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THE MAGAZINE CHEFS LOVE TO READ

volume 13, issue 8



VIVA ESPAÑA

CHEF RAMON SALTO ALVAREZ,
CHAIRMAN – DUBAI OF THE
EMIRATES CULINARY GUILD, ON
HOW HE PUSHED HIS LIMITS AND
FOUND HE DIDN'T HAVE ANY

BONJOUR PARIS

Aravinda Leelarathna to represent Middle East at World Chocolate Masters in France this month



NAMASTE NESTLE

Indian subcontinent chefs vie for the coveted Nestle Professional Golden Chef Hat Award



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president's station

email theguild@eim.ae

Dear fellow chefs, ladies and gentlemen,

Welcome to the October issue of our Gulf Gourmet.

Everybody is back from the summer break and the culinary season has begun.

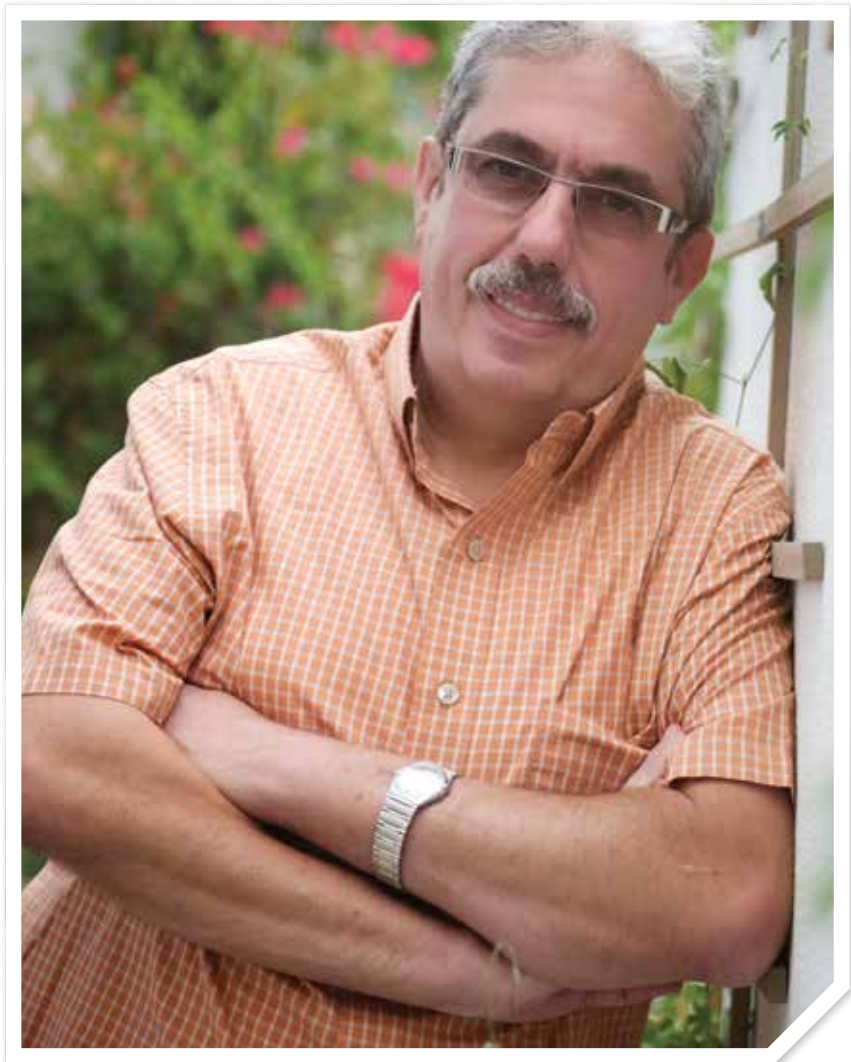
We had a busy September with lots of activities. On September 9, the 'USA Egg Council Young Chef Hands-On Seminar' was a full house. The following day they organised the Mini-Plated and Seminar. And that evening, our monthly Guild meeting witnessed over 150 attendees.

On the 24th was the US Poultry Seminar with presentations from Mr. Bassam and Mr. Khalid. It began with a dinner comprising US turkey, duck and chicken. We also had recipes using US chicken leg quarters.

On the 29th, many of our members took part in the 2nd Syrian Salon Culinaire at the Cove Rotana, Ras Al Kaimah. It was a great event with a focus on traditional Syrian dishes. I would like to use this platform to send a big mabrouk to Chef Majed and the Syrian Guild for the successful event. A big thank you also to Chef Chady and the Cove Rotana Team for the big support in hosting the event.

We had our first "Chefs Table" Competition at the Hotel show last month, we partnered with dmg and introduced this new team competition including kitchen, service and bar. The competition was well-received by the teams, organizers and sponsors. Congratulation to all the winners and thank you to all the partners, Carrefour, Diversey, Nespresso, Intermetal and Gemini for the great chinaware.

Right now, our culinary junior and senior teams are training in full swing for the Culinary World Cup to be held in Luxembourg this November. We will be travelling with pastry chefs and artists as individual competitors, plus both the senior and junior teams.



Please visit www.gulfgourmet.net to browse through previous issues of this magazine. Visit www.emiratesculinaryguild.net to see latest happenings on the events calendar. And visit www.facebook.com/wacsyoungchefs for young chefs to be in contact with over 4,000 chefs across the globe.

Please do not miss the company profiles 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 Diyan Manjula De Silva and the Radisson Blu Hotel DDC team for hosting the September meeting.

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

ggcontents

- 07 » **Editor's Note**
Our Editor's take on all things F&B in the region
- 08 » **Friends of the Guild**
Brands that support the Emirates Culinary Guild
- 12 » **Newsbites**
Chef events and news from within the country and around the globe
- 20 » **Golden Chef**
(by Nestle Professional)
Mövenpick Hotel Jumeirah Beach has picked Chef **Savio D'souza** and Chef **Baburam Bhusal** to show its excellence at the Nestle Professional Golden Chefs Hat Competition 2018
- 24 » **Viva Espana**
Chef **Ramon Salto Alvarez**, Chairman – Dubai of the Emirates Culinary Guild, on how he pushed his limits and found he didn't have any



- 32 » **Chef of the Month**
Olivier Hilton, chef de cuisine at Key West Bar & Grill, brings the wholesome experience of the Caribbean to the UAE
- 34 » **Events**
News from past and future events concerning chefs and the food service industry at large
- 36 » **Golden Chef**
(by Nestle Professional)
Chefs **Sanjoy Sarma** and **Malith Apsara** from Ajman Saray are this month's second set of competitors for the Nestle Professional Golden Chefs Hat Competition 2018
- 40 » **Chef's Table**
An all-new chefs challenge was held last month with the judging by Chef **Uwe Micheel**. We bring you the full story
- 44 » **WorldChefs Congress**
Full report and the widest range of images captured at the WorldChefs Congress this summer
- 58 » **Members Directory**
A listing of all leading food, beverage and equipment suppliers in the region
- 62 » **More Than A Chef**
A monthly column by best-selling author **Rohit Bassi**





'FOR PROFESSIONALS' EXCELLENT TASTE IN COFFEE

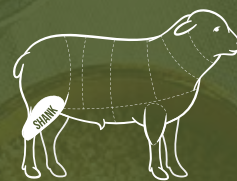


MAKE THE PERFECT MEAT CHOICE **WITH THE** LAMB SHANK

Cuts like the Australian lamb shank have become increasingly popular on menus across the globe thanks to their affordable price point, rich texture and taste. Being a full flavoured cut, the Australian lamb shank can take strong flavours such as a curry, fiery chilli and strong woody herbs such as rosemary and thyme.



SHANK



Shank

The shank is the section of meat and bone that sits above the knee joint and below the leg. Shanks are prepared from a forequarter and from a leg by a cut through the joint that connects it to either the shoulder bone or the leg bone. Braising this cut brings out the best in the meat with the connective tissue melting down through the sauce, thickening it and adding incredible flavour. Slow cook lamb shanks until the meat is literally falling off the bone.



Drumstick

Drumsticks or frenched shanks are trimmed lamb shanks wherein the bone portion of the shank is scraped clean of meat. Drumsticks are easy to prepare, need simple, slow and gentle cooking to release their succulence and show off a culinary elegance. A slow cooker is an ideal way to cook lamb shanks; they can also be stewed slowly on the stove top or as a casserole in the oven.



Marrakesh Lamb Shanks
Sean barcode to view this recipe.

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editor'snote

email editor@gulfgourmet.net

The exhibition season has begun and the coming six months will see some of the biggest shows targeting horeca, food service and the culinary industry, taking place in the United Arab Emirates, the gateway to MENA trade. As the leading media outlet for professional culinarians, we are – not surprisingly – the 'Official Chefs Magazine' at every food trade exhibition that matters.

This year we have had the title exclusively to ourselves at Gulfood, East Coast Salon, SIAL Middle East, GulfHost and the Autumn Food Shows, to name but a few.

For the 12th year in a row, the world's biggest food brands like Nestle Professional and Unilever Food Solutions have continued to be our partners (not just advertisers) in ensuring the upliftment of the chef community both in the UAE and in the Gulf region.

Be it local superheroes like Emirates Snack Foods or international government-backed initiatives such as Meat Livestock Australia and Business France, we are the go-to platform if you are looking to support and influence professional chefs in the region.

Our influence comes from being in the market for over a decade, being the official mouthpiece for the Emirates Culinary Guild, having a readership that covers professional chefs and decision makers in 5 countries, and last but not the least, being a voice for the chef community's leaders and young stars as opposed to "celeb personalities" who don't call this region home.

This issue has stories and event coverage impacting chefs from over 100 countries.



Be it the cover story of 43-year-old Spanish Chef Ramon Salto (the Complex Director of F&B for Le Meridien Dubai, which has an army of 600 staff), or the interview with 24-year-old Sri Lankan Chef Malith Apsara (who has never won a medal but continues to try again, and dreams of becoming an executive chef someday) we have ensured our platform provides a voice to every individual striving to succeed within this wonderful community.

This issue has, in all probability, the widest coverage of the WorldChefs Congress 2018 anywhere in the world. And we also have the world's widest readership in terms of nationality.

This truly global platform will continue to grow in the coming years and we cannot but thank everyone who continues to make this a great magazine month after month.

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

Aquin George
Editor

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October 2018 Gulf Gourmet

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newsbites

Aravinda Leelarathna to represent Middle East at the World Chocolate Masters

For the first time ever, the Middle East region held a competition where the winner has been given the opportunity to become the World Chocolate Master at the worldwide final in Paris this month

After a full day of sensory excitement created by the Middle East's new generation of talented chocolatiers and pastry chefs, the World Chocolate Masters' jury announced Chef Aravinda Leelarathna from Al Jawaher Reception & Convention Centre Dubai, as the winner of the Middle East National Selection.

With the title of Middle East Chocolate Master Aravinda Leelarathna will be representing the region during the International World Chocolate Master Final in Paris, this month. During the final, 21 countries will be represented by their most talented chocolate chefs. They will compete for three days and be challenged to push the limits of culinary creativity with Cacao Barry's chocolate couvertures, in order to take home the title as World Chocolate Master.

"It's truly a great honor for me to have won this title and thanks to the experience I have gained during my time at JRCC, I have progressed immensely in terms of presentation, creativity and the finer skills of sculpting, which is exactly what the judges were looking for. This is obviously a wonderful moment for me on a personal and professional level but is also a great endorsement of the support and opportunities I have been given," says Chef Aravinda Leelarathna.

The first edition of the National Selection of the World Chocolate Master gathered seven talented candidates in Dubai to compete for the title as Middle East World Chocolate Master. The creativity, passion and pride that was displayed by the contestants during the day was impossible to miss and did by no means go unnoticed.

"The theme of 'Futropolis' gave a lot of scope for imagination and an opportunity for us all to show the innovation behind our art and living in the UAE there can be no better place to express how we feel about cities of the future. Representing the Middle East at the final of the World Chocolate Master in Paris will be an unforgettable experience," says Chef Aravinda.

Previous finalists and winners such as Frank Haasnoot, Davide Comaschi, Shigeo Hirai, Marike van Beurden and Vincent Vallée... have become leading pastry and chocolate chefs in the world."

Aravinda is not new to winning awards. Previously he scooped Silver at the Culinary Olympics, Germany (2016); Bronze at The Emirates Salon Culinary Competition under its 'Four Plates of Dessert' category (2016), and Silver at The East Coast Competition under its 'Wedding Cake' category (2016).



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newsbites



Ben Tobitt is culinary leader at JRG Dubai

Ben Tobitt, an award-winning British culinarian, has been promoted to group executive chef at restaurant management company, JRG Dubai. Chef Tobitt has spend 7 years with the company starting out as sous chef at The Ivy. His last role was of group head chef.

His remit includes managing over 15 outlets and "steering and supporting JRG Dubai's ongoing growth". He gets to plan and manage new kitchens builds as the group expands. Chef Tobitt previously worked at Café Boehme and The Ivy, both in London as well as with the Roux brothers.

Schorr is executive chef at Time

Chef Adam Schorr has joined Time Oak Hotel & Suites as Executive Chef to manage 'Pranzo', a Mediterranean eatery, and 'Mugs & Munch', a pastry café and lounge.

Hailing from south Florida, USA, Chef Adam Schorr has built his culinary career over the past two decades with cuisines spanning American, French, Italian, Mediterranean and Asian.

He says, "I'm excited to start this new chapter in my career, working in Dubai for the first time. I am confident that my experience and innovative approach, will help me develop a dynamic team, which aspires to create high-quality, delicious dishes."



Saudi woman makes world's largest harees

Mariam Al Ahmad, a Saudi-based chef, made her way into the Guinness World Records for the largest bowl of harees. Newspaper Akhbaar 24, reported that she broke the record at the 'Sofra' festival in Ras Al Khaimah, UAE.

The Harees was cooked in 150-metre high cooking vessel. She says, "I am very happy with the achievement and dedicate the world record to the kingdom's women." From what we hear, the dish was as delicious as home-cooked harees.



5 خمس حصص يومياً!

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تشكل الفواكه عنصراً غذائياً لا غنى عنه في نظام تغذية البحر الأبيض المتوسط. الفواكه التي تتميز بغناها بالعناصر الغذائية المفيدة، تقدم لمستهلكها سرعات حرارية قليلة نسبياً بينما تحتوي على نسبة عالية من الماء والألياف النباتية. تعتبر الفواكه الخيار المثالي لأولئك الذين يريدون إتباع نظام غذائي غني بالفيتامينات والمعادن التي تساعد في الحفاظ على وزن الجسم وحيويته. كما تتميز الفواكه الأوروبية المنتجة في اليونان بنسجها المثالي، نكهتها المتميزة، لونها وطعمها الشهي. يتم إنتاجها وفقاً لأكثر معايير الجودة صرامة. كما تخضع مراحل الإنتاج لإجراءات فحص وتدقيق متواصلة طيلة العام، ابتداءً من فترة إزهارها وإنتهاءً بفترة قطف المحاصيل، التي يتم تجميعها وتصنيفها بوسائل تضمن نضارة الفواكه الطازجة المقدمة على مائدتكم!



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المنتجات الزراعية عالية الجودة

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newsbites

Sachin Sharma appointed Executive Sous Chef



Cophorne Hotel Dubai has appointed Sachin Sharma as their new Executive Sous Chef. The chef has completed 15 years in the business with his last stint as Sous Chef for the Intercontinental Marina Dubai.

He will be responsible for the hotel's three outlets plus in-room dining and banqueting.

He has previously worked for Hotel Trident Agra, L'Ariosto in Scotland, Taj Lake Palace Udaipur, Hyatt Regency Delhi, and Danat Jebel Dhanna Resort Abu Dhabi.

He says, "I look forward to leading the kitchen team and bringing new ideas and flavours for our guests."



Zlatko Gersak joins Ajman Hotel

After working for the world's leading hotel chains including Le Meridien, Hilton, and Kempinski, Chef Zlatko has taken up the role of executive chef at Ajman Hotel.

Originally from Croatia, Chef Zlatko has worked in the culinary industry for close to 25 years. Prior to joining the Ajman Hotel, he was the Al Ain Rotana Hotel's Executive Sous Chef.

He will report to the hotel's GM George Ganchev, who says, "Zlatko's expertise and creativity makes him a great asset for our hotel." In his current role, he is expected to contribute with culinary concepts for 10 F&B outlets.

The Gulf advantage

Chef James Olivera, has used his years of experience working in Dubai and Bahrain to go back to India, his hometown, and become the Executive Pastry Chef at The Den, Bengaluru.

He is known for his signature dishes like Raspberry Chocolate Tart – made with 66.8 percent single origin Brazil Cocoa, and Mango & Chilli Bavarian.

He has spent a big part of 14-year career working in the region at properties such as J.W. Marriott, One & Only Royal Mirage Hotel, Desert Palm Hotel & Resort by Per Aquum, Ramada Jumeirah Hotel, Ritz Carlton Bahrain, Atana Dubai and Diplomat Radisson Bahrain, to name but a few.



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newsbites

France renews commitment to UAE's industrial F&B sector

The European major will invest in two pavilions – at GulfHost and the Specialty Food Festival – with the grand pavilion at GulfHost and French fine and specialty foods suppliers at the Specialty Food Festival

Business France, the national agency supporting the international development of the French economy, will be taking center stage at GulfHost and the Specialty Food Festival with 2 large pavilions exhibiting products of over 40 companies. Top industrial catering and hospitality companies from France will be showcasing their premium ranges of food service equipment and fine foods. Visitors will have the chance to meet company leaders who will reveal products and know-how and create opportunities to develop business with their Emirati and regional counterparts.

France is committed to UAE's industrial F&B sector as it maintains its status as second largest partner. With 85% of UAE's food requirements imported, French exports represent around €400 million in sales annually. France's leading exports include mainly beverages (30%), dairy products (16%) and fruits (9%).

Marc Cagnard, Managing Director, Business France Middle East commented, "France is fully committed to the success of the 2018 edition and is planning for a larger contribution at the next GulfHost which will take place in 2020, during the World Expo."

The French Pavilion at GulfHost will gather companies, which will showcase the latest innovation of industrial kitchen equipment,



cooking utensils and ranges of tools created for culinary professionals. The French syndicate of the food process equipment makers (SYNEG) will again this year, be one of the main partners supporting the initiative.

Another pavilion gathering French companies at the specialty food festival will be exhibiting this year including companies representing confectionary, bakery-pastry, condiments and fine products. Horizon International, a regional partner of Business France,

will support the culinary campaign by introducing six companies to the show.

Other key partners contributing to the show's success include Evian, the number one mineral water in the world and in the Middle East, Badoit, the sparkling mineral water brand for fine dining and endorsed by top Chefs globally, and Cafes Richard, a traditional "French-style" coffee roaster linked to the French gastronomy, Art de Vivre and to Paris (the leader on its market).

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TALENTED TWO

Mövenpick Hotel Jumeirah Beach has picked Chef Savio D'souza and Chef Baburam Bhusal to show its excellence at the Nestle Professional Golden Chefs Hat Award. Know the dedicated duo...

Knives are being sharpened all around as young chefs battle it out for the Nestle Professional Golden Chefs Hat Award.

Among the hotels working especially hard to prove its culinary prowess is Mövenpick Hotel Jumeirah Beach. Each year, the hotel sends its finest to the competition.

It's been a good bet so far. Several chefs from the hotel have made it to the list of notables and even bagged

the award. Which is why there are high expectations riding on this year's participants from the hotel – Chef Savio D'souza and Chef Baburam Bhusal.

Who are they? Where do they come from? And where are they headed? Meet the talents...

SAVIO D'SOUZA

Sugar runs in Chef Savio D'souza's blood. No, it's not diabetes. He just carries a gene that makes him a genius in pastry.

Looking back, Chef Savio didn't quite stand a chance of choosing any other profession. "My family has quite a few chefs. But I was greatly inspired by my mother. She's too good in pastry and I grew up with sweet delights around the house all the time," says the now 27-year-old chef.

Growing up in India's most famous holiday destination – Goa – Chef Savio has hospitality ingrained in him. Currently, he's the chef de partie of



BABURAM BHUSAL



SAVIO D'SOUZA



pastry at Mövenpick. "I was promoted last December. I am now the second-in-command for pastry here," he grins.

When Chef Savio decided that hospitality was his calling, he obtained a three-year degree in Hotel Management and Catering Technology from Rizvi College, Mumbai. An internship at the Taj Palace Hotel Dubai started him off on his culinary path.

Chef Savio briefly returned home to Goa to join Taj Vivanta but left less than a year later in 2013 to become a part of the Mövenpick Hotel Jumeirah Lakes Towers pre-opening team. Eventually, he moved to the Mövenpick Jumeirah Beach a couple of years later.

Constant innovation is something that Chef Savio excels in. His plan this time around is to create a dessert for the competition that has not been done before. "I'm making a dessert with chocolate, strawberry and raspberry on a pistachio base. It will be plated with a compote of mango and fruit spaghetti. There will be no ice-cream as I want to make a compact dessert that is simple yet delicious."

Someday, Chef Savio hopes to become an executive pastry chef at a Ritz Carlton hotel and even open a bakery in Goa. For now though, he's out to tease your taste buds. Looking at his creations, that should be a cakewalk.

CHEF BABURAM BHUSAL

When Baburam Bhusal was in his late teens, he would watch his brother don the professional chef's apron and head to work. Something about that simple act triggered a passion in him that burns bright to this day.

The 29-year-old demi chef de partie at Mövenpick hotel's Soul restaurant followed in his brother's footsteps and has not regretted his decision for a day. "My father was working in a private company but my brother was my role model. Although he's left the kitchen now, he also inspired my younger brother, who is learning to be a chef," says Chef Babu.

Hailing from the tiny country of Nepal, he began his career at the Abu Dhabi National Hotel before joining The Village hotel in Abu Dhabi towards the end of 2012. A couple of years later,

he leveraged an opportunity at the Dubai International Hotel in Dubai International Airport to learn the basics of the kitchen. In 2016, he entered the Soul restaurant kitchen as commis I, slowly climbing his way to demi chef de partie. Along the way, he has picked up valuable skills – from cooking to quality and stock control, supplier management and hygiene regulations.

Chef Babu is no newbie when it comes to competitions. At the prestigious East Coast Salon Culinaire this year, he won a silver and a gold medal for live cooking beef and a three-course meal, respectively.

At the Nestle competition, Chef Babu plans to use the chicken powder and mashed potato, among other products, to create a dish that impresses the judges.

"In the future, I would like to open my own restaurant. But for the next five-six years, I want to focus on growing my career and learning the nitty-gritties of running a restaurant," he finishes.

That's two to watch out for!

VEAL EYE LOIN ROULADE WITH MUSHROOM SOIL, SPINACH TORTELLONI, BRAISED VEAL RUMP, BUTTERNUT PUREE, AND BUTTERED VEGETABLES, SERVED WITH MOREL MUSHROOM SAUCE

BRAISED VEAL RUMP

Veal rump	400 gm
Nestle Veal Jus	300 ml
Chef Demi-Glace	100 ml
Maggi Tomato Coulis	30 gm
Mirapoix (Roughly Cut)	100 gm
Bay Leaves	01 nos.
Butter	10 gm
Fresh Tarragon	1 sprig
Cranberry Juice	30 ml
Salt, Pepper	To taste

Method

- ◆ Sauté mirepoix and fresh herbs in pan

and add bay leaves.

- ◆ Add tomato coulis and cook a little until colour.
- ◆ Then, add into that and mix veal rump with mirepoix.
- ◆ Add demi-glace, veal jus, and cranberry juice as well.
- ◆ Cover with a pressure cooker lid.
- ◆ Cook until the meat is soft.
- ◆ Serve with reduced veal jue.

BUTTERNUT PUREE

Butternut peeled/sliced	200 gm
Garlic Clove	3 pieces
Fresh thyme	1 sprig
Olive Oil	5 ml
Butter	15 gm
Salt/ Pepper	To taste

Method

- ◆ Add some crushed garlic and fresh thyme to the butternut with little olive oil.
- ◆ Place it in an oven and bake until the butternut softens.
- ◆ When done, put the butternut into a blender with some butter and blend well until you get a smooth puree.
- ◆ Finally, season it.

VEAL EYE LOIN ROULADE

Veal Loin	300 gm
Veal Sweet Bread	100 gm

Mushroom Soil	20 gm
Milk	100 ml
Sedge	5 gm
Butter	10 gm
Egg White	3
Nestle Cooking Cream	50 ml
Seasoning	To taste

Method

- ◆ Make sweet bread mousse with sedge and butter.
- ◆ Cut Eye Loin into barrel shape.
- ◆ Coat the mousse.
- ◆ Cook it.
- ◆ Sous vide at 60°C for 40 minutes.
- ◆ Cut and serve.

MOREL MUSHROOM SAUCE

Morel Mushroom	10 gm
Braised Jus	30 ml

Method

- ◆ Soak the mushrooms in the jus.
- ◆ Cook until mushroom is done.
- ◆ Serve with seasoning.

BUTTERED VEGETABLES

Baby Carrots	12 pieces
Romanesco Cauliflower	12 pieces
Maggi chicken stock	200 gm
Butter	10 gm
Seasoning	To taste

Method

- ◆ Boil chicken stock, add vegetables, cook half.
- ◆ Take out, finish with butter and seasonings.

SPINACH TORTELLONI STUFFED WITH NESTLE MASH POTATO MUSHROOM AND VEAL BACON

For the dough

Spinach puree	20 gm
Flour	100 gm
Egg	3 pieces
Olive Oil	5 ml

Method

- ◆ Mix all ingredients together, and make the dough.
- ◆ Rest for 2 hours and sheet. .

For the filling

Maggi Potato Powder	100 gm
Veal Bacon	20 gm
Mushroom	20 gm
Thyme	5 gm
Seasoning	To taste

Method

- ◆ Caramelize the mushrooms and bacon, then cool it down.
- ◆ Mix with mashed potato and add the seasoning.
- ◆ Make into desired shape; boil and serve.



THE DOCELLO SEMIFREDDO

(Raspberry, Buttermilk, Panacotta, Semifreddo, with Coconut Sable Brûlée Sandwich and whipped mousse)

RASPBERRY BUTERMILK PANACOTTA SEMIFREDDO

Docello panna cotta	30 gm
Buttermilk	100 ml
Nestle Cream	100 ml
Egg	1
Egg yolk	80 gm
Fresh Cream	125 gm
Italian Meringue	65 gm
Honey	15 gm

Method

- ◆ In a pot, boil the buttermilk and cream. Remove from flame and add the panna cotta powder and mix well.
- ◆ Put back on flame and boil again stirring well.
- ◆ Whip the honey, egg, and egg yolk over bain-marie.
- ◆ Once thick, whisk on the machine and at the same time make an Italian meringue and keep aside (100g sugar +100gm egg white)
- ◆ Once panna cotta mix is cool enough, fold in the pate bomb mix and Italian meringue. Put in the mold and blast freeze.

PISTACHIO PAIN DE GENE

Almond Paste	150 gm
Pistachio paste	30 gm
Eggs	110 gm
Flour	23 gm
Baking Powder	1.5 gm
Corn Starch	6 gm
Pistachio (chopped)	10 gm

Method

- ◆ Whisk in the eggs and almond paste in a mixing bowl.
- ◆ Once the mixture is fluffy, add in pistachio paste and chopped pistachios.
- ◆ Fold in the flour and baking powder and cornstarch
- ◆ Pour in a tray and bake at 175°C for 20 minutes.

COCONUT SABLE

Butter	200 gm
Icing Sugar	200 gm
Flour	250 gm
Yolk	1 piece
Maggi Coconut Powder	30 gm

Method

- ◆ Mix all ingredients to form a crumble and mix the yolk and combine to form a dough. Rest in chiller.



- ◆ Roll out and cut into shape and bake at 175°C for 10 minutes until golden brown.

PRALINE KITKAT BRÛLÉE

Docello crème brûlée	50 gm
Milk	200 ml
Cream	125 ml
Praline paste	10 gm
Gelatin mass	3 gm
Nestle KitKat Crumble	15 gm

Method

- ◆ Soak the gelatin in cold water.
- ◆ Heat milk and cream in a pot. Once it boils, remove from flame. Mix in the brûlée powder and praline paste well and boil again a little.
- ◆ Remove from flame and fold in the melted gelatin mass.
- ◆ Add in KitKat crumble.
- ◆ Set in small molds or as required.

LYCHEE AND MINT SPAGHETTI

Lychee Puree	35 gm
Water	8 gm
Sugar	6 gm
Agar Agar	4 gm
Fresh Mint Leaves	8 gm

Method

- ◆ Mix puree, water, sugar on low heat until sugar dissolves. Add in agar and stir nicely. Add in mint leaves and cover with a foil to infuse the flavour for 30 minutes.
- ◆ Strain and re-boil.
- ◆ Put in a syringe attached with a pipe and suck the juice. Set in the ice water set aside. Release on a plate until you get a nice spaghetti.

PASSION GEL

Passion Puree	200 gm
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Sugar	80 gm
Agar Agar	3 gm

Method

- ◆ Heat the passion puree and half of the sugar on pan.
- ◆ Mix in agar and remaining sugar and boil for 5 minutes until thick.
- ◆ Set in chiller for one hour.
- ◆ Blend with the blender and pipe.

DULCHE DE LECHE SMARTIES CREAM

Nestle Condensed Milk	1 can
Nestle Smarties	10 gm

Method

- ◆ Boil the condensed milk for 4 hours in a pot, set in cold water before use.
- ◆ Mix with crushed Smarties.
- ◆ Pipe accordingly.

WHIPPED CHOCOLATE MOUSSE

Docello chocolate mousse	125 gm
Milk	250 ml

Method

- ◆ Mix the milk and chocolate mousse powder in a bowl and mix until smooth.
- ◆ Whisk for 2 minutes on low speed and 5 minutes on high speed
- ◆ Pipe as desired

RASPBERRY COULIS

Raspberry Puree	100 gm
Sugar	50 gm
NH Pectin	2 gm

Method

- ◆ Boil the puree and half sugar on a medium heat.
- ◆ Once it boils, add the remaining sugar and pectin until it's a smooth sauce.

VIVA ESPAÑA

Chef **Ramon Salto Alvarez** believes in living life to the fullest. Even his professional life. The Spanish Complex Food & Beverage Director at Le Meridien Dubai Hotel & Conference Centre/Le Meridien Fairway on how he pushed his limits and found he didn't have any...



The Spaniards have a special talent for turning everyday ingredients into something special. Eggs and potato turn into a delicious tortilla, rice and seafood combine into a flavourful paella, even blood turns into a spicy sausage when it combines with onion and rice – even the least adventurous foodies might want to try the Morcilla de Burgos.

So you can say that Chef Ramon Salto Alvarez might have had an unfair advantage when he set out to make a career in the international culinary industry – he was born with the ability to turn the most mundane of ingredients into spectacular delights.

The Catalan from Barcelona, however, has something many of his fellow countrymen might lack: the mental



I played American football for the national team but realised that I couldn't really make it a career. So after finishing high school, I joined a catering college

strength to push boundaries and test his limits. So far, he has found none.

A constant explorer, the Director of

Food & Beverage at Le Meridien Dubai and the recently appointed Chairman - Dubai of the Emirates Culinary Guild, has gone across countries, continents and formats, carefully honing skills that other chefs only dream of having.

And he believes his best is yet to come.

THE EARLY YEARS

Born in Catalonia, Spain, Chef Ramon grew up around the smell and sights of meats. "My father was a butcher. And my mother also worked in a farm. Both were in the meat business and I saw this industry closely as a child," says the 43-year-old chef. Spanish dry-cured hams - jamon iberico and jamon serrano – are perhaps the most celebrated hams in the world. "One of my sisters also went into the food business. She runs a restaurant in our home town in Catalonia."

Chef Ramon Salto with his lovely wife Diana Marcela Soto and their greatest creations 10-year-old daughter Agatha and seven-year-old son Ramon Salto Jr.





However, exposure to the foods business did not at first translate into a passion for cooking. Initially, all Chef Ramon could think of was being a player of American football. "It was my passion. The first time I actually considered a career as a chef was when I was 11." It so happened that his school ran a programme called 'Meet the Professionals' - a place where parents of classmates would come and talk about their careers. "The father of one of my classmates was a chef on a cargo ship. He showed us pictures of his ship in different cities. I was fascinated by the photos."

To the excited kid, a chef's career meant loads of travelling. The idea of becoming an international chef took seed. But it wasn't until the age of 17 that the real decision was made. "I played American football for the national team but realised that I couldn't really make it a career. So after finishing high school, I joined a catering college." A summer job at a country club cemented the idea. Working in the kitchen there, Chef Ramon felt at home dabbling in food, even if it meant just making sandwiches and simple dishes.

THE CAREER CURVE

The reality of a chef's life hit Chef Ramon early on but did nothing to deter him. "In the first year of the catering college, I did an internship at a Michelin-star restaurant in France. I didn't speak much French and that was challenging. Plus, there is a lot of pressure while working in a Michelin restaurant."

Pressure indeed does make diamonds. When Chef Ramon returned for the next semester, he realised that working at that restaurant had made him more skilled than his classmates, who had played it safe and interned at the local outlets.

Eager to repeat the experience, Chef Ramon chose an overseas assignment for the second year too. "I went to the UK. My English wasn't good either and I went to another Michelin-star restaurant



Every chef worth his salt wants to be in Dubai. Its culinary scene is really vibrant. I wanted it on my CV

called The Oakroom. These experiences came in handy later when I took my first real job in 1996. I was part of the pre-opening team of a restaurant near where I lived and within a year of opening, we got a Michelin star."

It was the first of many achievements. After a job in Paris, Chef Ramon made

his way to the United States, where he learnt the fine art of Asian cuisine in California. Returning to Barcelona after a year, he used this knowledge to drive the opening of an Asian fusion restaurant. He then tried something entirely different – a job at a catering company that took up large-scale events such as Formula 1, Grand Prix, Roland Garros, among many others.

"I worked there for three years in a senior position. After that, I moved to London to get my first big hotel experience at The White House." The 600-room hotel at Regent Park with two ballrooms and three restaurants taught the Spanish chef how to run a huge operation. A couple of years later, he crossed continents, joining the Radisson Blu in Kuwait. "I started there as an executive sous chef and was promoted to executive chef within a

year. Internationally, that was my first executive chef position.”

DIFFERENT STROKES

Given his diverse experiences, Chef Ramon has learnt to handle the differences between high-end restaurants and hotels and catering operations. “In Michelin-star restaurants, the priority is always on the quality of food and service. The focus is not on employee well-being. You have to work very long hours but no one complains because everyone working for such restaurants is a perfectionist. But big hotels need smooth operations above everything else and so, employee well-being is important to ensure that. Satisfied employees have a big role to play in such massive operations because it’s not possible to monitor everyone’s work.”

Small teams are easier to manage, which is never the case with big hotels. “In Radisson Blu, I was running a team of 65 chefs.”

There was much to learn there, not just because of the size of the operation but also the diversity of the workforce. “That was the first time I worked with so many nationalities - Indians, Filipinos, Indonesians, Sri Lankans,



Pakistanis. Asians in general are very hard-working. They understand that they have to work hard to progress in life. In Europe, people are more focused on the quality of life.”

After spending three years at the Radisson Blu, Chef Ramon accepted an opportunity to open the Missoni hotel in Kuwait. “It was nice to be a part of the pre-opening team. We designed the kitchens and the concepts, did the hiring. Now that hotel is called Symphony Hotel. It’s quite successful for weddings and large events.”

He then joined the W in another neighbouring country. “That was a special experience. I got a chance

to work with Chef Jean-Georges Vongerichtens, an American celebrity chef with restaurants all over the world. We launched two restaurants – ‘Market by Jean-Georges’ for European and Mediterranean cuisine and ‘Spice Market’ for Asian cuisine with a strong Thai influence. I even went to New York to train under Chef Jean-Georges.”

Leveraging his catering company experience, Chef Ramon helped the W hotel launch a catering department, which eventually went on to do popular events such as MotoGP and the film festival. A couple of years later, he again jumped continents to work at the Leela Kempinski in India as executive chef. Three successful years were spent



“Half a year ago, when I was offered this position, I took it without hesitation. Who can pass up a chance to shape the Dubai culinary industry and engage with other influencers?”

in the land of spices and colours but the lure of Dubai for the chef was too strong to ignore.

“Every chef worth his salt wants to be in Dubai. Its culinary scene is really vibrant. I wanted it on my CV.”

Chef Ramon joined Le Meridien Dubai in the F&B department, which he now heads. “There are 600 people in our F&B operations, catering to 18 outlets. Our banqueting and The Warehouse are our biggest revenue generators. This property is a well-oiled machine. So we focus on improving what we already have instead of changing the concepts.”

CHANGING ROLES

Admittedly, life has changed since his kitchen days. “A chef is mostly his own authority in the kitchen. But an executive chef is a manager – he has to be more diplomatic, listen to guests and staff. It’s not possible to do your own thing and innovate like a chef can.” It’s a hectic job but Chef Ramon enjoys every minute of the challenge. In the distant future, he hopes to work in the corporate office of a big brand like the Marriott, designing concepts for F&B.

Despite his busy schedules, Chef Ramon finds the time to contribute to the betterment of the industry as a whole. He’s the Dubai Chairman of the Emirates



Don’t give up at the first sign of trouble. This business is run by passion. Long hours are normal. Don’t go looking for a fat pay check in the beginning. Look for good mentors instead

Culinary Guild. “I met Chef Uwe Micheel, the Guild’s President, first in 2009. Later he reached out to me for assistance for a Spanish tapas event. Half a year ago, when I was offered this position, I took it without hesitation. Who can pass up a chance to shape the Dubai culinary industry and engage with other influencers?”

FAMILY SUPPORT

A family man, Chef Ramon ensures his wife and two children do not suffer the consequences of his busy schedules. “Family is very important to me. My wife Diana Marcela Soto is Colombian and I have a 10-year-old daughter Agatha Salto and a seven-year-old son Ramon

Salto Junior.” The family travels together a lot, frequently visiting Colombia and Spain. “We have a home in Cartago, a small town in Colombia, and my father lives in Barcelona. So we visit two-three countries every year.”

Chef Ramon has a second sister, who is a doctor. His wife and kids quite enjoy travelling and adapt easily to his hectic schedules. “For them, taking a flight is the same as taking the car. Travelling is an integral part of our lives.”

The story of how Chef Ramon met his wife is the stuff of fairy tales. “Eleven years ago, I had no social life. So one random night, I created a profile on a website where you could make friends with people from all over the world. I had absolutely no expectations. Next day, I had several friend requests and one of them was from my wife.”

Diana was in Colombia at the time and the two chatted over the now-forgotten messenger services for half a year before meeting up. “We connected instantly and I knew I wanted to spend my life with her.” Around the time he became the executive chef in Kuwait, Chef Ramon flew down to Colombia and asked for Diana’s hand in marriage.

The rest, as they say, is history.

THE SECRET SAUCE

As someone who has been there, done that, Chef Ramon knows the importance of perseverance. “Don’t give up at the first sign of trouble,” he advises newbies. “This business is run by passion. Long hours are normal. Don’t go looking for a fat pay check in the beginning. Look for good mentors instead.”

Chef Ramon admits he was lucky to have had good bosses. From James Ovebaugh in California to David Hanois in Kuwait to Carlo Javakhia in Dubai, many mentors shaped his skills and attitude.

Destiny did the rest. And it’s not finished with the talented top chef yet!





CARIBBEAN CUISINER

Work is play for Chef **Olivier Hilton**. The chef de cuisine of Key West Bar & Grill brings the wholesome experience of the Caribbean to guests – right from the friendly vibes to the vibrant cuisine...



For most of us, home is where the heart is. For Chef Olivier Hilton, both home and heart are where the kitchen is. The chef de cuisine of Key West Bar & Grill cannot imagine a life that is not centred around food.

True to the French influence on him, Chef Olivier is an artist. Bringing out the lush, vibrant tones and subtle-to-strong flavours of ingredients, he creates one masterpiece after another on the plate each day.

Ask Chef Olivier about how his love for cooking evolved, he just can't quite remember where it began. "The kitchen chose me. I can't think of any life stage where food wasn't my priority," says the chef. "I have been spending time in the kitchen as far back as I can remember, cooking with and for my family."

Born in French territory of Fort de France, Martinique and raised and educated in St Lucia, Chef Olivier grew up in a household with women who were fantastic cooks. "The matriarchs in the family had a huge influence on me. From my mother to my granny and aunts, they all made me look forward to the next meal. To the extent that they inspired me to create the Mama's Bowls for the recently-launched Key West menu. It's my way of saying thank you to them and to all mums out there who cook straight from the heart."

Although Chef Olivier hung around the

kitchen from the time he was a kid, his real culinary journey began at the age of 17, when he started at a restaurant called The Roof Garden. Within a few months, he moved on to join the The Royal St Lucian in 2003. The next five years were spent learning to be a chef – from peeling the vegetables to roasting the meats to managing kitchen supplies efficiently. Having absorbed all he could, Chef Olivier headed out to the Landings Resort & Spa as a chef de partie, working there for a year before moving to the Cap Maison Resort & Spa for another year.

Wanderlust took Chef Olivier to the UK. For seven months there, he toiled in an Italian restaurant and a French patisserie simultaneously, eventually returning to St Lucia.

The return marked a huge career jump – Chef Olivier was appointed head chef at the Ti Bananne Restaurant, at the heart of Rodney Bay.

Like a space shuttle in a hurry, his career took off sometime around then. For the next five years, he managed the Big Chef Steakhouse Restaurant & Bar, and Tapas on the Bay - the first authentic tapas restaurant in St Lucia - as the executive chef.

Never one to stop experimenting, Chef Olivier also tried his hand at a more personalised format. He worked in the tiny island of Canouan in the Grenadines at the Canouan Resort & the Pinks Sands Club. "The five-star luxury resort was where the billionaires went to escape the millionaires."

Chef Olivier appreciates the fact that his career has been mostly in beautiful locales. He also worked as executive sous chef at the Seven Stars Resort & Spa in Providenciales, a beautiful island in the Turks and Caicos.

Joining the Nikki Beach Resort & Spa in Dubai was a strategic move to further develop his career in a destination known for its culinary richness.



The kitchen chose me. I can't think of any life stage where food wasn't my priority. I have been spending time in the kitchen as far back as I can remember, cooking with and for my family

Even though Chef Olivier moved around quite a bit, he's enjoyed every minute of it. "I was fortunate to have worked with some of the best chefs in St Lucia, so I had a solid foundation to build on. Most of the places I worked had a hands-on work culture. So it was easy for me to learn about different parts of operations. When you do what you love, it's never a struggle."

In his current role, Chef Olivier manages the Key West Bar & Grill culinary brigade. "It's a relaxed, beachfront dining

destination, serving a vibrant mix of Caribbean and Latin inspired dishes. We are an oasis in the middle of a buzzing city, with the sundowners' beach right at our doorstep."

The venue aims to make guests think of holidays and good times and enjoy the friendly vibes. A lot of the techniques and ingredients used stick close to the Caribbean traditions. Many staff members are also from St Lucia to complete the authentic picture. "We treat guests like family, just like we do in the Caribbean."

For Chef Olivier, a good chef is responsible not just for the best dish but for the entire dining experience of a guest. "The real impact comes from the delivery of an unforgettable experience, not just from the main product."

This is why he advises young chefs to be led by passion, rather than by ambition. "If you are passionate about food, there will be little room for compromises in the kitchen. You will also be more focused and have fun while working. And all that will be expressed in your final product."

When the kitchen is where the heart is, how can the result be anything less than spectacular?

October 2018 Gulf Gourmet



Gulfood Manufacturing 2018 at the forefront of industry 4.0

360-degree food and beverage processing show in Dubai will play lead role in advancing regional industry to meet rapidly-evolving consumer demand

The fifth edition of Gulfood Manufacturing, the Middle East's largest food and beverage processing forum which runs at Dubai World Trade Centre (DWTC) next month, promises to be the Gulfood spin-offs most well-rounded and forward-looking exhibition and conference to date, offering a 360-degree solutions platform for a regional industry buoyed by strong consumer demand in an increasingly competitive marketplace.

While retaining its long-standing reputation as the principal place to conduct multimillion-dollar business transactions with exhibitors from 60 countries showcasing the latest industry development tools, Gulfood Manufacturing 2018, which runs from November 6-8, boasts a range of features that put it firmly in the realm of future forecasting, trend tracking and sector education.

Four key features – a 'Big Buyers' programme, where up to 2,000 buyers are hosted; innovation demos, which will provide deep insights into artificial intelligence, machine learning, blockchain and robotics; Gulfood Manufacturing Industry Excellence Awards, designed to inspire and reward process innovations, and a probing FoodTech Summit – have

been integrated to strengthen the event's position as the vanguard of F&B transformation.

"The breadth of food production technology is so wide that the industry requires a multi-offering platform showcasing advanced manufacturing," said Trixie LohMirmand, Senior Vice President, Exhibitions & Events, DWTC. "Suppliers from around the world have their eyes fixed on the Middle East, where cross-sector demand continues to climb. Regional producers are now scaling up and utilizing higher grade technology to meet Industry 4.0 demands. The Gulfood Manufacturing 2018 programme has adopted a multi-audience approach that speaks to both producers and suppliers."

The Gulfood Manufacturing conference series, under its new identity "FoodTech Summit", will set the agenda for the industry's vision, with deep insights into the future – near and far. Sessions will focus on the 'Factory of the Future' and a look at how Industry 4.0 – or the fourth Industrial Revolution - is redefining the F&B manufacturing and processing industry. The talks will pose challenging compelling questions and suggest steps to keep the regional industry relevant in the digital era.

Together the five sectors will span 80,000 square meters of space across 16 halls and showcase solutions from more than 1,600 local, regional and international industry service providers from 60 countries, as well as tens of thousands of visitors.

The Innovation demos will be an early alert system for the industry's future with participants taking in examples of robots working among humans at production lines, and high-speed machines with capacity to churn out bags at 200 units per minute. Participants will include some of the 2,000 pre-qualified, C-Level management attendees from across the Middle East, Africa and South Asia being hosted through the show's expansive 'Big Buyer' programme, which feeds investment appetites.

The Gulfood Manufacturing Industry Excellence Awards will recognise and reward best practices and innovation within the food manufacturing industry value chain. The awards will be judged by an international panel of experts representing food processing and packaging industries, graphics experts, equipment suppliers, academia, trade press, governmental, environmental and trade organisations.

Joy of Giving

Autism is not a word to be feared but a child to be loved. This simple but very powerful statement by Dubai Autism Center (DAC) left an impression on the young chefs who visited the premises in the not so recent past

Dubai Autism Center is a non-profit organization working towards the welfare of autistic children. And during the summer, our enthusiastic young chefs with the assistance of ICCA Dubai, were able to bring smiles on faces of little children as a part of giving during the holy month of Ramadan.

The event was held to help create a sense of empowerment among children with special needs by having a brief hands-on cooking session.

The day began with our young chefs prepping for sandwich and cookies. Once the kids from DAC arrived, they were welcomed with refreshments. Young Chefs assisted the DAC teachers and children to settle in.

With everyone comfortable, the young chefs began their interactive session by teaching kids the importance of hygiene. "We started off by showing how to wash their hands correctly before handling food then followed by sessions on making your own sandwich and cookies. Children indulged in making variety of sandwich and cookie topping. The children were ecstatic with what they were able to make by themselves. The teachers took photos to show the parents what their little chefs learnt



on their day out trip," says one of the young chefs who made the trip.

"Before we knew it, it was time to call it a day. We bid farewell to our new-found friends. For many of us this was one way of giving back to society by doing something we are good at. Seeing their faces light up with excitement and joy meant we did do something right. In all, it was a beautiful experience for both the Children and our Young Chefs."

The ECG Young Chefs Club thanked ICCA Dubai for being accommodating and a special thanks to DAC for giving them this opportunity to meet and interact with these amazing children. Last but not the least, they thanked all the chefs who took time out of their busy schedule to make this event a success.





Nestlé
Golden
Chef's Hat
Award



EXPERT TUTELAGE

This month's second team vying for the Golden Chef Hat Award 2018 are the subcontinental duo for Ajman Saray

Chef Sanjoy and Chef Malith have been extremely lucky to have worked under the guidance of Executive Chef Moahmed Raees at the Ajman Saray Hotel, a Luxury Collection property. Chef Raees, who has previously graced the cover of this magazine, is one of Pakistan's more dynamic chefs in the UAE. In fact, he represented the Middle East and Africa at the Global Chefs challenge held at the WorldChefs Congress 2018 in Kuala Lumpur this summer.

Learning from this expert Pakistani mentor is India's Sanjoy Sarma and Sri Lanka's Malith Apsara. Here are their stories:

Chef Sanjoy Sarma

The 28-year-old Chef de Partie from Tripura, India remembers loving to cook even as a young kid. "I have always loved cooking. My friends tried their hand at hospitality and left it as they did not like it. This made me curious, I wanted to know how bad it could possibly be. As I began studying for it, I realised I enjoyed the profession and because of my passion I enjoy the hard work. The fact that you can create something new keeps me motivated."

While his younger brother is into engineering and sister is into travel and tourism, Chef Sujoy is a dual bachelor's

degree holder in Hotel Management and Business Administration.

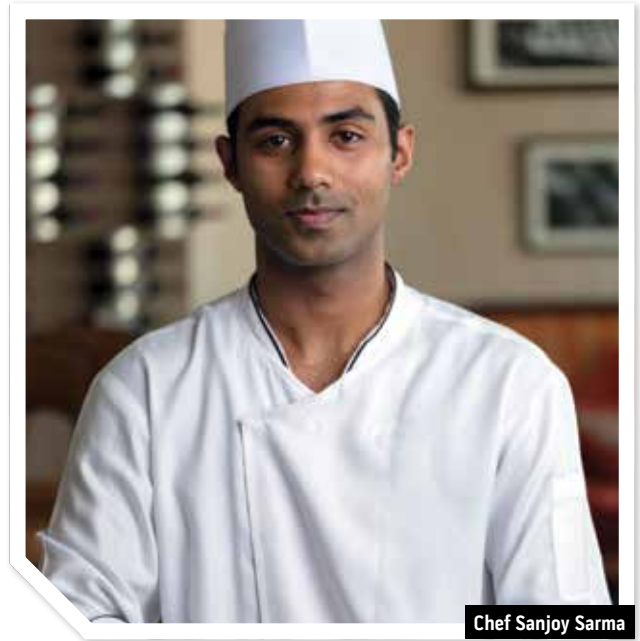
Following his internship at a Kolkata hotel, he travelled across India learning the nuances of various cooking styles. There was Mojarda Beach Resort Goa, Taj Lands End Mumbai, The Gateway Hotel Ahmedabad, (where he competed for the first time and came 6th among 400 chefs), Novotel Vishakapatanam, and Courtyard by Marriott Ahmedabad.

He took up a role as Commis I, which was a step back, to get a foothold in Dubai and recoup the money he was cheated off by a recruitment consultancy.





Chef Malith Apsara



Chef Sanjoy Sarma

He worked at the Four Points by Sheraton in Dubai before joining Ajman Saray a little over two years ago.

“Here I have participated in local competitions and won silver and bronze at Gulfood and two silvers in East Coast Salon. I have been the first runner-up at La Cuisine du SIAL and second runner-up at Gulfood Salon Culinaire as well.”

In addition to his executive chef Mohamed Raees, he says he learnt a lot from his Chef Uttam Sarkar and Kunal Gautam. His ultimate goal is to be a

celebrity chef with “my own cooking style and a cookbook”.

Chef Malith Apsara

Ajman Saray is this 24-year-old's first employer in the UAE. Prior to this, he worked at the Mount Lavinia Hotel and Grand Oriental Hotel, both in his home country Sri Lanka.

Chef Malith has always worked in – and loved – the cold kitchen. This is until a year ago when he decided he wanted to work across all the kitchens of a hotel and began with the pastry kitchen. “Even though I like cold kitchen, I want

to learn how to work in all the kitchens,” he says. While his repertoire of medals is not as vast as his partner's, he has won certificates of merit at both La Cuisine du SIAL and Salon Culinaire. He says, “This year I will win a medal.”

Being a chef was never Malith's dream. It was his father's. “I loved cricket and that is all I knew. But my father loved the culinary industry and made me pursue his dreams. I was upset at first, but now I love it. As the only child in the family, I am happy that my dad's decision worked out for me. My big dream is to become an executive chef someday.”

SOUS VIDE CHICKEN BALLOTINE WITH NESTLE POTATO GNOCCHI AND ESPELETTE JUS

Sous vide cooked stuffed chicken legs with mushroom and chestnuts, organic quinoa, saffron gnocchi, variation of potato and assorted vegetables with cauliflower puree, espelette jus and bread crisp

Ingredients

Chicken leg	1kg(4leg)
Mix mushrooms	200gm
Chestnut	80gm

Maggi seasoning	40ml
Organic quinoa	80gm
Saffron	1gm
Maggi mashed potato powder	200gm
Flour	100gm
Egg	2no
Salt	10gm
Pepper	10gm
Nestle cooking cream	80ml
Purple potato	200gm
Sweet potato	200gm
Potato	200gm
Broccolini	100gm
Espelette pepper	2gm
Nestle tomato coulis	150gm
Butter	200gm
Olive oil	100ml
Chives	5gm
Maggi Chicken stock powder	5gm
Nestle demi-glace powder	80gm

Onion	150gm
Garlic	100gm
Edamame beans	40gm
Beetroot juice	200ml
Salsify	50gm

Method

CHICKEN BALLOTINE

- ◆ Debone the chicken leg and marinated with maggi seasoning, salt, pepper, thyme, chopped garlic and olive oil.

MUSHROOM AND CHESTNUTS

- ◆ Heat the pan and add onion, garlic, thyme.
- ◆ Add the mushrooms and chopped chestnut. Mix well add seasoning salt and pepper and stuff the chicken legs. Place the chicken ballotine in a vacuum seal bag. Place the bag in a sous vide



water bath and set the time for 90 minutes at 60°C.

ORGANIC QUINOA

- ◆ Small dice bell pepper sauté with garlic, onion, salt and pepper. Then add boiled organic mix quinoa, butter, chives and lemon juice.

NESTLE POTATO GNOCCHI

- ◆ Take Maggi mash potato powder, flour, saffron water, eggs and salt, mix together.
- ◆ Make small balls and take a fork. Put this ball on top fork then roll it and blanch in hot water.
- ◆ Fine chopped onion, garlic sauté with butter, Nestle cooking cream, chives, gnocchi and seasoning.

- ◆ Variation of potato and vegetable:
- ◆ Boiled purple, red potatoes and one large potato then make scope and sauté with garlic, butter, chives and seasoning.
- ◆ Blanch the vegetable (broccolini, shimeji mushroom, edamame beans) then sauté with butter, garlic, onion, salt, pepper and chives.
- ◆ Salsify cook in beetroot juice with salt, thyme then strain and sauté with butter, chopped garlic and chives.

BUTTERNUT PUREE

- ◆ Remove skin, seeds and pulp, then cut dice and add some cut onion and garlic. Place in the oven for roasting at 180°C for 12 minutes with cover. After

removing it, blend with butter, salt and pepper, then strain.

ESPELETTE JUS

- ◆ Cook nestle tomato coulis with butter, garlic, onion and thyme. Add chicken stock water, Maggi chicken powder, Nestle demi-glace powder and espelette pepper powder mix with whisk. Cook until it reaches the consistency desired then strain.

BREAD CRISP

- ◆ Make mixture flour, oil, beetroot juice, all mix together then take a non-stick pan on medium heat and put the butter slowly into the pan. Leave it in a pan until crispy. Remove from pan, cut and serve.

DATE AND DOCELLO CHOCOLATE MOUSSE, WITH MANGO COMPOTE, GUAVA JELLY, MANGO SORBET, AND GOLD DUST CHOCOLATE

DISC ALMOND CRUMBLE

DATE CAKE

Dates	166.5g
Water	70g
Baking soda	2.9g
Sugar	75g
Egg yolks	3.5g
Corn oil	83g
Flour	97g
Baking powder	1.65g
Nutmeg	0.8g

Method

- ◆ Boil the dates and baking soda and water together.
- ◆ Beat sugar and egg yolks and add corn oil.
- ◆ Mix the flour and baking powder and nutmeg together.
- ◆ Mix the date mixer and egg yolk mixer together and at last mix it with dry ingredients.
- ◆ Bake it 180° for 30 minutes.

NESTLE CHOCOLATE MOUSE



Docello chocolate mousse	250g
Milk	500 ml

Method

- ◆ Put the appropriate amount of cold milk between 2° and 5° into a highbowl mix powder with milk using a whip until a homogenous mixture has been obtained.
- ◆ Whip with mixture for 5 minutes of high-speed portion, and cool for at least 35 minutes.

DOCELLO CRÈME BRÛLÉE

Docello Crème Brûlée powder	62.5g
Milk	250 ml
Cream	125ml

Method

- ◆ Bring to boil the mix of milk and cream, remove from the heat add powder and mix with hand whip.
- ◆ Bring back to boil, portion, and chill.

KITKAT MIX CRUNCHY

Nestle KitKat mix	75g
Praline paste	70g
Milk chocolate melted	50g

Method

- ◆ Mix all together by spatula

ALMOND CRUMBLE

Butter	83g
Sugar	83g
Flour	83g
Almond powder	83g

Method

- ◆ Mix all together and bake it 160°C for 15 minutes.

GUAVA JELLY

Guava puree	100g
Sugar	20g
Gelatin	1pc

Method

- ◆ Boil the guava puree, sugar and gelatin. Put in a tray and freeze it.

GOLDEN CHOCOLATE DISC

Tempered dark chocolate	50g
Gold dust	1gm

Method

- ◆ Sheet the dark chocolate on the plastic sheet and dust some gold powder on the top.

CHOCOLATE GLAZE

Water	125g
Sugar	225g
Gelatin sheet	22.5g
Glucose	225g
Dark chocolate	225g
Nestle condensed milk	160g
Neutral glaze	90g

Method

- ◆ Soak the gelatin in ice water. In a pot, add water sugar and glucose and cook to 103°C
- ◆ Add soaked gelatin after pouring into the chocolate, mix it, add condensed milk and neutral glaze and stir well, keep it in chiller.

MANGO SORBET

Sugar	100g
Lemon	6.25g
Mango	12.5g

Method

- ◆ Roughly chop the mango flesh and place into a food processor with the sugar and lemon juice. Blend to a purée.
- ◆ Transfer the mixture into an ice cream machine.
- ◆ Take it out and freeze it.

MIX BERRY AND MANGO COMPOTE

Raspberry	12g
Blueberry	12g
Blackberry	12g
Mango	12g
Water	75g
Pectin	.5g

Method

- ◆ Boil the water sugar and add pectin. Remove from the fire and add all the fruits keep it in the chiller.

MERENGUE

Egg white	100g
Sugar	100g
Icing sugar	50g

Method

- ◆ Egg white and sugar mix in the mixing bowl with whisk attachment add slowly icing sugar till stiff peaks, pipe in the tray and bake it 100°C for three hours.

October 2018 Gulf Gourmet



CHEFS TO THE RESCUE

The Hotel Show received the one thing it always was missing. Chefs. The culinary power behind any hotel operation was highlighted at the Hotel Show this year and they went all out by getting Chef Uwe Micheel, who dons many hats including Director of Kitchens at Radisson Blu Hotel Dubai Deira Creek and President of the Emirates Culinary Guild, to name but a few.

The on-site contest turned up the heat on the region's leading hotel kitchens. We are talking about the first 'Chefs Table' contest that pitted head chefs and their teams from 9 regional hotels against each other in a timed cooking competition. And the ingredients were not revealed until the countdown began.

Each three-hour battle saw three full lunches and three dinner menus cooked-up daily last month during the show. The Chef's Table was the most electric part of the entire show floor complementing everything that this year's HORECA and OE&S sectors are about.





October 2018 Gulf Gourmet







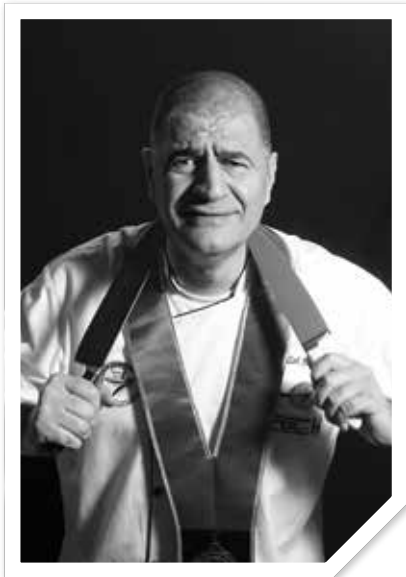
WorldChefs 2018 Montage - Part II

Continuing from last month's exclusive coverage of the WorldChefs Congress 2018 held in Kuala Lumpur, Malaysia, we bring you some more of the exciting images captured during the larger than life event. The spectacular show organised by Andy Cuthbert (Chairman of the Emirates Culinary Guild and Chairman for the show on behalf of WorldChefs) and his team was spellbinding. Chefs from over 100 countries participated together in what was the most harmonious and familial bonding between chefs that understood one language – the art of exciting guests' palettes.



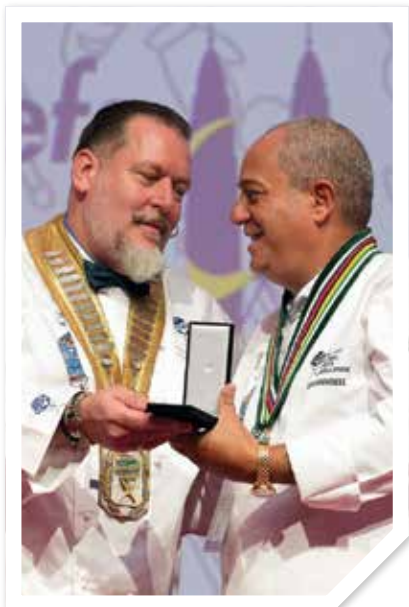


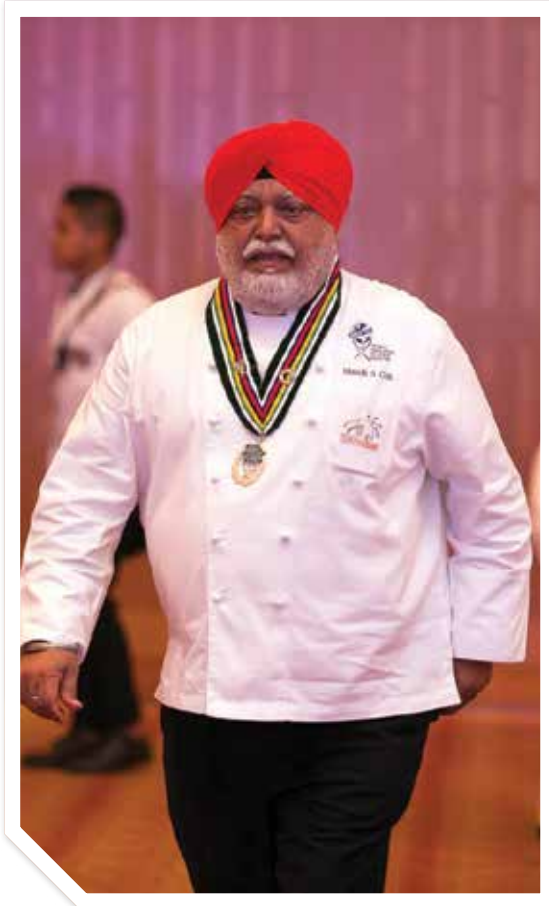




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Family Name: (Mr./Ms./Mrs.)		
First Name/s:		
Nationality:	Civil Status:	Date of Birth: dd/mm/yy
Name of Employer:	Address in Home Country:	
Work Address:	Tel:	
Web Address:	Email:	
Telephone Office:	Professional Title:	
Fax Office:	Type of Membership Required: (Please tick one)	
Tel. Home:	Corporate <input type="checkbox"/>	Senior Renewal <input type="checkbox"/>
Fax Home:	Senior <input type="checkbox"/>	Junior <input type="checkbox"/>
Email:		

Declaration to be Signed by all Applicants

I wish to join the Emirates Culinary Guild. I have read the ECG Constitution and By-laws. I agree to be bound by the requirements of the constitution. If elected, I promise to support the Guild and its endeavors, to the best of my abilities.

Signed:.....

Proposed By:

Sig:.....

Seconded By:

Sig:.....

FOR OFFICIAL USE ONLY

Remarks:

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

Fees:

Young Member: Junior members will receive a certificate.

Senior Members: Above the rank of chef de partie (or senior chef de partie on executive chef's recommendation).
Dhs.350/=joining. Includes certificate; member-pin, member medal and ECG ceremonial collar. Dhs. 150/=per year thereafter.

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

Corporate Member Dhs. 20,000 per year

THANK YOU, MUM & DAD

“Life is available only in the present moment” – Thich Nhat Hanh

My parents and I do not see eye to eye. Our relationship is one of distance but at the same time, I am extremely thankful to them for what I am today.

As far back as I can recall, I have always heard and listened to an amazing song called ‘The Living Years’ by Mike & The Mechanics.

When hearing and listening to the song I feel a great sense of gratitude towards my mum and dad.

In the song, the first verse:

“Every generation
Blames the one before
And all of their frustrations
Come beating on your door”

It summons up many people’s frustration towards their parents. With all due respect, their elders,



The creatures that inhabit this earth – be they human beings or animals – are here to contribute to the beauty and prosperity of the world. The food we eat, the clothes we wear, have not just dropped from the sky. This is why we should be grateful to all our fellow creatures
— **Dalai Lama**



society, circumstances, and many other things have conditioned our parents. In a similar manner, we too have been conditioned just as our parents and we are conditioning our young ones in a similar manner.

Many of the beliefs/norms, meanings and values used to condition you are deadly viruses that destructively consume you in terms of your thoughts, health, career, finance, relationships, growth and much more. Then you wonder how did I mess up my life and many of us end up blaming our parents, circumstances, society and other things.

In all these years of my existence, I have come to realise no matter what, there is one thing that amplifies your compassion thus allows you to forgive yourself and others. That one important miracle ingredient is gratitude, being thankful.

An article in Forbes stated, “A 2006 study published in Behavior Research and Therapy found that Vietnam War Veterans with higher levels of gratitude experienced lower rates of Post-Traumatic Stress Disorder”.

My dear friend and coach, Ray Jacobs, continues to reinforce in me, the power of gratitude. Ray has been empowering people at all levels for over 40 years now. No matter what adversity he goes through his attitude of gratitude is

heartfelt which is evident by his smile and his actions of compassion are immeasurable.

In the true sense I am grateful to my parents, a heartfelt thank you goes out to them every moment of my life. All human beings have weaknesses and faults, including you and me. There are endless things I am grateful to my parents for.

Saying thank you to all that has happened to you, all that is happening to you and all that will happen to you, allows you to be a more humble person.

Saying thank you to all that you have received, all that you are receiving and all that you will receive allows you to become more abundant in life.

Saying thank you to all the events that have happened to you, all the events that are happening to you and all the events that will happen to you, allow you to amplify your awareness of compassion.

The truth is that genuine gratitude is often ignored by most of us on a day-to-day basis. Ancient Cultures, Spirituality and Modern Science promotes the cultivation of gratitude. Its beauty is such that it does not cost anything in terms of time, money and resources. Research from across the globe reveals gratitude has several benefits for you and the people around you.

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



**WITHOUT
BORDERS**

WORLD CHEFS WITHOUT BORDERS

MYANMAR TOUR FOR HUMANITY



10,000
MEALS TO PREPARE
10,000
INGREDIENT RELIEF PACKS

8 LOCAL CHARITY GROUP CASH
DONATIONS (AFTER EXPENSE)



PROGRAM AGENDA

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

CHEF FUND RAISING DONATION : PARTICIPATING CHEFS TO DONATE 1000 EUROS + OWN FLIGHT EXPENSE
CHEF PACKAGE INCLUDES : 4 NIGHTS ACCOMMODATION, AIRPORT TRANSFERS, GROUND TRANSPORTATION, MEALS, 2 EVENT CHEF JACKETS,
2 EVENT T-SHIRTS, 1 BACKPACK, MEDAL OF PARTICIPATION, CERTIFICATE OF PARTICIPATION AND E-COPY OF HIGH RESOLUTION GROUP PHOTO

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And ends with
the perfect serve.



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