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THE MAGAZINE CHEFS LOVE TO READ
volume 13, issue 2THREE
STARS

**CHEFS HTAY LIN, AAHED
SAMIH KOKASH AND ROSHAN
ALAHAKOON ARE THE BIG
WINNERS AT LA CUISINE DU SIAL**

+
SALON
RULES

Complete listing of the
rules and regulations
for this month's Gulfood
Salon Culinare in Dubai

GLOBE
TROTTING

French Chef **Mickael
Farina** on why French
cuisine is not the
only 'good' cuisine
in the world

GUINNESS
RECORD

Chefs from the
Emirates Culinary
Guild brew the
world's largest cup of
'karak chai'

DYNAMIC
DUOS

Youngsters from
Marriott and Sheraton
compete for the Golden
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Season 6



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president's station

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Dear fellow chefs, ladies and gentlemen,

Welcome to the special Gulfood 2018 edition of our Gulf Gourmet.

We are looking forward to an exciting International Salon Culinaire and are expecting over 1,400 entries not just from the United Arab Emirates, but all over the world including South Korea, Germany, Canada, Luxembourg, Turkey, Maldives, Sri Lanka, Russia and Bahrain.

We will have over 40 International Judges flying in from around the globe led by the Jury Chairman Otto Weibel from Singapore. We are very pleased to inform you that some of the jury members (including our Honorary President Mike Lee) were with us when the Salon Culinaire started 25 years ago!

I have just come back from Stuttgart, the New Host City of the IKA, the Culinary Olympics for 2020. The VKD, our friends in Germany, have some exciting changes for us to stay in line with the WorldChefs Sustainability Drive. This includes the cold table changing to an eatable buffet. And the plan to have an Olympic Village for the junior teams. The latter will be great to promote knowledge sharing and friendship between young chefs across borders.

As in the past, the marshals will be led by Chef Michel Miraton and Chef Robin Gomez. I would like to thank everyone who is with us and supports the International Salon Culinaire 2018.

Of course, the most important thank is to you, to all our competitors. Remember winning is not the most important thing in life. But make sure you live with more knowledge and new friends.

Wishing all the competing chefs a great competition, lots of luck and most of all fun, make sure you all enjoy.

Thank you to all our supporters and partners from the industry, without you



we could not have done it. Big thank you to Nestle Professional, IFFCO, US Poultry & Egg Export Council and US Dairy Export Council, Mitras, Meat and Live Stock Australia, HUG, Unilever, Barakat and Masterbaker. Of course, our host Dubai World Trade Center, Welbilt-Convotherm, RAK and Ginox, just to name some of our key partners.

If you have missed previous issues of Gulf Gourmet, please visit gulfgourmet.net.

I urge all members to visit the Guild website calendar at emiratesculinaryguild.net and the WACS Young Chefs Facebook page on facebook.com/wacsyoungchefs. Encourage your

young chefs to join and be in contact with over 4,000 chefs worldwide.

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

Thank you to Chef Mohammad Raees from Ajman Saray and the team, for hosting the January meeting.

Culinary Regards,
Uwe Micheel

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

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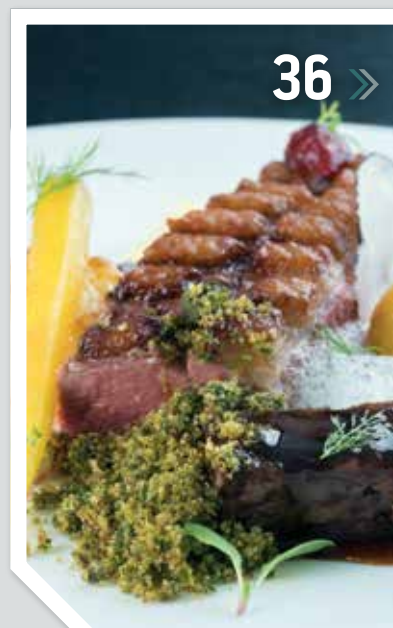
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A CUT THAT IS A SHOULDER **ABOVE THE** REST

Australian lamb is raised on natural pastures and as a result has incredible flavour, particularly the lamb shoulder. Simply season and slow roast this cut to produce sweet, succulent meat that is full of flavour. Australian lamb can also be complemented by many spices and aromatics. Seasoned with herbs, stuffed with fruit and nuts, roasted, braised or thin sliced for grilling or poaching, Australian lamb shoulder is an extremely versatile cut that allows for so many menu options.



SHOULDER



Square Cut Shoulder

The square cut shoulder is prepared from a forequarter by removing the neck by a straight cut between the third and fourth cervical vertebrae. The breast and fore shank are removed by a cut commencing at the junction of the first rib and first sternal segment continuing to the specified rib running parallel to the backbone.



Lamb Shoulder Rack Frenched

A lamb shoulder rack frenched is produced from the square cut shoulder. This cut provides an economical alternative to a traditional eight-point lamb rack from the loin. Removing the cap muscle leaves a leaner piece of meat, which suits grilling methods. Alternatively, add a crust to add juiciness and retain moisture to roast.

Hot Tip

The national dish of Jordan is **Mansaf**: lamb on the bone seasoned with herbs and spices, cooked in yoghurt and served with rice and nuts. Mansaf translates as “explosion” – the perfect descriptor for the flavour burst it brings to the mouth. Australian lamb shoulder is perfect braised and slow cooked in plenty of moisture, with its layers of connective tissue that melt in the cooking process adding flavour and texture to the dish.



Slow cooked lamb shoulder
with egg noodles and greens

Scan barcode to view this recipe.



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editor'snote

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If you are a regular reader of this magazine, you surely know that the Nestle Professional Golden Chefs Hat Award 2018 is in its sixth season in the UAE. This year, the competition (which runs across various regions around the world) has doubled its intake of chefs allowed to participate in the UAE edition.

Yes, we will have 20 teams of two youngsters each, from various hotels and restaurants, participating this year. Until December 2018, Gulf Gourmet will feature two teams and their dishes every month within the issue. A format that has become so popular since 2013, we now get entries even before the event is announced. This issue has JW Marriott Marquis and Sheraton Deira Creek.

While I did write the stories for the issue, I did not interview the chefs. I was travelling and had my colleague Amaresh record the interviews. As I replayed the interviews to hear them, I could not help but feel proud about the quality of young chefs working in this country. I have interviewed hundreds of executive chefs and these young men and women are clearly on their way to making it to the top.

The younger crop may not have the best vocabulary but are still able to convey an understanding and passion for this industry that is usually reserved for senior chefs. The four featured this month clearly come from completely different backgrounds. One had to fight with the family to become a chef and is still fighting the battle. And over the years has not only become best in batch, but also the president of the Guild's Young Chefs Club. And it's a woman.

One chef has no parents. He and his three brothers support each other, and their family is now the culinary industry.

One chef, without even realising, has quickly climbed the ladder because



he's busy being the best in his field. It is the only way he can ensure he earns enough to support his homemaker mom and his sister who's studying back in his home country.

And the fourth chef came from a passionate family background with a love for cooking. However, he was met with so much roughness and negativity at the start of his career, he almost hated doing what he loved. The good news is he too thrived and now manages five outlets.

The best part, they are all in their 20s! And have such positivity when you speak to them, it's infectious.

This may be your story too. Or may be not. Either way, as a chef, it is up to you to bring positivity to the work place and enjoy what you are doing. It will reflect in the plate you create.

And finally, if you want to participate in the competition for this year, let us know. You can email me or my colleague amaresh@gulfgourmet.net. We will have a cook-off for the finalists early next year and the winning team gets an all-expenses paid trip to Singapore. Check out page 2 of this magazine for details.

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

Aquin George
Editor

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February 2018 **Gulf Gourmet**

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February 2018 **Gulf Gourmet**

International Manufacturers Broaden Regional Growth Plans

Gulfood, the first major global food industry event of 2018 will showcase thousands of new-to-market suppliers, innovative channels to market and benchmark global commodity prices

The world's largest annual food and beverage trade event and the first major international food industry trade show of the year, will further strengthen the UAE's lead role in setting the global food agenda, according to the exhibition organisers, Dubai World Trade Centre (DWTC).

Citing the long-established reputation of Gulfood as a key driver in fostering innovation across the local, regional and global food and beverage supply chain, DWTC officials revealed on-site sales generated by 95,000-plus buyers and visitors at Gulfood 2018 – which runs from 18-22 February – will contribute heavily to a global food market expected to generate revenues of USD3.03 trillion by 2020, according to Research and Markets, a Dublin-based market research company.

With the global food market due to register a compound annual growth rate (CAGR) of 4.5 per cent from 2015 to 2020, the UAE food and beverage market alone is anticipated to reach a valuation of AED82 Billion (USD22 billion) by the end of the decade, according to Euromonitor International.

Gulfood

18-22 February 2018
Dubai World Trade Centre
— www.gulfood.com —

"In attracting the Middle East's largest trade industry audience, generating huge transactional volumes every year on the show floor, and setting global foodstuff commodity prices, Gulfood is the region's premier food and beverage industry platform – it underlines Dubai's leading role in the global food sector," said Trixie LohMirmand, Senior Vice President, Exhibitions & Events, DWTC.

The bright forecast for Gulfood 2018 follows hundreds of major deals struck and initiatives launched at this year's event, including US Beef regaining eligibility to ship beef products to Saudi Arabia, a USD31 million market. US exhibitors at the show reported on-site sales of USD85.5 million with forecasts

of a further USD722 million in direct sales as a result of their participation, according to the US Department of Agriculture's (USDA) Foreign Agriculture Service (FAS). The FAS also recruited 47 potential food and beverage suppliers - with a network spanning Asia, Africa, South Asia and the Middle East - to service US exporters at Gulfood 2017.

Following a successful debut in 2017, Gulfood 2018 will continue its sectorised approach to further increase accessibility and trading potential. Tens of thousands of finished food and beverages will be featured in halls dedicated to eight of the biggest commodity trading sectors: Beverages; Dairy; Fats & Oils; Health, Wellness & Free-From; Pulses, Grains & Cereals; Meat & Poultry; Power Brands and World Food.

With the Pulses, Grains & Cereals and Fats & Oils sectors already close to being sold-out amid unprecedented demand, the Meat & Poultry sector is also tracking strong sales two months before the show. New to the 2018 event is the Gulfood Discover Zone, where exhibitors will be able to apply for recently-launched products to be showcased in an exclusive and interactive lounge.



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ACROSS FROM SALON CULINAIRE



February 2018 **Gulf Gourmet**

UAE Chefs Serve World's Largest Cup of Karak Chai

Members of the Emirates Culinary Guild teamed up with Global Village and Mindset to break the Guinness World Record for the world's largest cup of tea on January 25, 2018. The record was previously achieved by China for 4,050 litres of hot tea in 1 cup.

The goal was to make 4,500 litres. "But in true Dubai fashion, we happily pushed the goalpost further on the day of the competition," says Chef Uwe Micheel, President of the Emirate Culinary Guild and Director of Kitchens – Radisson Blu Hotel Dubai Deira Creek. "We prepared extra ingredients. When all went well in the morning, we increased our cup of karak chai to 5,000 litres.

For the Guild, the preparation began last November with the first round of discussions taking place with Mindset and Global Village teams. "By the end of December, we had all agreed on logistics, size of the cup, cooking stations, etc. Keeping in mind that Karak Chai has a lot of milk, we strictly adhered to the Dubai Municipality Food Safety rules to ensure the chai is safe for consumption and tastes great too."

Beginning of January 2018, the chefs began working on the recipe to be used. Chef Uwe says he brought together senior chefs from India, Pakistan, Sri Lanka and Syria to test different recipes. The team agreed that the best recipe for the event would be the Karak Chai from





Aseelah (Emirati Restaurant at Radisson Blu Hotel Dubai Deira Creek) which was prepared by Chef Rabeah Amir. After the testing with Global Village and Mindset teams, the ingredients were ordered. A total of 400 kg of Tea Powder, 270 kg of Milk Powder, 400 kg of Sugar, 4.5kg of cloves, 135 kg of fresh ginger, 27kg of Cardamom and 27 kg of cinnamon sticks were used. It took a total of 138 chefs to brew the world record winning cup of tea.

Andy Cuthbert, Chairman of Emirates

Culinary Guild and General Manager Mina A Salam, Madinat Jumeirah C&I, Jumeirah Hospitality told WorldChefs, "I'm very proud for yet another achievement by the Emirates Culinary Guild Team. The teamwork by Chefs from all the Emirates was second to none. The team started the set-up 2 days before the event. The chefs started to cook the tea from 9 am and was prepared in batches of 10 litres each."

Chef Uwe explains that it is very

important to boil the tea with the spices long enough to get the flavour right, and the milk powder can be added last. By 4pm, when Kevin Southam from Guinness World Records arrived, the mission of 5000 litres of Karak Chai at 80°C in one big cup of 3.66 meters in height and 1.42 in diameter, was achieved.

After the official audit and amount of the New World Record, the Tea was offered to and consumed by 45,000 Global Village visitors.

newsbites

New Young Chefs Committee

The Emirates Culinary Guild is delighted to announce the new committee members of Young Chefs Club. With Danushka Salgado moving to Sri Lanka to pursue his career and professional growth, Sana Quidwai has been appointed as the President of the Young Chefs Club. Ashish Thapliyal is the new Chairman, while Shaikha Almemari will function as the Liaison Officer.

In coming days, the core committee will include more members from many hotels across the seven emirates. The team said in a statement, "We are joyous to hear about their vision and ideas for taking Young Chefs Club to greater heights."



YOUNG CHEFS CLUB



The Emirates Culinary Guild Young Chefs Club organised an industrial workshop last month in collaboration with Rational to learn about the latest in cooking equipment for use in professional kitchens. The young chefs learned about the company's product line and history as well as the research that goes into the development of cooking equipment. All participating chefs received a certificate of product knowledge.

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Culinary appointments

Towers Rotana Dubai has appointed Turkish national **Cihan Kucukcavdar** as the new executive chef. Hailing from Istanbul, Kucukcavdar has had extensive experience in the industry within various kitchens in hotels and restaurants throughout Turkey and Europe. In his new role, Kucukcavdar will oversee the hotel's outlets including the Teatro, Flavours on Two and Long's Bar.

Peyote Dubai has hired **Walter Melo** as its new head chef. His 14 years of experience working at some of Mexico's most respected restaurants will help the restaurant gain the traction it needs.

Andreas Schatzschneider has joined Ritz-Carlton DIFC as executive chef while **Emanuele Saracino** has joined the same property as executive pastry chef. Schatzschneider brings 24 years of experience to manage the property's seven outlets. He too is coming in from Mexico where he was last employed as executive chef at the The Ritz-Carlton, Cancun.

Gautier Gaschi has joined French restaurant, La Serre in Dubai as executive chef. He has previously worked at multiple Michelin star restaurants in France prior to his current role.

Daniel to head Capital Grill

Chef Daniel Vicente Antunes is the new Chef De Cuisine at The Capital Grill steakhouse. The Portuguese national brings over 13 years of experience to the award-winning steakhouse housed in Dusit Thani Abu Dhabi.

He's dabbled in French, Italian and Mediterranean cuisine, while working in the United States, Switzerland, Spain, Portugal and Saudi Arabia. He has used his knowledge gained while helping Michelin star chefs in Europe to enhance his menu at the steakhouse.



Chef Paul Bocuse dies aged 91

Paul Bocuse, a renowned chef credited with transforming French cuisine, has died at age 91. Bocuse was among the key figures in the creation of French nouvelle cuisine. He earned a coveted third Michelin star in 1965 and was named Chef of the Century by the prominent Gault Millau restaurant guide in 1987.

His restaurant, the Auberge du Pont de Collonges, near Lyon, has now held its three Michelin stars for a half century.

A truffle soup and sea bass stuffed in a puff pastry shell are among Bocuse's signature dishes there, reports CNN.

In 1987, he launched what has become a prestigious international gastronomy contest, the Bocuse d'Or, in which chefs from around the world compete to create the best dishes in front of a live audience. Bocuse was made a Commander of the Legion of Honor, one of France's highest civilian awards, in 2004.

Dinner with Turner

Capital Club is welcoming Chef Brian Turner to host a series of exclusive dinners on February 7, 8 and 9. One of the UK's more well-known names in culinary, Turner will give the Club's members and non-members the opportunity to sample his limited-edition menu.

Turner, who has held a Michelin Star and been awarded a CBE, will be serving up a 6-course tasting menu of modern British dishes including Beetroot and Citrus Marinated Salmon with an Apple and Radish Salad; Roast Lamb Canon and Best End with a Tarragon Crust with Celeriac

Fondant and Rosemary Gratin; Yorkshire Blue Rarebit and White Chocolate and Raspberry Trifle. A 5-course grape flight is also available to compliment the menu.

After training at renowned British restaurants including Simpson's in the Strand, The Savoy, The Beau Rivage in Lusanne and Claridge's, Turner opened his own restaurant, Turner's in Walton Street, Chelsea before expanding to various locations around the UK. He combined it with a successful TV career on popular shows such as Ready Steady Cook and This Morning.



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Meet two of Sheraton's finest

Our first team this month for the 'Golden Chef Hat Award – Season 6' are youngsters from Sheraton Dubai Creek Hotel & Towers, writes **Aquin George**

They are young and already at the top of the game. Meet the chefs from Sheraton Dubai Creek Hotel & Towers, and their amazing creations for Season 6 of the Nestle Professional event.

Chef Joseph Yohannan

At 29, he's already the Chef de Cuisine for 5 outlets at this luxury property. Hailing from Kochi in Kerala, India, Chef Joseph has spent the last 3 ½ years working up the ladder at Sheraton Deira Creek and a total of 11 years around the Asian continent.

He says of his choice of profession, "My

mom is a great cook. My dad worked abroad, and we siblings kept her company. I would return from school narrating the day's happenings and, in the process, ended up helping her in the kitchen and learning to cook. During our trips to the market she taught me how to pick fresh ingredients, be it vegetables, fish or poultry. As you know, in India we buy fresh ingredients daily or once every two days and never use canned foods.

"By the time I joined hotel management school, I was already ahead of the curve and secured an internship with a Taj property in Kochi. In the

beginning, I found the work very hard. In India, nothing is sugar coated. It was 'sticks and stones...' But he came out unscathed, worked at Le Meridien Kochi, then got transferred to Le Meridien Fujairah and worked under Chef Bybee Chacko.

He then moved to with Movenpick Yemen, later came to Dubai and joined Le Meridien Mina Seyahi and Westin Mena Seyahi, before finally landing his current employer. His advice to chefs wanting to grow is this: "A chef's job is not easy. If you have passion and love for cooking, then what you put on a plate will taste good."



**Chef Joseph Yohannan**

The single chef does miss his family in Kerala and hopes to open his own seafood restaurant in the future. "My strength is seafood because of my roots in Kerala. I even won a Gold at Salon Culinaire in seafood." Little wonder then that his dish for the challenge has sea bass, red sea prawns and clams!

Chef Dinum 'Sankalpa' Katapodige

28-year-old Sankalpa has big shoes to fill. He is the newly appointed Pastry Chef in-charge for filling the void created by the exit of UAE culinary team member Chef Kapila.

Fortunately, the going has been easy. The Sri Lankan chef is succeeding because of the wisdom imparted to him by his elder brother (a pastry chef at the Madinat) and his ex-boss Kapila, who in his words "has been helping me long

before I worked here, to win culinary medals in Fujairah and Abu Dhabi". He's using their teachings to create his own signature dishes for the 5-star property.

Chef Sankalpa is the middle child among three brothers, whose parents unfortunately passed away. He saw his elder brother become a pastry chef and decided to follow the path well-trodden. In fact, the youngest brother too became a chef and is currently placed at the Marriott in Seychelles.

Following his hotel management course in Sri Lanka, Chef Sankalpa began his career with the InterContinental, where he saw three promotions in two years. He then joined a boutique hotel for a year before moving to the Four Seasons in Riyadh followed by the Rosewood, also in Riyadh. One of his many great memories as a chef in KSA was creating

5,000 plated desserts with a team of 100 chefs for world leaders including the Saudi royalty and the US president.

He was transferred to the UAE for the pre-opening of Rosewood Abu Dhabi and he says, "It was an amazing experience because the entire pastry team at the hotel was brilliant."

He moved from Abu Dhabi to the Al Jawhara Ballroom Sharjah for two years before joining the Sheraton six months ago. A great move given that he found himself taking over the entire pastry operations for one of Sheraton's legendary properties in Dubai.

Talking about his dishes, he says, "I loved the Docello chocolate mousse and the Docello Panna Cotta. The complex shapes you see in my dish have been created using homemade moulds."

Steamed Sea Bass and Red Sea Prawns with Clams, Lemon Grass and Lime Foam

STEAMED SEABASS AND RED SEA PRAWN

Sea bass	200gm
Red sea Prawn	80gm
Salt	3gm

Pepper	4gm
Lemon juice	6ml
Nori sheet	4gm

Method

- ♦ Marinate the sea bass and prawn with salt, pepper and lemon juice.
- ♦ Roll the sea bass fillet stuffed with nori sheet
- ♦ Steam the sea bass and prawn separately at 100°C for 10 mins in a steamer

COCKTAIL ONION & PICKLED ONION

Peeled shallots	30gm
Vinegar	10ml
Water	80ml
Beetroot juice	20ml
Salt	2gm
Sugar	2gm

Method

- ♦ Mix all the ingredients in a pan except peeled shallots.
- ♦ Heat it up until it boils.

- ◆ Then add the shallots into it and close the flame.
- ◆ Cover it and keep it in an ice-bath.

GLAZED VEGETABLES

White asparagus	4 pieces
Purple potato	100 gm
Broccolini	30 gm
Potato fondant	20gm

Method

- ◆ Cut the potatoes into small cylindrical shape
- ◆ Peel the asparagus
- ◆ Put the vegetables in salt water until tender

BUTTERNUT PUREE

Butternut squash	100gm
Nestle Cream	30ml
Butter	20gm
Maggi coconut powder	10gm
Garlic	5gm
White onion	10gm
Thyme	2gm
Water	150ml
Salt	4gm

Method

- ◆ Peel and cut the butternut into roughly small pieces

- ◆ Sautee garlic, onion, thyme in butter until translucent add pumpkin
- ◆ Add water and cook the butternut until it get mushy
- ◆ Then add nestle cream into it
- ◆ Blend and strain for getting a smooth paste and add seasoning

PARSLEY CRUMBLE

Chopped parsley	30gm
Maggi potato powder	10gm
Breadcrumbs	30gm
Salt	1gm
White pepper powder	to taste

Method

- ◆ Blend all together to get a powder

PEQUILLE PEPPER PUREE

Pequille pepper	50gm
Salt	1gm
Agar agar powder	5gm
Olive oil	10ml

Method

- ◆ Blend the pequille pepper with olive oil, salt to get a smooth paste
- ◆ Then strain it with a fine strainer
- ◆ Add agar agar powder to make the paste thick.

CLAMS, LEMONGRASS AND LIME FOAM

Clams	10gm
Lemon grass	10gm
Shallots	10gm
Garlic	2gm
Chef seafood liquid stock	30gm
Lime juice	5ml
Olive oil	10ml
Sosa lecithin	4gm
Salt	4gm
White pepper powder	2gm

Method

- ◆ Sautee shallots, garlic, and chopped lemon grass in a pan
- ◆ Add the Chef liquid seafood stock and let it boil
- ◆ Strain the stock add lemon juice, Salt, pepper and Sosa lecithin
- ◆ Blend with a hand blender to get a nice foam.

OLIVE SOIL

Dry black olives	10 gm
Dry button mushroom	10gm
Roasted almond powder	10gm
Salt	4gm

Method

- ◆ Blend all ingredients add salt and dehydrate for 65 degree 45 minutes.

CHARCOAL CRACKERS

Activated charcoal powder	2gm
Tapioca flour	50gm
Vinegar	5ml
Salt	4gm
Water	20ml

Method

- ◆ Whisk all ingredient and flat in a tray then steam it for 90 degree 15 minutes
- ◆ Dry it to get a crispy chips in dehydrator and fry it to get crispy.

BEETROOT CRISP

Beetroot	100gm
Maltose	1gm

Method

- ◆ Slice the beetroot into thin slices
- ◆ And then keep inside the dehydrator at a temperature of 75°C at least 24hrs



Chocolate Murano

NESTLE CHOCOLATE KITKAT MOUSSE

Glucose	80gm
Sugar	80gm
Water	25gm
Dark chocolate 65%	50gm
Cream	100gm
KitKat mix	100gm

Method

- ◆ In a cooking pot add glucose, water and sugar and put for boiling.
- ◆ Once it boils, remove from the heat and add the chocolate.
- ◆ Let it cool and add the gelatin and the. Add the whipped cream last mix with KitKat mix

PAN DE PIECE SPONGE

Butter	375gm
Water	600gm
Sugar	270gm
Honey	600gm
Flour	600gm
Baking soda	30gm

Star anise	10gm
Five spices	5gm

Method

- ◆ In cooking pot add butter, sugar, honey, all spices and orange and lemon zest and bring to boil. Once it boils keep it rest for at least 6 to 8 hours. Then strain it and fold the flour and baking soda mixture. Bake it in preheated oven at 170°C.

NESTLE PANNA COTTA

Milk	100gm
Cream	100gm
Vanilla bean	1

Docello Panna Cotta 30gm

Method

- ◆ Boil cream and milk together and add panna cotta mixer in last

TOULLE

Sugar	100gm
Pectin	10gm
Sugar	20gm

Glucose	40gm
Milk	40gm
Butter	20gm
Coco nip	100gm

Method

- ◆ Boil the sugar, glucose, milk, together then add the sugar and pectin cook nicely bring out from the burner add butter mix well then add the chop coco nip. Give rest for the mixer then bake it sheet.

CHOCOLATE GLAZE

Water	100ml
Sugar	200gm
Cream	150gm
Glucose	80gm
Coco powder	200gm
Trimolin	20gm
Gelatin	20gm

Method

- ◆ Boil the water, sugar, cream, glucose, cocoa powder, and trimolin together. Take it off the heat and cool the mix down to 30°C and add the gelatin.



February 2018 **Gulf Gourmet**



YOUNG AND RESTLESS

Executive Chef **Mickael Farina** of Kandolhu resort Maldives talks to **Lena Kislaya** about his passion for all things culinary, and his take on French cooking in today's era

Chef Mickael Farina, the Executive Chef at the award-winning Kandolhu Resort in Maldives, never cared about food during his younger years. Nor was he driven into the profession by fate.

He admits, "As a kid, I wanted to be cool like the chefs on television and use my French nationality to secure a great job overseas." It was the worst way to find one's calling. But as luck would have it, he excelled in his profession and went on to become Executive Chef and culinary author by age 27.

"My true passion for food blossomed when I was a teenager, thanks to one person." This person, who turned his perceptions about food upside down, was his maternal grandmother Françoise, fondly known as 'Fanou'.

"Everyone loved her cooking. She would invent new recipes all the time. If it 'worked', they became family heirlooms," he says. One of her dishes even made it to his cookbook.

His views on cooking were further challenged when he was served 'Poulet au chocolat' (chocolate chicken) for Christmas. "I was probably 13 and couldn't believe we were going to eat chocolate with chicken for dinner instead of a traditional French roast. The idea itself was crazy, and I remember everyone at the table being shocked. My grandmother had combined French cooking techniques

with Mexican ingredients including dark chocolate and chili.

"As we took our first bite, my grandmother waited in anticipation for our comments. But we had no words. All we did was smile at her while stuffing our faces with the flavorful chicken! Watching her enthral a traditional French family with a Mexican-inspired dish on Christmas eve, changed my outlook towards food. That's when I realised, food is magical.

More importantly, I understood that French cuisine is not the only 'good' cuisine in the world."

A year later, at age 14, Mickael wore

his first chef jacket at his school's orientation day. He remembers feeling in his element right away. He interned across France for four years but it wasn't until he turned 17 that he got his first real job as a chef. "I travelled all the way to Ireland, with an average aptitude for spoken English, for my first job as a Commis at a French restaurant. I was young, so I tried to keep a low profile and get things done without attracting undue attention." Fortunately for him, he was able to pull off the summer stint comfortably and ended up working another two years before moving to Australia.

Chef Mickael stuck to his childhood dream of travelling. After France and



February 2018 **Gulf Gourmet**

Ireland, he worked for a few years in Sydney and Perth before landing his first Head Chef role in Wanaka, a resort town on New Zealand's South Island.

Just over a year had passed when one of his previous head chefs asked him to join as Sous Chef at the 5-star Cocoa Island property in Maldives. "My chef convinced me that working at a 5-star resort in Asia is better than working in a city restaurant, as I would get better support, a bigger team and a larger budget. Given my age and experience, this truly was a great opportunity."



My true passion for food blossomed when I was a teenager, thanks to one person." This person, who turned his perceptions about food upside down, was his maternal grandmother Francoise, fondly known as 'Fanou

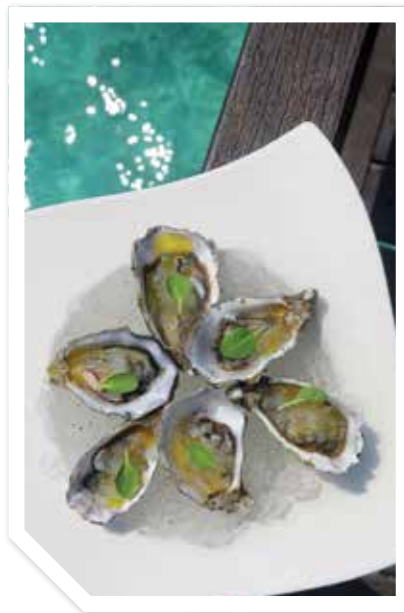
When he moved to Maldives, he was only 23 and was used to living an active social life. "Being in the middle of the Indian Ocean was the biggest challenge for me as my lifestyle had taken a big hit."

Describing island work life, Chef Mickael says, "It is about working six days a week. And a happy disconnect from the 'real world': no news, no shoes, no car, no politics, no bills for food or rent. Maldives allowed me to save money for travelling. The isolation and high responsibility meant all my focus was now into cooking."

That focus sure did pay off as he soon became the Chef de Cuisine at Jumeirah Vitavelli followed by his current role as Executive Chef at Kandholu Island.

His advice to young chefs is simple. He says, "In hospitality, you're working when most people are off duty, there is no time off during weekends or public holidays. You have to be OK with this or you'll have difficulty. To become a chef, you need only one thing: a passion for food. Passion helps you feel like you're not working, otherwise it is just another job involving long hours."

"You need to care about everything you put on a plate and if there is something wrong don't send it out of the kitchen. Guests pay us to deliver good service."



There are also natural skills which you cannot teach such as leadership and creativity. If you naturally have it make sure to use it."

Chef Mickael gets his inspiration from his travels and by taste. "I don't necessarily look for a new dish; I prefer to assess what food from a certain country should taste like. For example, our fifth outlet on the island is based on Latin American cuisine, tacos and ceviche. I was really surprised when I tasted authentic ceviche in Peru; the ones I ate in other countries taste very different from what is served in south America."

"I want our guests to feel like they are traveling when they eat our food; if you order our tikka makhani I believe it will taste like it would back in India."

Talking about authoring his first cookbook, he says, "The idea came from the resort owner. A cookbook for his resort was his dream. I told him I can do it and we completed it in a year and a half. It was challenging, but I'm glad we did it. Today, I believe we are the only private resort with its own cookbook. This is a great feature for our guests as they can take home a small piece of us."

Long term plans for the chef includes opening his own restaurant bar in a big Asian city and to share all the knowledge he has accumulated. But for now, it's enthralling guests with his creative palate-pleasing dishes, just like his grandma.





WORLD CHEFS WITHOUT BORDERS

MYANMAR TOUR FOR HUMANITY



WITHOUT
BORDERS



10,000

MEALS TO PREPARE

10,000

INGREDIENT RELIEF PACKS

8

LOCAL CHARITY GROUP CASH
DONATIONS (AFTER EXPENSE)



PROGRAM AGENDA

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

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

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



THREE STARS

More than 270 medals were awarded at the Emirates Culinary Guild's La Cuisine Du SIAL this December. But three of the winners stood out. Chefs **Htay Lin** and **Aahed Samih Kokash** of Madinat Jumeirah Dubai and **Chef Roshan Alahakoon** of Emirates Palace Abu Dhabi are men with magic fingers...



Mohammed Bahzad Barafi is something of a proud papa right now. The executive chef at Madinat Jumeirah has good reasons. Two of his chefs received accolades at the Emirates Culinary Guild's La Cuisine Du SIAL competition in December, adding to the win for Jumeirah Group as the 'Best Effort by a Corporation' title.

The effort was impressive indeed. Chef Htay Lin - the sous chef at Madinat Jumeirah Conferences & Incentives (C&I) - was declared the 'Best Cuisinier' while Chef Aahed Samih Kokash - a chef de partie at the hotel - was voted the 'Best Arabic Cuisinier'.

Needless to say, these wins were no cakewalk. The La Cuisine Du SIAL 2017, held at the Abu Dhabi National Convention Centre, had more than 485 contestants from the UAE and abroad giving it their best shot across culinary disciplines from ice carvings, cake decorations to live cooking and pastry.

Each contestant was placed under the expert lens of 30 international and local judges and any slip-ups were costly. In the end, more than 270 medals were awarded.

Chef Bahzad can't stop raving about Chef Htay and Chef Aahed, whom he

affectionately calls "my boys". "Whenever any of us goes for competition, it's an opportunity for us to show how good we are as a team," he says.

The executive chef acknowledges the efforts his chefs put into the contest. "Competitions are tough. You have to balance your regular everyday work and prepare for the contest. You cannot compromise on either. But we love challenges and so, I don't mind sending my best chefs for competitions."

So, who are these two culinarians making Chef Bahzad grin from ear to ear? Read on to find out.

HTAY LIN

When you meet up with Chef Htay Lin, you're immediately taken in by his friendly, yet shy demeanour. "You can call me Sam," he says casually. The 41-year-old chef hails from Yangon in Myanmar.

Chef Htay had once dreamed of being a musician – he even went to study the art form in Singapore. But as fate would have it, he ended up making music in the kitchen. "When I think back, I am surprised at where life took me. I finished high school and applied for higher education in university in 1993. But the political situation in my country forced the closure of the university. So I went to Singapore in 1995 to attend a music school. Unfortunately, my parents couldn't support me financially and I had to take up a part-time job in a restaurant. That's how it began."

Today, the reason why Chef Htay had to go through that hardship is clear. Magic Wok, the Thai restaurant where he worked, was but a first step towards what would finally become his calling. Chef Htay worked at the restaurant for a year. Later, he secured a job at a steakhouse called Mariner's Corner. "For eight years, I learnt the nuances of professional cooking there. When my visa for Singapore expired in 2004, I was forced to return to my home country."

With experience and talent on his side, Chef Htay did not have to struggle much to get a job in Myanmar. The Amazing Ngapali Resort in Myanmar hired him as a sous chef and for seven months, he got busy learning different types of cooking and kitchen operations. "It was a small hotel but there was much to do and learn," he recalls.

When an opportunity at the Al Qasr Madinat Jumeirah in Dubai knocked on his door in 2006, Chef Htay did not think twice. "I joined as a demi chef at the Khaymat Al Bahar Pool Beach Restaurant and worked there for two years. I was in charge of the buffet and also handled the a-la carte menu."



Mohammed Barafi is a proud Executive Chef.

His next stop was the Intercontinental Hotel, where Chef Htay became a chef de partie at the Zaytoun restaurant. "I was in the hot kitchen, managing the production of the buffet and also ensuring we met quality and safety standards." A couple of years went by and then he moved to the Atlantis the Palm to work at the Saffron restaurant, taking care of the western grill and handling the operations for 600-800 guests.

By the time Chef Htay joined Madinat Jumeirah in 2012, he had become rather comfortable dealing with guests face to face and overseeing kitchen operations. "I joined Madinat Jumeirah as a junior sous chef. Right now, I am in charge of the Asian kitchen but I can do western cuisine too because of my training at the steakhouse."

Chef Htay has some four-five chefs working under him but when the catering assignment is bigger, he has the liberty to request more support. "Usually, our assignments are for 6,000-10,000 people. These are large catering assignments."

Atlantis holds a special significance for Chef Htay – it's where he made his debut in competitions in 2012. Since then, he has competed six to seven times. "In my very first competition, I took a gold. It was Gulfood and that was quite a motivator for me." His tally now stands at an impressive 18, including five golds.

"In the La Cuisine Du SIAL, I won a gold

in the five-course meal and two bronze for fish and beef live cooking," Chef Htay plans to continue participating in competitions, saying that they are experiences that have enhanced his skills. "Watching cookery shows and working in other kitchens in my free time are other activities that have helped me grow as a chef."

Memories of his original love linger – music is where he finds his peace when time permits. "I wanted to be a singer. I enjoy playing bass guitar and indulging in rock music, jazz and blues. It calms me down."

On his short-term radar is participation in international culinary competitions. Over the long term, Chef Htay would like to return to Myanmar and do his bit for his countrymen. "I would like to share whatever I have learnt with aspiring chefs in my country. Basically, pay it forward," he signs off.



I wanted to be a singer. I enjoy playing bass guitar and indulging in rock music, jazz and blues. It calms me down



AAHED SAMIH KOKASH

When you start your career at one of the world's most luxurious hotels, expectations from you are high. Luckily, Chef Aahed Samih Kokash is up to the challenge. Just 25 years old, he eased out experienced chefs to win the best Arabic chef title at the La Cuisine Du SIAL – the third competition he has ever participated in.

If that is not enough to impress you, this surely will. Chef Aahed has never set foot in a hospitality or culinary school. His talent is a potent mix of genes and hard work. Syrian-born Chef Aahed comes from a family of chefs. "I guess cooking is in my blood. Many of my relatives work in the hospitality industry."

A rather early bloomer, Chef Aahed was just 17 years old when he made his way to Dubai and started his culinary career at the Burj Al Arab hotel –the



Use your mental abilities and don't fear challenges or challengers. Failing sometimes is normal. Winners are those who don't give in to setbacks

most luxurious hotel in the world and a symbol of modern Dubai. "I started as commis III," says the now chef de partie at Madinat Jumeirah.

Young he still is, but restless isn't a trait Chef Aahed identifies with. Even as a

teen, he stuck it out at Burj Al Arab for a good five years before changing jobs. "There was just so much to see and learn. My seniors taught me a lot and working at such a big hotel, you have unique experiences that come in handy later in life." That was rare wisdom on the part of someone who hadn't even stepped out of his teens.

Later, when he moved to Madinat Jumeirah, he had already climbed to chef de partie. "I really wanted to work here because I was impressed by the banqueting facility. They serve as many as 7,000 covers during Ramadan."

Chef Aahed learnt Arabic cooking mainly at Madinat. He also picked up the finer points of the local Emirati cuisine – something that is still a mystery to many in the industry.

"There was a female chef who taught me a lot. She is a senior chef and I learnt a lot from her by asking her one question after another." With support from other seniors, Chef Aahed reached a level of expertise that won him two bronze and one silver at the La Cuisine Du SIAL and eventually, the 'Best Arabic Cuisinier'. "I was aiming for gold but it's alright. I have no regrets and I still have enough time to get there."

For the Kokash family of parents, two sisters and a brother, the big win is a precursor to another joyous event. A new member will soon join the family. "I'm engaged to be married this year," Chef Aahed says shyly. In the future, the Syrian chef wants to be an entrepreneur. "I hope to open a restaurant with Arabic cuisine in Syria."

Working smart as much as working hard has brought Chef Aahed a steady flow of good luck. For those who want to be in his shoes, he has simple words of wisdom. "Use your mental abilities and don't fear challenges or challengers. Failing sometimes is normal. Winners are those who don't give in to setbacks," he finishes.





ROSHAN ALAHAKOON

Two was indeed company for Madinat Jumeirah, in more ways than one. But Emirates Palace, managed by Kempinski Hoteliers in Abu Dhabi, had a lone ranger to thank for its name featuring in the trophy winners' list.

Roshan Alahakoon wrote a story of sweet success for Emirates Palace, winning the 'Best Pastry Chef' title at the La Cuisine Du SIAL. Hailing from Sri Lanka, the 35-year-old is junior sous chef at the Emirates Palace.

A life in the pastry kitchen might have been written in Chef Roshan's stars. "My family owns a bakery and so, I grew up around pastry. I didn't need any formal education. I simply joined the Lodge Habarana in Sri Lanka in 2000 as a trainee and life took its own course from there on."

Over the four and a half years that Chef Roshan spent there, he learnt the basics of a professional pastry kitchen. Later, to expand his horizon, he worked at a



My family owns a bakery and so, I grew up around pastry. I didn't need any formal education. I simply joined the Lodge Habarana in Sri Lanka in 2000 as a trainee and life took its own course from there on

couple of other hotels in his home country before heading to the tourist paradise of Seychelles for a promising job. It was the end of 2007 and the face of hospitality was changing. "About a year later, I got an opportunity at the Radisson Blu in Oman and I took it." It

took another stint in Maldives before Chef Roshan finally entered Dubai – the culinary stop on every chef's bucket list. Traders Hotel in Dubai by the Shangri-La chain was his door to the eclectic UAE scene. For the past two years, Chef Roshan has been at the Emirates Palace, handling pastry for outlet and cafes. "We have seven outlets and I take care of pastry for all of them."

To his credit, Chef Roshan dazzled in his very first competition. "I won a bronze and a silver. It took months of preparation. It was highly satisfying to come back with a win, not just for me personally but also for my colleagues."

Not one to rest on his laurels, Chef Roshan nurses the dream of becoming an executive pastry chef someday. For now though, he's happy to take it slow, focusing on the tricks of the trade.

We can't wait to see which ones he pulls out of his white sleeve at the next competition.







Nestlé
Golden
Chef's Hat
Award



Towering above the rest

Our second team for this month at the Golden Chef Hat Award – Season 6 are from the world's tallest hotel, JW Marriott Marquis

Sana and Alkesh are two Indian chefs who couldn't be any different. One comes from a family where becoming a chef is considered a poor career choice while the other hails from a family bustling with professional chefs. Yet the two have had to work hard for different reasons to get where they are today. Here are their stories.

Chef Sana Quidwai

Sana Quidwai may be just an intern at the Cake Shop in JW Marriott Marquis. But it's a detour within a detour that she has taken. "I moved out of the hot

kitchen to learn about wedding and other special occasion cakes. This was always fascinating, which is why I shifted to this section after two years."

Sana, who is also the President of the Emirates Culinary Guild's Young Chefs Club spent her growing years travelling across India with her family. It was the various cuisines she enjoyed during those years that made her want to become a chef. But with her family not convinced (they still are not) she ended up working at IBM in Bangalore.

"My family is filled with engineers and

scientists and that makes me the odd one out," she says. "Luckily my husband, who is a doctor, is supportive." She stood up to her family, quit her job, and completed her culinary studies at ICCA. She graduated best in her batch, and became a chef at Radisson Blu DDC before moving to the JW Marriott Marquis.

If you are wondering why she created the main course for this challenge, you now know.

Chef Alkesh Bhandari

Chef Alkesh, who hails from the picturesque city of Dehradun, began his





Chef Sana Quidwai



Chef Alkesh Bhandari

career 8-years ago in Bangalore, working on the tandoor at the Jayamal Palace Heritage Hotel, where his uncle was the head chef. "My uncles were all chefs in hotels and I knew back then I wanted to become a chef too. It was only later I realised my passion for pastry."

A year and a half after working with his uncle, his lucky break came with a three-year Apprenticeship programme working in the Pastry kitchen at The Oberoi,

Bangalore. Supported by the Indian govt., this was an opportunity he could not say no to. He left four years later to join the JW Marriott in Bangalore and 2 years later got himself a transfer to the JW Marriott Marquis.

Currently working as Asst Sous Chef – Pastry, Chef Alkesh knows he must work twice as hard, as he's the sole bread winner for his family back home completed by his mom and sister.

Talking about his dish, he says, "I loved all the three Docello product lines but the mousse worked best with the theme I had in mind. I even added the KitKat as an ode to my fun childhood memories."

Chef Alkesh has a positive confidence that's rarely seen in youngsters. Ask him about his future plans and he says, "I want to be an inspiration for chefs in the future. That's the milestone I aspire to reach."

SOUS VIDE DUCK BREAST

Served with cranberry sauce with Chef Demi glaze braised and compressed Veal oxtail with fondant potatoes with parsnip and Almond puree, Poached Baby carrot and golden beetroot with Coconut and herb crumble with sous Vide black radish with coconut milk and cream foam, micro dill and herbs

BEEF OXTAIL

Beef Oxtail	1kg
Thyme	10 gm

Butter	5 g
Rosemary	200gm
Leek	200gm
Celery	200gm
Onion	300gm
Carrot	300gm
Bay Leaves	2
Chef Demi Glaze	100gm

Method

- ♦ Grill the oxtail and vegetables in the oven at 180°C for an hour until caramelised. Add Chef Demi-Glaze in a litre of water with all the vegetables and cook it in the oven at 150°C for 4 hours.
- ♦ Take it out and let it rest for 30 mins,

separate meat pieces from sauce and shred the meat.

- ♦ Put meat in a small terrine mold and cover it with cling and press and tie it tight. Let it rest overnight.
- ♦ Slice it next day and toss it in demi-glaze before serving.

DUCK

Duck Breast	2
Salt	To taste
Thyme	2tsp
Rosemary	2tsp
Pepper	To taste
Butter	2 tbsp
Garlic	4 cloves

Method

- Season duck generously with salt and pepper, and seal in vacuum bags. Place in 54°C water bath for at least 45 minutes and up to 4 hours. Remove from bags and dry thoroughly with paper towels. Place breasts skin side-down in heavy-bottomed 12-inch non-stick or cast iron skillet and set over high heat until sizzling, for about 2 minutes. Reduce heat to medium and cook, moving and pressing breasts to ensure good contact between skin and pan until golden brown and crisp, about 5 minutes. Flip and cook second side until barely coloured, about 30 seconds. Transfer to paper towel-lined plate and allow to rest for 5 minutes. Slice breasts crosswise into strips and serve.

PARSNIP PUREE

Parsnip	300gm
Onion	1 small
Garlic	1 clove
Almond	30 gm
Butter	1tbsp
Milk	500 gm

Method

- Saute Onion and Garlic in butter. Add peeled almonds and milk and let it cook for 20 mins or until tender. Add parsnip and let it cook until tender. Blend it fine and mix. Check seasoning, add butter and reheat it before serving.

SAUCE

Cranberry	200gm
Red Vinegar	200gm
Clove	2-4
Bay Leaves	1
Brown Sugar	50gm
Orange zest	1 orange

Method

- Boil cranberry with red Vinegar and herbs until sugar is dissolved and sauce is little thick. Add orange zest and take it off heat. Serve hot with duck.

POTATO FONDANT

Maggi Mash Potato	500gm
Cream	100ml
Salt	To taste



Pepper	To taste
Parsley	2tsp

Method

- Mix mash potato powder with cream, salt, parsley, pepper, and set it in a small container. Let it rest in a chiller overnight. With a round cutter, cut in round circles and toss it in butter.

STUFFING

Pea	100gm
Cumin	1tsp
Onion	1tsp
Garlic	1tsp
Nestle Chicken Jus	100ml
Ginger	1tsp

Method

- Toss onion, garlic, ginger and pea in butter with cumin powder with some salt and pepper. Crush it fine and let it rest.
- Once the potato is done, make a hole in it and stuff pea in and let it sit for some time. Serve hot.

HERB AND COCONUT CRUMBLE

Parsley	2tbsp
Coriander	2tbsp
Dill	2tbsp
Bread crumb	2tbsp
Maggi Coconut Milk	3tbsp
Kosher salt	To taste
Pepper	To taste

Method

- Blend all the ingredients in a blender and keep it in a hydrator for 10 mins to let it dry and crumble.

BUTTERED VEGETABLE

Carrot	3
--------	---

Golden Raddish	3
Maggi chicken stock	4 tbsps
Salt	To taste
Pepper	To taste

Method

- Boil vegetables in chicken stock and cook up to 80%. Heat a pan with butter and add vegetables. Sauté it before adding salt and pepper.

COCONUT AND CREAM FOAM

Maggi Coconut Milk	3 tbsps
Nestle cream	2tbsps
Water	100ml
Crystallized ginger	2tsp
Calcium Lactate	½ tsp

Method

- Make simple syrup by bringing the coconut milk, cream, and water to a boil while stirring. Remove it from the heat and let it cool down at room temperature. Mix in the calcium lactate with a whisk. Warm the mixture in a saucepan until it reaches 90°C. Add the ginger and stir for a couple of minutes until it dissolves. Remove from heat. Blend it with hand blender and take the foam out and plate.

SOUS VIDE RADISH

Radish	10
Nestle chicken Jus	1tsp
Sesame seeds	2tsp
White wine vinegar	5tbsp
Sugar	3tbsp

Method

- Vacuum pack all the sliced radish with chicken jus and sesame seeds and cook it in water bath for 20 mins on 82°C.

DARK CHOCOLATE MOUSSE

Raspberry macaron, pistachio micro sponge, orange pate de fruit

NESTLE CHOCOLATE MOUSSE

Docello chocolate mousse	50gm
Full fat milk	200gm
Silver gelatin sheets	5gm

Method

- ◆ In a bowl pour the milk and add chocolate mousse mix.
- ◆ Mix powder with milk by using a whip until it's mixed well.
- ◆ Put the mixture in small machine with whisk and whip until fluffy.
- ◆ On the side, melt the gelatin and fold into the whipped mousse to stabilize.

RASPBERRY GEL

Raspberry puree	200gm
Granulated sugar	25gm
Pectin	8gm
Granulated sugar to mix with pectin	5gm

Method

- ◆ In a small pot, bring puree and granulated sugar to a boil and add pectin with sugar into the boiled mixture.
- ◆ Boil the mixture until thickened.
- ◆ Allow to cool and refrigerate for at least 4 hours.
- ◆ Blend until smooth before using.

PISTACHIO MICRO SPONGE

Pistachio paste	220gm
Egg whites	180gm
Almond flour	200gm

Method

- ◆ Process all the ingredients in a blender.
- ◆ Strain the mixture into espuma gun and charge with 2 NO2 chargers. Refrigerate for few hours.
- ◆ Shake the espuma and pour the mixture 1/3 full in plastic cup.
- ◆ Microwave the mixture for 40 seconds and turn the cup upside down for cooling in refrigerator.

COCOA GLAZE

Double cream/heavy cream	125gm
Water	175gm
Granulated sugar	225gm
Glucose syrup	50gm
Cocoa powder	75gm
Silver gelatin sheets	20gm

Method



- ◆ Soak the gelatin in ice water until softened; squeeze out excess water and set aside.
- ◆ In a medium pot mix full fat cream, water, granulated sugar, glucose syrup and bring it to boil.
- ◆ Add cocoa to the boiled mixture and cook for a while.
- ◆ Add soaked gelatin into the boiled mixture.
- ◆ Cool it before using.

CHOCOLATE SOIL

Unsalted butter	40gm
Granulated sugar	110gm
Cocoa	60gm
Salt	2gm
Nestle KitKat Mix In	10gm

Method

- ◆ Melt the butter and keep aside.
- ◆ Mix granulated sugar, cocoa, crushed KitKat and salt in a bowl.
- ◆ Stir with a whisk until combined and slowly pour the melted butter and stir until combined.
- ◆ Serve immediately or store in airtight container.

RASPBERRY JAM FOR MACARON FILLING

Mashed raspberry	100gm
Granulated sugar	80gm

Method

- ◆ In a pot bring to boil both raspberry and sugar together until 115°C.
- ◆ Cool it down, blend and use.

RASPBERRY MACARON

Egg whites	65gm
Icing sugar	225gm

Almond powder	250gm
Grain sugar	250gm
Water	125gm
Egg white	65gm
Raspberry red color	15gm

Method

- ◆ Mix egg white, icing sugar and almond powder in one bowl.
- ◆ Whisk the egg white in small planetary machine, other side boil water and grain sugar until 113°C.
- ◆ Pour the boiled sugar over the whisked egg white and continue to whisk until fluffy.
- ◆ Fold the above into the mixture of egg white, icing sugar and almond powder.
- ◆ Pipe in silpat and bake at 150°C.

ORANGE PATE DE FRUIT

Orange juice	250gm
Caster sugar	25gm
Pectin	8gm
Caster sugar	250gm
Liquid glucose	75gm
Lemon juice	5gm

Method

- ◆ In a pot add orange juice, sugar (250g) and liquid glucose and bring to boil.
- ◆ Add sugar and pectin in one bowl and add to boiled mixture.
- ◆ Add lemon juice and bring the mixture to boil till 108°C.
- ◆ One mixture ready pour into a tray with baking sheet and cool it down.
- ◆ Cut in desired shapes and roll into caster sugar to avoid sticky surface.

Extra Garnish

- ◆ Fresh berries, Edible flowers, Dehydrated raspberry powder, Gold leaf, Chocolate, garnish

February 2018 **Gulf Gourmet**

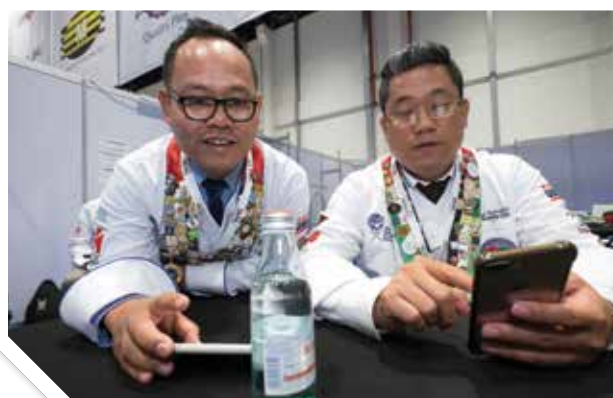
SIAL SUCCESS

We bring you the winners, masterpieces and memories captured at the recently concluded La Cuisine Du Sial 2017, held in Abu Dhabi. This year's competition saw over 300 participants compete for glory...



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The Guild Meet

The Emirates Culinary Guild's monthly networking meet was held last month at the Ajman Saray, a Luxury Collection Resort in the emirate of Ajman. The executive team discussed the upcoming Salon Culinaire at Gulfood, took stock of the events held throughout an exciting 2017, and of course, what we now know is the World Record breaking event for the world's largest cup of tea. Here are images from the event attended by senior and junior chefs alongside corporate partners that support the Guild.



Getting a Taste of America

Getting the chance to display one's products in front of a large and highly interested audience of potential users is the ultimate business sales opportunity. And this is why the USA Poultry & Egg Export Council (USAPEEC), its members, and partner organizations are going all-out at Gulfood 2018.

This year's effort features the return of the extremely popular culinary event, "Taste of the U.S.A.," as well as USAPEEC's award-winning meeting pavilion for its members. There's good reason to treat the show, which will be held Feb. 18-22 at the Dubai World Trade Center, as significant, according to USAPEEC President Jim Sumner.

"Gulfood is now one of the most important shows for increasing sales for U.S. poultry and egg products," Sumner explained. "The show's reach has expanded beyond the Middle East to Africa and Asia. Millions of dollars in business for U.S. poultry and egg products originate at Gulfood and we look forward to returning each year."

The U.S. exported more than US \$252 million of poultry and egg products to the Middle East and North Africa in 2016, of which more than \$66 million went to the United Arab Emirates alone.

The capstone event at the show is "Taste of the U.S.A.," a culinary experience featuring U.S. cheese, meat, poultry and egg products that is a partnership of USAPEEC, American Egg Board (AEB), U.S. Dairy Export Council (USDEC), and U.S. Meat Export Federation (USMEF). The event will take place in Za'abeel Plaza, Stand ZP-D22, across from Salon Culinaire, Sunday through Wednesday from 11:00 to 17:30.



This year, the event comes with a twist. In prior years, demonstrations at "Taste of the U.S.A." showcased products of each of the groups separately. This year, however, the event will feature all products during breakfast, lunch, and dinner sessions, highlighting their nutrition, versatility, and quality for local and global cuisine.

"This is an important event for us to host at Gulfood," Sumner said. "We are excited to showcase U.S. poultry and egg products and partner with AEB, USDEC, and USMEF for a third year to help increase exports of our respective U.S. products. Our commitment to bringing high quality products to consumers in this region is unwavering and we look forward to increasing business as a result of 'Taste of the U.S.A.' and Gulfood."

"Taste of the U.S.A." is bringing back three well-known chefs in the Dubai culinary world by partnering with members of the Emirates Culinary Guild – James Griffith, vice president of culinary for Emirates Flight Catering;

Uwe Micheel, director of kitchens at the Radisson Blu Hotel Dubai Deira Creek; and Majed Al Sabagh, corporate chef at Sharjah Ladies Club. Sous chef Rabeh Amir at the Radisson Blu Hotel Dubai Deira Creek will also be joining the lineup, and it will be topped off by American culinary consultant Mark Todd, who is emceeding the demonstrations.

USAPEEC will again build-out its award-winning, two-level, 572-square-meter pavilion to house its membership, funded in part by the Illinois Soybean Association, and Indiana Soybean Alliance. USAPEEC and its members will be located in the Meat and Poultry Hall 4 in stands D4-34 and E4-33.

Member companies exhibiting include AJC International, AEB, Boston Agrex, Crider Foods, Evia Foods, Globex International, Grove Services, Interra International, Intervision Foods, Lamex Foods, Mirasco, Mountaire Farms, Perdue Foods International, PMI Foods, and Tyson Foods, in addition to others located throughout the show.

February 2018 **Gulf Gourmet**

Exec Committee ANNUAL DINNER

Last month, Fishmarket restaurant at Radisson Blu Hotel Dubai Deira Creek, was the venue for the annual gathering of the Executive Committee of the Emirates Culinary Guild. The team and their better halves got together for a fun evening over dinner to celebrate a great 2017, which saw the Guild organise and participate in the biggest culinary competitions both at home and around the globe. Here are some images from the evening.



February 2018 **Gulf Gourmet**



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THE EMIRATES SALON CULINAIRE 2018

Briefs of the Classes for Entry

Class No. - Class Description

01. Cake Decoration – Practical by Master Baker
02. Wedding Cake Three-Tier- by Pristine
03. Four Plates of Dessert - Nestlé Docello
04. Pastry Showpiece by Pristine
05. Bread Loaves and Showpiece by Master Baker
06. Petites Fours, Pralines by Master Baker
07. Chocolate Carving Showpiece by Seville
08. Fruit & Vegetable Carving Showpiece by Barakat Quality Plus
09. Open Show Piece
10. Five-Course Gourmet Dinner Menu by Meat & Live Stock Australia
11. Four-Course Vegetarian Menu by US Dairy Export Council
12. Tapas, Finger Food and Canapés by US Dairy Export Council
- 13.
14. An Arabian Feast Edible Buffet by USAPEEC
15. Individual Ice Carving
16. Ice Carving Team Event
17. Practical Fruit & Vegetable Carving by Barakat Quality Plus
18. Dressed Lamb - Practical Butchery by Meat & Live Stock Australia
19. Arabic Mezze - Practical Cookery by Rahma
20. Fish & Seafood - Practical Cookery by MITRAS
21. Beef - Practical Cookery by Meat & Live Stock Australia
22. Emirati Cuisine – Practical Cookery
23. HUG Savoury Creations
24. HUG Sweet Creations

The following two classes (25 & 26) are for entry only by those competing for the Young Chef of the Year trophy.

25. Dressed Chicken & Dressed Fish
26. Ovo-Lacto Vegetarian Three-Course Menu
27. Chicken - Practical Cookery – by USAPEEC
- 28.
29. Practical Sandwiches by Unilever Food Solutions
30. Always Tea Time Challenge by Dilmah
31. Class 31 – Mocktails by IFFCO Food Solution

Practical Pastry

Class 01: Cake Decoration – Practical by Master Baker

1. Two hours duration.
2. Decorate a pre-baked single cake base of the competitor's choice.
3. The Theme for the cake decoration will be "Inspired by Dubai"
4. The cake base must be a maximum size of 25cm X 25cm or 25cm Diameter.
5. The cake can be brought already filled without coating – ready to decorate.
6. The cake must be delivered and set up hygienically with cold box or dry ice storage. Not up to hygiene food product will not be judge.
7. All decorating ingredients must be edible and mixed on the spot. (Chocolate/Sugar/Marzipan/Fondant) minimum height is 30cm, it should be able to enhance and harmonize with the overall presentation
8. No pre-modelled garnish permitted.
9. Chocolate and royal icing can be

- pre-prepared to the basic level,
10. Competitors must provide all ingredients, cake base, utensils, and small equipment required.
11. A standard 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
14. Ingredients may be supplied by the sponsor these shall be mandatory to be used, information shall be sent to competitors in advance of the competition

Pastry Displays

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

All decorations must be edible and made entirely by hand.

1. Pillars or stands may be inedible but, unless decorated by hand, must be plain and unadorned.
2. Fine, food-quality wiring is allowed for the construction of flowers but must be properly wrapped and covered with flower tape or paste.
3. Royal icing, pastillage, pulled sugar, etc., may be used in the construction, but the finished display must not be dependent on these items.
4. The bottom layer of the cake must be edible. A section of the finished edible cake should be cut for the judges' inspection
5. The cake will be tasted by the judges.
6. Inedible blanks may be used for the two top layers.

**MASTER BAKER****PRISTINE****Unilever Food Solutions**

7. Typewritten description and recipes are required.
8. Maximum area w60 cm x d75 cm.
9. Maximum height should not exceed 1 meter (including socle platforms)
10. Pristine Belgium products are to be used the following products cake ingredients, specialized flour, toppings, fruit fillings and glazes shall be made available by the sponsor to those competitors registered. These will be mandatory to be used in the preparation of the wedding cake
11. Points will be deducted for non-compliance.

Class 03: Plated Dessert by Nestlé 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 **Nestlé Docello** as the main ingredient.

Class 04: Pastry Showpiece by Pristine

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

- No frames, moulds or wires are allowed. Points will be deducted for non-compliance.
2. Edible media may be used, singly or in mixed media. Sponsors products maybe available to be used. Information shall be sent to competitors prior to the competition
3. Written description required.
4. Maximum area w90 x d75cm.
5. Maximum height 90cm (including base or socle).

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

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

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

11. Ingredients may be supplied by the sponsor these shall be mandatory to be used, information shall be sent to competitors in advance of the competition
12. The focus of this class is on the quality and flavour of the bread rolls and loafes presented. The centre piece is judged however only 20% of the marks are attributed to the centre piece.

Class 06: Petites Four & Pralines by Master Baker

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

Artistic Displays

Class 07: Chocolate Carving Showpiece by Seville

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.



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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 by Barakat Quality Plus

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

Class 09: Open Showpiece (Free Style Showpiece)

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

moulding work it may not be judged.

Gastronomic Creations

Class 10: Five-Course Gourmet Dinner Menu by Meat and Live Stock Australia

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. Proof of purchase needs to be brought to the Competition for all the Australian Lamb Products if proof of purchase is not brought then 50% of the judging marks shall be reduced
3. The meal to consist of:
 - > **A cold appetiser,**
 - > **A soup,**
 - > **A hot appetiser,**
 - > **A main course with its garnish**
 - > **A dessert.**
4. Hot food presented cold on appropriate plates.
5. Food coated with aspic or clear gelatin for preservation.
6. Total food weight of the 5 plates should be 400/500 gms.
7. Typewritten description and typed recipes required
8. Maximum area w90 cm x d75 cm.

Class 11: Four-Course Vegetarian Lunch Menu by US Dairy export council

1. Present a plated four-course vegetarian meal for one person.
2. Suitable for lunch service in a high end restaurant
3. The meal consist of:
 - > **An appetizer**
 - > **A soup**
 - > **A main course**
 - > **A dessert**
4. To be prepared in advance and displayed cold on appropriate plates.
5. No meat, chicken, seafood or fish to be used, (meat-based gelatin glaze to enhance presentation is accepted).

6. Ovo-Lacto products are allowed.
7. Two types of **US Dairy cheese** only must be used in the creation of the menu. Proof of purchase needs to be brought to the Competition for all the US Dairy Products if proof of purchase is not brought then 50% of the judging marks shall be reduced
8. Total food weight of the four plates should be 500/600 gms.
9. Typewritten descriptions and recipes required.
10. Maximum area w75cm x d75cm.

Class 12: Presentation of Tapas, Finger Food and Canapés by US Dairy export council

1. Exhibit 6 varieties. Weight Between 10-20 grams per piece
2. Six pieces of each variety (total 36 pieces)
3. Three hot varieties.
4. Three cold varieties.
5. Two types of **US Dairy** cheeses only must be used in the creation of these dishes. Proof of purchase needs to be brought to the Competition for all the US Dairy Products if proof of purchase is not brought then 50% of the judging marks shall be reduced
6. Hot food presented cold
7. Food coated with aspic or clear gelatin for preservation
8. Presentation on suitable plate/s or platter/s or receptacles.
9. Six pieces should correspond to one portion.
10. Name and ingredient list (typed) of each variety required.
11. Maximum area 60cm x 80 cm.

Class 14. 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. For buffet set up of decoration and equipment placement, 3 additional helpers are permitted, but no more than a total of 6 people. The 2 chefs and 1 helper are only permitted from 11am onwards in the kitchen and for placement of food on the buffets.
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 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. 10 Kg of the chicken shall be supplied by the organizers to the team
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 10 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 Dubai 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 65°C and cold food below 4°C, 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.
- > The organizers shall supply to each team 10kg of USA Chicken leg quarters prior to the competition
- > All food items must be prepared in the team's respective Hotel – based establishment as close to the serving time as possible. There will be no charcoal grilling allowed on site at the venue for kebab
- > 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
- > Guests will be invited to sit down and eat from 12.30 pm till 2 pm.
- > 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



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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 and hot dessert 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. An additional 4 sets of menu and typed recipes to be given 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.

Practical Artistic

Class 15: 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 allowed to slice blocks only.

Class 16: 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 allowed to slice blocks only.

Class 17: Practical Fruit & Vegetable Carving by Barakat Quality Plus

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

Class 18: Dressed Lamb - Practical Butchery by MEAT & LIVESTOCK AUSTRALIA

1. Prepare a whole, fresh, dressed lamb carcass into various ready-to-cook joints and pieces, some as required by the organisers, the others to competitor's choice. A training/ demonstration will be provided by MLA prior to Salon event
2. Make a presentation of the finished cuts and off-cuts for exhibiting to the judges.
3. Competitors must use the fridges provided to store their finished cuts prior to judging
4. Cuts/joints can be suitable for foodservice or suitable for a retail butchery display.
5. Organisers will supply the dressed lamb for this class.
6. Each competitor will have one banquet table (supplied by the organisers) on which to work.
7. No power tools permitted.
8. Competitors to supply their own:
 - > *Tools and knives*
 - > *Twine or netting*
 - > *RED cutting boards (this is a municipality requirement and will be strictly enforced)*
 - > *Garnishing*
 - > *Display trays*
 - > *Sundries*
9. Time allowed: two hours
10. All tools and sundries will be inspected to ensure that they are hygienically suitable for food use.
11. Cuts required by the organisers are:
 - a) *Neck slices or Neck boned.*
 - b) *1 x shoulder, boned and rolled, tied or netted ready for roasting.*
 - c) *3 pieces shoulder chops.*
 - d) *Spare ribs.*
 - e) *1 x 8 rib Frenched rack.*
 - f) *Mid-loin chops from a short loin*
 - g) *1 x Eye of Loin.*
 - h) *1 x Tunnel-boned leg tied or*

MASTER
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PRISTINE



netted for roasting.

- i) *1 x Seam-boned leg trimmed into its 4 primal cuts plus its bone-in shank.*

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

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

14. All brought appliances and utensils will be checked for suitability. The use of any additional equipment must receive prior approval before the competition from the organizers.
15. The following types of pre-preparation can be made for the practical classes:

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

- a) *Salads – cleaned, washed, not mixed or cut.*
 - b) *Vegetables – cleaned, peeled, washed, not cut, must be raw.*
 - c) *Fish may be scaled and filleted and the bones cut up.*
 - d) *Meat may be de-boned and the bones cut up*
 - e) *Stocks – basic stock, not reduced, not seasoned, no additional items (garlic, etc.). Hot and cold samples must be available for the judges.*
 - f) *Pastry sponge, biscuit, meringue, basic dough's – can be brought in but not cut.*
 - g) *Basic pastry recipes can be brought in weighed out but no further processing.*
 - h) *Fruit pulps – fruit purees may be brought in but not as a finished sauce.*
 - i) *Decor elements – 100% must be made in the kitchen.*
16. No pre-cooking, poaching etc. is allowed.
 17. No ready-made products are allowed.
 18. No pork products are allowed.
 19. No alcohol is allowed.
 20. 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
 21. 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.

22. Two copies of the recipes - typewritten - are always required.
23. Submit one copy of the recipe/s to the clerk when registering.
24. Submit one copy of the recipe to the duty marshal at the cooking station.

Practical Cookery

Class 19. Mezzeh – Practical Cookery by Rahma Olive Oil

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. Rahma olive oil must be the only olive oil used in the creation of these dishes and will be available in the competition venue
7. Present the mezzeh in four equal portions.
8. Two portions will be presented and two portions will be presented to the judges.
9. Typewritten recipes are required.

Class 20: Fish & Seafood - Practical Cookery by MITRAS

1. Time allowed 60 minutes



Main sponsors



2. Prepare and present three identical main courses using Sponsor Supplied Asian Sea Bass fillets as the main protein item of the dish and no other fish can be used.
3. The Fish will be provided to the competitors at the venue on the competition day and is the only protein item allowed to be used
4. Weight of fish per portion on the plate to be 150grams
5. Present the main courses on individual plates with appropriate garnish and accoutrements.
6. Typewritten recipes are required.

Class 21: 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. Proof of purchase needs to be brought to the Competition for all the Australian Meat Products if proof of purchase is not brought then 50% of the judging marks shall be reduced
3. Any cut of beef with the exception of tenderloin, rib eye and sirloin, can be used.
4. Weight of beef per portion on the plate to be 150grams
5. Present the main courses on individual plates with appropriate garnish and accoutrements.
6. Typewritten recipes are required.

Class 22: Emirati Cuisine - Practical Cookery

1. This class is designed to ensure that the tradition of Emirati Cuisine is preserved and promoted through professional chefs. Prepare and present two plated portions each of three

Emirati dishes according with the following criteria:

2. Prepare and present two plated portions of any one of the following dishes:
 - > *Balalit*
 - > *Kabeesa*
 - > *Assedat Bobal*
3. Also prepare and present two plated portions of the competitor's choice main course. The following dishes are as a guide only and are not mandatory:
 - > *Margougat Al Khudar*
 - > *Thareed Laham*
 - > *Margougat Al Dijaj*
 - > *Maleh Biryani*
 - > *Machboos Samak*
4. Emirati cuisine with traditional presentation and serving as would be found in a family home of the United Arab Emirates.
5. Competitors must bring their own plates/bowls for presentation and all necessary mise-en-place for the meals
6. The judges will check appliances and utensils for suitability
7. Typewritten description and recipes are required
8. Time allowed 60 minutes to present all three recipes

Class 23: HUG AG – Savoury Creations

1. This is a static class featuring savoury HUG pastry shells suitable for dinner service.
2. Only savoury HUG pastry shells are to be used.
3. Pastry shells will be supplied by ARAMTEC.
4. Present four different plates, using two savoury HUG shells per plate (i.e. exhibit eight shells in total).
5. To be prepared in advance and displayed cold on appropriate plates and appropriate garnishes to represent a dish suitable for dinner service in a restaurant ala carte style.

6. Typewritten description and recipes required.

7. Maximum space available: 75cm x 75cm.

Class 24: HUG AG – Sweet Creations

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

YOUNG CHEF OF THE YEAR ENTRIES

Entrants for The Young Chef of the Year trophy must enter the following classes and no others. In addition to classes 25 & 26 here below competitors must also enter for class 22 Emirati Cuisine Practical Cookery.

Class 25: Dressed Chicken – Dressed Fish - Supplementary Class

1. Practical Butchery Fish and Chicken Class for Young Chef of the Year Trophy.
 2. Competitors are to supply their own whole fish and whole chicken **MUST BE USED**, all utensils and chopping boards.
- Time allowed 1 hour in 30 minute sections as below:

Chicken

3. Time allowed 20 minutes

**MASTER BAKER****PRISTINE**

4. Take a whole fresh chicken and prepare from it the following:
5. One breast skinless.
6. One breast skin-on.
7. One whole leg, skin-on, and tunnel-boned, ready for making a ballotine.
8. One thigh boneless.
9. One drumstick.
10. Two wings prepared for pan frying/grilling.
11. Carcass prepared for stock.

After 20 minutes

12. 10 minutes to explain to the judges the method of preparation of a classical chicken stock.

Fish

13. Time allowed 20 minutes.
14. Take a whole fresh Sherry or other sustainable fish species of the Arabian Gulf waters.
15. No imported type of fish is to be used.
16. Gut, clean and fillet the fish.
17. One fillet with skin on.
18. One fillet skinless.
19. Cut each fillet into as many 140gr size servings as possible.

After 20 minutes – 10 minutes to

20. Explain to the judges the usage of any left overs.
 21. Explain to the judges the method of preparation of a classical fish stock
- Competitors will be marked on knife skills, clean bone work, meat left on carcass, wastage, basic knowledge of questions asked about the preparations of stocks.

Class 26: Ovo-Lacto Vegetarian Three-Course Menu

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

5. No meat, chicken, seafood or fish to be used, (meat-based gelatin glaze to enhance presentation is accepted).
6. Total food weight of the four plates should be 500/600 gms.
7. Typewritten descriptions and recipes required.
8. Maximum area w75cm x d75cm.

Class 27: Chicken - Practical Cookery by USAPEEC

1. Time allowed 60 minutes
2. Prepare and present three identical main courses using USAPEEC Chicken Quarters as the main protein item. Proof of purchase needs to be brought to the Competition for all the USA Poultry Products if proof of purchase is not brought then 50% of the judging marks shall be reduced
3. The carcass of the chicken is to be kept for inspection by judges
4. Present the main courses on individual plates with appropriate garnish and accoutrements.
5. Typewritten recipes are required
6. Weight of chicken per portion on the plate to be 150 grams
7. All of the above rules are applicable for the competitors entering Best Arab National Cuisinier trophy. The main course for those competitors ONLY must be a Traditional Chicken Arabic main course, from any Arab country.
8. All other competitors are not to follow Point 7

Class 28:**Class 29: 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 30: Always Teatime Challenge by Dilmah, please see supplementary rules**ADDENDUM – The Emirates Salon Culinaire 2018****VENUE & ENTRY FEES**

1. The Emirates Salon Culinaire will be held during the Gulf Food Hotel and Equipment Exhibition from February 18th to February 22nd 2018.
2. The venue is at the Dubai International Convention & 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 – The Emirates Salon Culinaire- Dubai 2018 AED:500/- per person**
 - ii. **Best Pastry Chef – The Emirates Salon Culinaire- Dubai 2018 AED:400/- per person**
 - iii. **Best Artist – The Emirates Salon Culinaire- Dubai 2018 AED:500/- per person**
 - iv. **Best Arab National – The Emirates Salon Culinaire- Dubai 2018 AED:300/- per person**
 - v. **Young Chef of the Year – The Emirates Salon Culinaire Dubai 2018 AED: 500/- per person**



Main sponsors

**CLOSING DATE**

5. Closing date for entries is January 28th 2018. However, many are often fully subscribed and closed well before the closing date.

TROPHY ENTRY

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

Trophies are awarded on the highest aggregate points from all three classes.

The required classes are:

BEST CUISINIER

- i. *Class # 10. Five-Course Dinner Menu*
- ii. *Class # 21. Beef Practical Cookery*
- i. *Class # 20. 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 # 15. Individual Ice Carving*
- iv. *Class # 17. Practical Fruit & Vegetable Carving*

In order to qualify for inclusion

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

BEST ARAB NATIONAL

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

YOUNG CHEF OF THE YEAR By Fonterra

See Classes for Entry Document

JUDGING AND THE AWARDS SYSTEM

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

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

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

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

The scaling for awards in all classes is as follows:

Points

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

Corporate and Establishment Trophies

The corporate and establishment trophies available are:

Best Effort by an Individual Establishment – The Emirates Salon Culinaire

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

Best Effort by a Corporation – The Emirates Salon Culinaire

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

Point Value of each Medal Won

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

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

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newmembers



Mr. Daniel Chidiac - General Manage of Greenhouse receiving Emirates Culinary Guild Membership certificate from ECG President Chef Uwe Micheel

Established in 1977, Greenhouse Foodstuff Trading aimed to be a "One stop shop" provider for the foodservice channel of the UAE. Bought by BPC Holding in 2007 with the objective of supporting the growth path Greenhouse is continuously running on. BPC continuously invests in infrastructure, skilled personnel and resources to ensure continuity and best practices for the benefit of all the stakeholders.

In 2014 and 2015 the company witnessed a major restructuring internally under the new management headed by Mr. Daniel Chidiac who brought in a new vision to the company: "To position Greenhouse as the top player in the foodservice and retail markets in the UAE".

Greenhouse Foodstuff Trading has over



4 decades of experience in importing premium products including bakery and pastry, dairy, grocery, Italian food, Asian food, Lebanese food, Chef's equipment as well as other exclusive food items both in Foodservice and retail channels.

The company's reach and market share is dominant for both Foodservice and Retail channels covering global chains as well as homegrown, varying from 4&5-star hotels to fine dining and casual dining restaurants, catering and institutional customers. Greenhouse proudly partners with all leading retailers across modern and traditional trade in GCC with an unwavering commitment for shopper-based value creation.

The company's success has not been possible without the commitment and the passion of the brand managers, the sales team, the customer service officers, and the solid logistics crew. Led by visionary management, Greenhouse was able to go beyond the UAE market and expand towards Oman, Qatar and KSA. With this regional expansion comes the added value to close regional deals with major groups in the F&B industry.

Greenhouse's strength is also in its warehousing and distribution capabilities which include advanced storage facility, full-service stock management and modern distribution ability with 38 temperature controlled vehicles. All the warehouses are HACCP accredited and operate on WMS with an A+ grade by Dubai municipality.



Nick Meara, International Business Manager receiving Emirates Culinary Guild Membership certificate from ECG President Chef Uwe Micheel

Meat and Livestock Australia (MLA) is a producer-owned company that provides marketing, research and development services for the Australian beef, lamb and goat producers.

The MLA Dubai office supports the Australian Red Meat industry in the MENA region.

Promoting the integrity and quality of red meat products out of Australia is an essential part of what the team



here in Dubai do. Whilst supporting exporters to get their product into the market, we also spend a great deal of time working with supermarkets, hotels, and restaurants to show them the value of having such products available to consumers.

At every step of the way, MLA is assisting in ensuring the highest quality product for consumers. From research into crop development to disease eradication and management; setting the bar in regards to animal management and welfare; having world class quality systems in place for traceability of livestock; leading the way in product packaging to ensure the best possible product for consumers; and how best to prepare these products are just some aspects of the work that MLA does.



Corrado Chiarentin, General Manager receiving Emirates Culinary Guild Membership certificate from ECG President Chef Uwe Micheel

Italian Food Masters have just introduced a new innovative and elegant dispenser for honey, choco hazelnut cream and jams suitable for F&B and Hospitality operators including hotels, cruise ships, airline lounges and holiday villages. The unique dispenser is the new way to enjoy breakfast, being very simple to use. In fact, with just one movement you can fill croissants, spread honey and jams directly on pastries, toast, baked products and yoghurts.

Our Innovative solution allows F&B operators to minimise waste at the buffet and table. Compared to single mono portions, our Dispenser has negligible wastage, eliminating staff time in setting out buffets, clearing tables, removing waste packaging, separating packaging from table food scraps for waste disposal and returning



untouched mono portions from buffets back to the dry store.

Saving is up to 35% in costs over other honey and jam serving options. Our Dispenser is a sturdy, straightforward and elegant machine with many years of maintenance free service while still looking as new. It is also quick and easy to clean. All parts are washable, and the used PET bottle cartridges are recyclable and crushable for compaction.

A new line of organic honey, hazelnut

cream and honey has also been introduced recently to satisfy the increasing demand for bio products.

We supply cost effective Smart Food Solutions combined with exceptional service. All this makes of Italian Food Masters a top-class foodservice wholesaler and distributor.

We are based in Dubai and service Hotels, Restaurants, Catering companies, Specialty stores, Gourmet food retailers, bakeries, Airline companies & cafes throughout the United Arab Emirates, Saudi Arabia and Oman. We focus on sourcing food and equipment that add value to F&B operators and help them minimize costs, streamline operations and enhance their clients' dining experience.



Pankaj K Bhatia, Sales Manager- Food Service, United Foods Company (PJSC) and Syed Mahak Bukhari, Assistant Sales Manager receiving Emirates Culinary Guild Membership certificate from ECG President Chef Uwe Micheel

United Foods company (UFC) was established 1976 by the decree of H.H. Sh. Rashid Al Makhtoum, late Ruler of Dubai.

- ♦ Started commercial operations in 1979
- ♦ Became a Public Sharing Company in 1994.
- ♦ Listed at Dubai Financial Market in 2006 .

UFC is proud to own the oldest refinery in the region, situated in Al Quoz–Dubai. A new factory opened in Jebel Ali, Dubai in 2005. The company is part of Al Owais family business group, one of the pioneer Emirati business groups.

Our key activities: manufacturing, processing, & marketing of Ghee, Edible Oils, Butter & Margarine.

The company introduced the first



الأغذية المتحدة
United Foods

branded ghee in consumer packs to the region and further cemented its quality reputation by offering pure ghee.

Over the past three decades, UFC has built, nurtured and continually improved upon its various brands of edible oils and fats.

Vision

To be a leading competitive company in our region, offering high quality food solutions to our diverse consumers, while improving the welfare and working conditions of our employees, creating wealth for our shareholders, and always being guided by our responsibility to our society and environment.

Mission

In UFC we commit to provide high quality products to our consumers. These are delivering a better quality at every aspect: safer, more nutritious, healthier and tastier. We commit to do our utmost to obtain the complete customer satisfaction at the most reasonable price.

Values

- ♦ Integrity
- ♦ Excellence
- ♦ Innovation
- ♦ Social Responsibility
- ♦ Business Lines
- ♦ B2C (through all retail channels Modern & Traditional Trade)
- ♦ B2B (Industrial, bulk and Institutional Sales)
- ♦ HoReCa (Hotels, Restaurants and Catering companies)
- ♦ Private Label



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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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Celebrate Your FAILURES

"...it's more important to praise the people for the nine times they fail, than for the one time they succeed." — Severin Schwan, Roche CEO Eckhart

I am inspired by three men named Paul, Ray and Doc. They are professionals who have mastered the art of life just like you are a professional mastering the culinary arts. They taught me why it is important to be 'focused'; it is the only way to succeed when failure is staring right in your face.

It is easy to say things like "turn your failures into success". Reality, however, is different. If your chef screams at you over a mistake, you are most likely going to sulk. You won't be thinking of how you can be channelling failure into success.

This is where being focused helps.

Global consultancy firm Ideo (in a different context) says, "fail often, to succeed sooner." But to succeed sooner you must manage the art of staying focused.

According to my three friends, you need to follow three ancient principles to be able to focus better.

- ♦ **Shoshin** – A Japanese word meaning "beginner's mind". It refers to having an attitude of openness, eagerness, and lack of preconceptions when studying a subject, even when studying at an advanced level, just as a beginner in that subject would.



In other words it means no matter how much experience you gain in life never let your judgement, pride and ego blind you. Listen to everyone empathically and remember even a foolish person can teach you many things.

- ♦ **The Two Wolves** - A Cherokee Indian grandfather narrates a story to his grandson. He vividly explains there are two wolves inside us. Both are always at war with each other. One wolf's character is of kindness, bravery and love. The other's character is of greed, hate and fear. With great curiosity the grandson looks up at his grandfather and asks, "Grandfather, which one wins?" The grandfather replies with a smile, "the one you feed". In simple words it means wherever you focus your feelings and thoughts that is what your life will return back to you.
- ♦ **Ikiagai** - Ikiagi is a Japanese concept that roughly means "reason for being" or "thing that you live for" or "the reason for which you get up in the morning." Everyone, according

to the Japanese, has an Ikiagi. Its essence is that happiness in life is more than money, luxuries or being in the lime light. Ikiagi simply says wants are never ending. Stop asking yourself "What do I want?" Start asking yourself "What is important to me?" Ikiagi allows you to improve your health, wealth and most importantly gives you your purpose in life.

Once you imbibe these fundamental principles, and make it your focus, you will automatically change failure into success. How?

Well, success and failure are relative, just like truth. What is true for you may not be so for another person.

Remember, your failure could be someone's success just like your success could be someone's failure. Embrace uncertainty with a smile, because you are in learning...even if when you become a master chef. Stand-up, move and let your wounds heal through compassion. Just be #YOU" (Youthful, Outstanding, Unique).

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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