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MARCH 2018

**gulf**

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# gourmet

THE MAGAZINE CHEFS LOVE TO READ  
volume 13, issue 3



## EAST COAST RULES

Complete listing of the rules and regulations for the East Coast Salon Culinaire to be held in May

## FAST AND THE FURIOUS

25-YEAR-OLD CHEF **MADHAWA CHATHURANGA** FROM ATLANTIS THE PALM WINS THE BEST GASTRONOMIST TROPHY AT SALON CULINAIRE

### GCHA WINNERS

Dubai International Hotel wins season 5 of Golden Chef Hat Award at star-studded gala



### CHEF OF THE MONTH

Exclusive interview with **Debrup Mitra**, the dynamic executive chef at JW Marriott Dubai



### ADOPT A CHEF

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# president'sstation

email [theguild@eim.ae](mailto:theguild@eim.ae)

Dear fellow chefs, ladies and gentlemen,

Welcome to the March issue of our Gulf Gourmet.

First, a big thank you to everyone who helped us organise the best and most successful International Salon Culinaire ever. I have personally received lots of positive feedback from our sponsors, partners, international judges, competitors and visitors.

We also had the biggest number of international competitors ever – a big team from South Korea, Chef Vinod and his team from Canada, Chef Julia and her team from Germany, the Hilton Colombo Team and many more. Competitors will be notified to pick up the certificates and outstanding medals from the Guild office.

Looking at our calendar of events, we have a busy month ahead. Thank you to Raghu, Sana and the ECG young chefs team for coordinating the monthly young chefs' events.

Our culinary team will travel on April 20 to Singapore and compete in both team competitions.

We have two mini plated events too. The first on April 9, supported by the US Meat Export Federation. Competitors are required to bring 4 plated US beef dishes to the Radisson Blu DDC.

We then look forward to the East Coast Salon. Chef Prasad and his team working in full swing to organise this great event. Registration is open now. Do not miss it as the number of competitors for each class is restricted.

On July 2 is our next mini plated event, brought to us by US Egg Board. This mini plated will be open for pastry chefs as well. Savoury and sweet.

We then look forward to Kuala Lumpur for the WorldChefs Congress. I believe after the host, United Arab Emirates will have the biggest delegation. We are now more



than 50 and the numbers are growing as the online registration is still open.

Our competitors Chef Dammika Herath (Global Pastry Chef) and Chef Mohammad Raees (Global Chef) are practicing every free minute they have.

If you missed previous issues of Gulf Gourmet, [gulfgourmet.net](http://gulfgourmet.net) has the back issues.

I urge all members to go onto the Guild website to see what is happening on the calendar at [emiratesculinaryguild.net](http://emiratesculinaryguild.net). And to visit and encourage your young chefs to join [facebook.com/wacsyongchefs](https://www.facebook.com/wacsyongchefs) where they can be in

contact with over 4000 chefs across the globe.

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

Thank you to Chef Talal Aljaradat from Dubai Marine Beach Resort & Spa for team for hosting the February meeting.

Culinary Regards,

**Uwe Micheel**

*President of Emirates Culinary Guild*

*Director of Kitchens*

*Radisson Blu Hotel Dubai Deira Creek*



March 2018 Gulf Gourmet

# 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
- 14 » **GCHA 2017 winners**  
Dubai International Hotel wins season 5 of Golden Chef Hat Award at star-studded gala. Images insidez
- 18 » **Chef of the Month**  
Exclusive interview with **Debrup Mitra**, the dynamic executive chef at JW Marriott Dubai
- 22 » **Golden Chef**  
*(by Nestle Professional)*  
Chefs from Lapita Hotel Parks and Resorts are this month's competitors for the Nestle Professional Golden Chefs Hat Competition 2018



- 26 » **Cover Story**  
On our cover this month is 25-year-old Chef **Madhawa Chathuranga** from Atlantis the Palm, for winning the Best Gastronomist trophy at Salon Culinaire

- 33 » **Adopt a Chef!**  
Looking to give back to the community of chefs? We have the perfect CSR initiative for you

- 34 » **Golden Chef**  
*(by Nestle Professional)*  
Chefs from La Ville City Walk are this month's competitors for the Nestle Professional Golden Chefs Hat Competition 2018
- 40 » **News and Events**  
Images of winners, and more, from Salon Culinaire 2018 held last month alongside Gulf food
- 52 » **East Coast Rules**  
Complete listing of the rules and regulations for East Coast Salon Culinaire to be held this May
- 62 » **Members Directory**  
A listing of all leading food, beverage and equipment suppliers in the region
- 66 » **More Than A Chef**  
A monthly column by best-selling author **Rohit Bassi**







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# Mussel Shells



Modern and elegant range of our ready to fill products

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Crunchy texture

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## **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



# editor'snote

email [editor@gulfgourmet.net](mailto:editor@gulfgourmet.net)

If you have never visited Gulfood, you should. Especially the corner where you find over a thousand chefs donning their whites and running around like it's a crazy day at work.

You have Uwe and Andy making sure every probable contingency plan is in place to maintain the high expectations the show has gained over a quarter of a century. There are international chefs flown in from around the world to taste the various dishes. They are constantly eating, running into the judges' rooms, tallying points, you get the drift.

There are the marshals under Chef Michel Miraton, who are ensuring all the participants (including the newbies that are overwhelmed) do not get lost in the chaos.

And finally, the young chefs themselves. Over 1,500 of them go through the purpose-built kitchens over five days. You can see it in their eyes; the prayers to make sure that months of practice do not go to waste. All they want at that point in time is for their dish to be perfect and for the judges to be generous with their scores. They seem to have given more to this one contest than all their school exams put together.

And the best part is when these young chefs come together, share notes, receive individual feedback from the judges, and learn from what they experience around them. This has got to be the biggest takeaway from the event.

Surely there are a few — like the chef on this month's cover — who tower above the rest for showing a level of quality few can achieve. But those who went home without any medal, they too gained a lot through this experience. They saw what works and does not work in the culinary industry, and some will go



on to shine tomorrow; both in the competition and at the work place.

If you are a young chef, read the cover story of Chef Chathu. He won the best gastronomist title at this year's Salon Culinaire at the age of 25. I spoke to him for 30 minutes at a small office inside the Atlantis the Palm and went away impressed.

You too can be that chef if you have the love for cooking and the will-power to go the extra mile.

This issue has other great stories too including the executive chef at JW Marriot who was the youngest Executive Chef at the ultra-luxurious Oberoi group at one time.

Enjoy this image-filled issue including the Golden Chef Hat winners of the 2017 edition as well as the winners from Salon Culinaire 2018. We have a lot more images from Salon Culinaire which for lack of space will be published in the upcoming issues.

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

**Aquin George**  
Editor

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# friends of the guild



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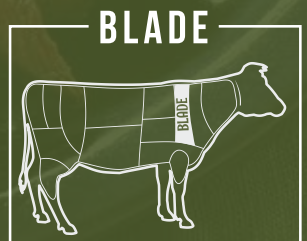


March 2018 **Gulf Gourmet**



# DISCOVER THE VERSATILITY **OF THE** OYSTER BLADE

Secondary cuts like the oyster blade are increasingly becoming popular menu items at many top restaurants and steak houses. Quality Australian oyster blade performs just as well as loin cuts but costs less. Its flavour and tenderness also make Australian oyster blade ideal for a gourmet roast and when prepared as a steak, provide exceptional eating quality.



Oyster Blade Roast

The oyster blade is connected to the shoulder blade of the beef. Roasting this whole cut allows the connective tissue to melt into the meat resulting in a flavourful and tender roast. Oyster blade can be further cut into steaks, thinly sliced for stir fries or diced for slow cooking.



Oyster Blade Steak

This is a muscle that sits just below the shoulder blade and is bisected by a lone line of connective tissue. When separated from the shoulder, it is cut into steaks. When cooking oyster blade steak, it's important to score or remove the centre gristle to prevent curling when cooking. Sliced into thin strips, this cut is also suited to stir fries.



Flat Iron Steak

The oyster blade can also be denuded and trimmed of connective tissue and cut into flat iron steaks. These steaks are extremely popular because they are lean, tender, juicy and full of flavour.



Grilled Flat Iron Steaks  
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## newsbites

### Biggest fish catch of 2018 weighing 28 kilograms

The Waterfront Market has awarded local fisherman Jassim Mohammad Ali Abdullah Al Marzouqi the prize for catching the biggest King Fish of the season weighing 28 kilograms. The 'Biggest Catch' of the Season' is a Waterfront Market yearly initiative aimed at showcasing the diversity and richness of Dubai's fishing culture and heritage as well as its coastal communities and marine environment, which is home to more than 300 species of fish.

Dubai is home to a wide range of species of fish including King Fish, Queen Fish, Mackerel, Barracuda, Dorado, Yellow Fin Tuna, Grouper and Cobia, to name a few.



### St. Regis Saadiyat Island has new Executive Chef and Chef de Cuisine

Two culinary maestros have joined The St. Regis Saadiyat Island Resort, Abu Dhabi. Olivier Belliard, the new Executive Chef, is overseeing all F&B outlets at the five-star hotel, while Ramasawmy Jayada has been hired as Chef de Cuisine at fine-dining steakhouse 55&5th, The Grill.

Belliard's career has taken him to Michelin-starred restaurants in Paris and Normandy, as well as deluxe five-star hotels around the world, including The St. Regis San Francisco and The St. Regis Mauritius. Born in France, he has two decades of experience in the culinary field, plus a master's degree in hospitality management from New

York's prestigious Cornell University. "There are many things happening. Early next year, we will revamp the menu at 55&5th, The Grill and create some new dishes for Sontaya, without deviating from its successful Thai-Chinese fusion style," he said.

Belliard has expressed a desire to see Mediterranean venue Oléa return to its roots and to update its popular theme nights, "to create a buzz about new things happening." He also has big plans for The Drawing Room, located in the hotel lobby. As one of the first places guests see when they arrive, the elegant venue's appearance is critical, and he hopes to maximize its visual impact.

### Reif Othman moves once again

Enjoying an almost celebrity like status in the region, Chef Reif Othman is struggling to find the right workspace since leaving Zuma a couple of years ago as. After leaving Zuma as its regional executive chef, he helmed 'Play Restaurant and Lounge' at the H Hotel and followed it up with 'The Experience by Reif Othman'. Unfortunately like many other fancy restaurants in town, the experience is now over and Chef Reif has left Play to join the Billionaire Mansion housed within Taj Dubai as its Executive Chef. Will this work in the long term? Only time will tell.



## Clive darts to Bab Al Shams

Following his most recent experience as complex executive sous chef at The Westin & Le Meridien Mina Seyahi Complex in Dubai, Clive Micallef has joined Bab Al Shams Desert Resort & Spa as its new executive chef.

Originally from Malta, Micallef started his professional culinary career in the

year 2000 right after completing his studies at the Institute of Tourism in Malta, where he held 'Diploma in food preparation and handling'. Over the last 18 years, chef Micallef has worked at well-known venues including Grosvenor House Park Lane in London, UK, Westin Malta and Intercontinental Malta in his home country Malta.

## Never Give Up!

Chef Saugi Sulaiman Ajaj is a pastry chef at The Oberoi Dubai and a member of the Emirates Culinary Guild Young Chefs Club. He began his carrier in the UAE in 2011 and says, "Working in the UAE is great because you meet so many great chefs from different countries. In the beginning I would apply my experience from back home into my job, but things did not work out as expected.

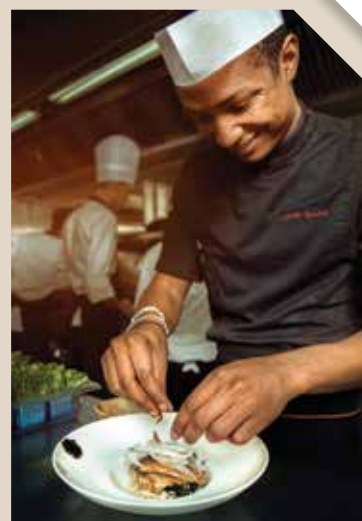
"I was unable to coat a cake properly, I could not make a 3D cake, and the worst was when I broke some showpieces at the workplace. I received an earful for that from my senior colleague.

"I sat down and thought to myself, how can I improve? I motivated myself by reading more cookbooks, googling recipes, checking social media, with one aim in mind: to be the best pastry chef.



Those lessons I applied during my first competition at SIAL Abu Dhabi. I didn't win any medal. But I didn't stop.

"I learnt from my mistakes and registered for a competition in Dubai. And finally, I got my first medal for my competition. I was really proud of myself and even more motivated to be the best. Now the moto of my life is to keep learning and never stop."



## Chef Boutel is Executive Chef at Moe's on the 5th

Moe's on the 5th has appointed Chef Ludovic Boutel as the restaurant's new Executive Chef. He has over 12 years of culinary experience. Born and raised in Paris, France, he has previously worked with Michelin star chefs including Yannick Alleno of St Tropez restaurant 'Dior Des Lices'.

Prior to his current role he served as Chef de Cuisine at several restaurants in Dubai and says he "loves preserving natural flavours, sourcing seasonable produce and creating the most unexpected amalgamation of textures..."



## Jumeirah's first Bahrain hotel opens

Hotel group Jumeirah has opened its first hotel in Bahrain, The Jumeriah Royal Saray. The property as its name states, is positioned to treats its guests like royalty. Guests can book actual "royal residences" within the hotel, which are a luxurious alternative to the hotel's "Summerhouses" suites, and are decked out in the colours and patterns preferred by the Bahrain royal family.

The Royal Saray hotel's 174 rooms lead onto their own private beach on the Arabian gulf's northern coastal Seef district.

The hotel's interior design has been described by the group as "understated luxury", although the marble detailing and sweeping cream palettes look classically luxurious and palatial, reports hotel designs.





# Dubai International Hotel wins Golden Chef's Hat Award 2017

The W Hotel Habtoor City and Zero Gravity clinch first and second runner-up titles respectively as top 10 teams felicitated at star-studded Chef Circle event

Twenty of UAE's most dynamic young chefs were cheered on by some of the world's most powerful chefs at the Nestle Professional Chef Circle event held at the Radisson Blu Hotel Dubai Deira Creek late last month.

The cheers grew as the winners of the Golden Chefs Hat Award 2017 – organised by Nestle Professional in collaboration with Gulf Gourmet magazine – was announced and Chef Shehan Liyanarachchi and Chef Hasha De Silva of Dubai International Hotel were called on stage to accept the Gold medals, the winner certificates and a MacBook Pro each.

Their winning main dish was a 'Roast Lamb Loin with Herb Crust, Filo Wrap Truffle Mashed Potato, Coconut Infused Pumpkin Puree, Butter Poached Baby Vegetable, Spicy Tomato Chutney and Thyme Infused Jus' and the dessert was a 'Crispy Kit Kat Chocolate Mousse, Dulce De Lech Jelly, Coconut Panna Cotta with Ellinikos Lemoni Extravaganza'

## WIN A TRIP TO SINGAPORE!

The 2018 edition of the Golden Chefs Hat Award will see a bigger prize of an all-expenses paid trip to Singapore. Email [editor@gulfgourmet.net](mailto:editor@gulfgourmet.net) or [amaresh@gulfgourmet.net](mailto:amaresh@gulfgourmet.net) to be shortlisted for the competition and be featured in the magazine. Full list of terms and conditions log on to <http://bit.ly/2oJnbSi> (case sensitive)

The W Hotel Habtoor City and Zero Gravity clinched the first and second runner-up titles respectively and they took home a professional knife set each. All 10 participating teams were given certificates for making it to the top 10.

The Nestle Professional team comprising Jagath Wedage, Nauman Khan, Sara Nasreddine, Riham Nasr and Tarun Thomas alongside Chef Uwe Micheel, President, Emirates Culinary Guild, and Chef Thomas Gugler,

President, WorldChefs, were invited to present the awards.

Jagath Wedage gave an inspiring speech talking about the awards' history and its impact on young chefs in the region while Sara Nasreddine talked about the 2018 edition of the Golden Chefs Hat Award, which will see 40 chefs from 20 establishments participate for a bigger prize of an all-expenses paid trip to Singapore.

The aim of the competition, which is currently in its 6th season, is to test the culinary skills, teamwork and presentation skills of chefs under the age of 30. Each team consists of two chefs, from a hotel or restaurant, who receive a basket of ingredients from Nestle Professional from which they create a main course and pastry dish each.

Judging was done by a panel of expert Emirates Culinary Guild approved judges. A special thank you to Chefs Atim Suyatim, Romel Hernandez, Suresh Babu and Amro Al Yasin for their time and dedication to the meticulous judging process.



Chef Shehan Liyanarachchi and Chef Hasha De Silva of Dubai International Hotel ecstatic on winning the competition



Jagath Wedage, Food Business Manager, Nestle Professional gave an inspiring speech reflecting on the six year history of the contest in the UAE



Team W Hotel Dubai won the first runner-up prize



Sara Nasreddine of Nestle Professional talked about the 2018 Golden Chef Hat Award urging young chefs to participate



Zero Gravity Dubai won the second runner-up prize



From left to right: Riham Nasr, Nauman Khan, Jagath Wedage, Sara Nasreddine, Uwe Micheel and Tarun Thomas





All the 10 teams on stage for the group photo. What a night!



Roast lamb loin with herb crust, filo wrap truffle mashed potato, coconut infused pumpkin puree, butter poached baby vegetable, spicy tomato chutney and thyme infused jus



**Chef Uwe Micheel**, President, Emirates Culinary Guild saying a few words to the participants



CRISPY KIT KAT CHOCOLATE MOUSSE, DULCE DE LECH JELLY, COCONUT PANNACOTTA WITH ELLINIKOS LEMONI EXTRAVAGANZA





March 2018 **Gulf Gourmet**





# BENGAL TIGER

Versatility is Chef **Debrup Mitra**'s middle name. Sporting events, weddings, big-ticket catering, restaurant planning, it's all in a day's work for the Indian-born executive chef of JW Marriott...

It takes a tough stomach, yet few will dispute that spicy Indian food is one of the most loved cuisines in the world. With good reason, food is at the heart of the Indian culture – every celebration is judged based on the taste accompanying it.

It comes as no surprise then that Indian chefs dot the global culinary landscape, bringing their passion for gastronomy to every kitchen they enter. The eclecticism of the Indian culture is reflected in the fact that chefs from the land of Bollywood and chicken tikka adapt easily to any kind of cuisine.

Which is what makes Chef Debrup Mitra such a natural at handling the operations of more than 10 outlets at JW Marriott in Dubai, each putting a different part of the world on the plate.



**I wasn't even meant to be a chef. My family wanted me to pursue engineering or medicine. But here I am and loving every minute of it**

The executive chef of the marquee hotel brings his own special flavour to every event, be it a major wedding or simply a weekend brunch.

Hailing from east Indian state of West Bengal, Chef Debrup has spent 15 years learning the finest nuances of gastronomy. "I wasn't even meant to be a chef. My family wanted me to pursue engineering or medicine. But here I am and loving every minute of it," he chuckles.

The stars have a way of overruling any other life plans.

Inspired by a distant cousin who was into hospitality, Chef Debrup took up hotel management studies even though some family members couldn't quite understand why an academically strong youngster would want to spend his life in the kitchen. "Fortunately, my parents put their faith in me and let me follow my passion." Their trust wasn't misplaced. Today, Chef Debrup enjoys a standing most can only dream of.

He heads a diverse and large team of 85 chefs from 19 nationalities. A keen judge of talent, Chef Debrup believes that a boss is only as good





March 2018 **Gulf Gourmet**

as his team. "I never recruit in haste. I want chefs from different countries and different experiences so there is a good mix. Skill sets are not enough, it's attitude that counts."

The right attitude is what helped Chef Debrup steadily move up the ladder. Graduating from the Institute of Hotel Management, Bangalore in 1988, he started his career with the prestigious Oberoi hotels group. "I was lucky enough to train at the Oberoi Centre of Learning and Development, one of the best schools in Southeast Asia, I would say." In 1996, the Oberoi Grand in Kolkata, where he did his first training, turned out to be his first posting too. "I went back as manager to the very same people who had trained me. I thought it was going to be complicated but I won their trust through careful management and



**I never recruit in haste. I want chefs from different countries and different experiences so there is a good mix. Skill sets are not enough, it's attitude that counts**

it worked." Chef Debrup worked at the Oberoi Grand until 2000.

A lover of Asian food, he jumped at a chance to train in Bangkok under a

Thai chef, before returning to open the 'Rim Naam' restaurant in the Oberoi hotel in Bangalore.

After this stint, a couple of years were spent at the Oberoi Cecil in Shimla. The year 2002 came with a milestone - Chef Debrup became an executive chef at the age of 28. "I was not only the first person among my batch mates to become an executive chef but was also the youngest executive chef in the entire company. It was thrilling."

At some point, wanderlust bit Chef Debrup and he moved to Hilton in Glasgow, Scotland, to develop himself as an international chef. The banqueting skills he holds today come from the Hilton experience. "Everyday, we had events for around 500-600 people. I joined there as a senior sous chef but when the executive chef quit, I had to take on additional responsibilities." Interestingly, it wasn't the demanding job that was challenging. "It was the Scottish accent. I had a tough time understanding what my senior chefs wanted me to do," laughs the Indian chef.

When an offer from Dubai came his way a couple of years later, Chef Debrup found it hard to turn it down. "Dubai is closer to home and that was a big draw for me. So I joined Jumeirah's Bab Al Shams Desert Resort and Spa in 2006."

As executive sous chef, one of his main tasks was managing big catering events. "The day after I joined, there was a big catering event for an India-Pakistan cricket series. That was my initiation into a major catering event, on the very second day." Chef Debrup also oversaw the opening of the Meydan Beach Club in Dubai before joining JW Marriott as executive sous chef in 2012 and taking over as executive chef eventually.

He's proud to point out that Marriott's food and beverage (F&B) revenue is almost equal to or even more than the rooms revenue. "F&B is given a lot of importance here." In the five and a half



**Chef Debrup with his team**

years that he's been at Marriott, Chef Debrup has expanded the hotel's outside catering operations. "Since events have been successful, a lot of business comes through recommendations and word-of-mouth. It's the same thing with weddings. If you do a good job, word spreads and you get more orders."

Even though his work now is more managerial, Chef Debrup tries to spend at least 30 percent of his time in the kitchen. Be it developing a new menu or creating new dishes, he provides hands-on guidance to his teams. "I give them freedom to be creative but in the final stages, I am with them cooking, tasting, doing the presentation."

Marriott's USP is that it has no set menu for events such as weddings. Taking a

customisation approach, the hotel allows the bride and groom to decide what they want the biggest event in their lives to taste like. "We sit with them and create the menu they want depending on their budget. There is a lot of planning, budgeting and processes."

Some events can be quite challenging and need extensive planning for a flawless execution. "The Rugby Sevens is rather tough also because of the distance of the venue from the hotel. It takes more than an hour to get there and planning the event for about three days for 6,000 people, breakfast, lunch, afternoon tea and evening barbecue is strenuous. It's very intense and every year, we have new team members and not everyone is trained to do outside catering of this magnitude. So we

have to ensure new team members are briefed well. We have a reputation to protect." The Meydan Dubai World Cup is yet another event that needs undivided attention. "Although it's just the catering, it's not just the name of JW Marriott but also of Dubai that is at stake. We have to make sure everything goes according to plan and guests not only enjoy this sporting event but also the food."

Given the scale of work, it's important to have good talent. And Chef Debrup is mindful of this. "If there are deserving candidates, we fight hard to keep them and give them growth prospects across the group. We try not to lose our good people to competition."

With such a hectic schedule, Chef Debrup has little time to think about the future. Excited as he is about the opportunities and challenges at Marriott, the 42-year-old chef does see himself running his own F&B operations someday. "Being a regional head or having a school for training young chefs are other ideas I sometimes toy with. But all that is for the distant future."

For now, it's the present that is full of excitement. When time permits, play comes in the form of family moments. "My daughter also likes cooking. My father was a good cook and everyone in the family loved what he made, especially at these big family events. I guess we apples haven't fallen far from the tree," he laughs.





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# The Culinary Joyride

Our first of two teams shortlisted this month for the on-going 'Golden Chefs Hat Award 2018 – Season 6' are the young boys from Lapita Dubai Parks and Resorts

Chefs Akhil and Naveen hail from two opposite ends of India and have come together to create their culinary masterpieces using Nestlé Professional ingredients in the hope that they make it to the final cook-off.

Here are their stories and recipes:

## AKHIL JOSEPH

Indian-born Akhil Joseph is a chef de partie at the Lapita Dubai Parks and Resorts - Autograph Collection by Marriott. Hailing from the south Indian

state of Kerala, he obtained a degree in hotel management from the Oriental School of Hotel Management in 2012. Chef Akhil trained at the Goa Marriott Resort and Spa, working in the Simply Grill seafood restaurant for several months before joining the pre-opening team of Crowne Plaza Cochin in 2013.

Later, he made his way to Dubai with a position at the Rhodes Twenty10 steakhouse at the Le Royal Meridien Beach Resort and Spa. The young chef was soon absorbed into the pre-opening team of the Geales Dubai

British seafood restaurant, where he worked for more than a year.

The training at Rhodes Twenty10 came in handy when Chef Akhil joined the Blue Flame steakhouse at the Jumeirah Creekside Hotel, where he worked for more than a year. Joining the Jabel Ali Golf Resort and Spa as demi chef de partie in August 2016, he moved on to Lapita Dubai in September last year.

A flexible person with a positive attitude, Chef Akhil always has a helping hand to lend to his team members. At Jumeirah,







NAVEEN NEGI

his easy-going nature and hard-working attitude won him the Employee of the Month honour.

As competitive in culinary contests as in a kitchen, Chef Akhil has won several medals for his cooking skills. In 2017, he won two silver medals at the East Coast Salon Culinare and a gold and bronze medals at the Emirates Salon Culinare.

Few people know that Chef Akhil is also a great football player. So much so, that he was part of a team that won an inter-state football championship in India. Other than whipping up gastronomic delights in the kitchen, Chef Akhil enjoys trekking.

### NAVEEN NEGI

A chef with more than seven years of experience, Chef Naveen Negi enjoys dabbling in French, Italian and Asian cuisines. Raised in the north Indian state



AKHIL JOSEPH

of Uttarakhand, he began his culinary journey by joining the Kukreja Institute of Hotel Management and Catering Technology. Chef Naveen graduated in 2011, after finishing his industrial training at the Welcome Heritage Noor-us-Sabah Palace Hotel, where he learnt the operations of the hospitality industry by working across departments.

In mid-2011, Chef Naveen joined the Sheraton Palace Resort and Spa in the tourist town of Udaipur, working in the a-la carte Mediterranean restaurant at the hotel for a year. Later, he moved to the Hyatt Hyderabad Gachibowli, where he further enhanced his knowledge of Mediterranean cuisine. One of Chef Naveen's main tasks there was assisting the chef de cuisine in managing the pasta and hot range.

At the end of 2013, the young chef entered Dubai as a member of the pre-

opening team of the Waldorf Astoria Dubai Palm Jumeirah.

This time around, he got a chance to sink his teeth into Asian cuisine, learning the nuances of main course and sushi. After about three years, Chef Naveen was promoted to demi chef de partie and given the responsibility of managing the main course, wok and hot range at the Asian restaurant.

One thing led to another and in February last year, the Indian chef joined Lapita Hotel, Autograph Collection as demi chef de partie. Chef Naveen works in the Mediterranean and Polynesian cuisine restaurant, supporting the chef de partie in daily operations. He also develops new menu items when needed, assisting the sous chef.

Chef Naveen considers his tenacity and dedication to be his greatest strengths.

## DUCK AROUND THE WORLD

### FOR PAN SEARED DUCK

Duck breast	160gm
Five spice	3gm
Thyme	3 sprigs
Bay leaf	2pc
Sugar	30gm
Maggi seasoning	Few drops
Salt	To taste
Pepper	To taste

### Method

- ♦ Marinate duck with five spice, cure it for 3 hours, score it over the skin, and pan sear it until the skin is crispy and golden brown. Finish it in the oven

### FOR CONFIT DUCK LEG

Duck leg	100gm
Duck fat	200ml
Hoisin sauce	15gm
Pepper corn	2gm
Garlic	5gm

Thyme	2 sprigs
Bay leaf	2gm
Chives	5gm
Onion	

### Method

- ♦ Marinate and cure the duck in sugar, salt and spice mixture for about 3-4 hours then confit the duck leg in duck fat with peppercorn garlic thyme cloves and bay leaf for 3 hours at 130-degree Celsius. Cool down the mixture, pull the meat from duck leg and chop it fine. Sauté

some onion garlic and add the duck into it. Finish with hoisin sauce beetroot and chives. Season it

### FOR THE CRISPY FOIE GRAS CANNELLONI

Foie-gras	80gm
Nestle cream	25gm
Butter	15gm
Garlic	5gm
Onion	5gm
Thyme	2gm
Truffle oil	3ml
Feuille de brick sheet	1pc
Almond	5gm
Leeks	50gm
Salt	To taste
Pepper	To taste

#### Method

- ♦ Pan sear the foie-gras in a pan and cool it down. Sauté the onion garlic add the foie-gras, almond, and cream and bring to boil until the foie-gras is cooked and soft finish with some butter and truffle oil. Blend the mixture until it is fine and smooth. Set it aside
- ♦ Brush the feuille de brick sheet with clarified butter and burned leeks powder, roll the sheet over a cylinder mould and bake it at 160 degree for 9 minutes. Remove the mold once it cool down. Pipe the mousse into it before serving
- ♦ For burned leek powder – dehydrate the leeks, burn and blend to powder, add clarified butter.

### FOR THE CARROT AND POTATO PUREE

Carrot juice	40ml
Carrot slice	60gm
Maggi potato powder	50gm
Butter	10gm
Salt	40 gm
Pepper	To taste

#### Method

- ♦ Slice the carrot and cook with carrot juice, once cooked add the mashed potato powder, blend with butter until its smooth and shiny

### FOR POMEGRANATE JUS

Pomegranate juice	50ml
Onion	20gm
Garlic	10gm
Thyme	few
Chef demi-glace	20gm
Buitoni tomato coulis	10gm
Leeks	200gm
Celery	20gm
Carrot	20gm
Duck bone	1kg

#### Method

- ♦ Roast the duck bone in oven for 30 minutes at 180 degrees, sauté the mirepoix with tomato coulis, add the bones and some stock together with the demi glaze powder. Bring it to boil and simmer it for 5 hours until the flavor is infused. Strain the stock with a cheesecloth. Add the stock into the reduced pomegranate juice and red

wine vinegar, simmer it, and finish with butter once it reaches the right consistency. Season it

### FOR THE SWEET CORN LEAF

Sweet corn	50gm
Sweetcorn water	25gm
Smoked paprika	1gm
Potato starch	6gm

#### Method

- ♦ Cook and reduce the sweetcorn and sweetcorn mixture. Once it is reduced, blend the mixture with smoked paprika by gradually adding potato starch. Blend it until smooth, pass it through a strainer and spread the mixture on a baking paper and bake it at 120 degrees for 30 minutes.

### FOR THE WILD RICE AND COCONUT CROQUETTE

Wild rice	60gm
Café lime	2pc
Maggi chicken powder	3tbl
Maggi coconut milk powder	2tbl
Potato starch	20gm
Onion	30gm
Garlic	3gm
Salt	To taste
Pepper	To taste

#### Method

- ♦ Blanch the wild rice in chicken stock with café lime. Once it's cooked, strain it off and sauté the onion garlic and thyme in a pan. Add the rice and finish with coconut powder. Add the potato starch into the mixture and mould it into the desired shape.

### FOR BUTTER GLAZE BABY VEG

Heirloom carrot	30gm
Baby beetroot	20gm
Bok choy	20gm
Butter	5gm

#### Method

- ♦ Blanch and glaze the vegetables in the herbs butter

### FOR THE BEETROOT DUST

Beetroot	40 gm
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#### Method

- ♦ Cook the beetroot until its soft, slice it thin and de-hydrate it overnight. Once it's dried, blend it in to fine powder



## THE NESTLE SWEET TREAT

### FOR THE ORANGE CHOCOLATE MOUSSE

Milk	100gm
Docello chocolate mousse	50gm
Gelatin	5gm
Orange zest	3gm

#### Method

- ♦ Whisk the milk and docello powder. Add the orange zest into it then fold with gelatin and set in mould and freeze it. Pipe the crème Brulee in the centre and cover it with the mousse again and finish with the chocolate sponge

### FOR THE COCONUT CRÈME BRULEE

Docello crème Brulee	50gm
Milk	200ml
Nestle Cream	100gm
Maggi Coconut milk powder	10gm

#### Method

- ♦ Boil the milk cream and coconut milk powder together.
- ♦ Add the Brulee mixture into it and whisk it until it become thick custard consistency. Cool it down in a chiller for some time before piping inside the mousse

### FOR THE PASSION FRUIT PANNA COTTA WITH FERRERO GLAZE

Docello panna cotta	60gm
Milk	200ml
Nestle Cream	50ml
Passionfruit puree	15ml
Coco butter	50gm
Milk chocolate	250gm
Almond nibs	80gm
Oil	7ml

#### Method

- ♦ Bring the milk and cream to boil, add the panna cotta mixture and whisk it over low heat until it reach right consistency then fold it with the reduce passion fruit puree and freeze it, once it set make a small quenelles and freeze it again
- ♦ Melt the coco butter and the chocolate, add the oil and mix the nuts, coat the frozen panna cotta in it and set it in chiller

### FOR THE CHOCOLATE SPONGE

Eggs	40gm
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Sugar	5gm
Coco powder	5gm

#### Method

- ♦ Beat egg and sugar together and fold with coco powder and flour. Bake at 180 degree for 25 minutes

### FOR THE DARK CHOCOLATE SOIL

Dark chocolate	80gm
White chocolate	60gm
Coco powder	20gm
Sugar	200gm
Water	75ml
Hazelnut oil	60ml

#### Method

- ♦ Bring the sugar syrup to boil at 130 degree Celsius pour it over the chocolate and coco powder and whisk it well
- ♦ Finish with the oil over it

### FOR THE WHITE CHOCOLATE AND COCONUT CRUMBLE

White chocolate	140gm
Coconut powder	40gm
Sugar	200gm
Water	75 ml
Hazelnut oil	60gm

#### Method

- ♦ Bring the sugar syrup to boil at 130 degree Celsius pour it over the chocolate and coconut powder and whisk it well
- ♦ Finish with the oil over it

### FOR THE RASPBERRY SAUCE COMPOTE

Raspberry puree	60gm
Sugar	20gm
Raspberry	10gm
Star anise	1pc
Lemon juice	4ml

#### Method

- ♦ Simmer the puree with sugar and spices add the fresh berries and remove it once cooked reduce the sauce to right consistency, finish with few drops of lemon juice

### FOR THE ORANGE CHOCOLATE GLAZE

Water	30gm
Sugar	40gm
Orange flavor	10gm
Glucose	40gm
Nestle condensed milk	100gm
Gelatin mass	40gm
White chocolate	100gm
Orange color	3gm

#### Method

- ♦ Boil water, sugar glucose, orange syrup and condensed milk, pour it into the chocolate and add gelatin mass. blend by adding yellow color and set aside at 30 degree for glazing

### FOR THE CHOCOLATE & KIT KAT CRISP

Milk Chocolate	100gm
Cocoa butter	10gm
Kit Kat Crumble	20gm

#### Method

- ♦ Melt chocolate and coco butter together and temper it, add the kit Kat and spread it in a flat tray. Set it in a chiller.

### FOR THE SUGAR GARNISH

Isomalt sugar	20gm
Mint tiny sprigs	4 pcs

#### Method

- ♦ Bring it to boil at 150 degree Celsius, remove from the heat, and make the sugar strings with a small teaspoon.



March 2018 **Gulf Gourmet**



# OSSIANO'S TEN ON TEN

In a sea of 1,500 chefs, he stood out, winning the Best Cuisiner title at the Salon Culinaire this year. Meet the pride of the Atlantis the Palm. **Chef Madhawa Chathuranga Galahitiya Arachchige** is a rare diamond that is shining bright even before being polished...



**N**o pain, no gain' is an adage we're all familiar with. But just a handful of us actually live it. Chef Madhawa Chathuranga – or 'Chathu' as he likes to be called – is one among this handful.

Towering over 1,500 chefs at the Salon Culinaire, the chef de partie from the Atlantis the Palm hotel walked away with the most coveted title of 'Best Cuisiner' this February. Easy as he makes it look, the win was a result of years of hard struggle, sleepless nights and a 'never say die' attitude. What's remarkable is that Chef Chathu is just 25 years old. But then, he made friends with adversity early on in life, understanding rather young that nothing good comes without persistence and hard work.

It could have been the struggles of his family in Sri Lanka that taught Chef Chathu the value of toil. "My father was



**As a child, I used to help my mom in the kitchen and my father on the farmland. I did some part-time jobs as well to help my family**

an agricultural farmer and as a child, I saw my family struggle to survive. Money was tight," he recalls. Growing rice and vegetables at a village near the city of Matara covered the absolute basics for the family but did not leave enough money for much else.

"As a child, I used to help my mom in the kitchen and my father on the farmland. I did some part-time jobs as well to help my family." Enjoying the experience of assisting his mother in peeling and cutting vegetables and cooking curries and omelettes, Chef Chathu slowly realised he could spend his life in the kitchen.

"There were no chefs in my family. I don't quite know where the idea was planted in my head. I did read newspapers and maybe that's where it started." A newspaper ad from a government-run culinary school inviting applications from students sealed the deal. "I had done some culinary studies in home science classes in school. So when this came up, I decided to go ahead." Around 17 years old at the time, Chef Chathu joined the Sri Lanka Institute of Tourism and Hotel Management, embarking on what would become his destiny.



**Chef Chathu (second from right) with his parents and younger brother**





Thankfully, the family could afford to pay the fees. Six months into the institute, Chef Chathu was placed in a hotel - Barberyn Ayurvedic Beach Resorts - for industrial training. "I was there for a year. The trainees were not allowed to do any cooking. It was mainly preparatory work like peeling, cutting and washing up and cleaning that we did. It was just a support job." Smart enough to realise that there wasn't much career growth waiting around for him there, the young chef started looking around for options.

Interestingly, it wasn't friends or even colleagues that came to his rescue. "It was a hotel magazine with contact details of several hotels across Sri Lanka. I called the front offices of some six-seven hotels, asked to be put through to the chefs department, and offered my services."

Not deterred by early rejections, Chef Chathu continued with the process until one hotel gave him the break he needed. Mount Lavinia Hotel in Colombo hired him as a commis chef. "Initially it was tough. The building was built when Sri Lanka was a British colony and so it was an old building without a lift. There were few people running the whole show and that meant extra hours. Once I worked there through the day and until late night for three straight days. It was like army training," he laughs. The experience, however, did make him strong, something that Chef Chathu appreciates.

Although he worked at the Mount Lavinia for two years, the idea of moving to Dubai germinated in Chef Chathu's mind within a year. He began his search, applying to agents, going for interviews. After a few unsuccessful interviews, one clicked. Around 100 people were chosen from 500-odd applicants for a hotel in Dubai and Chef Chathu was among the chosen ones. He was promised a call-back but the trail went cold for several months and just as Chef Chathu was ready to write off the opportunity, he got a call. "I was asked if I want to join



## Taking care of your health is important. You can't climb mountains if you run out of breath in a few steps

Atlantis the Palm and the answer was obviously a 'yes.' In January 2013, Chef Chathu stepped into the hub of gastronomy – Dubai.

Admittedly, the commis III position and the modest salary were nothing to write home about. But for Chef Chathu, excitement about joining such a property, that too in the city where most chefs dream of working in, eclipsed these small nags. "Even though I didn't earn much, I sent money to my parents and told them they don't have to struggle anymore."

The Atlantis proved to be a good employer.

From commis III, Chef Chathu went to being the chef de partie within five years. And he has no plans to leave the hotel any time soon. "I like it here. They treat their staff very well and give us opportunities. If you do well, you are treated well." Starting out in the pastry section, Chef Chathu felt a pull towards the Ossiano restaurant within months. "It's a very good restaurant. I saw that I could learn fine dining and good cooking there." But there were 450 chefs across the Atlantis and most had their eye on Ossiano. "There was room for just 12 chefs. So I decided to use my own vacation time to at least get a feel of working there and learn something." Using up 25 of his 29 vacation days, Chef Chathu worked full shifts at the Ossiano without a break. Besides enhancing his skills, he managed to impress the chef

de cuisine enough to get a shoutout when a position fell vacant a year later.

In his own words, "I worked there during my vacation days in October 2013 and towards the end of 2014, I joined Ossiano as commis II. Even after my vacation training, I used to come down once a week to the restaurant to do a five-six hour shift and the chef de cuisine told me he would give me a chance when a vacancy came. He kept his promise. It's been three and a half years and I am the chef de partie today."

The restaurant specialises in French cuisine and also serves some Asian dishes. Chef Chathu is especially in awe of Ossiano's chef de cuisine - Gregoire Berger – who was named the world's 10th best chef at the Best Chef Awards in Poland last year. "Chef Gregoire has been here for three years and you can see how much he has enhanced Ossiano's offerings. He's my role model. He's really passionate about what he does and that's very inspiring for all of us."

Competing for jobs and opportunities has been a way of life for Chef Chathu, but culinary contests were a ball game he learnt later. Fortunately, he is someone who thrives under pressure and so, the Sri Lankan chef took to competitions rather easily. "I started in 2014. Last year, I was the second runner-up in the Young Chef of the Year competition." That was perhaps a sign of things to come. "This year, I won gold medals in five-course meal and fish live cooking and a high silver in beef live cooking. Cumulative, these won me the Best Cuisiner award."

Chef Chathu admits to having a lot of help from colleagues and seniors. There were practice sessions and tasting and feedback rounds in-house before he went up before the international audience. "I couldn't believe it when I won. To think, when Chef Gregoire asked me to participate, I told him I had a lot on my plate - English lessons,







Chinese New Year and Valentine's Day menus and so on. He told me to test my wings and take up the challenge. For a month, I slept barely four hours but the experience was well worth it."

Now with the hectic period behind him, he hopes to enjoy some quiet moments and return to something other than cooking that he enjoys – a good workout in a gym. "Taking care of your health is important. You can't climb mountains if you run out of breath in a few steps."

Other than tenacity and talent, Chef Chathu considers his versatility to be his biggest strength. "Thanks to my experience working in different departments of the kitchen, I have well-rounded skills. But I am weak in pastry



**In the very distant future – maybe when I am 50 - I would like to be able to look back on a great career and be someone who has made a difference to the industry**

and that's something I want to improve." Not that he's averse to that extra effort. "The harder you work, the luckier you get. I firmly believe that."

His achievements inspired his younger brother to also take up cooking. "He's three years younger and a chef at the Shangri-La Hotel in Sri Lanka. So far, my brother has shown no interest in coming to Dubai." Proud as they are of him, Chef Chathu's parents are yet to understand the enormity of his latest win. But his girlfriend does. "She's very supportive and I am lucky to have her by my side."

In the future, Chef Chathu wants to add 'chef de cuisine' position to his CV. "In the very distant future – maybe when I am 50 - I would like to be able to look back on a great career and be someone who has made a difference to the industry."

If the early signs are any indication, he may not have to wait until 50 for that to happen.

# Adopt a Chef!

**A**re you a food service company looking to give back to the community of chefs who are supporting you? Are you looking for a CSR initiative that goes beyond planting saplings? Then this is your chance.

The ICCA Million Dirham Scholarship 2018 batch for extraordinary chefs is about to begin soon. You can adopt one or more of these scholarship-achieving chefs for a year, and they will be your brand ambassador for the entire duration. They will sport your logo on their jacket, promote your brand and beyond.

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Gulf Gourmet, the official partners of the million-dirham scholarship, will offer a free full-page advert to any company adopting one or more chefs for the year.

of knowing that an exceptional chef, who never had the opportunity to study due to financial constraints, will go on to learn from the finest chefs and earn

multiple professional certifications including from the City & Guilds London.

You will literally see their family lives improve thanks to your generosity.

As an added incentive, Gulf Gourmet, the official partners of the million-dirham scholarship, will offer a free full-page advert to any company adopting one or more chefs for the year.

The cost of adopting a chef is \$5,000 and you can adopt more than one if you want to. To know more, contact Emirates Culinary Guild President Uwe Micheel ([uwe.micheel@radissonblu.com](mailto:uwe.micheel@radissonblu.com)) or ICCA CEO Sunjeh Raja ([sunjeh@iccadubai.ae](mailto:sunjeh@iccadubai.ae)).



The Million Dirham Scholarship batch from last year



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# Where there's La Ville, there's a way

The second team shortlisted this month for the on-going 'Golden Chef's Hat Award 2018 – Season 6' are the dynamic duo from La Ville Hotel, Autograph Collection in Dubai

**T**he sands of Morocco and the snow from Simla have sent us two smart chefs who have teamed up to represent their newly launched La Ville Hotel in City Walk. They bring their unique experiences to create outstanding recipes using the Nestle products given to them. Here are their stories and creations.

## SUMIT KUMAR

Indian-born Chef Sumit Kumar loves baking. Knowing that pastry was his calling, he obtained a diploma from the Institute of Hotel Management in Shimla and then trained at the Wildflower Hall in Oberoi for several months. His dedication and techniques won him the Employee of the Month honour several times at the hotel.

During the three years that he spent at the Wildflower Hall, Chef Sumit learnt the finer points of practical baking and pastry, before moving to Dubai in 2015.

He came to the vibrant city with hopes, dreams and a job at the Ritz Carlton. For over two years, he sought out the guidance of senior chefs, picking up every bit of knowledge he could. From flavours



YASSINE LAMNOUAR



SUMIT KUMAR





to presentation, pastry is the most artistic of all culinary sections. The creative aspect is what excites Chef Sumit.

Since November last year, he has been working at the La Ville Hotel, Autograph Collection in Dubai.

When he's not playing with sugar and chocolate, Chef Sumit likes to swing a bat or chase a ball, being an ardent fan of cricket, football and volleyball.

### YASSINE LAMNOUAR

A man of many talents, Chef Yassine Lamnouar speaks nothing less than four languages - English, French, Arabic and Spanish. The Moroccan-born chef thrives in pressure-cooker situations and loves the thrill that the fast-paced kitchen offers. Graduating with a diploma

in culinary arts from the Institute of Hotel and Tourism in Fez, Chef Yassine embarked on his professional journey in 2011. He made his debut at the La Maison Blanche restaurant in Fez as a commis chef, training under the 2-Michelin star chef Thierry Vaissiere.

Later towards the end of 2013, Chef Yassine joined the pre-opening team of the Bentley Bistro & Bar in Abu Dhabi, where he learnt advanced French cooking until 2015. His impressive teacher at the Bentley Bistro was celebrity chef Marouane Bouhmidi.

When he moved to Rosewood Hotel in Abu Dhabi, Chef Yassine had climbed to the role of chef de partie. He managed both the a-la carte and buffet menus, handling a team of junior chefs.

Next stop for him was Molecule French Bistronomy restaurant in Dubai. Working there for a year, Chef Yassine learnt plating and the aesthetics of food. Late last year, he joined the La Ville Hotel, Autograph Collection. Currently, Chef Yassine is in charge of the cold and hot sections at the hotel, taking care of inventories and preps.

Being a quick learner has helped the Moroccan chef shine in the kitchen. The ability to stay calm when working under deadlines, even when things don't quite go the way they are expected to, makes him a great team player. And he's detail-oriented, which means there is little room for costly mistakes. Armed with these attributes, Chef Yassine is someone everyone wants on their team.

## SMOKE BEEF RIBS WITH SLOW COOK DUCK LEG

### Ingredients

Beef ribs	400g
Cajun spice	20g
Garlic powder	20g
Chef demi-glace	100g
Chef veal stock	100g
Duck leg	400g
Onion	300g
Cinnamon powder	20g
Ginger	20g

Turmeric	20g
Maggi chicken stock	100g
Beetroot red	100g
Turnip	100g
Green apple	200g
Red cabbage	100g
Yellow beetroot	100g
Candy beetroot:	50g
Thyme	30g
Orange	10g
Butter	30g
Red vinegar	20g
Salt and pepper	to taste
Olive oil	50g

### Method

- ◆ Smoke the beef in the jasper with wood until you get a nice smokey flavour. Marinate it with a mix of spices, demi-glace and beef stock and braise it.
- ◆ Cook the duck legs in slow fire with onion, garlic, cinnamon, chicken stock, turnip, ginger and tumeric
- ◆ Peel the different kinds of beetroot (red, yellow, and candy) and vacuum with thyme salt, orange skin and olive oil. Then steam it.
- ◆ Cut the red cabbage and beetroot with different cut and cook with butter in red vinegar.





## PINEAPPLE AND CORIANDER COMPOTE / DOCELLO PISTACHIO PANNA COTTA / PINE AND CHILI SORBET

### CORIANDER SPONGE

Egg	4 nos
Sugar	130 gm
Plain flour	100 gm
Baking powder	3 gm
Melted butter	50 gm
Ground coriander	30 gm

#### Method

- ◆ Whisk egg and sugar and fold the dry ingredients.
- ◆ At last mix melted butter.
- ◆ Bake at 170OC for 10 – 12 min

### CHILI PINEAPPLE SORBET

Pineapple juice	250 gm
Sugar	10 gm
Trimoline	20 gm
Chili flakes	4 gm

#### Method

- ◆ Boil the juice with trimoline and sugar, remove from heat. Add chili flakes and let it cool down.
- ◆ Freeze and churn

### CORIANDER FLUID GEL

Coriander juice	125 gm
Agar	3 gm
Sugar	100 gm

#### Method

- ◆ Boil the juice at 45 OC add the agar and sugar mix, cook until boil.
- ◆ Transfer and let it cool down then blitz

### PINEAPPLE FLUID GEL

Fresh coriander juice	125 gm
Agar	3 gm
Sugar	100 gm
Water	125 gm

#### Method

- ◆ Boil the juice and water at 45 OC add the agar and sugar mix, cook until boil.
- ◆ Transfer and let it cool down then blitz

### TUILE

icing sugar	75 gm
egg white	50 gm
flour	30 gm
butter	30 gm

#### Method

- ◆ Mix cream, butter and icing sugar, add egg whites gradually.
- ◆ Add flour.
- ◆ Bake at 170OC for 8 min

### PINEAPPLE COMPOTE

Fresh chopped pineapple	200 gm
Sugar	150 gm

Pectine	5 gm
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#### Method

- ◆ Cook pineapple with little water, when pineapple is half cooked then put sugar and pectin together and cook for 3 to 5 min

### NESTLE PISTACHIO PANACOTTA

Cream	250 gm
Milk	250 gm
Pistachio paste	75 gm
Gelatin	3 gm
Docello panna cotta	75 gm

#### Method

- ◆ Boil milk and cream then mix panna cotta powder, mix with hand whisk and pistachio paste and gelatin and mix.
- ◆ Pour the mixture in desired mould and let it set

### CARAMELIZED PINEAPPLE

Icing sugar	5 pcs
Sugar	200 gm
Water	50 gm
Water	200 gm

#### Method

- ◆ Make caramel with sugar and 50 gm of water
- ◆ Add pineapple cube and rest of water and cook for 10 to 15 min





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## Check out the big winners at the International Salon Culinaire in Dubai

BEST CUISINIER	
Winner	Madhawa Chathuranga (Atlantis the Palm)
1st Runner-up	Htay Lin (Madinat Jumeirah C&I)
2nd Runner-up	Sanjoy Sarma (Ajman Saray)
MIDDLE EAST YOUNG CHEF OF THE YEAR	
Winner	Santu Ghosh (Madinat Jumeirah C&I)
1st Runner-up	Ahmed Tarek Elgamal (Radisson Blu Dubai Deira Creek)
2nd Runner-up	Kanishka Dilshan Gamage (Al Qasr Madinat Jumeirah)
Best Effort by an Individual Establishment	Dubai World Trade Center
Best Effort by a Corporation	Jumeirah Group
Best Arabian Cuisinier	Ali Bourgi (Anantara The Palm Dubai Resort)
Best Pastry Chef	Dinum Sankalpa (Sheraton Dubai Creek Hotel)
Best Kitchen Artist	Rohita Kumara (Burj Al Arab Jumeirah)
BEST IN HYGIENE BY BOECKER	
Emirati Cuisine	Ahmed Tarek (Radisson Blu Deira Creek)
Fish/ Seafood	Shreemanta Kumar Mallick (Jumeirah Beach Hotel)
Beef	Oliver Huliselan (Media One Hotel)
Chicken	Soo Yeon Jo (Korea Cooking Art Academy)
Arabic Mezzeh	Amjad Abou Hasan (Movenpick IBG)
Dressed Lamb	Mark Hagad (Hilton The Walk)
SANDWICH CLASS BY UNILEVER FOOD SOLUTIONS	
Winner	Indika Liyanage (Hilton Colombo)
2nd place	Song YeRim (A Chef Culinary Academy South Korea)
3rd place	Taymoor Ul Haq (Amwaj Rotana Hotel)
4th place	Korea Cooking Art Academy Soo Been Lim
TASTECRAFT MOCKTAIL	
Winner	Jayson Maramag Felipe (EKFC F&B)
1st Runner-up	Troy Sun (Iris Dubai)
2nd Runner-up	Aye Myat Noe Lwin (Hilton Dubai The Walk)
Cake Decoration Practical	Samitha Perera (Radisson Blu Deira Creek)
Wedding Cake Three-Tier	Raj Kumar Raghava Challangaya (Misterbaker)
Four Plates of Dessert	Dinum Sankalpa (Sheraton Dubai Creek Hotel)
Pastry Showpiece	R.V.C. J. Rajapaksha (Hilton Colombo)
Petit Fours & Pralines	Manoj Lasantha De Soysa (Palace Downtown Hotel Dubai)
Bread Loaves Showpiece	Jim Paganpan (Shangri-la Hotel Dubai)
Chocolate Carving Showpiece	Rohitha Kumara (Burj Al Arab Jumeirah)
Fruit & Vegetable Carving Showpiece	Pathma Madushanka (Misterbaker)
Open Showpiece	Prasad Buddika (Radisson Blu Deira Creek)
Five-Course Gourmet Dinner	Umesh Sahan Gamage (Atlantis the Palm)
Four-Course Vegetarian Menu	Buddhika Mahesh Jayawardana (Atlantis the Palm)
Tapas, Finger Food & Canapes	Peter De Silva (EKFC 1)





Best Cuisinier

## VISUAL REFLECTION Salon Culinaire 2018

Our lensmen went around Salon Culinaire to capture the mood at the high adrenalin culinary contest as well as to bring you images of the winners and medal winners for the year

An Arabian Feast	Mikel Allati, Bassam Darwish, Mohammad Tanvir Rahman (Jumeirah Mina Salam)
Individual Ice Carving	Rohitha Kumara (Burj Al Arab Jumeirah)
Ice Carving Team Event	Rohitha Kumara, Alex Nixon Fernando (Burj Al Arab Jumeirah)
Practical Fruit & Vegetable Carving	Rohitha Kumara (Burj Al Arab Jumeirah)
Dressed Lamb - Practical Butchery	Udhaya Kumar (Dubai World Trade Center)
Arabic Mezzeh - Practical Cookery	Jericho T. Batatas (Sikka Café Meraas)
Fish & Seafood - Practical Cookery	Shae Lyn May Philips (Northern Alberta Institute of Technology)
Beef - Practical Cookery	Upendra Kumar Raghav (The Address Dubai Marina)
Emirati Cuisine - Practical Cookery	Sajal Gonsalves Le Royal Meridien Beach Resort & Spa
HUG Savoury Creations	Htay Lin (Madinat Jumeirah C&I)
HUG Sweet Creations	Lasitha Ranasinghe (Jumeirah Etihad Towers)
Dressed Chicken & Dressed Fish	Santu Ghosh (Madinat Jumeirah C&I)
Octo-Lacto Vegetarian Three Course Menu	Marie Soleil Justiniano (Northern Alberta Institute of Technology)
Chicken - Practical Cookery	Leslie Tannahill (Northern Alberta Institute of Technology)

March 2018 **Gulf Gourmet**



**Best Effort By Cooperation**



**Best Kitchen Artist**



**Best Pastry Chef**



**Young Chef of the Year**







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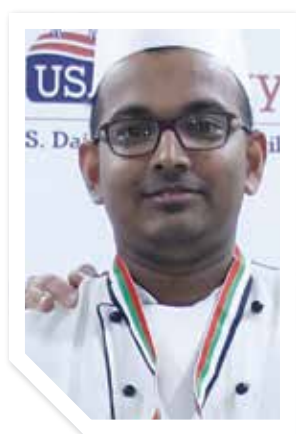
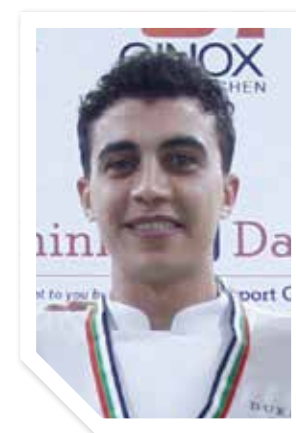








March 2018 **Gulf Gourmet**







March 2018 Gulf Gourmet



# EAST-COAST SALON COMPETITION 2018

## Resume of Classes for Entry

### Class No. - Class Description

- 01 Three-Course Gourmet Dinner Menu
- 02 Three – Course Arabic Dinner Menu
- 03 Three-Course Vegetarian Menu- By Vegini
- 04 Tapas, Finger Food & Canapés
- 05 Arabian Feast edible buffet
- 06 Cake Decoration
- 07 Wedding Cake Three-Tier
- 08 Four Plates of Desserts- By Nestle
- 09 Bread Loaves & Showpiece- By Master Baker
- 10 Friandise/Petite Four/ Pralines & Nougatines
- 11 Open Showpiece
- 12 Fruits & Vegetable Carving Showpiece
- 13 Practical Fruits & Vegetable Carving- By Barakat
- 14 Beef- Practical Cookery- By US Beef
- 15 Chicken - Practical Cookery- By US Poultry
- 16 Arabic Mezzeh - By American Garden
- 17 Cocktail Championship
- 18 Live Sandwich- By Unilever
- 19 Dressed Chicken (Supplementary Class only for Junior Chef 25yrs below)

**NB:** Ingredients may be supplied by the sponsor, these shall be mandatory to be used. Information shall be sent to competitors in advance of competition.

## Gastronomic Creation

### Class 01: Three - Course Gourmet Dinner Menu

1. Present a plated three-course meal for one person.

2. Suitable for dinner service.
3. The meal consist of:
  - > *An appetizer or soup*
  - > *A main course*
  - > *A dessert*
4. To be prepared in advance and displayed cold on appropriate plates.
5. Total food weight of the three plates should be 420/480gms.
6. Food coated with aspic or clear gelatin for preservation.
7. Typewritten descriptions and recipes required.
8. Maximum area w60cmx d60cm.

### Class 02: Three- Course - Arabic Dinner Menu

1. Present a plated three-course meal for one person.
2. Suitable for dinner service.
3. Modern style presentation.
4. The meal consists of:
  - > *An appetizer (Mezzeh)*
  - > *A main course*
  - > *A dessert*
5. To be prepared in advance and displayed cold on appropriate plates.
6. Food coated with aspic or clear gelatin for preservation.
7. Total food weight of the three plates should be 420/480gms.
8. Typewritten descriptions and recipes required.
9. Maximum area w60cmx d60cm.

### Class 03: Three - Course Vegetarian Menu

1. Present a plated three-course meal for one person.
2. Suitable for lunch service.
3. The meal consist of:
  - > *An appetizer or soup*

- > *A main course*
- > *A dessert*

4. To be prepared in advance and displayed cold on appropriate plates.
5. No Meat, Chicken, Seafood, Fish or Egg to be used (meat-based gelatin glazed to enhance presentation is accepted)
6. Total food weight of the three plates should be 420/480gms.
7. Typewritten descriptions and recipes required.
8. Maximum area w60cmx d60cm.

### Class 04: Presentation of Tapas, Finger Food and Canapés

1. Exhibit six varieties. Weight for each piece (10-20gms)
2. Six pieces of each variety. (total 36 pieces)
3. Three hot varieties.
4. Three cold varieties.
5. Hot food presented cold.
6. Food coated with aspic or clear gelatin for preservation.
7. Presentation on suitable plate/s or platter/s or receptacles.
8. Six pieces should correspond to one portion.
9. Name and ingredient list (typed) of each variety required.
10. Maximum area w60cm x d75 cm

### Class 05: Arabian Feast

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.
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

## Practical Pastry

### Class 06: Cake Decoration

1. Two hours duration.
2. Free-style shapes.
3. Decorate a pre-baked single cake base of the competitor's choice.
4. The cake base must a minimum size of 25cm X 25cm or 25cm Diameter.
5. The cake can be brought already filled without coating.
6. The cake must be delivered and set up hygienically.
7. All decorating ingredients must be edible and mixed on the spot.
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 work table is provided for each competitor to work upon.
12. 03 power connections will be provided for each table.
13. Water and refrigeration will not be available.
14. The cake will be tasted as part of judging.

## Pastry Display

### Class 07: Wedding Cake Three-Tier

1. All decorations must be edible and made entirely made by hand.
2. Pillars or stands may be inedible but, unless decorated by hand, must be plain and unadorned.
3. Fine, food-quality wiring is allowed for the construction of flowers and the like, but must be properly wrapped and covered with flower tape or paste.
4. Royal icing, pastillage, pulled sugar, etc., may be used in the construction, but the finished display must not be dependent on these items.
5. The cake will be tasted by the judges.

6. The bottom layer of the cake must be edible.
7. Inedible blanks may be used for the two top layers.
8. Typewritten description and recipes are required.
9. Maximum area w60 cm x d75 cm.
10. Maximum height 01 meter (including socle or platforms)

### Class 08: Four Plates of Dessert By Nestle

1. Prepare four different desserts, each for one person.
2. Display cold, each portion for one person, suitable for ala-carte service.
  - a). 1x Hot dessert
  - b). 1x Sugar free dessert
  - c). 1x Arabic dessert
  - d). 1x Free style dessert
3. Each dessert presented individually on an appropriated plate.
4. Total food weight of one plates should be 80/100gms.
5. Presentation to include one hot dessert (presented cold).
6. Typewritten description and recipes are required.
7. Tasting will be part of the judging process if deemed necessary to determine quality and authenticity.
8. Maximum area w60cm x d90cm.
9. One of the dessert should include 'Nestle Docello' as the main ingredients (provided by the sponsor)

### Class 09: Bread Loaf & Baked Bakery Showpiece- By Master Baker

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

1. A Baked bread showpiece.
2. Two types of bread loaves 200-300gms (competitor's choice) two pieces of each loaf To be displayed.
3. Two types of bread roll 25-40gms (competitor's choice)



three pieces of each roll To be displayed.

4. Two types of baked sweet breakfast items 25-40gms (competitor's choice) three pieces Of each item to be displayed.
5. Two types of baked savory breakfast items 25-50gms (competitor's choice) three pieces Of each item to be displayed.
6. One extra piece of each variety to be display in separate platter for judge's tasting
7. All the bread & dough must be baked at own work place and deliver to competition Venue for judging.
8. Tasting will be part of the judging criteria
9. Typewritten recipes are required.
10. Maximum area w75cm x d90cm.
11. Maximum height 75cm.
12. The focus of this class is on quality & Flavor of the bakery items. The center piece Will be judged.

#### **Class 10: Friandises Petites- Four Pralines Nougatines**

1. Exhibit six varieties.
2. Six pieces of each variety (36 pieces total) plus one extra piece of each variety On a separate small platter for judges' tasting. Each piece weight between 06-14gms.
3. Freestyle presentation and theme.
4. Present the exhibit to include a small showpiece
5. Showpiece should enhance the presentation, and will be judged.
6. Written description mentioning the theme is required.
7. Typewritten recipes are required.

8. Maximum area w70cm x d75 cm.

### **Artistic Display**

#### **Class 11: Open Showpiece**

1. Freestyle presentation.
2. Only showpieces made of edible food material will be accepted for adjudication.
3. Frames and wire support are allowed but not be exposed.
4. Maximum area w60cm x d60cm.
5. Maximum height 75 cm. (including base or socle).

#### **Class 12: Fruits & Vegetable Carving Showpiece**

1. To bring already prepared one display of fruits and / or vegetable carving, no visible Supports are permitted.
2. Free style presentation
3. Maximum area w60cm x d60cm.
4. Maximum height 75 cm. (including base or socle).

#### **Class 13: Practical Fruits & Vegetable Carving- By Barakat**

1. Freestyle.
2. Two hours duration.
3. Hand carved work from competitor's own fruits / 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.

#### **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. Penalty deduction of 25 points for waste and over-production.
4. Timing closely monitored. 02 points deduction for each minute that the meal overdue
5. All food items must be brought to the venue in hygienic, chilled containers: Thermo boxes or Equivalent.
6. Failure to bring food items in hygienic manner will result in disqualification.
7. All dishes are to be served in a style equal to today's modern presentation trends.
8. Portion sizes must correspond to a three-course restaurant meal.
9. Dishes must be presented on individual plates with appropriate garnish not exceeding 250g Total food weight excluding sauces.
10. Unless otherwise stated, competitors must supply their own plates/bowls/ platters with which to present the food.
11. Competitors must bring with them all necessary mise-en-place prepared according to WACS Guidelines in the hot kitchen discipline ([www.worldchefs.org](http://www.worldchefs.org)).
12. Competitors are to provide their own pots, pans, tools and utensils.
13. All brought appliances and utensils will be checked for suitability.
14. The following types of pre-preparation can be made for the practical classes:
  - > **Vegetables/fungi/fruits; washed & peeled – but not cut up or shaped.**





- > *Dough can be pre-prepared.*
- > *Basic stocks can be pre-prepared.*
- > *Meat may be de-boned and the bones cut up.*
- > *Pastry sponge, biscuit, meringue- can be brought but no cut*
- > *Fruits pulps- fruits purees may be brought but not as finished sauce*
- > *Décor elements- 100% made in the salon*
- > *Basic ingredients may be pre-weighed or measured out ready for use.*

15. No pre-cooking, poaching etc. is allowed.
16. No ready-made products are allowed.
17. No pork products are allowed.
18. No alcohol is allowed.
19. 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
20. 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.
21. Two copies of the recipes typewritten are always required.
22. Submit one copy of the recipe to the duty marshal at the cooking station.

## Practical Cookery

### Class 14: Beef- Practical Cookery By US Beef

1. Maximum 06 entry per Hotel
2. Time allowed for 40 minutes. Prepare and present two identical main courses using only US Beef as the main protein item. Proof purchase order must needs to bring to the competition for US Beef Products. Any failure, 50% judging marks shall be reduced.
3. Any cut of beef with the

- exception of tenderloin, Rib eye and Sirloin can be use.
4. Weight of the beef per portion on the plate to be 150 gms.
5. Present the main courses on individual plates with appropriate garnish and accoutrements.
6. Typewritten recipes are required.

### Class 15: Chicken - Practical Cookery By US Poultry

1. Maximum 06 entry per Hotel
2. Organizer will provide chicken leg quarter and if participants are getting their own Chicken in such case, need to show the proof of purchase for US chicken leg quarter
3. Time allowed for 40 minutes.
4. Prepare and present two identical main courses using
5. Weight of the chicken per portion on the plate to be 150 gms.
6. Present the main courses on individual plates with appropriate garnish and Accompaniments.
7. Typewritten recipes are required.

### Class 16: Arabic Mezzeh - Practical Cookery By American Garden

1. Maximum 04 entry per Hotel
2. Time allowed for 60 minutes.
3. Prepare and present for two persons.
4. Three types of Hot Mezzeh & Cold Mezzeh.
5. Only one of following Mezzeh allowed to present (Hummus/Tabbouleh/Baba ghanoug/Fattoush)
6. The Mezzeh can be representative of any of following countries:
  - > *Egypt*
  - > *Lebanon*
  - > *Syria*
  - > *Morocco*
  - > *Tunisia*
  - > *Jordan*

7. Dishes must be representing a variety of cooking methods and the use of ingredients use in Arabic restaurants.
8. Present the Mezzeh in equal portions
9. Typewritten recipes are required.

### Class 17: Cocktail Championship by MMI

We'll be sending the full detail this event once the sponsors finalized with organizers Prior to the event.

### Class 18: Live Sandwich by Unilever

1. Time allowed 30 mins
2. To prepare and present 2 different sandwiches, 2 portions each one for judge & one for Display
3. 1 Vegetarian & 1 Non-Veg
4. Unilever products will be provided by the supplier for all the contestant, must use the Product supplied by the supplier. Product such as Colman's Mustard, Hellman's Mayonnaise Knorr pesto sauce, Knorr Hickory BBQ Sauce, will be available on the Center table.
5. Minimum of 3 above products to be used for sandwich preparation.
6. Suitable for light lunch can be HOT or COLD.
7. One power point will be available.
8. Plates, equipments & all other ingredients must be bought by competitors
9. Type written recipes are required.

### Class 19: Dressed Chicken – Supplementary Class (Junior chef below 25 yrs.)

1. Competitors are to supply their own whole chicken and other utensils like chopping boards, etc which will BE USED
2. Time allowed 30 minutes sections as below:

March 2018 Gulf Gourmet



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### Chicken:

3. Time allowed 20 minutes
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.

## Addendum: - East-Coast Salon Competition 2018

### Venue & Entry

1. East- Coast Salon Competition will held on 7th& 8th of May, 2018
2. The venue is "Miramar Beach resort, Fujairah- AlFarha Ballroom"
3. Entry Fee AED 50 each for all the classes

### Closing Date:

4. Closing date for entries is 15th of April 2018. However, many are often fully subscribed and closed Before the closing date

### TROPHY ENTREES: (will be given during award ceremony on 8th May)

5. Entrance to best trophy awards, must enter and finished all mentioned classes. Trophies are Awarded on the highest aggregate points from all three classes.
6. Best individual awards, Highest Medal points in mentioned category
7. Champions Trophy:

Best Effort by Individual Establishments

### Best Gastronomic Chef/ Chef Alan Thong Trophy: (Maximum 04 entries per hotel)

- > *Class # 01: Three course gourmet dinner menu*
- > *Class # 14: Beef Practical cookery*
- > *Class # 15: Chicken Practical cookery*

In-order to qualify for inclusion in the points tally for Best Gastronomic Trophy, competitor must win at least two Medals. One of which must be Gold or Silver medal.

### Best Arabic Cuisinier: (Maximum 04 entries per hotel)

- > *Class # 02: Three course Arabic dinner menu*
- > *Class # 05: Arabian Feast*
- > *Class # 16: Practical Mezzeh*

In order to qualify for inclusion in the points tally for Best Arabic Cuisinier Trophy, competitor must win minimum 02 medals.

### Best Pastry Chef: (Maximum 04 entries per hotel)

- > *Class # 06: Practical Cake decoration*
- > *Class # 08: Four Plates of Desserts*
- > *Class # 10: Friandise/ Petit Four/ Pralines & Nougatines*

In order to qualify for inclusion in the points tally for Best Pastry Chef Trophy, competitor must win at least two Medals. One of which must be Gold or Silver medal.

### Best Kitchen Artist: (Maximum 04 entries per hotel)

- > *Class # 11: Open Showpiece*
- > *Class # 12: Fruits & Vegetable Carving showpiece*

### > Class # 13: Practical Fruits & Vegetable Carving

In order to qualify for inclusion in the points tally for Best Kitchen Artist Trophy, competitor must win medals for all three classes. One of which must be Gold or Silver medal.

### Best hygienic Chef

- > *Class # 14: Beef Practical Cookery*
- > *Class # 15: Chicken Practical cookery*

Best Hygienic Trophy will awarded to heights points winner of Beef or Chicken Practical cookery

### Highest Medal points awards for Individual Classes

- > *Class # 03: Three course vegetarian menu*
- > *Class # 04: Tapas, Finger food & canapés*
- > *Class # 07: Wedding Cake Three-Tier*
- > *Class # 09: Bread Loaves & Showpiece*
- > *Class # 17: Best Bartender*
- > *Class # 18: Live Sandwich by Unilever*
- > *Best Hygiene Trophy*

### Runners up Trophy

Runners up trophy awarded to the establishment whose competitors gain the second highest Total combined medal points.

### Champions Trophy

- > *Champion's trophy awarded to the establishment whose competitors gain the highest Total combined medal points*

### Judging Guidelines and Awarding System

A team of WACS Approved Judges will adjudicate at all the classes of competition. After each judging session, the judges will hold a debriefing sessions at which each decision.





Competitors will not be competing against each other rather they will be striving to reach The best possible standard. 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 classes.

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

#### The scaling for awarding 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 – 70- Certificate of merit

### Rules and Regulations for East Coast Salon Culinaire Competition

**NB: East Coast Salon Culinaire 7th & 8th May, 2018**

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

#### PARTICIPATION

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

#### COMPETITION ENTRY

5. 10. Please note that there are different forms for different types of entry; ensure that the correct form is being used.
11. Complete the entry-form according to the instructions on the form.
12. Completed photocopies of the entry-form are acceptable.
13. Submit the completed form to the organizers along with the requisite fee.
14. Fees must be submitted along with completed entry forms.
15. Fees are payable to:  
**Bank Name:** National Bank of Abu Dhabi  
**Account Name:** Iberotel Miramar  
**Account No** AED: 0157980086  
**IBAN:** AE250350000000157980086  
**Swift Code:** NBADAE AA DEI
16. Entries are accepted strictly on a first-paid, first-accepted basis

17. No entry is accepted until the appropriate fee has been received.

18. Entry Fees are non-refundable.

#### CERTIFICATES AND LETTERS OF PARTICIPATION

19. Ensure that your name (clearly written in block capitals) appears on your entry-form exactly as you would wish it to appear on any certificate, letter of participation or posting of results.
20. Any applications for amendments to letters or certificates will necessitate: a) Return of the original certificate b) A written confirmation from the executive chef c) A pre-paid fee of Dhs: 50/- (AED: Fifty Dirham's) per certificate.

#### HYGIENE

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

#### THE SECRETARIAT

24. The East Coast Culinary Event Committee is the body responsible for the creation, organization and administration of the competition.
25. The competition is governed by and construed according to the rules of the organizers.



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26. The organizers have sole authority to adjudicate on any matters pertaining to the competition.
27. Entrants' acceptances of participation in the competition are construed as confirmation of their undertaking to submit unconditionally to the jurisdiction of the organizers in regard to all aspects of the east coast culinary committee.

#### **COMPETITORS AND HELPERS**

29. A helper must be junior in rank to the person he/she is helping.
30. A competitor must wear full; freshly laundered chef's uniform with appropriate headgear and footwear when attending at the exhibition
31. A competitor's helper must wear full; freshly laundered chef's uniform with appropriate headgear and footwear when attending at the exhibition.
32. Competitors that are incorrectly dressed at a competition will not have their exhibits judged.
33. Helpers that are incorrectly dressed will not be admitted to the exhibition.
34. Logos, marks and identifying colors provided by the organizers must be worn by competitor throughout the competition in the Position indicated to them by the organizers at the time of registration.
35. Logos, marks and identifying colors provided by the organizers must be worn by helpers throughout the competition in the position indicated to them by the organizers at the time of registration.
36. A competitor entered in

a practical competition must register at least thirty minutes before the commencement of the competition otherwise the competition slot will be given to a waitlisted competitor.

37. Any competitor not in place and ready to start at least five minutes before the time a competition commences, will be disqualified.
38. Competitors and helpers are forbidden from approaching or speaking with or at a judge without the express permission of the organizers.

#### **EXHIBITS**

39. Each exhibit must be the bona fide work of the entering competitor. It must be solely the work of the competitor and must be certified as such by his Head of Department or General Manager.
40. Each exhibit must be a completely original work, it must not have been displayed previously (in whole or in part) in any competition or exhibition whether private or public.
41. All exhibits must be of edible substance except for framing, soles and stands where they are allowed.
42. It is forbidden to use any living entity whatsoever as part of an exhibit (e.g. tropical fish).
43. It is forbidden to depict religious, nude, semi-nude or political themes in an exhibit.
44. All exhibits must be suitable for presentation as a decorative item in a restaurant or banqueting setting.
45. An exhibit must not carry any logo, label or mark of

identification; however, competitors must be able to identify their exhibit if Required.

46. Competitors are responsible for their exhibits and should ensure that they are available in their proper place for judging on the day and time specified.
47. No preparation or finishing of exhibits is allowed in any area except the designated preparation area at the rear of the competition area.
48. Finished exhibits must be placed in the position indicated by the organizers.
49. No interference with an exhibit is allowed once the organizers have deemed it as submitted for judging.
50. Competitors must leave the judging area as soon as their exhibits are in place or when instructed to leave by the marshals, Whichever is the sooner
51. Exhibits may, at the discretion of the organizers, be moved to a separate enclosure, there to remain for part or for the duration of the exhibition.
52. Failure by a competitor to register or exhibit at the specified time could result in disqualification.
53. Exhibits which are removed by competitors without permission of the organizers will not qualify for any kind of award.

#### **COMPETITION MARSHALS & COMMITTEE**

54. A Marshal-at-arms will be recognizable by a badge displaying the logo of the East Coast Culinary Committee and the legend 'Marshal'.
55. Marshals & Committee are charged with ensuring that



the rules and regulations of the competition are observed by all concerned.

56. Competitors, helpers and visitors are all obliged to cooperate with the marshals - without question, at all times.

### AWARDS

57. Gold, silver and bronze medals and certificates and certificates of merit are awarded solely at the discretion of the judges.
58. The decision of the judges is final and each competitor is required to abide by it without comment.
59. Medals will normally be presented at 16:00 each day. This may change according to circumstance.
60. Any medal or certificate that is not accepted by the competitor or his/her helper at the presentation ceremony for that day will be Forfeit, unless prior arrangements are made with the organizers.
61. A competitor or his/her helper must be correctly dressed as stipulated in the rules when collecting medals or certificates.
62. Incorrectly dressed competitors/helpers will not be allowed access to the awards area.

### COPYRIGHT

63. All exhibitors and competitors assign all rights concerning videos, photographs, menus, recipes, exhibits, sound recordings etc. to the ECSC

### DISCLAIMER

64. The organizers are entitled to cancel or postpone the ECSC, or to alter the duration, timing or schedule of any event.
65. The organizers reserve the right to cancel any classes or

limit the number of entries or extend, modify or revoke any of the rules and conditions without being held liable for any claims for compensation whatsoever.

66. The organizers will not under any circumstances be held liable or responsible for the loss or damage of any exhibit, equipment, goods, persons or personal effects.

### QUERIES

67. All queries must be submitted by email to: [hygienemanager.coord@miramaralaqah.ae](mailto:hygienemanager.coord@miramaralaqah.ae) or [kacparasad@miramaralaqah.ae](mailto:kacparasad@miramaralaqah.ae). the question and answer to each query will be broadcast to all entrants.

### Rules and regulations for Culinary Competition

(Organized by Miramar Al Aqah Beach Resort with Advice & Guidance of Emirates Culinary Guild)

### NB:

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

### PARTICIPATION

4. Participation at competition is open to anyone professionally employed in the preparation of food within UAE and Internationally.

5. All classes are for entry by a single competitor.
6. Competitors are restricted to one entry per class.
7. Competitors are restricted to entering a maximum of three classes
8. Competitors entering to win Best Category must participate fully in every class entered in order to qualify.
9. Competitors must attend and participate on the time allotted to them.

### COMPETITION ENTRY

10. Competition Fees: East-Coast Culinary & Cocktail Competition 50 aed per participant per class to anyone professionally employed in the preparation of food within UAE and Internationally.
11. Money should transfer to the given account & All the entries first pay first served basis will follow.
12. Please note that there are different forms for different classes; ensure that the correct form is being used.
13. Complete the entry form according to the instructions on the form.
14. Completed entry form must send though by Emirates Culinary Guild or Event Organizers.
15. Submit the completed form to the organizer before 01st of April 2018.

### CERTIFICATES AND LETTERS OF PARTICIPATION

15. Ensure that your name (clearly written in block capitals) appears on your entry form exactly as you would wish it to appear on any certificate, letter of participation or posting of results.

### HYGIENE

16. Competitors must bring their





items according Food Safety standard.

17. As the event will be held in the Al Farha Ballroom of the organizer, official Hygiene Officer will judge all the live cooking participants.

### THE SECRETARIAT

18. Miramar Al Aqah Beach Resort & Emirates Culinary Guild is the soul responsible for the organization and administration of the competition.
19. The competition is governed by ECSC according to the rules of the organizing committee
20. Competitors acceptance of participation in the competition will mean as confirmation of their undertaking to submit unconditionally to the jurisdiction of the organizer.

### COMPETITORS & HELPERS

21. Each competitor is allowed to have one helper to assist in carrying equipments. No other help is allowed in preparing/ presentation area.
22. Competitor & helper must wear appropriate uniform.
23. Competitors must register on their given time.
24. Competitors & Helpers must not entered apart from salon area (Hotel lobby, Hotel restaurants etc...)
25. Competition area will be monitored by East-Coast Event Committee

### EXHIBITS

26. Each exhibits must be completely original work, it must not have been displayed previously.
27. All exhibits must be of edible substance except for framing and stands.
28. It is forbidden to use any

living entity, depicts religion, nude, seminude or political themes in an exhibit.

29. All exhibits must be suitable for presentation as a decorative item in a restaurant.
30. An exhibit must not carry any logo or mark of identification however; they should identify their own work, if required.
31. Competitors are responsible for their exhibits and should ensure that they are available in their proper place for judging on the day and time specified.
32. No preparation or finishing of exhibits is allowed in any area except designated preparation area.
33. Finished exhibits must be placed in the position indicated by the organizer, it has submitted for judging.
34. Competitors must leave the judging area as soon as their exhibit is in place or when instructed To leave.
35. Failure by competitor to register at the specified time will result in to disqualification.
36. Exhibit which is removed by competitors without permission will not qualify for any awards.

### COMPETITION MARSHALS

37. A Marshall will recognize by the badge displaying the logo of the organizer.
38. Marshalls are instructed to ensure that the rules and regulations of the competition are observed by all concerned.
39. Competitors, helpers and visitors are all obliged to cooperate with the marshals.

### AWARD

40. Gold, silver and bronze

medals and certificates are awarded solely at the discretion of the judges.

41. Decisions made from the judges is final and each competitor is required to abide.
42. The medals will be present at the end of the competition. Certificates will be present after the Event (10days of maximum) by the organizer.
43. Special awards will be given to all category winners.
44. Competitors must be dressed with complete uniform when collecting medals.
45. Incorrectly dressed competitors are not allowed to access in awarding area.

### DISCLAIMER

46. The organizers are entitled to cancel or postpone the East Coast Salon Competition or alter the duration, timing or schedule of any event.
47. The organizer reserved the right to cancel any classes or limit the number of entries or extend.
48. The organizer will not be held liable or responsible for the loss, damaged of any exhibit, equipment, or personal effects.

### ENQUIRY

49. All enquiries must submitted by email to [emiratesculinaryguild@gmail.com](mailto:emiratesculinaryguild@gmail.com)  
[kacprasad@miramaralagah.ae](mailto:kacprasad@miramaralagah.ae)  
[hygiene.manager@miramaralagah.ae](mailto:hygiene.manager@miramaralagah.ae)



## EAST COAST SALON CULINAIRE-ENTRY BY SINGLE CLASS/ES 2018

Company Name:	Contact Mobile No:
Contact Name:	Contact Office No:
Contact Email Address:	Contact Post Address:
	Contact Co.position:

### Entry by Single Class/es

Each of the following persons is entered in the class mentioned. The persons are listed in order of preference for inclusion in the competition. If there should be a restriction on the number of entries that can be accommodated, we request you to include the entrants in order of preference as we have listed in this entry form.

Pref.No	Competitor Full Name (as to appear in Certificates)	Class No. and Description
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		

Signature:Name And Position

March 2018 **Gulf Gourmet**

# newmembers



Pascal Clair, Chef & Partner receiving Emirates Culinary Guild Membership certificate from ECG President Chef Uwe Micheel

**Pascal Clair**, was born in 1964 in Burgundy to a family of bakers running a successful establishment since 1930. He has been a Chef in the UAE since 1999. He was the opening Pastry Chef for Jumeirah Emirates Tower, Emirates Palace, Jumeirah International Catering, and Atlantis the Palm.

He has been in Dubai teaching and supporting the Forrey & Galland Chocolatier for over 6 years and developing delicious sweets and for international hotel chains including Shangri-La, Grand Lisboa, Starwood Hotels as well as private high class institutions in Indonesia, Vietnam, Malaysia, Kalimantan, Macau, Shanghai, Osaka, Saudi Arabia, St. Barthelemy, London.

He is passionate about his work and has been getting the best appreciation in a small town named Nevers in France.

He says, "My passion has always been

## Pascal Clair.

to try and achieve more and sharing my modest knowledge with the younger generation of chefs. Today, I am proud of my Pascal Clair Sweets Cafe & Bakery LLC in Dubai. It is a modest establishment with me at the helm as its Chef & Partner.

Here we deal in all aspects of my work as chef and entrepreneur in a country where the business is growing and the need of the hour is quality.

We import and distribute special chocolate from Colombia. 100% of the Aroma appellation the chocolate is made 100% in Colombia under the eyes of Casa Luker, a company born in 1906 as a Colombian family business. Today it is growing globally second to the top world chocolate player.

Our USP is that all process is natural, and we intend to stay natural in all the products we prepare. Our farmers are trained, and the harvest is done under the supervision of Casa Luker. Our product is produced in the different regions of Colombia (Arauca, Tumaco, Santander, Huila, Nioqui) where all work is undertaken under the expert eyes of Casa Luker."

The beans are transformed in our facility in Bogota.

Pascal Clair is serving many hotel and small businesses as well as top celebrities and dignitaries in the country, many of whose names cannot be revealed.

"We are Proud to be able to contribute to the Emirates Culinary Guild as a corporate member and hope that our contribution will help the youth to perpetrate what we do best (Caring about each other as chef).





**Elie Makhoul, Head Of Sales, Promar Trading receiving Emirates Culinary Guild Membership certificate from ECG President Chef Uwe Micheel**

Today, **Promar** is a leading food distributor in the region, supplying a wide range of specialty and world food brands to the retail, wholesale and foodservice sectors. We cater to food enthusiasts, from hobbyists to professional Chefs.

We are constantly in search of the best products. Our portfolio consist of high-end fresh, frozen & dry products, ranging from commodity goods to the finest of delicateness, sourced locally, as well as from France, Scotland, Italy, Lebanon and Greece.

We strive to be the foodservice

## PROMAR

( L.L.C )

SUPPLIERS OF PREMIUM FOOD PRODUCTS

distributor of choice by providing quality products with the highest level of service.

### A Dedicated Partner

Each day, Promar is guided by the core company values of customer success, integrity, innovation and teamwork.

The Promar team is composed of over 100 representatives dedicated to the sales and distribution in the food service and retail industries. Each and every one of our employees represent the spirit of

our company: driven, committed, and constantly pushing the limits.

As a B2B company, we have an intimate understanding of the food business; we are privileged to have some of the most well-known and regarded establishments as our clients. This privilege comes with responsibilities which are taken seriously by each of our team members and is integral to our company culture.

We are focused on exceeding your expectations and being the easiest company to do business with in the industry.



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Web Address:	Email:	
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Fax Office:	Type of Membership Required: (Please tick one)	
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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:.....

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Corporate Member Dhs. 20,000 per year

# SUCCESS FROM THE INSIDE OUT

*"Your vision will become clear only when you can look into your own heart. Who looks outside, dreams; who looks inside, awakes." — Carl Jung*

For centuries the principle of success has stayed the same. That is everyone has his or her unique formula for creating and developing his or her success. To really comprehend success one has to experience the pain of failure. It is these painful failures that assist us in expanding our comfort zone.

To be a world-class chef or even been a decent cook it is important to look back into your past. When looking into it I would like you to be thankful for all that has happened, even if you consider the experiences to be painful or joyful. Now some of you may be thinking why be thankful for a painful experience. Well in simple terms that is learning. Yes, it could have been emotionally painful or even an expensive learning.

Despite the numerous uncertainties in your life you are constantly in learning. Rather than viewing them as obstacles, our feelings and thoughts need to learn to see them as situations, which assist in our growth and development.

Introspect what has happened so that you can feel, think and act better. A great way to do this is by reviewing what worked and what could be done better. Many a time we avoid introspecting our



Only those who dare to fail greatly can ever achieve greatly.

— **Robert F. Kennedy**



performance as there is a fear of admitting our errors to ourselves or we compare ourselves to the success of others. That is why I love the quote "Comparison is the death of joy" by Mark Twain.

The purpose of our existence is not about competing with each other, but to collaborate to create, innovate and evolve for the better. Thus, this running away from mistakes or comparing becomes a self-sabotaging madness that moves us away from our true success.

It means to evaluate your life in terms of what enhances your life and what inhibits it. In other words, think about "Areas Beyond (your) Control" and "Areas Under (your) Control". You will be surprised what you can learn from such a simple exercise.

This leads to the simple but profound concept of having a purpose-driven life, your 'Ikigai'. Are you truly aware of your purpose in life? What allows you to wake up in the morning and makes you feel alive? What is important to you that you would love to do in your life? Look at yourself from the inside out.

All these are important questions and yet ignored by many; we are too engrossed in the rat race. In a world of instant self-gratification, it has become more and more important to return to our heart rather than count success in terms of the latest gadgets we possess, or number

of likes on social media or materialistic wealth. In the words of Richard M. DeVos "Money cannot buy peace of mind. It cannot heal ruptured relationships, or build meaning into a life that has none."

When you sit down to introspect, focus on relationships, career, family, contribution to society, finance, hobbies, health, friends, celebrations and much more. Avoid measuring only in terms of financial gains or loss, a trap we all fall into with great ease.

A while back I got a message saying: "Our life often revolves around health, money, relationships, and reputation. Instead, if life revolves around commitment, wisdom, service, and celebrations, then we automatically receive health, money, reputation, and relationships improve."

So, where do you need to focus? Even though all of us will depart one day it is crucial in the time we live to maintain a continuous stream of awareness, attention and focus throughout all aspects of our life. Success or failure, always remember to focus on compassion, love, and joy.

Bruce Lee had a great philosophy both in terms of martial arts and managing life. Its emphasis was on practicality, flexibility, speed, and efficiency. From now until the end of your human existence learn from your past, present and do your best to succeed in whatever you wish to.

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*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](mailto:rohit@in-learning.com)*





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