspired through a documentary about one of the legendary General Managers, Kurt Wachtveitl, which led me to decide that the hospitality business, could be a great platform to realise my ambitions wanting to work in a dynamic fast pace environment where the core essence at heart, remains to extend a flawless service delivery with charm, besides to be provided with the opportunity to travel the world to explore the vast diversity of cultures and cuisines.

Being a naturally outgoing person, I felt that I have the charisma, determination and possess the right mindset to have a prosperous career in this field knowing that travel was going to become more accessible to everyone, creating a demand for many more hotels around the world.

Having learned hospitality in a very traditional way in Germany, it taught me to be very structured and systematic. My first international hotel experience led me to move to Bangkok and work for the legendary General Manager Kurt Wachtveitl, which had a deep impact on my future career. The exposure in



I believe in harmony within the team, therefore the relationship between the General Manager and his Executive Chef is as important as between all the other leaders and employees in the Hotel

Thailand and other parts of Asia, taught me the definition of gracious service and innovation.

The next step of my career brought me to my roots, the land of the pharaohs, where I pursued my passion for food and beverage and connected to my heritage. The environment taught me to be patient, flexible and the importance of relationship building. I then continued my passion for travel and landed a job at one of the most iconic hotels in New York City. This is where I learned about the importance of colleague engagement and humility, the ability to work in harmony and build genuine trust amongst colleagues in a unionised environment.

There followed stints in Hawaii, London, Hong Kong, Mauritius, Turkey and the place, which I call home now 'Dubai', working for one of the most reputed hotels in the world, Burj Al Arab, where I spent a large number of years as the Hotel Manager.

In 2015, I joined AccorHotels as General Manager of the Sofitel Dubai Downtown, the Sofitel flagship property in the Middle East.

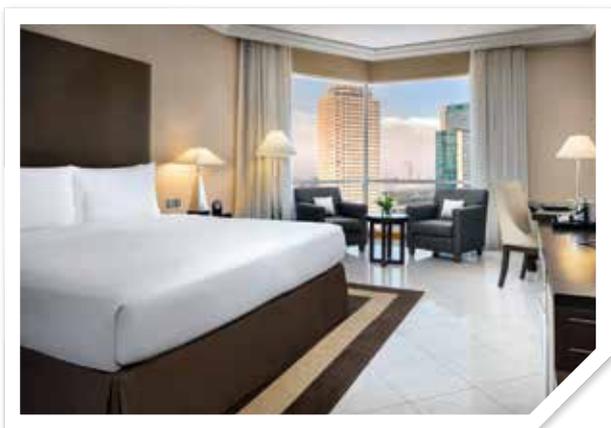
The team was very engaged and focused on superior guest satisfaction which enabled us to bring the Sofitel essence closer to the local community and got awarded several top accolades for their service delivery.

I transferred to Fairmont Dubai, which is the first Fairmont-built hotel outside the USA and Canada, going back to 2002. The hotel celebrated its 15th anniversary last May.

I feel very proud to be at the helm of such an iconic hotel and I have always wanted to be part of the Fairmont brand.

What really makes Fairmont Dubai exceptionally impressive is the team that works here, many of them being part of the opening team. Some of them started as line employees and have worked their way up to become part of the Executive Team. What really differentiates our colleagues is that they are extremely adaptable to change, keen to learn more and to do better. They have





created that incredible family feeling, which has made people call the Fairmont Dubai their extended home.

? As GM of the property how involved are you with the F&B operations?

As highlighted earlier, I have started my career in food and beverage and worked my way through the ranks, which gave me a good understanding on the various challenges the team faces and I keep reminding myself of those days and till date, get very involved in the F&B operations and enjoy a close relationship with the team.

? Could you tell us a bit about the various F&B outlets in your hotel?

We are well-established as one of the key F&B destinations in Dubai, featuring thirteen dining and entertainment venues, including two renowned nightclubs, Cirque Le Soir and Cavalli.

We are privileged to have the Middle East's first and only dining in the dark concept called 'Noire', where diners can experience 5-star gourmet cuisine adventure in a pitch-black dining room; in addition to the award-winning restaurants Bagatelle and Catch.

Our legendary Bridges Sports bar is being renovated and rebranded to a Trophy Room, anticipated to be concluded prior to the year end, aiming to become the hottest new sports bar in town. Pronto Café is also set to undergo a renovation, expanding in size and offering a larger culinary variety, besides a new look-and-feel.

At Fairmont Dubai, the variety of F&B outlets we offer, is the link between the local residents and the hotel; and we have made a name for ourselves as bringing some of the most exciting F&B brands to Dubai.

? Which is your favourite among these and why?

City Walk and Box Park are my favorite destinations where you find a large number of amazing free-standing outlets. They are easy-accessible, offer a high level of food and service and fit perfectly into the ever evolving city of Dubai.

? Do you work closely with your executive chefs in devising new concepts and promotions?

Yes very much indeed. We have a food and beverage committee which meets on a regular basis. These meetings incorporate brainstorming sessions and idea generation where I actively participate in. We also look into trends, device strategies and review relevant competitor's data including of Fashion world.

? What is your brief to your Executive Chef?

Dubai having an immense choice of dining options, we try to position ourselves as destination where we offer a great value for money, therefore Tuomas Heikkinen, our Executive Chef, puts a large emphasis on giving our guests our staple items in the most innovative way keeping in mind food quality, cooking method and presentation. He draws inspiration from all over the world and continues to source the best products with sustainability at mind, we as a team feel very strongly about.

? How important is the relationship between the GM and his Executive Chef?

I believe in harmony within the team, therefore the relationship between the General Manager and his Executive Chef is as important as between all the other leaders and employees in the Hotel.

? Have you been so impressed with a concept in another hotel or resort that you would like to introduce it in your property?

One concept that I really liked is the Fragrances Bar in Berlin, which is offering a cocktail experience based on perfume scents.

There is an exhibit of fifteen perfumes and guests are invited to smell the scent and choose the corresponding cocktail that pairs with their favorite fragrance.

All cocktail ingredients, including the herbs and spirits are arranged on a display besides the fragrances, and the presentation of the drinks is equally creative, incorporating a range of objects including bird houses, milk bottles and a meter-long bamboo stick.

? Is there a novel F&B concept of your own that you would like to bring to one of your property someday?

I would like to say that this is my own concept, however the F&B Concept 'Ultraviolet' is a gastronomic brainchild of the highly regarded French chef Paul Pairet, located besides the river Bund in an anonymous bunker in Shanghai. The fine-dining experience features a story in 20 courses and accommodates only ten diners per night, in an environment that manipulates and melds light, sound, scent, temperature and theatre to create a culinary experience beyond compare.

Ultraviolet has been around for the past 5 years, but it's still something so special and done on such a high level, making the dining experience differentiate from others and certainly would be a great addition to the culinary scene of Fairmont Dubai and the city overall.

October 2017 Gulf Gourmet



Blu is Back

Two aspiring young chefs from Radisson Blu Hotel Dubai Deira Creek are this month's challengers for the ongoing season 5 of Nestle Professional Golden Chef Hat Award 2017

It was the team from Radisson Blu Hotel Dubai Deira Creek that had won Season 4 of the Nestle Professional Golden Chef Hat Award 2016. And this year, a younger duo from the very same property want to reclaim the title their predecessors worked hard to gain. Are they up to the mark? See for yourself.

R. H. Samitha Niroshan

This 26-year-old from Colombo, Sri Lanka is the eldest of three siblings with no chefs in the immediate family. The idea to become one germinated as a child while watching his mother create beautifully designed wedding cakes in her spare time for local marriage functions.

Chef Samitha got his break into the world of culinary through a cousin, who was a chef, and who showed him the career opportunity in a professional kitchen. His first job was at the Hilton Colombo which lasted a little less than a year. His mom who had since moved to Dubai, arranged for a young Samitha to make it to the city. "She arranged for my visit to Dubai and I was lucky to find myself a job at the Le Meridien Airport Hotel. I learnt a lot there," he says. After four years, he moved to the Radisson Blu Deira as Commis I in 2016.

"My responsibilities here include being available for all the needs of the pastry department. This includes working in the

cake shop and spending a considerable amount of time on the decorating and garnishing of all the cakes and other pastry items.

His true love within pastry is dark chocolate. "I love working with dark chocolate. Creativity has no bounds with dark chocolate," he says before mentioning Chef Sanjaya at Le Meridien and his current Pastry Chef Dammika Herath for being a great support to his career. He says, "Working with the Docello range of products was absolute fun and this is clearly evident in my recipe."

Malagamage Tharindu Prabath

Chef Prabhat is also from Sri Lanka,





R. H. Samitha Niroshan



G.D. Iran Madushanka Perera

albeit a few kilometres away from the city of Colombo. The son of a retired army officer in the commando regiment, he too nurtured the love for cooking at an early age by looking at his homemaker mom cook with love as its main ingredient.

He too has no immediate connection to the hospitality sector. "My sister works as an accountant in Sharjah and my only connection to the hospitality industry are my two uncles – one a senior auditor and the other a senior

lecturer at the Sri Lankan culinary school I studied at," he says.

His dad was far from elated on hearing that his son had decided to pick up a kitchen grater over an army gun. "But now he's okay with it," say the 22-year-old with nonchalance. He completed his Craft Level Course in Professional Cookery at Sri Lanka Institute of Tourism and Hotel Management where his uncle was his lecture in-charge. He then trained in Gaul for 6 months before joining Taj Samudra, followed by Waters Edge and Suriya Resort.

His first international role was at the Ellaidhoo Maldives by Cinnamon before joining Radisson Blu Dubai where his role involves working at the English Pub. He says, "The beauty of Dubai and especially Radisson is that I love the training I receive and the exposure to opportunities from my seniors and Executive Chef Diyan. This is the first competition of my life."

In the long term his dream is to open his own seafood restaurant in Colombo named after his father. We're sure he'll get there.

Sous vide lamb lion in Scallion Ash and Dehydrate Mushroom Crumble. Underneath Green Pea and Mint Puree. Healthy Barley Ragu and Tomato based Burghul. Pressed lamb shank with eggplant. Butter pouch root vegetables. Garnish with eggplant cracker

Dish served with sauce of braised lamb shank (4 person)
Lamb lion coated with scallion ash and dehydrate mushroom crumble

SCALLION ASH

Scallion	1KG
Salt Pepper	as per taste

Method

- ◆ Pre heat oven to 150 °F/66 °C dehydrate place a tray in the oven and allow scallions to dehydrate 10 hours. Then season and crumb it

DEHYDRATE MUSHROOM CRUMBLE

Mushroom	500g
Rosemary and thyme chopped	10g
Olive Oil	2 table spoon
Salt Pepper	as per taste

Method

- ◆ Marinate the mushroom with all;

dehydrate 6 hours in 60 °C oven. Then crumb it

SOUS VIDE LAMB LOIN

Lamb Lion	300g
Rosemary	5g
Butter	5g
Salt pepper	as per taste
Mustered Dijon	2 table spoon

Method

- ◆ Make lion in to a barrel shape. Season it. Tide with cling film and sous vide 58 °C 30 minutes. Ones it done, sear with butter and herbs. Apply mustard on top the lion. (Then take mushroom crumble and scallion ash mix together) coat on top the lion well. Cut and served.

GREEN PEA MINT PUREE

Green Pea	200g
Maggi Chicken Stock	150ml

Onion	5g
Garlic	5g
Fresh Mint	20g
Buffer	10g
Cream	3 table spoon
Salt Pepper	as per taste

Method

- ◆ Sauté onion and garlic with butter. Then add green pea, sweat it 2 minutes. Then add chicken Stock. Add mint fresh. When it's done, strain the water and bend it until fine and smooth. Fine strain. Finish with cream. Season it.

BARLEY RAGU

Barley	150g
Maggi chicken stock	100ml
Carrot brunoise	20g
Celery brunoise	20g
Chef Veal Jue	30ml
Butter	10g
Salt Pepper	as per taste

Method

- ◆ Boil barley with chicken stock. Keep on side. Sauté carrot and celery with butter. Then add barley. Stock and Veal Jue reduce in to glaze. Add to the sauté barley celery and carrot. Cook 2 minutes. Season it.

PRESSED LAMB SHANK WITH EGG PLANT

Lamb shank	3 pcs
Nestle veal Jue	300 ml
Chef demi-glaze	100ml
Maggi tomato coils	30g
Mirepoix	100g
Bay leaves	3 no's
Butter	10g
Fresh tarragon	1 sprig
Cranberry juice	30 ml
Egg plant	60g
Salt pepper	as per taste

Method

- ◆ Braised lamb shank with Nestle Veal Jue, Chef demi-glaze, Maggi tomato coils, Mirepoix, Bay leaves,
- ◆ Fresh tarragon, Cranberry juice and butter, slow braised 2 and ½ hrs. Then take out the meat, shred the meat. Jue of braise strain and reduce. Arrange meat and sauté eggplant in a container press with another container. Chill 12 hrs. Then cut the pcs for the serving size. Seal in a pan and oven to get heat.
- ◆ Braised sauce serves as the sauce of the dish.

BURGUT COOKED WITH NESTLE TOMATO COULIS

Burgal	200g
Sunflower oil	2 table spoon



Onion chopped	5g
Garlic Ginger Past	3g
Nestle tomato coulis	50g
Chop bell pepper red, green and yellow	10g
Cumin powder	1 tea spoon
Coriander powder	1 tea spoon
Madras powder	1 tea spoon
Maggi chicken stock	200ml
Spring onion	10g
Fresh coriander	5g
Salt	as per taste

Method

- ◆ Sautee onion, ginger and garlic past. Then add Nestle tomato coulis cook 2 minutes. Then all the curry powders. Then add burgul, when it's get color adds Nestle chicken stock let it to reduce half. Add bell powder coriander and spring onion, cover and simmer in slow flame. Until it gets cook.

BUTTER TURNED ROOT VEGETABLES

Pumpkin turned	3 pcs
Carrot turned	2 pcs
Maggi chicken stock	150ml
Chop fresh parsley	3g
Butter	20g
Salt pepper	as per taste

Method

- ◆ Boil pumpkin and carrot in Nestle chicken stock. Cook it 80%. Keep veg on the side. Heat a pan with butter and parsley. Poach veg in butter in slow flame until it get cook.
- ◆ Season before serve.

EGG PLANT CRACKER

Thin slice eggplant	3 pcs.
Olive oil	1 table spoon
Chop thyme	1g
Salt and pepper	as per taste

Method

- ◆ Marinate eggplant with olive, herbs and salt pepper. Arrange in a roasting tray. In oven 60°C 5 to 10 mnts.

Nestle lucky eight

(Chocolate Mousse Cake, Passion Fruit Brule, and Raspberry Panna cotta in Dulce de Leche, with Coconut Jelly, Coconut Crumble, and Coffee Caviar)

AMERICAN CHOCOLATE CAKE

Eggs	225 g
Sugar	125 g
Flour	75 g
Cocoa powder	80 g
Water	87 g
Vanilla essence	1 g

Method

- ◆ Beat the eggs and sugar until fluffy. Add the vanilla essence. Fold in the flour and cocoa powder mixture. Add the water, mix slowly. Bake for 180 C for 20 minutes.

DOCELLO KITKAT CHOCOLATE MOUSSE

Docello Chocolate Mousse	50 g
Milk	50 g
Cream	50 g
KitKat Mini	50 g

Method

- Put the cold milk in a bowl. Then add the mousse powder and whip until homogenous mixture has been obtained. Whip with help of mixer for 2 minutes at low speed and 5 minutes at high speed. Mix with chopped KitKat.

DOCELLO PASSION BRULEE

Docello Crème Brulee	60 g
Cream	150 g
Milk	50 g
Passion puree	50 g

Method

- Bring to boil passion puree, milk and cream. Off the fire. Add the docello crème Brulee mix continuously while stirring. Bring back to boil. Pour in the mold.

RASPBERRY PANNACOTTA

Docello Panna Cotta	60 g
Milk	150 g
Cream	150 g
Raspberry Puree	60 g

RASPBERRY GLAZE

Raspberry puree	150 g
Glucose	100 g
Sugar	35 g
Pectin	3 g
Gelatin	10 g

Method

- For panna cotta:** Boil the milk and cream, remove from heat and add the panna cotta powder and mix until the powder dissolve. Add the raspberry puree and bring back to boil. Fill in the round mold. Refrigerate it till cool down and set.
- For Glaze:** Mix raspberry puree and glucose, bring to boil then add pectin and sugar. Stir it well and keep cooking till you get thick consistency and add the gelatin.

DULCE DE LECHE

Nestle Condensed Milk	1 can
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Method

- Place the can on its side in a large pot. Fill the pot with water; make sure that the water level is at least 2 inches above the can. Set pot over high heat and allow coming to a simmer for 3 hours. Check the pot every 30 minutes

to ensure the water level stays above the can. Add boiling water to top it up. Remove the can from the pot. Cool down before opening the can.

MAGGI COCONUT JELLY

Water	400 g
Maggi Coconut Powder	100 g
Sugar	80 g
Gelatine	25 g
White chocolate	50 g
Cocoa butter	50 g

Method

- Dissolve the coconut powder in water. Add the sugar and put in a pot and bring to boil. Add the gelatin (soaked already in cold water). Pour in a mold. Freeze it.
- For chocolate spray:** Melt the chocolate and cocoa butter, combine well. Strain it.
- Put it in the spray machine.
- Make sure that the temperature of the jelly is -18C. Spray the jelly.

MAGGI COCONUT CRUMBLE

Maggi coconut powder	30 g
White chocolate	25 g
Maltosec	50 g

Method

- Melt the chocolate. Combine all together to make a crumble.

SUGAR COATED SMARTIES

Nestle Smarties	20 g
Isomalt sugar	100 g

Method

- Put isomalt sugar in a sauce pan and melt it. Temper the sugar. Cover smarties with sugar and pulled it.

COFFE CAVIAR

Water	150 g
Simple syrup	50 g
Nestle Nescafe	50 g
Agar agar	2g
Sun flower oil	1 L

Method

- Bring to boil simple syrup, water, Nestle Nescafe and agar agar while stirring. Put the sunflower oil in a container and let it cool down until 10 C. With a syringe, let fall drops of mixture into the oil and let it in for 2 minutes. Rinse with warm water.

CHOCOLATE KITKAT CRUNCHY

KitKat Mix in	50 g
ALMOND TUILE	
Almond opline short crust	65 g
Fondant	30 g
Glucose	45 g

Method

- Cook the fondant and glucose until the mixture reaches 175-180 C. pour into silicon sheet and leave to cool. Crust the almond short crust and the opline short crust (fondant and glucose) to fine podia. Sprinkle the crushed short crust into silicon mat. Bake 160 C. as soon as it has melted and is shiny, remove from the oven.



FLAVOUR OF PERSIA

Any culinary journey is incomplete without Persian food. Knowing this well, Iranian chef **Ibrahim Nourozi** has dotted the Dubai landscape with several Persian restaurants – the landmark 'Shabestan' and 'Bahar' are just a couple...

When you think of Persia, imageries of a rich cultural heritage come to mind. Home to one of the world's oldest civilisations, Persia – what we now know as Iran – it boasts of an eloquent history. Persian cuisine reflects this richness of culture. Few cuisines hold as much intrigue as this one – it's quietly omniscient and yet, elusive.

What sets Persian cuisine apart is its historical give and take from other cuisines - from Turkish to Levantine, Greek to central Asian and even Russian. The essence of this cuisine has

also seeped into what we today enjoy as north Indian and Pakistani food.

It's fitting then that one of the best-known ambassadors of this potent cuisine is Iranian chef Ibrahim Nourozi. With decades of experience, Chef Ibrahim is the man behind several celebrated Persian food restaurants in Dubai.

Who hasn't heard of Shabestan restaurant? Run a Google search and you will find only rave reviews of the jewel in Dubai Persian cuisine's crown. The restaurant, nestled inside

the Radisson Blu Deira Creek, opened its doors in the late 80s. At a time restaurants open and close within months, Shabestan has been going strong, the packed tables at any given time bearing testimony to its high delish quotient.

"Shabestan became popular from day one," recalls Chef Ibrahim, who moved to Dubai from Teheran for the pre-opening. "At the time, it was under the InterContinental brand. There was never a dull moment there in the seven years I worked there."

Chef Ibrahim joined the landmark Persian restaurant as chef de cuisine after working for 12 years odd in Teheran, where he was born and raised. Shabestan was the first ever Persian restaurant to open inside an international 5-star hotel. The fact that it remains popular amid fierce competition shows Chef Ibrahim did a fine job of setting the standards and the menu.

Today, he is the executive chef of Bahar restaurant at La Verda Suites and Villas in Dubai Marina. Its most celebrated patron is His Highness Sheikh Mohammed bin Rashid Al Maktoum, who according to him has dined thrice at the restaurant.

Chef Ibrahim cannot quite remember what attracted him to cooking. All he



Chef Ibrahim Nourozi with Manager Mehar Samadpour at Bahar



remembers is feeling indescribable joy every time he cooked alongside his homemaker mother in the kitchen. His father worked in a gold factory and his siblings – a sister and a brother - have nothing to do with the hospitality industry.

After seven years at Shabestan, Chef Ibrahim worked for the royal family for more than a decade. Later, he left for Muscat in Oman, joining the Shiraj restaurant at Crown Plaza. Seven years passed by before he returned to Dubai to Grand Hyatt. Hyatt Regency was his

next employer, where he spent another 12 years. "I came to Bahar a year and a half ago for the pre-opening. It's been a fun ride so far."

While Iranian cuisine remains Chef Ibrahim's specialty, he also has expertise in European, Indian and Arabic cuisines. Ask him to differentiate between the food of Shabestan and Bahar and he doesn't. "Both restaurants have authentic Persian cuisine. That's my signature. People who come here are looking for the same taste in all of my



Shabestan became popular from day one. At the time, it was under the InterContinental brand. There was never a dull moment there in the seven years I worked there

restaurants." Every chef has his own special recipe. Chef Ibrahim's key ingredient in every dish is love and nurture. "To me, each dish is like my child that I have to nurture properly. If it doesn't come straight from my heart, it doesn't go on the plate, period," he says when you ask him about his secret of success.

It's these standards that turn a casual visitor to Chef Ibrahim's restaurants into a loyalist. "I have guests here coming for both lunch and dinner

in the same day. That's the kind of loyalty we inspire and we are proud of it." Respecting a guest's preferences is another feature that Chef Ibrahim advocates. "We never say no to a guest. If they want a healthier version with less oil or more vegetables, we accommodate them. After all, you want a satisfied customer."

Given his busy schedule, how does Chef Ibrahim maintain consistency and quality? "By training my staff to work independently. I don't consider

training young chefs a waste of time. Six months in my kitchen and they can do everything on their own. It's important to spend time and energy into grooming your workforce." What he expects from budding chefs is the willingness to listen. "You can learn so much purely by listening. And respecting your senior chefs as well as your profession. There are no substitutes for these success factors."

Talent meets tenacity, that's Chef Ibrahim for you.

BAQALA PULAO

INGREDIENTS

Rice	250 gm
Lamb shank	1 kg
Broad beans	100 gm
Parsley	50 gm
Coriander	50 gm
Baby leeks	50 gm
Tomato paste	50 gm
Dill	50 gm
Fenugreek	50 gm
Onion	2 medium
Salt	to taste

METHOD

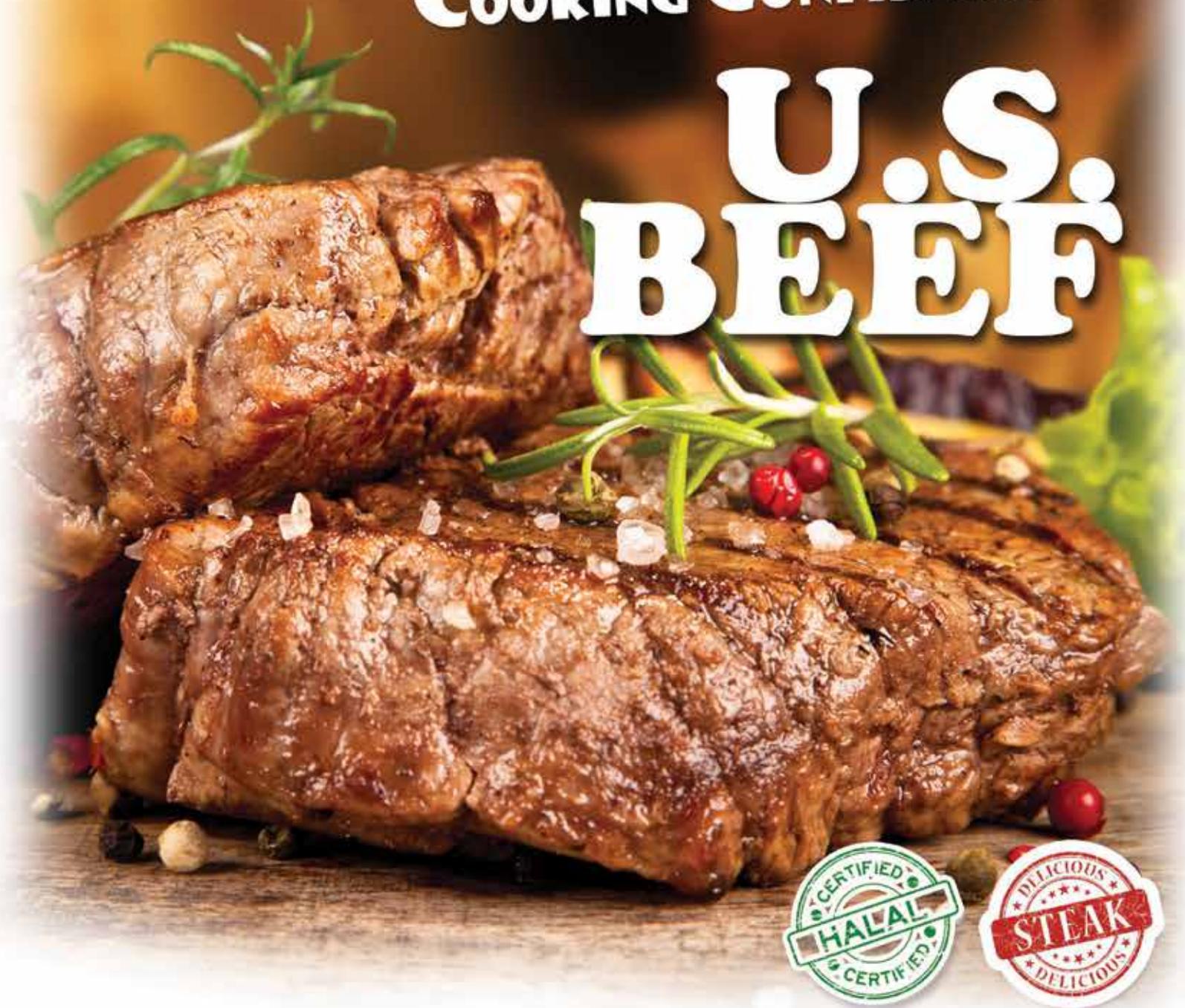
- ◆ Wash the rice thoroughly and soak it in water for 24 hours.
- ◆ Chop all the vegetables. Wash and mix them together.
- ◆ Boil water in a large pan with some salt to taste.
- ◆ Add vegetables to the boiling water.
- ◆ After a few minutes, add rice into the pan of boiling water and vegetables.
- ◆ Remove the rice from heat and strain
- ◆ Cut celery, leek, capsicum, carrots and onions and fry together with the lamb shank.
- ◆ Add some tomato paste into the water and boil it until the meat is soft.

Tip: Add a piece of orange to the last process to add some taste.



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THREE PASTRY CHEFS ONE COUNTRY

The UAE is being represented this month at the 'World Trophy of Pastry, Ice Cream and Chocolate' in Milan, Italy. And we have sent our finest



This month, three of UAE's top pastry chefs are heading to Milan, Italy to showcase the art of creating pastry, especially cakes, chocolate and ice cream. Meet our stalwarts Achala Weerasinghe, Resort Pastry Chef at Madinat Jumeirah; Dammika Herath, Pastry Chef at Radisson Blu Deira and Kapila Amaratunga, Executive Pastry Chef at W Hotel, The Palm.

The three chefs who are also part of the UAE Culinary Team have finalised their final act for the world trophy. Achala will create Pastillage showpiece and Ice Cream. Dammika will create Sugar showpiece and Cake. And Kapila will be creating Chocolate showpiece with Praline. Here are the stories of the three Sri-Lanka born chefs and their journey to becoming UAE's finest pastry makers.

Achala Weerasinghe

**Resort Pastry Chef
Madinat Jumeirah**

This thin lad, arrived from the land of Sri Lanka to the glamour of Dubai with dreams in his eyes. And over the last decade he has set the country's pastry scene on course to be among the best in the world.

Chef Achala has turned down more Pastry Chef job offers than he can count on his fingers. The reclusive man prefers to be in his corner experimenting with creativity that pushes the boundaries of what's in vogue. It's what has kept him happy at his current place of employment where he works with Executive Pastry Chef Paul Hayward. His focus is delighting guests at Al Qasr, Mina Al Samar and Al Naseem properties within the Madinat Jumeirah Resort.



Presentation and technique are also important. You need to work hard and focus on putting the best desserts on the plate. Don't chase money. Money will come if you are a good chef

Achala first burst into the spotlight when he won 'Best Pastry Chef' title at Salon Culinaire in Gulfood three years in a row (2009, 2010, and 2011). He retired from the competition after 2011 to make way for other chefs to be recognised.

He says, "I did not start out liking the kitchen. In my early days in the hospitality industry, I preferred wearing a waiter's smart uniform and going out into the restaurant. But that changed after two-three weeks on the job. I realised that waiting on people was not for me. I felt that cooking was up my alley. I absolutely loved the sweet smell of baking. So I joined the desserts kitchen as a trainee and went forward with it."

Hailing from a village that's about eight-nine hours away from Colombo, Chef Achala moved to the city to join a hospitality school. Unfortunately, they had seats only in the housekeeping course. After the six-month course, he joined the Holiday Inn hotel as a trainee. "They put me in the main kitchen. I did

that for a week but I didn't like it because it was really hot there. So I asked the executive chef if there were any vacancies in the pastry kitchen. He took a week or so and then moved me to the pastry kitchen. That's how I started as a pastry chef in 1999," he says.

A Sri Lankan chef who moved to Dubai was impressed with Achala and asked him to apply for a job in Dubai. "I did as he had asked and a chef from Emirates Towers called me and said there was a vacancy as a Commis III. He asked me if I was interested and I said yes. I actually took a demotion to take that job. But once I joined there, I was promoted back to my original designation," he says.

He then worked for Dusit Thani hotel as chef de partie, moved to Renaissance hotel, where in three years he was promoted to pastry chef. He then moved to Atlantis, The Palm as Pastry Chef, followed by The Address Hotel Downtown as Executive Pastry Chef before taking up his current role in 2014

He credits his success mainly to self-learning. "I taught myself everything by buying books and reading the recipes. I even spend a lot on books; as much as 400 dirhams on a book. I take the ideas and then innovate with my own ingredients and add creative touches," he says.

His advice to young chefs is straightforward. "You have to be passionate about your job and you also need management skills if you want to become a Pastry Chef. Presentation and technique are also important. You need to work hard and focus on putting the best desserts on the plate. Don't chase money. Money will come if you are a good chef."



Dammika Herath

Pastry Chef

Radisson Blu Deira

More Pastry Chefs have risen from the tutelage of Chef Dammika than people realise. Over the years, this magazine has featured scores of pastry chefs who have either won medals or are at high positions in their careers because they had the pleasure of learning from Chef Dammika.

Dammika, however, is not one to carry a chip on his shoulder. On the contrary, he has an unassuming persona rooted in the knowledge that he's able to help chefs grow into better positions. The ability to teach and nurture is what drives the Pastry Chef at Radisson Blu Hotel Dubai Deira Creek.

Losing his father in his teens, bearing responsibilities at an early age, working in a tough and gruelling industry, adversities have only served to make him more determined. Today, he is respected not just for his talent but also for his ability to withstand pressure without losing his cool.

Chef Dammika never imagined he would end up in hospitality. The journey started abruptly, when his father's death in 1997 forced the then 20-year-old youngster to seek a job to support a big family of seven siblings and a mother.

He juggled a job in a restaurant and hotel management studies, inspired by a brother-in-law who worked in the cold kitchen at a five-star hotel. "His desserts were like artwork to me. I was drawn



Avoid following instructions and recipes blindly. If you want to make a name for yourself, don't be afraid to experiment with ideas

to the pastry kitchen from the very beginning," says the chef.

Starting off with the Green Woods Holiday Inn hotel in Badulla, Chef Dammika moved to the Holiday Inn hotel property in Colombo in 2000. A couple of years later, the pre-opening of the Intercontinental hotel in Al Ahasa became his ticket to Saudi Arabia. Two years later, he joined the Dubai World Trade Centre, moving to Dubai International Hotel in 2007.

Chef Dammika's career got a boost when the executive pastry chef of the airport hotel quit and he was called in to run the cold kitchen. Few years ago, the Sri Lankan chef took yet another step forward when he joined Radisson Blu. Chef Dammika now runs the pastry operations at the hotel and even trains budding chefs.

Despite his hectic schedules, he even makes time to participate in

competitions, having won several medals in a series of contests in the past seven years, including two golds and a bronze at the Salon Culinaire 2014.

"My speciality is sugar and plating. I learnt to work with sugar while training in France and creating cake decorations with chocolate is another thing I really enjoy."

He nurses the ambition of training Sri Lankan chefs to compete effectively on the global platform and make world-class pastry creations. "Talent is of course a requirement but I believe that proper training and hard work go a long way in making a good chef."

Although he welcomes the knowledge of sophisticated techniques that young chefs have these days, Chef Dammika would like to see more emphasis on basics. Innovation is the key to differentiating yourself from peers and rivals, he believes.

"Avoid following instructions and recipes blindly. If you want to make a name for yourself, don't be afraid to experiment with ideas. Going that extra mile will set you apart. Else, you run the risk of being another brick in the wall," he advises.

A father of two young daughters, Chef Dammika is as tenacious in personal life as he is in the kitchen. "It took me 13 years to convince my wife to marry me," he laughs.

For Chef Dammika it always is try and try till you succeed.



Kapila Amaratunga

Executive Pastry Chef
W Hotel, The Palm

Chef Kapila Amaratunga was still in his 20s when he was made executive pastry chef of Sheraton Dubai Creek. At a young age he even earned his place on the UAE national culinary team.

But what's really amazing is that he's still help on the spot of being in these positions long after he was given the opportunity to lead.

Kapila had an early start. When he had just stepped into his 20s, he beat out many chefs with much more experience to win the Best Pastry Chef award at the Salon Culinare in Gulfood 2008.

That win was a special one for the chef from Colombo. It was a celebration of years of hard work to fight the adversity that dogged the Amaratunga family and was a tribute of sorts to his mother, who taught him the value of never saying die.

At a time when most children his age were running about carefree, Chef Kapila was dealing with a tragedy in the family. "My father, who was an accountant, was paralysed when I was in the 8th grade. My mother had to step up and take care of us," says the chef, who is probably the youngest executive pastry chef in the UAE.

The family situation was hard with massive medical bills. Every penny counted. To help out, Chef Kapila took up part-time jobs washing the dishes and helping in kitchens. While his elder brother was academically-inclined, Chef Kapila's interest was more in food and beverage. "Somehow I managed to take 11th grade exams. We had to wait for three months for the results. In that time, one of my friends asked me if I wanted a job in a hotel helping stocking things and doing odd jobs."

With much of the family's resources going into his father's treatment, Chef Kapila said yes to the job at the Palm



Avoid chasing bigger, better salaries, chase your dreams instead. I see some chefs winning medals at competitions but the minute they are back in the kitchen, they have no motivation whatsoever till the next contest comes up. That's an awful attitude

Village Colombo. He was given space in the quarters and he visited home once a month. After a week or two, the executive chef noticed the young trainee. "I used to work extra, I didn't watch the clock and spend three-four hours beyond my shifts to help around. He acknowledged these efforts and asked me one day if I wanted to work in the kitchen."

Chef Kapila did not feel a moment of hesitation. Donning the white chef's jacket was a matter of pride. "Of course, I wasn't to be handed the white jacket on a platter. The executive chef told me to come for training post my work hours. I would finish work at 7 PM and then work in the kitchen until 1 AM." He would make items like bread rolls from scratch, then clean the kitchen and tiles before calling it a day. This went on for three months and Chef Kapila impressed enough to be hired as trainee pastry chef.

After a few more jobs, one of the chefs at TransAsia, Chef Indika, noticed Chef Kapila's talent and attitude and took the budding chef under his wings. "He taught me how to work with chocolate,

he pushed me hard too. I would get ready to leave after work and then he would say 'make 100 roses and then go'. I would be stuck in the kitchen until 3 AM. It was tough love but it moulded me into who I am."

At age 19 he started work at Mr Baker at Sharjah and was made the head confectioner there within six months. That was also when Chef Kapila participated for the first time in Gulfood. "I had no idea about competitions. I participated in pastry showpiece and open showpiece and won two bronze medals."

Having started out at hotels, a life at pastry shops did not quite suit Chef Kapila. So he secured a job at the Al Bustana Rotana, taking a downgrade to commis 1 to return to the hotels fold. "Later, I joined Le Meridien as chef de partie. Six months later, I was promoted to senior chef de partie and after another half a year, I became junior sous chef."

Interestingly, Al Bustana Rotana called Chef Kapila back. After a couple of years in the assistant pastry chef position, Chef Kapila was offered a pastry chef assignment in Al Murooj Rotana. In a year, he headed out to Sheraton Dubai. In between, he trained with top UAE chefs for the World Hospitality Championship in 2013 and for the Culinary World Cup in Luxembourg in 2014.

He cautions young chefs against being clock-watchers. "That doesn't work in this industry. Also avoid chasing bigger, better salaries, chase your dreams instead. I see some chefs winning medals at competitions but the minute they are back in the kitchen, they have no motivation whatsoever till the next contest comes up. That's an awful attitude."

Watching trends in pastry is also key for any chef who wants to stay relevant. "Presentation is important and innovations in traditional desserts are in trend these days."



October 2017 **Gulf Gourmet**

DOUBLE DARE

This month, Chefs **Hassan Mohammed** and **Jam Suhail** from Shangri-La restaurant in Jeddah will challenge the other teams for the Nestle Golden Chefs Hat Competition – KSA. Meet and greet the budding chefs...

They're young, they're raring to go. All they need is a push in the right direction and the results will flow.

of Nestle Golden Chefs Hat competition, an opportunity for budding chefs to kick-start their career, get exposure and learn from the best in the industry.

restaurant get a chance to showcase their skills as well as train at Nestle's Artistic Food Lab. The challenge is to create innovative dishes using Nestle ingredients. This time around, it was the turn of Shangri-La restaurant

This much-needed push comes in the form

Each month, two chefs from a hotel or





HASSAN MOHAMMED



JAM SUHAIL

in Jeddah to put up two of its finest young chefs for the challenge. Chefs Hassan Mohammed and Jam Suhail are determined to do their hotel proud. So who are they and what drives them? Let's find out.

HASSAN MOHAMMED

Young Hassan Mohammed credits Chef Sheikh Mahmoud Sultan for teaching him how to love food. Born in Jeddah, Chef Hassan has been working at Shangri-La for around five years in the pastries and sweets section. "Before coming here, I worked at the Munch bakery in Jeddah," he says. Interestingly, Chef Hassan owned a restaurant, which served Arabic food, but he still chose to join Shangri-La restaurant. "My restaurant wasn't doing so well but it did teach me how to run a business. I guess everyone fails at something or the other. Success lies in not letting failures bog you down and do it again and again until you get it right."

It was meeting Chef Sheikh Mahmoud at the Munch bakery that got Chef Hassan interested in food. "He taught me how joyful cooking can be. I was always a

lover of food but eating it and cooking it are two different things."

Seeing his prowess in the kitchen, you would never believe that Chef Hassan has not studied hospitality formally. But with his experience and abilities, he has carved a niche for himself. "Someday, I hope to open a restaurant that serves international food. I would like to experiment with diverse cuisines and even fusion."

If he stays on course, that might well be a reality in the future.

JAM SUHAIL

Not much is known about the cuisine of Bangladesh. Its neighbouring cuisines - Indian and Chinese – tend to take the limelight across the world. That's something Chef Jam Suhail hopes to change someday.

The young chef from Bangladesh has been in Saudi Arabia for 17 years. He works for Shangri-La restaurant under Chef Sheikh Mahmoud Sultan. "Before joining here, I had worked at a 5-star hotel for five years with Chef Sheikh

Mahmoud," says the chef, when asked how he came to his current employer.

Although he's from Bangladesh, Chef Jam has extensive experience in Chinese cuisine, which he learnt from the Chinese people he worked with in Saudi Arabia. "I also attended a culinary training school for a year and a half to sharpen my skills."

As a chef, he likes to cook beef, chicken with cashew nut and chicken and beef biryani. Stuffed meats is another thing he enjoys adding his own flavours and techniques to.

For Chef Jam, loving his art is a lot more important than rising the career ladder. He believes in doing what he's doing to the best of his abilities. "My short-term goal is to work for a 7-star hotel. I have not made any long-term plans because I believe in taking life as it comes. For now, all I want to do is learn as much as I can from seniors in the industry and from competitions."

Live and learn, you can't go wrong when you have that as your life's motto.

CHICKEN WITH CASHEW NUTS

INGREDIENTS

Chicken	150 g
Carrot	7 gm
Squash	10 gm
Onion	10 gm
Soya sauce	5 gm
White pepper	1 gm
Sodium carbonate	1 gm
Sugar	1 gm
Ginger	2 gm
Garlic	2 gm
Spring onion	5 gm
Baby corn	15 gm

Chicken stock (Nestle)	25 gm
Mashed potato (nestle)	150 gm
Milk	75 ml
Butter	50 gm
Cashew nuts	50 gm

METHOD

- ◆ For the chicken, place sodium carbonate in a bowl, marinate with soya sauce, sugar and keep for 10 minutes
- ◆ Heat a wok until smoking and add the corn oil, fry the chicken 4 -5 minutes with a slotted spoon and drain on absorbent paper
- ◆ For the stir fry, pour off all the oil from the wok, except for one tablespoon,

reheat the oil, over high heat, add onion and stir fry for few seconds add all the vegetables garlic, ginger, until softened.

- ◆ Add the chicken pieces and stir fry 1 -2 minutes, then add Nestle chicken stock and balance soya sauce, simmer for other minutes and thicken with corn starch
- ◆ Stir in the spring onion and cashew nuts, season to taste with salt and ground white pepper and served with Nestle mashed potato.

FOR NESTLE MASHED POTATO

- ◆ Boil milk and butter, correct the seasoning, add the Nestle Potato Powder, whisk well and serve.





DOCELLO CHOCOLATE MOUSSE CAKE WITH PASSION FRUIT CREAM BRULE SAUCE AND COCONUT MACAROON

CHOCOLATE CAKE

Soft butter	360 g
Sugar	240 g
Eggs	8 pcs.
Flour	300 g
Baking powder	22 g
Cocoa powder	05gm

METHOD

- ◆ Cream butter and sugar.
- ◆ Add eggs one at a time.
- ◆ Mix flour and baking powder and cocoa powder .
- ◆ Fold in flour mixture.
- ◆ pour in to the cake molder.
- ◆ Bake for 16 minutes at 180 C.

DOCELLO CHOCOLATE MOUSSE

Chocolate mousse (docello)	125 gm
Milk	250 ml
Gelatin	2 gm

METHOD

- ◆ In the mixing machine mix docello

- ◆ chocolate mousse powder milk
- ◆ Beat the mousse till fluffy
- ◆ Add the melted gelatin
- ◆ Take the cake ring and cut the chocolate sponge and place it in the ring
- ◆ Piped the docello chocolate mousse on top of the cake
- ◆ Put in the freezer for set
- ◆ Cut portion size from the cake

NESTLE COCONUT CRUMBLE

White chocolate	50 gm
Maltosec sosa	30 gm
Maggi coconut milk powder	20 gm

METHOD

- ◆ Melt the white chocolate
- ◆ Mix with the rest of items
- ◆ Set in the chiller before use

DOCELLO CREAM BRULE SAUCE

Dochello cream Brule mix	50 gm
Milk	120 gm
Passion fruit puree	40 gm

METHOD

- ◆ Bring to boiled the milk +passion puree
- ◆ Add cream Brule mix
- ◆ Cooked for get thickness of sauce

DOCELLO CREAM BRULE SAUCE

Egg white	180 g
Sugar	400 g
Water	125 g
Icing sugar	500 g

Almond powder	400 g
Egg white	180 g
Maggi coconut milk powder	150 gm

METHOD

- ◆ Preheat oven to 145 C.
- ◆ Boil the sugar and water to 117 C.
- ◆ Combine sifted almond powder and icing sugar in one bowl. Add other portion egg white and . |Using scraper mixes them together until become smooth paste.
- ◆ Put egg white in a mixing bowl. Whisk it while continuously putting the boil sugar. Whisk it until fluffy but not dry.
- ◆ Fold in almond mixture. Blend well but do not over mix.
- ◆ Using round tip pipe it on the macaroon sheet.
- ◆ Bake for 14-16 mins. cool down
- ◆ Fill the macaroon with coconut ganache

DOCELLO CREAM BRULE SAUCE

Cream	250 gm
White chocolate	270 gm
Coconut milk powder (melt with water)	80 gm
Butter	25 gm

METHOD

- ◆ Cream ,water, coconut milk powder boiled
- ◆ Add white chocolate
- ◆ Add butter
- ◆ Use hand blender for make smooth ganache
- ◆ Fill the macaroon with ganache

BATTLE OF THE BEST

When the spirit of healthy competition meets the best young culinary minds, it's a gastronomic delight. **Roshni Navroz Shah** meets Chef **Atul Kochhar**, the celebrity chef who turned the idea into a production with his 'Battle of the Chefs'...

His achievements are many. But the one that sticks out is the 'first Indian chef to receive the coveted Michelin star'.

Chef Atul Kochhar took spicy delicacies out of the Indian home and placed them on the map of Europe.

If you love Indian food, chances are that you have already sampled his vision. His signature restaurant is 'Benaras' in Mayfair London, with 'Ananda' in Dublin, 'Indian Essence' in Petts Wood, 'Sindhu' in Marlow in the UK and 'Rang Mahal' in JW Marriott Marquis Hotel in Dubai being some others. Chef Atul's cookbooks - Indian Essence, 30-Minute Curries and Curries of the World, to name a few – have also won rave reviews from readers and critics alike.

Recently, Chef Atul hosted the 'Battle of the Chefs', a friendly cook-off between TV show Masterchef India winners Kirti Bhoutika and Ashima Arora. With award-winning chef Amrish Sood, he mentored the two budding chefs at the Rang Mahal restaurant. The 'battle' consisted of a five-course Indian meal and the challenge was to capture the essence of the entire country – not an easy task given how diverse and varied the cuisine of India is. Nearly 150 guests at the restaurant were the judges.

"It's a fun concept where we wanted to encourage brilliant young chefs to



What I do want to do is stay on the path of consistency. It's the biggest thing I want to achieve time and again

come and work with us. We wanted to demonstrate their talent real-time in front of a bigger audience," says Chef Atul. The 47-year-old celebrity chef first noticed how talented Chef Kirti and Chef Ashima were when they worked in his Mumbai restaurants for a month. "I saw fantastic talent in them and I thought it would be good to bring them to Dubai to demonstrate that."

This wasn't the first 'Battle of the Chefs'. Chef Atul had kicked off the first event by taking on his own protégé Chef Amrish in November last year. As it was well-received, it has now become a recurring feature.

How did Chef Atul choose the participants this time? "I saw their passion for their craft. Both are driven and they know what they want. They also come from different parts of India

and have their own regional influences and personal spin on the food. I find this intriguing and I love seeing all these things in a chef. So here they are!"

It's been a busy couple of years for Chef Atul. He opened two restaurants – 'Lima' and 'NRI' - in Mumbai, 'Hawkins' in London and a 'Benaras' restaurant in Madrid. You can't help but marvel at his energy and acumen. After all, it can't be easy to maintain consistency and quality when you have to keep an eye on so many restaurants. "Innovation is something that goes on constantly at my restaurants. We don't look for it, nor do we ask for it. It just happens naturally. That is the nature of this business." The trick, according to Chef Atul, is to set the standards of quality and consistency and let a trusted team of chefs take over. "If you train your team well, then they will uphold your values. I am lucky to have teams that back me up one hundred percent. Once we agree on standards, they are maintained." The strategy works, if the experience at his restaurants are anything to go by.

This could also be the reason why the chef – who went from being a small town boy in east India to an international celebrity chef – isn't unduly worried about the growing competition in the Dubai hospitality industry. "Competition was always there and it will always be there. My aim was never to compete



with others but to constantly evolve and do what feels right. It's a strategy that has worked so far."

Chef Atul asserts that Rang Mahal is not trying to be the top restaurant in the country but the most consistent one. "We don't want to outdo others. We want to outdo ourselves. Whatever we did last year, we want to do it a lot better this year."

On his plans for the next year, Chef Atul is keeping his cards close to his chest. "What I do want to do is stay on the path of consistency. It's the biggest thing I want to achieve time and again."

For someone who achieved a lot more than he set out to, Chef Atul is surprisingly humble. Perhaps this has been his success mantra, something he advocates even for others. "Keep your head down," he says when you ask him for advice for young chefs, "Know yourself and keep yourself inspired. There's a lot out there to divert your attention but don't stray from your course."

Hear, hear. It's advice that can make or break your career!

MEET THE MENTEES

Chefs Kirti Bhoutika and Ashima Arora, the winner and runner-up of Masterchef India season 5, locked horns once again at the Battle of Chefs. But this time around, winning was not the priority. Roshni Navroz Shah brings us their stories...

KIRTI BHOUTIKA

She's barely 20. But Chef Kirti Bhoutika has shown that she's a natural when it comes to cooking. In a hotly-contested final round, she beat out three others to win the Masterchef India title last year.

Even before she finished college, Chef Kirti was running a small baking business. "I started out with baking for family and friends and then, with their encouragement, I started taking external orders," says the budding chef, who hails from Kolkata in West Bengal. She is no stranger to hectic schedules. "When I



I understand the concerns of experienced chefs but I am a chef before anything else. And that won't change. Camera or not, I love being in the kitchen

was in college, I would attend my classes in day and complete the baking orders at night or early mornings. That's pretty much what I did for three years." After

graduating in nutrition science, she auditioned for Masterchef India. And won!

Life has changed rather suddenly. "I have met so many people, explored so many new places, ingredients and cuisine. These things matter a lot to someone like me who loves cooking." Winning the prestigious competition was quite a thrill. "It gave me so much exposure and allowed me to work in different kitchens. I couldn't have asked for more."

Chef Kirti dismisses criticism that such TV shows are attracting the wrong kind of talent into the hospitality industry. "I understand the concerns of experienced chefs but I am a chef before anything else. And that won't change. Camera or not, I love being in the kitchen."

For Chef Kirti, 'Battle of the Chefs' was less a competition and more a chance to raise the bar for Indian food. "One of us had to lose. So focusing on winning was pointless. It was more important to serve the best food we could and ensure that the guest was happy with what he or she was eating."

So what does this chef like on her plate? "I'm from Kolkata and one of the famous desserts there is 'rasgulla', a dumpling of cottage cheese soaked in sugar syrup. It's my favourite thing in the world and I can eat unlimited quantities of rasgullas!"

Now isn't that sweet?

ASHIMA ARORA

Chef Ashima Arora was handed down culinary genes by her mother and grandmother. A dessertarian to boot, the 24-year-old won the runner-up title in Masterchef India last year. Like Chef Kirti, Chef Ashima also runs a home bakery. "I got interested in cooking because of my mother and grandmother. Later, I learnt the basics through hotel management and then worked for Taj Palace in Delhi and Hotel Imperial," says the chef, a native of Amritsar, Punjab. Later, she gave in to homesickness, returning to Amritsar and starting her home bakery business.

Chef Ashima's parents - her biggest fans - persuaded her to give Masterchef India a shot. One thing led to another and before she knew it, life changed dramatically. "The fame, the popularity - it's still all very new to me. The attention I get from people is overwhelming." There are young people, and even kids, calling Chef Ashima to tell her she inspires them. "It's a really nice feeling."

It's a well-deserved feeling. Being on the show came with pressure to perform publicly and there were situations when the fear of elimination hung over her. "The final round was rather stressful. Time was short and there was much to



The fame, the popularity – it's still all very new to me. The attention I get from people is overwhelming

be done. But I managed to come second and that is a big thing for me."

Chef Ashima rejects the suggestion that being on such a show is easier than training in hotel management and going through the grind in professional kitchens.

"Being on a public show is as hard. It has changed me as a chef. I have never cooked under so much pressure. It's like a culinary boot camp!" Being among the winners also means higher expectations and greater scrutiny, she feels.

Like Chef Kirti, Chef Ashima also saw the 'Battle of the Chefs' as a fun cook-off between friends. "We were giving each other suggestions on improving our dishes. In the end, it boils down to having a happy and satisfied guest."

What makes her happy and satisfied is ice lollies called 'golas' that are sold off carts in Amritsar. "It reminds me of childhood, when it was a frequent treat." What's a pastry chef without a sweet tooth, huh?

October 2017 **Gulf Gourmet**

Guild Meet

Chef Michel Miraton and the team at Ajman Palace Hotel organised last month's networking meet for the Emirates Culinary Guild. The event saw chefs discuss upcoming culinary events - both in the city and around the world - where UAE-based chefs will participate. It also provided the platform for corporate partners to showcase their newest products to the chefs in attendance.





October 2017 Gulf Gourmet



Main sponsor



LA CUISINE BY SIAL 2017

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 JM Foods
11. Tapas, Finger Food and Canapés
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 Boody's
18. Emirati Cuisine - Practical Cookery
19. A Medly76 of Mocktails by Barakat Quality Plus
20. Etihad In flight meal sponsored by Etihad Airways
21. Vegetarian Four-Course Menu by Vegini

22.

23. Chicken - Practical Cookery by USAPEEC

24. 3 course Cheese Menu by USDEC

25. USA Cheese- Practical cookery by USDEC

26. Practical Cookery 2 Different sandwiches by Unilever Food Solutions

27. Arabian feast edible buffet please see attached separate briefing document

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. No pre-modelled garnish permitted.
9. Chocolate and royal icing can be

pre-prepared to the basic level, i.e chocolate tempered

10. Competitors must provide all ingredients, cake base, utensils, and small equipment required.

11. A standard buffet table is provided for each competitor to work upon.

12. Water, electricity and refrigeration might not be available.

13. The cake will be tasted and cut by the Judges, as part of the judging criteria

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.
4. The bottom layer of the cake must be edible. A section of the finished edible cake should be cut for the judges' inspection
5. The cake will be tasted by the judges.
6. Inedible blanks may be used for the two top layers.



7. Typewritten description and recipes are required.
8. Maximum area w60 cm x d75 cm.
9. Maximum height should not exceed 1 meter (including socle or platforms)
10. Points will be deducted for non-compliance.

Class 03: Plated Dessert by Nestle Docello

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

Class 04: Pastry Showpiece

1. To display a showpiece of either
 - a) Chocolate
 - b) marzipan/sugar / pastillage
 - c) dough/bread dough
 - d) Asian dough figurine
2. No frames, moulds or wires are allowed. Points will be deducted for non-compliance.
3. Edible media may be used, singly or in mixed media.
4. Written description required.
5. Maximum area w90 x d75cm.
6. 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:

1. A baked bread showpiece.
2. Two types of bread loaves 200-300 grams (competitor's choice) two pieces of each loaf to be displayed.
3. Two types of bread roll 25-40grams (competitor's choice)) three pieces of each roll to be displayed.
4. Two types of baked sweet breakfast items 25-40grams (competitor's choice) three pieces of each item to be displayed.
5. Two types of baked savoury breakfast items 25-50grams (competitor's choice) three pieces of each item to be displayed.
6. One extra piece of each variety to be displayed on a separate platter for judges' tasting.
7. All breads & dough must bake at own work place as fresh as possible and deliver to the competition venue for judging.
8. Poor hygiene standard of handling bakery products will not be judged.
9. Typewritten products description and recipes are required.
10. Maximum area w90 x d75cm

Class 06: Petites Four & Pralines

1. Exhibit six varieties.
2. Six pieces of each variety (36 pieces total) plus one extra piece of each variety on a separate small platter for judges' tasting. each piece to weight between 6-14grams.
3. Freestyle presentation and theme
4. Present the exhibit to include a small showpiece.
5. Showpieces should enhance the presentation, and will be judged.
6. Written description mentioning the theme is required.

7. Typewritten products description and recipes are required.
8. Maximum area w90 cm x d75 cm.

Artistic Displays

Class 07: Chocolate Carving Showpiece

1. Free-style presentation. To be carved from a single block
2. Natural colouring and minimal glazing is allowed.
3. No frames, moulds or wires are allowed.
4. Points will be deducted for non-compliance.
5. Maximum area: w60 cm x d75 cm.
6. Maximum height 30-35cm (including base or socle).
7. Written description mentioning the theme is required

Class 08: Fruit & Vegetable Carving Showpiece

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 JM Foods

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

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. 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.

Class 15: Sustainable Fish &

Seafood - Practical Cookery

1. Time allowed 60 minutes
2. 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.
3. Weight of fish per portion on the plate to be 150 grams
4. Present the main courses on individual plates with appropriate garnish and accoutrements.
5. Failure to use gulf water sustainable fish will result in a 50 point reduction of judging points
6. Typewritten recipes are required.

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

1. Time allowed 60 minutes
2. Prepare and present three identical main courses using Australian Beef as the main protein item.
3. Any cut of beef is allowed, but tenderloin, rib eye and sirloin, can not be used.
4. Weight of beef per portion on the plate to be 150-170grams
5. Present the main courses on individual plates with appropriate garnish and accoutrements.
6. Typewritten recipes are required.
7. 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

1. Time allowed: 60 Minutes
2. Prepare and present for four persons: Three types of hot mezzeh and three types of cold mezzeh.
3. Only one (if any) of the following types of mezzeh may be displayed: humus, tabouleh,



- babaganough, fatouche, moutabel.
4. The mezzeh can be representative of any of the following countries:
 - > **Lebanon**
 - > **Syria**
 - > **Jordan**
 - > **Morocco**
 - > **Egypt**
 - > **Tunisia**
 5. Dishes must represent a variety of cooking methods and the use of ingredients as used in the Arabic restaurants of the UAE.
 6. 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
 7. If Boodys products are not used then 50 points shall be deducted from the judging
 8. Present the mezzeh in four equal portions.
 9. Two portions will be presented and two portions will be presented to the judges.
 10. *Typewritten recipes are required.*

Class 18: Emirati Cuisine - Practical Cookery

1. This class is designed to ensure that the tradition of Emirati Cuisine is preserved and promoted through professional chefs.
2. Prepare and present two plated portions each of three Emirati dishes according with the following criteria:
3. Prepare and present two plated portions of any one of the following dishes:
 - > **Balalit**
 - > **Kabeesa**
 - > **Assedat Bobal**
4. 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**
 - > **Samak Mashwi**
 - > **Machboos Samak**
5. Emirati cuisine with traditional presentation and serving as would be found in a family home of the United Arab Emirates.
 6. Competitors must bring their own plates/bowls for presentation and all necessary mise-en-place for the meals
 7. The judges will check appliances and utensils for suitability
 8. Typewritten description and recipes are required
 9. 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**
 - > **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: In Flight Meal by Etihad Note:Criteria Subject to Change

1. Create a lunch/dinner menu for business class passengers flying ETIHAD airline on Abu Dhabi/ London sector. A economy class ticket to home country for the winner of this class shall be awarded as a prize.
2. Menu must be practically reproducible for two hundred covers. All food items to be Western cuisine no Arabic food is required to be presented.
3. Durable enough for in-flight service (i.e. suitable for chilling and re-heating without deterioration in quality).
4. Meal must be totally acceptable to Muslims.
5. One portion of the main-course will be re-heated and tasted as part of the judging process.
6. Menu to comprise: A choice of



2 hors d'oeuvre (each approx 90grams), One salad with a choice of 2 dressings, A choice of two main courses, one to be vegetarian (each approx. 280gr inclusive), One cold dessert (approx. 90g).

7. The Main courses must be suitable to be able to be reheated and served within 12 minutes.
8. Prepare and exhibit three portions of each dish. One for display as per pre-service set up in foils, one set for display as per service to guest (glazed), one set complete appetizers and main course for judges tasting this portion to be kept chilled ready for reheating once judges request. An oven shall be provided.
9. A written menu is required.
10. Typed recipes are required.
11. The organizers will provide the dishes for presenting the in-flight meals.
12. The main-course used for presentation purposes can be glazed with aspic to keep a good appearance.
13. The main-course used for reheating and tasting, must be covered with the foil provided.
14. All competitors shall be sent a guideline for the plating and portion sizes, these guidelines must be followed. Also a recipe sheet and photograph to be provided as per sample specification sheet provided.
15. Competitors will be provided with the dishes as soon as possible after receipt of their entry-forms and fees. Maximum area 120cm x 75cm

Class 21: Vegetarian Four-Course Menu by Vegini

1. Present a plated four-course vegetarian meal for one person.
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. Vegini products will be used in the appetizers and main course. Organizers shall inform all competitors prior to competition
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

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: 3 Course Cheese menu by USDEC

1. Prepare a 3 course menu for one person using USA Cheese in every course.
2. Displayed cold, hot food presented cold, suitable for a la carte service.
3. 1 x Hot appetizer
4. 1 x Main course with main item being USA cheese
5. 1 x Cold Dessert
6. Practical and up-to-date

presentation is required.

7. Typewritten description and recipes are required.
8. Maximum area w90 cm x d75 cm
9. All of the plates must use USA Cheese as an ingredient.

Class 25 USA Cheese - Practical Cookery by USDEC

1. Time allowed 30 minutes
2. Prepare and present two identical main courses using USA Cheese as the main ingredient. USA Cheeses must be used by all. No other cheese can be used. Contact details of the suppliers to purchase the cheese from shall be sent to all competitors prior to the competition.
3. If USA Cheese is not used then 50 points shall be deducted from the judging points, competitors must bring with them proof of purchase of USA cheese.
4. Present the main courses on individual plates with appropriate garnish and accoutrements.
5. Typewritten recipes are required
6. Weight per portion on the plate to be 150-200 grams

Class 26 Practical Cookery 2 Different sandwiches by Unilever Food Solutions

1. To prepare and present 2 different sandwiches, 2 portions of each one for judges one for display within 30 minutes
2. 1 vegetarian – 1 non vegetarian
3. Unilever products will be supplied on common table Hellman's Real Mayonnaise, Coleman's English Mustard Colman's Dijon and whole grain mustard
4. Minimum of 3 Unilever Products, must be used in the preparation of both sandwiches
5. The sandwich must be suitable for a light lunch
6. The sandwich can be hot or cold
7. 1 power point will be available



8. Plates, equipment and all other ingredients must be brought by the competitors
9. -Type written recipes are required

Class 27. An Arabian Feast Edible buffet by USAPEEC

In line with the Emirates Culinary Guild's constitution to ensure the enhancement of Emirati Cuisine this

class is designed to show case the Arabian Hospitality and cuisine of the United Arab Emirates.

1. Present a traditional Arabian wedding feast as it would be served at a five-star hotel in the UAE.
2. Suitable for 20 people.
3. Free-style presentation
4. A team of two chefs and 1 helper are permitted.
5. The presentation to comprise the following dishes, cold food cold and hot food served hot
6. Six cold mezzeh
7. Three hot mezzeh.
8. Two Emirati salads
9. Bread and accompaniments
10. A whole baby Lamb 6-8 KG maximum raw weight presented with rice and garnish cooked Ouzi style
11. A US Poultry main course (Emirati Cuisine) US Turkey or chicken needs to be used for 1 of the Main Dishes . Proof of purchase needs to be brought to the Competition for all the US Poultry Products if proof of purchase is not brought then 50% of the judging marks shall be reduced.
12. A fish main course (Emirati Cuisine)
13. A lamb main course
14. A vegetable dish (Emirati Cuisine)
15. Three types of kebabs, one of chicken, one of lamb, one of beef, each with appropriate accompaniments.
16. One hot dessert

17. Three cold desserts.
18. Two of the above desserts (competitors choice) must be typically Emirati
19. Only the above dishes are to be presented, no other dishes are to be added.
20. Competitors must ensure their exhibit is presented neatly so as to fit the available space
21. Limited to 9 teams on a first paid basis.

THE BUFFET SET UP

- > The organizers will provide one 3m x 4m table covered with plain white cloth; height approx. 79.2 cm. Table is to be used for the hot, cold buffet and for the dessert buffet.
- > No tables other than those provided are allowed to be used.
- > The team must use the table cloths provided but can enhance the buffet table with top cloths and decorations as required. All buffet risers, chaffing dishes and equipment needed for the buffet is to be provided by the competitors, no equipment will be supplied by the organizers except for the service cutlery and service equipment. Chaffing dishes to have sterno (subject to Venue regulations). No more than a standard ½ gastronorm 60mm of each hot food per dish is to be provided. Hot mezzeh can be served either in chaffing dishes or under heat lamps, however only one 13amp socket per buffet table shall be made available.
- > Access to the venue is from 0900 each day (although access time on day one can be problematic due to the need for Abu Dhabi police to make a full security check-up before the official opening). All timings are subject to change, please check with organizers.
- > Dressing of buffet table may

begin at 0900 for buffet risers and buffet equipment placement etc.

- > All food for the buffet must to be transported to the venue in refrigerated vehicles. Hot food above 65oc and cold food below 4oc, the temperatures will be monitored on arrival and if deemed unacceptable the team may not be allowed to present their food for judging.
- > A kitchen for finishing off will be provided for 1 hour only, from 11am till 12 noon each day for the team to use to reheat and finish off dishes, however dishes need to be ready and brought to the venue like an outside catering ready to place on the buffet.
- > The menu must include appropriate dressings, sauces and condiments.
- > The kitchen must be cleaned and vacated by 12.30pm as it will be used for other competitors, competitors to bring their own stewards to clean.
- > NO aspic to be used.
- > NO alcohol to be used.
- > NO pork products to be used.
- > All food items must be prepared in the team's respective Hotel – based establishment as close to the serving time as possible.
- > The teams should treat the buffet class as an outside catering operation as they would from their hotel.
- > The buffet food set-up CANNOT begin before 11.00 and the food set-up must be finished by 12.00.
- > Set-up time is restricted so as to maintain the highest standard of hygiene and food freshness for guests' consumption.
- > Competitors have freedom of choice of serving methods



either all portions in one large receptacle, or set out in a number of smaller receptacles, however competitors are reminded this is to be practical.

- > All buffet items for the stipulated 20 persons are to be set on the table at one time, as a complete buffet.
- > No replenishment of the buffet is allowed.
- > An additional 4 portions of each of the cold and cold dessert buffet items are to be kept refrigerated and hot food will be taken from the buffet for the tasting by judges
- > A copy of the buffet menu and buffet tags must be placed on the table.
- > The buffet menu placement is mandatory, but the menu itself is not judged.
- > Typed recipes for all dishes are to be provided to the judges
- > Ticket-holders for the lunch are allowed to consume any item from any team competing on that day from the buffets.
- > The organisers will provide service staff to manage the buffets and serve guests at the dining tables.
- > The Team must be present during the guest service time to explain the food to the guests.

THE SERVICE ELEMENT (Provided by the organisers)

- > Waiters to wear appropriate uniform
- > Waiters to welcome and seat guests as they would in their hotel
- > All linen, and operating equipment for both table and buffet service, this is to include but not limited to cutlery, chinaware and glasses and any other service utensil shall be supplied.
- > The overall service, although not judged, will play an important part of the operation.

- > Waiters are allowed to assist the culinary team with buffet set up also if required.

VENUE & ENTRY FEES

1. La Sial will be held during the La Sial Middle East Exhibition from December 12th to 14th 2017.
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 2017 – AED:500/- per person*
 - ii. *Best Pastry Chef – La Sial Abu Dhabi 2017 – AED:400/- per person*
 - iii. *Best Artist – La Sial Abu Dhabi 2017 – AED:500/- per person*
 - iv. *Best Arab National – La Sial Abu Dhabi 2017 – AED:300/- per person*

CLOSING DATE:

5. Closing date for entries is December 1st 2017 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.

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.*

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 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 5th -7th December 2016
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: BOMLAEAD
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 chef's uniform with appropriate headgear and footwear when attending at the exhibition.
32. A competitor's helper must wear full; freshly laundered chef's 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.
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: theguild@eim.ae. The question and answer to each query will be broadcast to all entrants.
69. La Cuisine by SIAL will take place during SIAL Middle East at the Abu Dhabi National Exhibition Centre in hall 7
70. Access to the Exhibition Centre is through loading gate 3
71. Access to the halls is through hall door 7.1
72. La Cuisine will run December 12th – 14th 2017.



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Telephone Office:	Professional Title:	
Fax Office:	Type of Membership Required: (Please tick one)	
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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.

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Proposed By:

Sig:.....

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You ready to accept your Dark Side?

"Life is wonderful from time to time, but it's also tragic." — Svend Brinkmann

There are so many people who sell you the dream of being happy, joyful and blissful. Embroiled with their mumbo jumbo of having a purpose, passion, goal, better health, amazing relationships, or making loads of money.

We are bombarded with talks such as:

- Step out of your comfort zone but they forget to tell you not to enter you panic/war zone.
- We are a team and we must work together no matter what. No matter even if there is a bully who is passive aggressive?
- If your dreams don't scare you, they aren't big enough. Well if your dreams are scaring you that means you are in a nightmare. So, would you really want to live a life of nightmares?
- You need to hustle to succeed. Hustle has meanings such as a fraud and swindle. Is this the success you want?

There are many of such quotes and we all fall for them without looking at the whole context. The focus has been on the survival of the fittest. Unfortunately, most of the globe is fixated on Darwin's earlier work of evolution; the core message has said to be "survival of the fittest".



Charles Darwin in his later work agreed and his emphasis was on "forget survival of the fittest, it is the kindness that counts". Over the years many psychologists such as the renowned Dacher Keltner, probes and finds that we can live without being cutthroat.

To live a life of happiness, joy and bliss many of the so-called self-help gurus, experts, doctors, physiologists fail to address the basic. That basic being nothing will transform for an individual until one accepts his or her own dark side.

Most of us sweep our "bad", "negative", "ugly" emotions under the carpet as barely anyone is able to guide, support or assist us to pass through them.

We splash our fake smiles all over social media and seek the next "escapism act" rather than seeking a solution. Fake it, till you make is the mantra many follow not knowing the damage it causes to them and their loved ones.

Just because you have been crushed does it mean you follow the same dark path as millions of people do or do you get up and make that decision to transform yourself. For it is only when you make an abundant transformation for yourself you are able to attain a joyful life.

Throughout this life you remain in learning. The greatest choice to make is to embrace uncertainty.

Yes, situations do occur where you are unable to have control over them. But you decide do you let these situations make you bitter or do you rise above all this and simply become more compassionate and loving.

You have the great ability to be aware and realise your dark side. You have a strong force within you of becoming a vibration of low energy or abundant high energy. You have the power to embrace uncertainty with compassion and love.

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



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