

gulf

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## gourmet

THE MAGAZINE CHEFS LOVE TO READ  
volume 12, issue 4ASEELAH  
BRIGADE

How three chefs from a single restaurant at Radisson Blu Deira took on 1,300 chefs last month to win top honours at the Emirates Salon Culinaire

EAST COAST  
RULES

Full listing of rules and regulations for the upcoming East Coast Salon Culinaire to be held next month

SWEET  
SLAYER

BEHIND DASHRATH PAKHRIN'S QUIET, UNASSUMING DEMEANOUR SIMMERS A COURAGEOUS CULINARIAN. MEET THE 'MIDDLE EAST YOUNG CHEF OF THE YEAR' TROPHY WINNER AT GULFOOD 2017

DOUBLE  
WHAMMY

Chef **Rabeh Amer** returns with another Best Arabic Chef trophy. This time at Emirates Salon Culinaire

PASTRY  
POWER

Shangri-La Dubai's Pastry Chef **Saw Aung Kyaw Khaing** from Myanmar reveals his favourite recipe

YOUNG  
CHEFS

Two teams from Abu Dhabi and Doha take up our Nestle Professional Golden Chef Hat challenge





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# president's station

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Dear fellow chefs, ladies and gentlemen,

Welcome to the April issue of our Gulf Gourmet.

We've just completed three busy months and look forward to quarter two. Our upcoming highlights being our AGM – Annual General Meeting and the East Coast Salon in Fujairah.

I have just returned from the 2nd International Hoi An Food Festival which was again a great event. You will find the full report and pictures in our May issue.

We have three events lined up for April. On the 11th is our monthly networking meeting to be held at Jood Hotel with Chef Youssef Darwish. 23rd evening will see the US Poultry Seminar at the Radisson Blu Hotel DDC. This will be an event for Chefs and the industry. And on 27th is the ECG supported La Chaine des Rotisseurs "Concours des Jeunes Chefs Rotisseurs" event. It includes the UAE Bailliage National Competition Final hosted by ICCA. The UAE winner will go on to represent us in the world finals to be held in Frankfurt, Germany in September.

May too will be extremely busy. Our culinary team led by Andy Cuthbert will compete at HOFEX in Hong Kong. Our second culinary team led by Chef Majed Al Sabagh will compete in Beijing.

On 8th May, we will have the US beef Workshop hosted by Bassam Bousaleh and the AMFI team on behalf of US Beef Export Federation at Radisson Blu Hotel DDC. And the following day will see the US Beef Team hosting the US Beef Mini Plated Competition on our monthly meeting day. The awards ceremony will be held straight after our meeting.

I look forward to seeing you all on May 22nd in Fujairah for the East Coast Salon, and on 23rd for our AGM – Annual General Meeting.



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

I urge all members to check out [www.emiratesculinaryguild.net](http://www.emiratesculinaryguild.net) to know what's happening on the calendar. Do visit [facebook.com/wacsyoungchefs](https://www.facebook.com/wacsyoungchefs) and encourage your young chefs to join and stay in contact with over 4,000 chefs across the globe.

Please do not miss the company profiles of our corporate members. We really do

appreciate your support. Also, do look at the Friends of the Guild pages to know who our supporters are.

A final thank you to Chef Diyan Manjula and his team from Radisson Blu Hotel DDC for hosting the March meeting.

Culinary Regards,

**Uwe Micheel**

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

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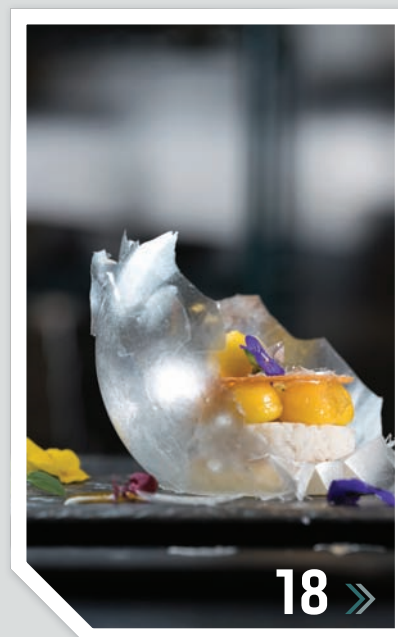
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BRITISH  IMPORT

# LONDON FLAVOURS

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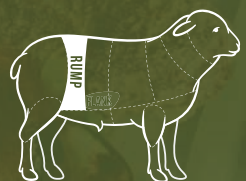


# DO YOU KNOW YOUR RUMP FROM YOUR CHUMP?

Australian lamb rump has star qualities which suits any contemporary menu. Full of flavour and great texture, this versatile cut can be used across all seasons from a mini lamb roast meal, carved and served as a steak or sliced on salads. It satisfies those that like a grilled, juicy piece of meat and assists chefs with lower plate costs. The tenderness of Australian lamb rump means it performs perfectly when cooked properly (medium rare) ideally pan seared before being finished in an oven.



## RUMP



### Lamb Rump

Australian lamb rump is prepared from a boneless leg by locating the seam between the boneless chump and the remaining leg cuts. This cut can be tied with twine to keep a uniform shape while cooking or further trimmed to remove the cap muscle and the subcutaneous fat.

### Preparation of Cut

For a leaner piece of meat, denude the rump by removing the cap and all silver skin. This is known as a Denuded Rump. This can be butterflied and then stuffed and rolled for roasting, or sliced into strips for stir-frying.

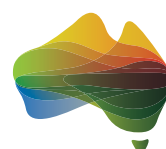
### Hot Tip

For extra flavour, leave the cap on your Australian lamb rump for cooking. Score the fat and season, and cook cap side down to render the fat before finishing in the oven.



Salt and pepper lamb with  
char-grilled vegetables

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# editor'snote

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This month's cover story is the perfect example of how one can leverage the surroundings of his or her workplace to make the impossible possible. Four years ago, the young man on the cover of this magazine would not have known the difference between frying and grilling. Yet, today he is the undisputed under-25 culinary champion in the Middle East.

So how did it happen? The answer is straightforward if you know his background. Chef Dashrath hails from a village in Nepal where you need to work very hard all the time to make ends meet.

When he landed his first job in Dubai, he had limited culinary knowledge. You could say that he fell through the cracks. He could have easily succumbed to fear seeing stalwarts at every level of the culinary ladder working around him. Fortunately for him, he decided to work hard, be dedicated to the job, and not expect anything special in return. And as is always the case, it is the unexpected that came his way.

Chef Dashrath was adjudged 'Middle East Young Chef of the Year 2017' at Emirates Salon Culinaire in Gulfood by a panel of WACS-certified judges from around the world. And now, his destiny going forward has been altered for the better.

Sure, he was lucky to have Chef Uwe and Chef Diyan for top-level support. Sure, he was fortunate to be an assistant to multi-award winning Chef Rahil Rathod, Chef Rabeh Amer and Chef Chamika. Sure, he was blessed to have a brother who guided him to join Radisson Blu Deira and a friend in Chef Sommbun, at the start of his career. And surely, he's privileged for being chosen to be part of the million-dirham scholarship from ICCA for under-privileged chefs.



What is critical here is that he grabbed these opportunities, and he made the most of it after his gruelling shifts as a Commis II. He practiced hard and helped the chefs, who are at a level he never even imagines he can rise to. And he believed in perseverance at work and at competitions.

If he can do it, so can you. You may not have the best chef to guide you, but you do have the internet. You may have long shifts at work but you can still stay back a few hours longer to practice. And you may not be given permission to compete, but you can compete for yourself.

Regardless of your circumstances, for every roadblock there is an alternative path to follow. All you need to do is never stop trying to excel in your work. Make sure your food tastes better than your peers. And have a positive outlook to life.

These are the qualities possessed by all the chefs featured in the magazine. You should inculcate them too.

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

**Aquin George**  
Editor

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April 2017 Gulf Gourmet

# friends of the guild



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## newsbites

### Le Cirque Dubai Opens in The Ritz-Carlton DIFC

Le Cirque Dubai, a take on the New York original, opens here on April 12. The restaurant offers classic French fare with an Italian twist. The concept has taken influence from the original menu developed by notable chefs such as Daniel Boulud, David Bouley and Christophe Bellanca.

Le Cirque Dubai's menu has been developed by Head Chef Manuel Oliveira. Born in Spain, Chef Manuel began to craft his culinary skills during an internship at a traditional family owned restaurant in 1999. Since then, he has accumulated over 15 years of experience. He

has worked with Vivir El Vino, directed by Michelin-Starred Chef Pepe Rodriguez, then at two Michelin-starred restaurant Sergi Arola Gastro in Madrid, followed by Arola Bar and Restaurant in Mumbai and 55&5th The Grill at St Regis, Abu Dhabi.

He says, "Food is my passion and having the opportunity to work with the team in New York to develop a menu that reflects the current UAE market has been a personal challenge, yet thoroughly rewarding. We've developed some truly distinctive dishes that will become signatures of the Dubai venue."



### Chef Khedr is Executive Sous Chef at Warwick Dubai



Syrian chef Khedr Mohsen Al Issa has been promoted from Sous chef to executive sous chef at Warwick Hotel Dubai. Chef Khedr, joined the property just three years ago, and is now in-charge of culinary operations throughout the hotel.

The 37-year-old began his career at Le Méridien Hotel Damascus. He moved to Dubai in 2006 and has previously worked at Ritz Carlton JBR, Madinat Jumeirah, Millennium Hotel Sharjah, and the Sharjah Hilton. Outside of Syria and Dubai, he's also worked in Kuala Lumpur and Vietnam

### Brasserie Quartier welcomes Chef Fabien

There is a new Chef de Cuisine at the Brasserie Quartier kitchen in St Regis Dubai. And he is none other than Fabien Gailly. Chef Fabien brings to his new role a wealth of experience from Michelin starred restaurants around the world.

Born in Chile, South America, Fabien went on to study at one of the most prestigious cooking schools in France, Lycee Hotelier Lesdiguières and obtained his CAP Cuisine and CAP Service in 2002.

Fabien's apprenticeships and experience in Michelin starred restaurants across Europe and the USA ignited his passion to become a professional chef. Other Michelin starred restaurants Fabien has worked in as Sous Chef de Cuisine include Le Cheval Blanc, Courchevel (two stars), Chateau de La Chevre d'Or (two stars), Hotel Les Barmes de l'Ours, Val d'Isère (one star) and Hotel La Reserve De Beaulieu Mer restaurant (two stars) – all in France.

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## Regional Flavours of India at Zafran

**R**egional Flavors of India, a menu featuring curry favourites from across the country, has launched this month at Zafran Indian Bistro in Mirdif City Center. According to Chef Gaurav Singh "each of these curries is a classic, representing various regions of India."



Dishes on the menu include 'Gosht aur Kairi ka keema', a lamb meat preparation from Hyderabad; 'Lamb Vindaloo', a Goan delicacy inspired by Portuguese traders from the 16th century; 'Mughlai Murgh Handi', a mix of Indian spices and Persian dry fruits; 'Chakki ki Sabzi', a Rajasthani innovation prepared with wheat flour dough deep fried in oil; 'Baingan bhartha', large brinjals charred over an open flame, then mashed and sautéed; 'Dhaba-style chicken curry', comfort food at roadside restaurants for truck drivers and budget travellers; and 'Kerala Fish Curry', made with raw mangoes and coconut milk. Need we say more?

## Sri Lankan food festival any one?

**C**hef Sudesh from Millennium Airport Hotel Dubai is promoting his native cuisine at the property's Loumi restaurant. He says, "I will be showcasing the rich flavours of Sri Lankan cuisine with live cooking station alongside an international buffet." The authentic Sri Lankan dishes and live entertainment is being priced at AED 165 per person and runs every evening until April 15.



## Agriteq 2017 sees renewed growth

**L**ast month saw the 5th Qatar International Agricultural Exhibition (Agriteq 2017) run from March 22-25 at the Doha Exhibition and Convention Center. The exhibition aims to raise the level of agricultural production in the country in line with the Qatar National Vision 2030's food security goals to increase the quality and quantity of crop production.

The vision is said to be achievable if complete support is lent to Qatari farms alongside agricultural material, fertilizers, veterinary treatments and expert consultations. The outcome of Agriteq 2017 contributes effectively to making the future of agriculture in Qatar more promising from a business and economic perspective, thereby helping achieve food security.

## Other culinary appointments around town

Hilton Abu Dhabi has hired Walter Miculan as their executive chef. Chef Walter has been a professional in the kitchen for over 25 years. Prior to this he was Executive Sous Chef at Hilton Dubai Jumeirah Beach and then a cluster executive chef at the Hilton hotels in Alexandria, Egypt.

Chef Jean-Luc Morcellet has joined Shangri-La Hotel Doha as their executive chef. The French chef brings with him over 20 years of experience. He is said to have managed chefs at The Savoy and at The Dorchester in London and at the Grosvenor House, West Marina Beach and The Palace Downtown properties in Dubai.

It's less than a year since its opening and Anantara Al Jabal Al Akhdar Resort already has a new executive chef in Gaspare Greco.

Chef Greco is in charge of six restaurants and lounges and will settle into his new role with ease considering prior to this he was the executive chef at the Anantara Kihavah Resort and Villas in the Maldives.

Over the past 25 years, Gaspare has worked at some of the finest properties across Dubai, Bahrain, West Indies, Bahamas and Canada.

To get your chef or company related news featured in this section, email [editor@gulfgourmet.net](mailto:editor@gulfgourmet.net)



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# BEACH BUDDIES

Two young chefs from Al-Raha Beach Hotel in Abu Dhabi are this month's contestants at the Golden Chef Hat Award competition

**T**hey are young, bold and raring to go. Meet the two young Indian lads from the Abu Dhabi-based beach resort who have taken up the challenge for the Nestle Professional-driven young chefs' competition.

## ABHILASH K N

Who knew that a sick leave by an employee would change a life. That's exactly what happened to Chef Abhilash K N. When he was still in school, an employee at his father's bakery called in sick. Chef Abhilash came to the rescue, baking his first ever wedding cake. Fast forward a few years and he's baked hundreds of cakes, made umpteen desserts, delighting one and all with his sweet creations.

The assistant pastry chef at Al-Raha

Beach Hotel in Abu Dhabi was born and brought up in south India. His father, who ran a small bakery-cum-catering service, was his first culinary teacher. "My father ran a bakery for more than 40 years. So baking was a part of my life right from when I was born," Chef Abhilash recalls.

Getting diplomas from the Food Craft Institute and the Academy for Catering Technology in India, he trained at several hotels in India including Hotel South Park and Taj Green Cove Resort Kovalam before heading out to Dubai in 2009. "I joined the Landmark group as a demi chef. I was always very interested in food carving and ice carving. For nearly a year, I was just helping the head chef and I was frustrated because I wanted to do pastry."

Later, Chef Abhilash got that

opportunity at the Emirates Grand Hotel and Suites in Dubai. The learning curve gave way to medals at competitions when he joined Al-Raha five years ago. "So far, I have won five gold medals and now I have a count of 20 medals."

A big fan of Nestle products, Chef Abhilash swears by Docello crème brulee. "The consistency is like homemade crème brulee. I also like to experiment with Docello chocolate mousse and I frequently use Docello panna cotta and Kit-Kat crumble in my desserts."

Chef Abhilash's immediate goal is to win the 'Pastry Chef of the Year' title. Someday, he hopes to become an executive pastry chef and even open his own bakery. The apple didn't fall far from the tree, after all!



ABHILASH K N



ASHISH THAPLIYAL





## ASHISH THAPLIYAL

The chairman of the Emirates Culinary Guild Young Chefs Club is a perfectionist. Every dish that he makes must be nothing but the best, every single time.

The India-born outlet chef at Al-Raha Beach Hotel in Abu Dhabi is barely 26 years old. And yet, he has nearly nine years of experience behind him, skilled in Italian fine dining and trattorian, continental, South African and Mediterranean cuisine. Chef Ashish handles three restaurants at Al-Raha – Azur, Wanasah, and La Piscine pool bar. It's been nearly two years that Chef Ashish has been with Al-Raha. And he's only getting started.

After doing his hotel and tourism management from the Yashwantrao Chavan Maharashtra Open University in Mumbai, Chef Ashish secured a kitchen apprenticeship at Stella, an Italian restaurant at The Leela in Mumbai. There, he picked up valuable nuances of Italian fine-dining cooking. Later, he moved to Celini restaurant at the Grand Hyatt in Mumbai, where he led the pasta section.

Towards the end of 2013, Chef Ashish came to Dubai for the pre-opening of the Big Easy Bar and Grill. A couple of years later, he joined Al-Raha.

Someday in the distant future,

Chef Ashish hopes to open his own restaurant. "But before that, I want to work with some Michelin-star chefs to get good experience and also gain knowledge of products," he says.

Currently, his favourite products are Nestle butter, potato powder and cream. "Maggi chicken powder and tomato coulis are also amazing. I like the whole range of Nestle products. They give you a lot more time to experiment with dishes by taking care of the basics."

Chef Ashish brings his passion to every plate. Watch out for more from this talented chef!

## TRIO OF LAMB

**Dukkha crusted slow cooked lamb chop, herb coated sousvide lamb loin, and lamb-foie ravioli, served over creamy carrot puree, Truffled arancini, butter saluted veg, tomato dust and duck sage jus**

### Ingredients

Lamb chop	80 gm
Lamb loin	60 gm
Lamb Ravioli (left over mince)	30 gm
Veg	40 gm
Carrot puree	30 gm
Arancini	30 gm
Dukkha crust	05 gm
Herb dust	05 gm
Tomato dust	02 gm
Jus	30 ml

### FOR LAMB

Lamb chop	80 gm
Salt and pepper	to taste
Olive oil	little
Dukkha (to cover the top)	05 gm
Lamb loin	60 gm
Salt and pepper	to taste
Herb crust	05 gm
Butter	05 gm little

### FOR RAVIOLI:

Left over mince	20 gm
-----------------	-------

Foie gras	10 gm
Sweet cherry	05 gm
Mushrooms	10 gm
Nestle cream	20 ml
Salt and pepper	To taste
Onion garlic (chopped)	05 gm
Butter	1
Pasta sheet	

### FOR CARROT PUREE

Nestle cream	30 ml
Maggi chicken stock	40 ml
Carrot	40 gm
Water	20 ml
Butter	05 gm
Salt & pepper	To taste
Onion	10 gm
Pasta sheet	

### FOR VEG

Asparagus	15 gm
Baby carrot	15 gm
Romanesco	20 gm
Butter	05 gm
Salt	To taste

### FOR ARANCINI

Maggi mash potatoes	1 tbs
Truffle oil	4 drop
Salt pepper	to taste
Arborio rice	20 gm
Parmesan cheese	1 tbs
Flour	to cover

Egg	1 no
Bread crumbs	10 gm (to cover)

### FOR SOUS VIDE LAMB LOIN & CHOP

- ♦ Take lamb rack, cut into half, and keep half back in the chiller. From that half rack count 2 chops and cut.
- ♦ Remove one bone from cut one and clean the remaining chop properly. Pan sear it properly from all the sides. Put it in the oven at 120°C for 20 min, after that remove from oven and keep it for resting.
- ♦ Now take the remaining four chops with 4 bones, carefully remove the loin out of it and make a roll of it by wrapping with clean foil and rest for 10 min.
- ♦ Cut it and marinate with salt, pepper, garlic, and butter. Seal it in a polybag and Sous vide at 52°C for an hour. After that, pan sear it till golden brown. Season and keep aside.
- ♦ Once everything is ready, take the lamb chop, and crust it with dukkha spice. Roast it again for 3 minute, so the chop will be crusted and the lamb will be reheated to proper doneness.
- ♦ For the lamb loin after seasoning, coat it with the herb mixture and keep it aside for piling. Make the herb mixture by adding parsley, basil rosemary and bread crumbs together and blend them. Once blended, hydrate them and sieve it using a fine sieve.



#### FOR CARROT PUREE

- ◆ Sauté sliced onion in butter, add carrot, toss well till onion gets translucent. Add chicken stock made of Maggi chicken stock, add 1tsp of Maggi mash potatoes and cook till tender. Blend it, add Nestle cream and butter. Blend it properly and pass it through a fine strainer. Season well and keep aside.

#### FOR VEG

- ◆ Peel the baby carrot and asparagus, cut the Romanesco as per required size. Balance them to be tender, sauté with butter, and season it.

#### FOR RAVIOLI

- ◆ Sauté onion garlic in butter. Add mushrooms in it and sauté well. Now add Foie Gras, mix well. Cook well and finely add lamb mince which is left over from chop.
- ◆ Season well and add sweet cherries and Nestle cream. Reduce and make thick mixture.

- ◆ Finally, take the pasta sheets and put the lamb mixture inside. Fold the ravioli, and close. Bring a pot of salted water to a boil. Add ravioli.
- ◆ Reduce heat to a gentle simmer; cook for 1-2 minutes or until ravioli floats to the top and are tender. Cook the pasta with butter and season it before keeping it aside.

#### FOR ARANCINI

- ◆ Combine cheese, truffle oil, mash potato in a bowl and mix them. Beat the eggs in a large bowl, then stir in the cooled rice, the parmesan and 2/3rd cup of breadcrumbs.
- ◆ Shape the mixture into 1-inch balls. Put the remaining breadcrumbs in a shallow bowl. Press your finger into the center of each rice ball, insert 2 teaspoons of the cheese mix, then pinch the rice around the filling to enclose.
- ◆ Roll the balls in the breadcrumbs and place on a parchment-lined baking sheet. Loosely cover and refrigerate, at

least 1 hour or overnight. Fry it until golden brown. Drain and keep aside.

#### FOR TOMATO DUST

- ◆ Cook the tomato coulis, reduce it and then add the mash potato powder into it and make it into a thick mixture. Put it onto a flat tray and make thin sheets. Place it in dehydrator for 2 hrs. remove blend and pass it through fine sieve.

#### FOR DUKKHA CRUST

- ◆ Make the dukkha spice by blending all the mentioned ingredients.
- ◆ Keep aside.

#### FOR SAUCE

- ◆ Heat the pan, add butter and sage leaves, then add the duck stock and reduce it to half. Add the Chef veal jus and reduce further to nice shiny consistency.
- ◆ **Serve:** In a plate arrange all according to plating and serve hot.





## KIT KAT CHOCOLATE MOUSSE SLAB WITH COCONUT CARDAMOM PANNACOTTA AND MANGO COCONUT CREME BRÛLÉE ICE CREAM

### CHOCOLATE SLAB

Docello chocolate mousse	250gm
Milk	500gm
Gelatin	9gm
Kit Kat mix in	100gm

### PANNACOTTA

Docello panna cotta	200gm
Milk	300gm
Nestle cream	500ml
Maggi coconut powder	100gm

Cardamom powder	3gm
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### BRÛLÉE ICE CREAM

#### Cream brûlée

Docello creme brûlée powder	75gm
Milk	250gm
Cream	125gm

#### Ice cream

Docello creme brûlée	330gm
Mango puree	300gm (reduced to 170gm)
Vanilla bean	1
Maggi coconut powder	100gm
Sugar	120gm
Glucose	80gm
Ice cream stabilizer	8gm

### CHOCOLATE MOUSSE SLAB

- ♦ Soak the gelatin in ice water until softened.
- ♦ In a bowl, whisk milk and mousse powder until smooth. Fold with Kit Kat and gelatin. Place in to the cake ring and keep in the chiller for 4 hours. Cut it in slices.

### PANNA COTTA

- ♦ In a small pot bring milk mix with coconut milk powder and cream to boil. Add cardamom and panna cotta powder. Pour in to the pipe ring.

### CREME BRÛLÉE

- ♦ In a small pot bring milk and cream to boil add creme brûlée powder and mix. Pour in to the bowl and keep in the chiller.

### ICE CREAM

- ♦ Bring milk and vanilla to a boil in a medium sized pot, whisk to combine dry ingredients in a small bowl and add to liquid. Cook over low heat stirring often to 85°C. Strain and process with a hand blender. Add creme brulee and mango puree blend. Refrigerate until cool before processing in an ice cream machine.

# SLOW & STEADY

...definitely wins the race. If you don't believe it, ask Chef **Saw Aung Kyaw Khaing**. From his early days in Myanmar, he stuck to Shangri-La as his employer, who in turn trained him into becoming a fine pastry master. This is his story

**M**ost chefs today do not believe in maintaining a sustained path to success. Most jump ship at the first opportunity purely for insignificant monetary gains rather than to work for someone who they can learn from. Saw Aung Kyaw Khaing, the Pastry Chef at Shangri-La Hotel on Sheikh Zayed Road in Dubai, does not fall under that category.

He is just the opposite in fact. He is completely focused only on learning his craft and becoming better at it without ever having wasting time to scout for new jobs. This path has surely helped Chef Saw succeed in his career. In just 16 years he has become the Pastry Chef at one of the finest five-star hotels in the glamorous city of Dubai.

His beginnings however were not all that glamorous. Born in a middle-class family, Chef Saw was the youngest son in his family. He focused on studying hard but was never given the opportunity to train vocationally. "By the time I graduated school, vocational trainings were not popular in my country, so I started working part-time to help my parents," he says.



**Pastry is special part of any culinary journey. This is where you can apply your artistic side. It has different techniques where everything lies in the attention to detail. All the recipes require accurate measurements**

His first full time job was not in a hotel but as a delivery in-charge in a corporate office. Not happy with the choice of profession, he asked his parents for help. And help they did. "With my parents' support, I had the chance to apply to a job training program at Shangri-La Hotel, Yangon in the summer of 2000."

This was the Sule Shangri-La Hotel. He was offered six-months training

program, and started out at the reception. This is where he saw men in white uniforms creating spectacular treats in the kitchen. He was drawn to it. That very same month he shifted his training to become a cook and he's never looked back since.

Says Chef Saw, "Following my training, I was hired as a Commis II in 2001." He was swift on his feet and nimble with his fingers. His exceptional grasp of the craft as a pastry man surprised his seniors. He was quickly promoted to Commis I and then Service Associate. Three years later, he grabbed the opportunity to move to Traders Hotel Dubai, also a Shangri-La property based in Deira. "Here I worked for seven years as a Pastry in Charge," he says.

These seven years were spent focusing on improving his skills. He even won a Nestle Professional cookbook competition in 2008 and was featured in the gourmet book.

He moved to his current property seven years ago as Junior Sous Chef. "Here I was promoted to Pastry Sous Chef after two years and last year I was promoted to Pastry Chef," he says.



What is it about his profession that keeps him so focussed on the art itself? He says, "Pastry is special part of any culinary journey. This is where you can apply your artistic side. It has different techniques where everything lies in the attention to detail. All the recipes require accurate measurements."

The moment Chef Saw knew he had to be in pastry was when he saw a beautiful showpiece created of sugar and chocolate, flawlessly done by his Executive Pastry Chef. This was all it took for him to be inspired to spend his life creating the perfect sweet treats.

We asked Chef Saw to create a special recipe for our young pastry chef readers and he obliged. His dish for us was the 'Mango Mousse and Sticky Coconut Tonka Bean Rice in Sugar Sphere'. So why is this dessert his choice for a feature? He says, this is special because it perfectly "blends Asian and French flavours" into a mouth-watering dessert fit for the royal clientele.

Becoming a pastry chef at a five-star hotel is what most people aspire to and Chef Saw wants to use his new-found title to be put to best use. He wants to ensure his work keeps his employer within the top 10 hotels according to PM results, stay a best practice ambassador for his hotel brand, and excel further in chocolate decoration and pralines, pastelage, and sugar show piece.

After a couple of decades, Chef Saw sees himself back in his home country Myanmar, running his own pastry shop surrounded by his wife, his daughter Carol and son Vinson.

His parting advice to young chefs who are getting into the pastry profession is this, "Spend time to learn the basics, have a strong work ethic and a positive attitude is everything. This will lead you to the path of career success."





## MANGO MOUSSE AND STICKY COCONUT TONKA BEAN RICE IN SUGAR SPHERE

### COCONUT TONKE BEAN STICKY RICE

Glutinous rice	300 gm
Coconut milk	400 gm
Sugar	80 gm
Salt	1 gm
Tonka bean	1/2 piece

#### Method

- ◆ Soak the sticky rice in cold water for at least 3 hours, or overnight
- ◆ Drain and rinse thoroughly
- ◆ Line a steamer with double thickness coffee filter paper and place the rice on top
- ◆ Bring the water in the steamer to a boil and steam the rice over moderate heat for 45 minutes, turning halfway. Put in a bowl and set aside

### MANGO MOUSSE

Mango Puree	300 gm
Whipped cream	300 gm
Sugar	50 gm
Gelatin Sheets	7 gm

#### Method

- ◆ Soak the gelatin in cold water
- ◆ Heat some of the puree and melt the sugar and gelatin inside. Add the rest of the puree
- ◆ Leave to cool the mango mixture and fold in the semi whipped cream

- ◆ Pour the mousse in the desire mould and freeze about 4 hours or overnight

### VANILLA MANGO PARISIENNE

Mango scoop	1 piece
Vanilla sugar syrup	300 ml

#### Method

- ◆ Scoop the Thai mango with a parisienne scoop. Boil the vanilla sugar syrup
- ◆ Put the mango in a vacuum bag and pour the sugar syrup into it. Vacuum the bag

### SUGAR SPHERE

Isomalt sugar	300 gm
Water	30 gm

#### Method

- ◆ Pour the cold water into a medium saucepan set over medium heat
- ◆ Add the small amount of the isomalt and let it dissolve. Repeat this step until all of the isomalt is dissolved
- ◆ Boil the syrup to 165°C minimum and 171°C maximum

### COCONUT GLASS BISCUIT

Glucose	100 gm
Butter	60 gm
Sugar	100 gm
Coconut powder	60 gm
Lemon zest	1 piece
Flour	20 gm

#### Method

- ◆ Melt the sugar, glucose and butter
- ◆ Add the zest flour and coconut. Store the mixture in the fridge till ready to use



Soak sticky rice in cold water for at least 3 hours or overnight. Drain rice and rinse thoroughly



Line a steamer with double thickness coffee filter paper and place the rice on top.



Bring the water in the steamer to a boil and steam the rice over moderate heat for 45 minutes, turning halfway through. Put in a bowl and set aside.

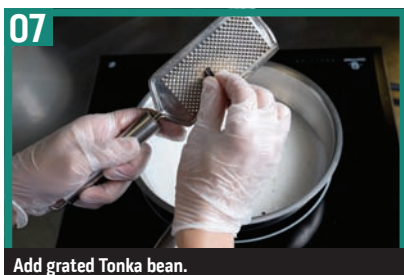


Heat coconut milk in large saucepan.



Add sugar and salt.





Add grated Tonka bean.



Heat cookie cutter using culinary torch and place opening of sugar glass onto cookie cutter to create opening. Set aside.



Pour mixture into molds and freeze for 4 hours or overnight.



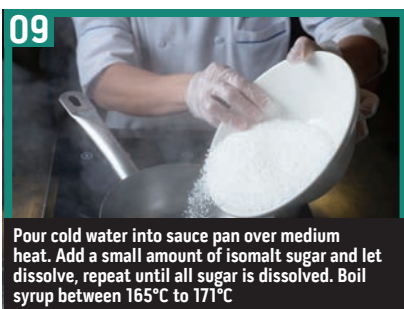
Combine coconut milk mixture with rice. Allow to cool. Use parisienne scooper to scoop Thai mango. Boil vanilla syrup and combine in bag with scoops of mango. Vacuum seal bag and let sit for 3 hours.



Add half of mango puree to sauce pan on medium heat.



Melt sugar, glucose and butter.



Pour cold water into sauce pan over medium heat. Add a small amount of isomalt sugar and let dissolve, repeat until all sugar is dissolved. Boil syrup between 165°C to 171°C



Add sugar to puree.



Add coconut, lemon zest and flour. Store mixture in the refrigerator until ready to use.



Cool sugar mixture on rubber mat. Fold together into round sphere.



Add gelatin sheets to puree and pour into separate bowl.



Remove mixture from refrigerator and place on rubber mat. Cut to size with cookie cutter and store in refrigerator to harden



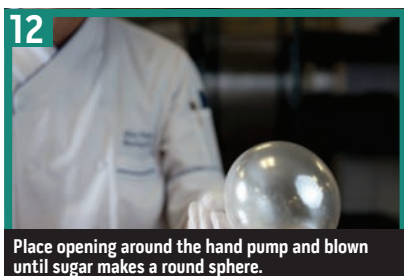
Stretch and pull sugar and mold a small piece around your thumb.



Combine mango mixture with remaining mango puree and let cool.



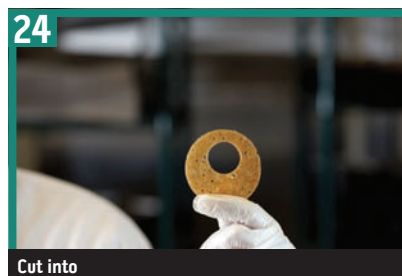
Remove mixture from refrigerator and place on rubber mat. Cut to size with cookie cutter and store in refrigerator to harden



Place opening around the hand pump and blown until sugar makes a round sphere.



Add whipped cream to cooled mango mixture.



Cut into

April 2017 Gulf Gourmet

# THE ASEELAH BRIGADE





The Emirates Salon Culinaire last month saw over 1300 chefs compete from across the UAE. However, the best young chef, the best Arabic chef, and the runner-up for best gastronomist, all came from one restaurant. Little wonder then that Aseelah is the best fine-dining restaurant in the UAE for Emirati cuisine. Meet its three culinary stars...

## STARS ALIGNED

*Behind **Dashrath Pakhrin's** quiet, unassuming demeanour simmers a strong potential and a great passion. It's sheer talent that won this chef from Radisson Blu Deira Creek's Aseelah restaurant the 'Middle East Young Chef of the Year' honour at the Salon Culinaire this year.*

In today's world of self-promotion and attention seeking, Dashrath Pakhrin is like a breath of fresh air. On the face of it, he's just an ordinary guy - reticent, low-key and shy – your quintessential guy next door. His modest demeanour belies the fact that this young chef from Nepal is the flavour of the season and a rising star.

At the Emirates Salon Culinaire at Gulfood 2017, Chef Dashrath won the 'The Middle East Young Chef of the Year' trophy.

He is a chef at Aseelah, an Emirati fine-dining restaurant at Radisson Blu Hotel Dubai Deira Creek. The restaurant has won accolades for its mix of authentic and modern take on Emirati cuisine. It's an employer newbies can only dream of working for.

Early successes tend to go to people's heads. But staying grounded comes naturally to Chef Dashrath. "I want to learn as much as I can, one day at a time. My priority is to be a good chef. It won't always be wins and I am aware of that," says the 25-year-old with more maturity than expected from someone his age.

Maybe it's his humble beginnings that make him grateful for every victory. Growing up in a village in Makwanpur



region near Kathmandu, Chef Dashrath had never thought he would come this far.

"I don't have a hotel management degree. My father was a farmer and my mother a homemaker. We are a big family and I grew up with four brothers and two sisters." An older brother – Bhimsen - paved the way for Chef Dashrath's career. "He is now a junior sous chef at the Courtyard by Marriott hotel in Abu Dhabi. He started out working in a restaurant in Kathmandu and I kind of followed in his footsteps."



**I want to learn as much as I can, one day at a time. My priority is to be a good chef. It won't always be wins and I am aware of that**

**— Dashrath Pakhrin**

Chef Dashrath started out in mid-2009 as a commis III at Hotel View Bhrikuti Godavari in Kathmandu. A quick learner, he absorbed all he could from the job, before moving to a catering and banqueting company in the city a year later. He stayed there for a couple of years, learning Asian and continental cuisine before an opportunity in Dubai presented itself in early 2013. "I got a job with Radisson Blu Dubai Deira Creek as a kitchen helper. My brother helped me find this job. Later when Aseelah opened, I was moved there."

Always keen to learn new things and sharpen his skills, Chef Dashrath soon mastered the basics of seafood, breakfast and Emirati cooking. "I love cooking fish. It's my favourite ingredient to play with."

At the Salon Culinaire, Chef Dashrath impressed judges with a delicious three-course meal and an Emirati dish. He also showed excellent butchery skills, winning silver medals in all the three categories. The result was the 'The Middle East Young Chef of the Year'











award, no mean feat for someone who has no formal education in hospitality.

That gap will soon be filled – Chef Dashrath is one of the beneficiaries of a one-of-a-kind scholarship programme from the prestigious International Centre of Culinary Arts (ICCA).

A world-class culinary training centre, ICCA Dubai runs programmes accredited by the City & Guilds, London. It was featured among the 'Top 10 Culinary Institutes in the World' and was awarded the 'Recognition of Quality Culinary Education' by the World Association of Chefs Societies (WACS), a global authority on food standards.

"When I came here, I didn't even know how to talk to people properly. I wasn't from an educated background. I learnt everything here at Radisson Blu Hotel, even how to speak English."

Today, his family is proud of Chef Dashrath's achievements, especially his brother. "He always helped me, with training, with motivation. Bhimsen taught me how to keep challenging myself and improving bit by bit every minute, every hour and every day."

"In just three years, I went from not knowing anything to becoming the best young chef award winner at Salon Culinare simply because of the environment I was placed in."

I had the support and backing of Chef



**I couldn't have left. I had already won two gold medals and all that effort would have gone to waste if I left**  
— Rabeh Adel Amer



Uwe and the management at Radisson Blu Hotel. Then I had Chef Rabeh of Aseelah teaching me how to excel in Emirati cuisine. The ICCA scholarship has the best chefs voluntarily teaching chefs like me week after week about culinary basics. And most importantly, I was given the opportunity to assist Chef Rahil, a multi-award winner at such competitions. I learned a lot from him. Everyone here at the hotel supports me and believes in me more than I believe in myself. I just listened to them in all earnest and worked as hard as they asked me to."

Talk about having the perfect launch in your career. And to give back, he says, "If there is a young chef out there like me who would like some advice or help in understanding how to do better, I am always available to help and share my experience."

For the future, Chef Dashrath has very few plans beyond pushing to become the best he can. "I don't want to stop challenging myself. It will be a long journey but I am ready to make all the efforts required. I'm not in a hurry."

Slow, steady and skilled, that's the surest path to success.

## THE GO-GETTER

*Talented and tenacious, Chef Rabeh Adel Amer rarely returns home without medals from culinary competitions. 'No pain, no gain' being his motto, little surprise that Chef Rabeh's tenacity pays off. More about the 'Best Arabian Cuisinier' at this year's Salon Culinare...*

He just won Best Arabic Chef at SIAL Middle East last December and he's back with yet another Best Arabic Chef accolade from Gulfood.

There are two things that make or break careers and even lives – discipline and perseverance. Luckily for Chef Rabeh Adel Amer, these two things are in his DNA.

It's not without these that he was chosen Salon Culinare's 'Best Arabian Cuisinier' at Gulfood this year. With good reason – even though Chef Rabeh fell ill during the competition, he refused to give up despite being told by his head chef to do so. The result is for all to see.

"I couldn't have left. I had already won two gold medals and all that effort would have gone to waste if I left," says the 35-year-old Syrian chef.

At the Salon Culinare, Chef Rabeh won gold medals in 'Arabic mezze' and 'Emirati cuisine' main course. With his health not being top notch during the 'Arabian feast' round, he secured a silver instead. "I made kebabs, desserts, ouzi, a large variety of dishes for the competition. For Arabic mezze, I made some six kinds of mezze."

For this chef from Radisson Blu Hotel Dubai Deira Creek, the love for food began as a game. "As a kid, I liked playing with dough when my mother cooked. We were a big family and I have seven brothers and two sisters. Being in the kitchen during breakfast preparation

meant I could play with a lot of dough," he laughs.

His village in south Syria was a small one, with just 4,000 inhabitants. So when he turned 14, he thought of spending summer vacations outside his village, maybe even get a summer job. "My father was a businessman who had travelled extensively. And he wanted us to gain all kinds of experience."

Lebanon was close and a restaurant was looking for helpers. That set the ball rolling, with Chef Rabeh realising that cooking could actually be a really fun profession. Leaving medicine and engineering professions to his siblings, Chef Rabeh decided to embrace the kitchen as his office. As he neared adulthood, he found a job at a hotel in Doha, Qatar. "There, I learnt both Syrian and Turkish cooking."

Going back to Lebanon a year later, Chef Rabeh went deeper into Arabic cooking and eventually moved to Dubai to hone his culinary skills. "My life here began with this restaurant called Chandelier, which was an international Lebanese food chain." More stints followed. Of those, the one at Al Arrab restaurant in Dubai being among the most challenging yet satisfying. "I started managing the food operations and hygiene at the original restaurant and the new branches that eventually opened. Later, I was made executive chef." Chef Rabeh spent a good half a decade at Al Arrab.

In 2011-end, he joined Capital Hotel Apartments in Ajman, adding Italian and Indian cuisine to his skill set. A job at Al Khettar restaurant followed a year later, with Emirati and Yemeni cuisine joining the list. By the time Chef Rabeh joined Radisson Blu in January 2016, he had mastered the art of mixing Emirati and Arabic cuisine with modern flavours without compromising authenticity.

"For its Aseelah restaurant, Radisson Blu needed someone with extensive



knowledge of Emirati cuisine. I fitted the bill."

It was a good fit. Aseelah has become synonymous with modern Emirati cuisine.

Chef Rabeh's wins at the Salon Culinaire come on top of accolades at the La Cuisine by SIAL Middle East, where he won the 'Best Arabic Chef' and the 'Best Hygiene' titles.

Looks like he's just warming up for greater glory ahead.

## JUST MISSED

*Chef Isira Chamika Perera knows he has miles to go before he sleeps. The 'Young Chef of the Year 2016' is this year's first runner-up of Salon Culinaire 'Best Cuisinier'*

Chef Isira Chamika Perera is making a habit of winning appreciation wherever he goes. At last year's Salon Culinaire, he was the 'Young Chef of the Year 2016'. This year, he kept the momentum going, becoming the first runner-up for the 'Best Cuisinier' title at the Salon Culinaire 2017.

"I won two high golds and one silver medal. I don't really know where I lost points," says the 25-year-old chef from Radisson Blu Dubai Deira Creek. In the fish and beef live cooking, Sri Lankan-born Chef Chamika won the highest points. Unfortunately, he lost some points in the five-course meal category, something he hopes to learn from and correct in the future. "I will participate next year too and try to not repeat whatever mistakes I might have made."

To keep a laser focus on climbing the career ladder, Chef Chamika maintains a book of goals. In that book is a tally of medals he wants to win. Each year when competitions take place, wins are recorded. "Before competitions, I hardly ever sleep. It's just motivation that keeps you going and there are so many people in my life who keep pushing me to do better."

One of these people is Chef Diyan De Silva, the executive sous chef of Radisson Blu. "He ordered all the ingredients for me for the competition. Some were expensive, some were unavailable, but he got them all for me. His support is invaluable."

Chef Uwe Micheel is another person Chef Chamika can't thank enough. "He puts his trust in me and that's very important." This trust won Chef Chamika a scholarship at the International Centre for Culinary Arts (ICCA) in Dubai, a top-class culinary training institute that runs programmes accredited by the City & Guilds, London. The ICCA has also been recognised by the World Association of Chefs Societies (WACS) for its quality culinary education.

That's as far as work goes. As for play, Chef Chamika likes to tame the cricket bat and toss around a volleyball in his spare time. Back home in Colombo, his loving and supportive family waits for news of his wins.

Needless to say, they're never disappointed!





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# It's delicious **IN DOHA**

These youngsters from Marsa Malaz Kempinski, The Pearl in Doha are this month's contestants at the Golden Chef Hat Award competition - Qatar

A Jordanian and a Filipino team up to make their hotel proud by creating a perfect two-course meal using Nestle Professional ingredients. Here are their stories and their recipes.

## MOHAMMAD TANBOUR

In 2005, an impressionable teen in Amman, Jordan, was watching the hit TV show 'Hell's Kitchen' by celebrity chef

Gordon Ramsay. The TV was switched off after the show but an ambition switched on. Now, that impressionable teen is a chef de partie at the Marsa Malaz Kempinski, The Pearl in Doha, Qatar.

Chef Mohammad Emad Al Tanbour's culinary curiosity knows no bounds. Starting out as an intern at the Grand Hyatt in Amman, he moved around quite a bit to gain all the skills he could

in cooking. "I did my hotel management studies even though my parents were against me joining this profession. It was always my dream but they felt I would not get any support in this line of work because no one in my family had ever done it before," recalls the 25-year-old chef.

But support he did get, and how! Chef Mohammad worked at the military







in the Armed Forces Hotel and even did cooking shows for a Jordanian TV channel. Regrets there are none, and dreams keep multiplying. "In the future, I want to open my own fine dining restaurant for Arabic cuisine with a modern touch."

Experimenting with different ingredients is a hobby for Chef Mohammad. Nestlé products often become a tool for him to do so. "In my dish, I have stuffed mashed potato inside the chicken. The Maggi potato powder is really good. I also frequently use Maggi chicken powder to make stock or enhance the flavour of meats."

Don't be surprised if you soon see Chef Mohammad on TV, motivating other teens to follow in his footsteps.

## HELEN ROSOPA

She was a dressmaker, now she's a tastemaker. Meet Chef Helen Rosopa, the demi chef de partie at Marsa Malaz Kempinski, The Pearl in Doha, Qatar. Hailing from the Philippines, Chef Helen had always enjoyed cooking but had never imagined that it would someday be her career.

"In mid-2007, I came to Dubai and started as support staff for five-star hotels. It was after three years that I joined Kempinski Hotel Mall of the Emirates as a commis chef in pastry," she says. After three years of working there, Chef Helen moved on to Crowne Plaza Dubai. "I joined Marsa Malaz a year ago. It's been a great learning experience and I know I have a lot more to learn. Marsa Malaz provides me that training ground."

Chef Helen rarely makes long-term plans. As someone who likes to go with the flow, she prefers to use opportunities as and when they come her way. "What I want to be in the short term is a pastry chef. I am a demi chef now. I am working towards that goal by learning techniques and educating myself about ingredients."

When it comes to readymade tools, Docello panna cotta is her favourite. "For my favourite dessert, I mix panna cotta with mango puree to make mango-flavoured panna cotta. Docello chocolate mousse is yet another product I find very good to work with."

With her ever-smiling face and her ability to stay calm and focused under pressure, Chef Helen is ready to reach for the sky.



MOHAMMAD TANBOUR



HELEN ROSOPA



## Kibbeh Potato Labania

### Ingredients

Chicken breast	160 g
Maggi chicken stock	½ tbsp
Maggi potato powder	100 g
Cinnamon powder	½ tbsp
Burgul brown wheat	2 tbsp
Black pepper powder	½ tbsp
Lemon peel	2 tbsp
Onion	40 g
Garlic	40 g
Mint leaves	30 g
Salt	20 g
yoghurt	2 cups of
Ghee	3 tbsp
Corn flour	3 tbsp

### Garnish

Olive oil	10 ml
Boiled chickpeas	15 g
Mint leaves	2 g

### Method

- ◆ Boil potatoes in water until its cooked .
- ◆ Drain and keep aside to cool then peen and mash.
- ◆ Mix the mashed potato, lemon zest, salt, black pepper, mint and set aside.
- ◆ In a bowl cover the burgul wheat with boiling water and leave to swell for 30 mins until all water is absorbed.
- ◆ Mix the burgul and potato mixture together and keep aside for stuffing.
- ◆ Mince chicken and add chopped onions, chicken stock and salt; binding nicely.

- ◆ Place them flat in a oven tray.
- ◆ Place stuffin in the center like a sausage.
- ◆ Roll tightly with the cling film and tin-foil.
- ◆ Boil the final product for 7 to 10 mintues while still inside the tin-foil.
- ◆ In a sauce pan add ghee, place the kibbeh potato for roasting in order to get a golden brown color.
- ◆ To make the yoghurt sauce, add ghee in a sauce pan, roast garlic and add yoghurt, chicken stock, mint, salt and corn flour for thickening.

### Garnish

- ◆ Garnish with pine nuts, edible flowers and fresh mint





## Panna Cotta

### Ingredients

Milk	100 g
Docello panna cotta	75 g
Nestle cream	250 ml
Mango Puree	150 g

### Garnish

Raspberry microwave sponge	
Docello chocolate mousse	
Fresh berries	
Raspberry sorbet	
Fresh flowers	
Fresh Italian meringue	
Mango jelly	

### Directions:

- ◆ Bring milk and cream to boil
- ◆ Remove from heat
- ◆ Add the panna cotta mix and bring to boil again
- ◆ Add mango puree and remove to let it cool
- ◆ Pour until halfway into the desired mould and keep in the freezer
- ◆ Add mango jelly to the middle and cover with remaining mixture

### FILING

#### Soft mango jelly

- ◆ Mango puree-100g
- ◆ Corn flour-5g

- ◆ Sugar-20g
- ◆ Water-50
- ◆ Boil the mango puree water and sugar and corn flour.

#### Nestle docello chocolate mousse

- ◆ Chocolate mousse mix -63g
- ◆ Milk-125ml

#### Fresh Italian meringue

- ◆ Egg white-100g
- ◆ Icing sugar-100g
- ◆ Sugar-100g
- ◆ Beat the egg white and icing sugar worm the sugar and add in the mixture

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# BLUEBERRIES

## cultivated in the UAE

Globally, the demand for blueberries continue to increase and the Middle East is no exception. All blueberries you find in this region are currently flown in from countries as far away as Mexico.

According to Euromonitor, UAE consumers ate 1,200 tonnes of blueberries in 2014. There was a 7.6% total market consumption growth between 2014 and 2015. Currently, the UAE is the largest consumer of blueberries per capita in the Middle East, and the turn towards healthy living maybe contributing to the increase in consumption.

Keeping this in mind, Elite Agro, an Abu Dhabi-based producer and distributor of fresh vegetables and fruits, has secured a license for the exclusive rights to cultivate the "world's best blueberry varieties" in the Middle East.

The agreement between Elite Agro LLC and Mountain Blue Orchards PTY Ltd, Australia, will see the introduction of blueberries into UAE farms before branching out to other countries in the Middle East region.

Mountain Blue Orchards have a range of varieties to suit different climates and consumer taste. Several excellent varieties are bred for growing in tough climatic conditions like the Middle East. In the UAE, low tunnel greenhouses specially adapted to ensure the climatic needs of the varieties will be used in the cultivation of the crop.

"Blueberries are a superfruit rich in antioxidants, which are important for fighting many diseases. We are very proud and excited to secure the rights to grow this important and valuable crop," said Saeed Al Bahri, Cluster Managing Director at Elite Agro after the signing of the agreement in Berlin.

Super and healthy foods are a part of burgeoning change in lifestyle in the UAE. In recent years, the incidence of diabetes and heart-related diseases have surged, mainly due to sedentary lifestyles



and high-caloric intake. However, as consumers become more aware of the choices available in the market, and turn to fitness and health consciousness, superfoods are an important resource.

Elite Agro's strategy includes the supply of high value products suited to the health and wellbeing consumer segment, and blueberries which the company already grows in other countries fits in well with existing production capabilities, marketing programme, and super-fruit classification.

Al Bahri explaining the vision, said, "We

will become one of the top blueberry growers in the world. We already grow in a large area in Morocco and supply countries in Northern Europe through a well-known international brand. We also have 100ha planted in Serbia. With the increased demand for health-giving products like blueberries, we are committed to growing a product that consumers need."

As the blueberry varieties are suited for a hotter climate, harvest is expected mid-late summer through to mid-winter, and by year four, when the varieties are matured, they are expected to produce 36 tonnes per hectare.



## ROYAL WELCOME



Nassima Royal Hotel on Sheikh Zayed Road, Dubai is a rising star on the culinary competition scene. Its chefs brought home 19 medals from 11 classes at last month's Emirates Salon Culinaire during GulfFood. Executive Chef Matthew Fryar said, "I am proud to see my team's hard work and determination pay off in such a competitive environment."



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## International Cheese Guild launches UAE chapter

The UAE chapter of the International Cheese Guild (Guilde Internationale des Fromages) was formally established last February at the Conrad Hotel, Dubai ballroom, with Sharjah Executive Council member Sheikh Fahim Al Qasimi as the Guild protector.

The UAE Cheese Guild's inauguration ceremony, which marks the 47th international outpost of the Guild, and induction of new members, which was a diverse cheese-loving group comprised of cheese makers, executive chefs, cheese distributors, importers and suppliers, was attended by renowned French cheese expert and International Cheese Guild council president provost Roland Barthelemy.

"The Guild's mission is to support and encourage the cheese interrelated

communities," Chidiac said in his opening speech.

"We will do this through development of a collective voice, to promote cheese and cheesemakers, educate professionals and consumers, to coordinate resources and share cheese to all from various origins."

"Life is great. Cheese makes it better," he added.

Sheikh Al Qasimi welcomed the title of Guild protector, saying, "We are on the edge of gastronomy here in the United Arab Emirates. Things like this, the Guild, is very important for the future of this country in making its mark on the world of gastronomy. It is an absolute honour to become the Protector of the Guild and I promise to uphold my duty to the very best of my ability."

Chef Uwe Micheel - Director of Kitchens at Radisson Blu Hotel DDC and President of the Emirates Culinary Guild who was honoured "Est Promu < Compagnon D' Honneur" said at the Inauguration Event this is another proof for United Arab Emirates' importance in the industry that this prestigious Guild has opened a chapter for us.

The International Cheese Guild is a non-profit organisation open to professional cheese makers with 6,700 members across the world.

The Guild, founded in 1969 by Pierre Androuet, author of "The Complete Encyclopaedia of French Cheese" – which aims to promote the fine art of dairy – has joined forces with the Fraternity of St Uguzon, which is open to cheese aficionados and experts, including chefs and restaurateurs.



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## The Guild meet

Last month's monthly networking meet of the Emirates Culinary Guild was hosted by Chef Diyan Manjula and his team from Radisson Blu Hotel Dubai Deira Creek. The event saw a large turnout of decision making member chefs as well as young chefs. Corporate members too took the opportunity to network with chefs and to showcase their latest products at the event. Here are images from the event.





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# Salon Culinaire COLLAGE

Here is round two of the images captured at last month's Emirates Salon Culinaire held during Gulfood 2017 and which saw over 1300 chefs participate





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# EAST-COAST SALON CULINAIRE 2017

## 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
- 04 Tapas, Finger Food & Canapés
- 05 Arabic Family Dinner
- 06 Cake Decoration
- 07 Wedding Cake Three-Tier
- 08 Four Plates of Desserts By Nestle
- 09 Bread Loaves & Showpiece
- 10 Friandise/Petite Four/ Pralines & Nougatines
- 11 Open Showpiece
- 12 Fruits & Vegetable Carving Showpiece
- 13 Practical Fruits & Vegetable Carving
- 14 Beef - Practical cookery By US Beef
- 15 Chicken - Practical cookery By US Poultry
- 16 Arabic Mezze
- 17 Cocktail Championship
- 18 Sandwich Class By Unilever

**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 w60cm x 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 (Mezze)*
  - > *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 w60cm x d60cm.

### Class 03: Three - Course Vegetarian 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. 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 w60cm x 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: Arabic Family Dinner Menu

1. Exhibit a Traditional Arabian Wedding Feast would serve in standard hotel in UAE.
2. Suitable for 04 people.
3. Free style presentation.
4. Hot food presented cold.
5. Six cold mezzeh.
6. Three Hot mezzeh.
7. Rice with garnish.
8. A Chicken main course- ( Emirati Cuisine)
9. A Lamb main course- (Traditional Cuisine)
10. A Fish main course- (



- Traditional dish)
11. A Vegetable dish - (Traditional dish)
  12. Three types of Kebabs (Chicken, Beef & Lamb) with appropriate accompaniments.
  13. One hot dessert. (presented cold)
  14. Three cold desserts. (one must be Emirati Cuisine)
  15. Only above dishes are allowed to present.
  16. Maximum available space w75cm x d180cm.
  17. Competitors must ensure their exhibit is presented neatly in above 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. O3 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. One of the above desserts must use Nestle DOCELLO (panna cotta, crème brulee or chocolate mousse) desserts powder as main ingredient.
5. Total food weight of one plate should be 80/100gms.
6. Presentation to include one hot dessert (presented cold).
7. Typewritten description and recipes are required.
8. Tasting will be part of the judging process if deemed necessary to determine quality and authenticity.
9. Maximum area w60cm x

d90cm.

### Class 09: Bread Loaf & Baked Bakery Showpiece

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

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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

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 **05 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 / US Beef



1. **Maximum 06 entry per Hotel**
2. Time allowed for 40 minutes.
3. Prepare and present two identical main courses using **only US Beef** as the main protein item.
4. Any cut of beef with the exception of tenderloin, Rib eye and Sirloin can be use.
5. Present the main courses on individual plates with appropriate garnish and accoutrements.
6. Typewritten recipes are required. **Evident of purchase required.**

#### **Class 15: Chicken - Practical Cookery / US Poultry**

1. **Maximum 06 entry per Hotel**
2. Time allowed for 40 minutes.
3. Prepare and present two identical main courses using **only Chicken leg quarter** from US poultry as the main protein item.
4. Present the main courses on individual plates with appropriate garnish and accoutrements.
5. Typewritten recipes are required. **Evident of purchase required.**

#### **Class 16: Arabic Mezzeh - Practical Cookery**

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: New Class**

Practical Cookery 2 Different sandwiches by Unilever Food Solutions

1. To prepare and present 2 different sandwiches, 2 portions of each one for judges one for display within 30 minutes
2. 1 vegetarian – 1 non vegetarian
3. Unilever products will be supplied on common table Hellman's Real Mayonnaise, Coleman's English Mustard Colman's Dijon and whole grain mustard. The use of these ingredients is mandatory to be used and failure to use this product shall result in 50% of the judging points being reduced
4. Minimum of 3 Unilever Products, must be used in the preparation of both sandwiches
5. The sandwich must be suitable for a light lunch
6. The sandwich can be hot or cold
7. 1 power point will be available
8. Plates, equipment and all other ingredients must be brought by the competitors
9. Type written recipes are required.

Additional ingredients that will be available on the day in the venue: Hellmanns Real Mayonnaise: this product comes in a gallon container Colmans English Mustard: we have an option to provide these in a 2.25 L container or a 150 g squeeze bottle World Knorr sauces, Hickory BBQ, Thai Sweet Chili, teriyaki sauce, Knorr Basil Pesto Colmans Dijon Mustard: this product comes in a 2.25 L container Colmans Wholegrain Mustard this

product comes in a 2.25 L container In addition, contestants will have access to the following:

#### **Addendum: - East-Coast Salon Competition 2017**

##### **Venue & Entry:**

1. East- Coast Salon Competition will held 22nd & 23rd of May 2017
2. The venue is "Miramar Beach resort AlFarha Ballroom" Fujairah
3. Free entry for all classes

##### **Closing Date**

4. Closing date for entries is 15th of April 2017. However, many are often fully subscribed and closed before the closing date

##### **Trophy Entrees**

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: (Maximum 04 entries per hotel)**

- > *Class # 01: Three Course Gourmet Dinner Menu*
- > *Class # 14: US Beef Practical cookery*
- > *Class # 15: US 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: An Arabian Feast*
- > *Class # 16: Practical Mezzeh*

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

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

- > Class # 06: Practical Cake decoration
- > Class # 08: Four Plates of Desserts (International)
- > 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

### Champions Trophy

Champion's trophy awarded to the establishment whose competitors gain the highest total combined medal points won from all of their entries. (except Cocktail Event)

### 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

70 – 50 - Certificate of merit.

### Rules and regulations for Culinary Competition

#### VENUE & ENTRY FEES

(Organized by Miramar Al Aqah Beach Resort with Advice &



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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 is Free entry to anyone professionally employed in the preparation of food within UAE and Internationally.



11. Please note that there are different forms for different classes; ensure that the correct form is being used.
12. Complete the entry form according to the instructions on the form.
13. Completed entry form must send though by Emirates Culinary Guild.
14. Submit the completed form to the organizer before 15th of April 2017.

#### **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.
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))

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# newmembers



Manika Saxena, Food Service Manager receiving Emirates Culinary Guild Membership certificate from ECG President Chef Uwe Michael

American Garden started over two decades ago with just one product. Today we have over 250 products and can be found in supermarkets, kitchen cabinets and picnic baskets in over 50 countries across the Middle East, Africa, Far East, Asia and Europe.

We believe that food has the power to bring people together and create some of life's most cherished moments. Whether it's a birthday, a wedding, or a simple family lunch where three generations squabble over the last piece of dessert, sharing good food with family and friends is a treasured part of life.

That's why we put our energy into sourcing the best ingredients, finding the most authentic recipes and creating products



that can enrich every moment to make it even better- like the icing on a cake!

The world is too exciting to ignore and we're here to share its many flavors with you! Today we may be over 25 years old, but inside we've never felt younger, bolder, and more adventurous. We have an appetite for life that helps us look to the future, be more innovative and evolve to meet the needs of people like you. With an attitude that encourages you to eat well, live well and try everything.

## American Garden Professional Host

American Garden understands that there are many ingredients that go into running a successful business, especially in the hospitality industry. We know it's tough to balance budgets with tight timelines and still deliver an exceptionally high standard of food. That's why we've developed a range of products specifically for catering specialists. Professional Host is a cost- effective solution made with authentic recipes and the best ingredients to the highest US standards. To ensure that you are the perfect host and that every one of your culinary creations is a true reflection of you, use Professional Host range from American Garden in your professional kitchen.





Rashid Bahar, TSSC Dubai Business Development Manager & Omar Bahar, TSSC Dubai General Manager receiving Emirates Culinary Guild Membership certificate from ECG President Chef Uwe Micheel.

Technical Supplies and Services Co. L.L.C. (TSSC) was established in 1961 as a trading company for refrigeration parts and accessories. In 1993, the company was acquired by Basil Bahar who envisaged a need for a quality service provider for foodservice and commercial laundry equipment in the local hospitality and catering market. In 1994, using the enhanced resources at his disposal and his past experience, he decided to diversify



and establish a division with the sole purpose of providing foodservice and commercial laundry equipment solutions to developers and operators

in the UAE market. TSSC's aim was to provide high quality solutions to customers while focusing on after-sales service.

This strategy has been, without a doubt, very rewarding as TSSC's client list reads like the who's who of the HORECA industry in Dubai which is home to some of the most luxurious hotels and restaurant brands in the world.

# US\$ 3 billion

## what's your GCC market share?

The UAE alone has over 750 hotels.  
Each hotel has an Executive Chef.  
Each Executive Chef has an annual budget.  
It ranges from AED 1 million - US\$ 3 million.

There are over 7,000 independent restaurants in the UAE.

Each restaurant has a Head Chef.  
Each Head Chef has an annual budget.  
It ranges from AED 100,000 - US\$ 1 million.

### Now you do the maths.

The largest body that speaks for this group of Chefs is The Emirates Culinary Guild (ECG).

ECG organises Salon Culinaire at Gulfood Dubai, La Cuisine by SIAL in Abu Dhabi and world-record breaking food events in the city.

Gulf Gourmet is the only magazine endorsed by the ECG.

It also influences non-ECG Chefs across the GCC and is distributed at World Association of Chefs Societies events around the globe.

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REACH

ENGAGE

INFLUENCE



## ABOUT GULF GOURMET

- ▶ Most widely read magazine by Chefs & Decision Makers in the GCC
- ▶ Officially supported by the Emirates Culinary Guild
- ▶ Highest circulation in its category at 6,150 copies per month
- ▶ Readership estimates of nearly 11,276 per month
- ▶ Positively influencing the UAE food industry since 2006
- ▶ Recognised by the World Association of Chefs Societies
- ▶ Circulated at top regional and international culinary events

## WHO READS IT?

▶ Executive Chefs	23%
▶ Senior & Mid-Level Chefs	36%
▶ Hotel GMs	10%
▶ Restaurant Owners	15%
▶ C-Level Executives	2%
▶ Purchase Managers	7%
▶ Food Industry Leaders	4%
▶ Marketing / PR Managers	1%
▶ Others	2%

## REACH BY COUNTRY

▶ United Arab Emirates	71%
▶ Kingdom of Saudi Arabia	18%
▶ Oman	2%
▶ Qatar	4%
▶ Kuwait	1%
▶ Bahrain	2%
▶ United Kingdom	1%
▶ Others	1%

## MARKET SEGMENTATION

▶ 5-star Hotels	46%
▶ 3/4-star Hotels	19%
▶ Independent Restaurants (Elite)	18%
▶ Independent Restaurants (Standard)	12%
▶ Food Industry Suppliers	3%
▶ Large & Medium Food Retailers	2%

**gulf**  
**gourmet**

April 2017 **Gulf Gourmet**

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## Application Membership

Date of Application:

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

Declaration to be Signed by all Applicants

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

Signed:.....

Proposed By:

Sig:.....

Seconded By:

Sig:.....

### FOR OFFICIAL USE ONLY

Remarks:

Payment received?

Certificate Given.

Pin Given.

Medal & Collar Given

Approved

Approved

President.....

Chairman.....

Fees:

Young Member: Junior members will receive a certificate.

Senior Members: Above the rank of chef de partie (or senior chef de partie on executive chef's recommendation).

Dhs.350/=joining. Includes certificate; member-pin, member medal and ECG ceremonial collar. Dhs. 150/=per year thereafter.

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

Corporate Member Dhs. 20,000 per year





# Is your message loud and clear?

**Content-Farm.com** is an international network of business and lifestyle journalists, copywriters, graphic designers, web developers and communication specialists that have come together to create an ecosystem for content marketing.

Our role is to understand your target audience, get the message right and to deliver your message in a format that is cost-effective, has maximum impact and increases the return on your marketing dollars. We have:

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PRINT & DIGITAL PUBLISHING

# It Begins with **COMPASSION**

*"Every person has the same right as we do to be happy and not to suffer. So let's take care of others wholeheartedly, of both our friends and our enemies. This is the basis for true compassion" — Dalai Lama XIV*

Compassion is highly misunderstood. Many, unfortunately, see it as pity. This in turn implies you are wimpy, frail or weak. As you know, weak people are not respected in their profession.

So how is it that people like Dalai Lama, Daniel Goleman or Lorne Ladner earn so much respect for their teaching and work around compassion? This is because, compassion has got nothing to do with pity.

Compassion, in essence, is the most solid and stable foundation in all that we do. Look what the word compassion truly means:

- ♦ Emotion that inspires a desire to help



*Compassion is a mental state endowed with a sense of concern for the suffering of others and aspiration to see that suffering relieved*  
— **Jinpa**



MORE THAN A CHEF

**ROHIT  
BASSI**

- ♦ Awareness of suffering and the wish to relieve it
- ♦ Recognise suffering of others, take action to help
- ♦ Empowering, tolerant and forgiving
- ♦ Respectful to yourself and others without the ego or judgement
- ♦ It is caring from the mind, heart and soul

Becoming a compassionate leader in your profession does not come easy. It is important to look within to gain this. You must love your own life to be compassionate to others. Remember, to be a truly compassionate leader at your workplace, it must first begin with you.

For example, let's say Chef XYZ failed at a work task. He beats himself up through sabotaging self-talk such as "I am no good." Or "why does this always happen to me?", or "I am so stupid".

On the other hand, when you immerse

yourself in compassion, you develop a habit to pass through your negative emotions. And your attention moves at an accelerated rate to better yourself.

To gain this state of compassion which leads to your own success you just need to focus on three things:

- ♦ Trust – this is having belief in yourself, learning and knowing your true inner self
- ♦ Openness – having the ability to be flexible and adaptable in all situations
- ♦ Passion – the emotion, feeling and the pure energy that drives you as it comes from the heart and soul

Compassion is not about having pity on others. It has nothing to do with being nice and feeling sorry for others. It never means to be disrespect to yourself or be a yes person to the needs and wants of others. Please listen and see the Ted Talk by Daniel Goleman, author of Emotional Intelligence, "Why aren't we more compassionate?". It will help.

You too can easily revive the lost art of compassion and thus influence, invoke, and inspire yourself and others to be better each moment of your life.

---

*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)*



# JOIN THE WORLD OF CHEFS NOW!

## DON'T GET LEFT BEHIND!

WORLDCHefs is the authority and opinion leader on food, and represents the global voice on all issues related to the culinary profession. We are very pleased with this partnership with GulfGourmet magazine and look forward to sharing content and articles.

- **Thomas Gugler**, President, Worldchefs

## THIS IS WORLDCHefs

Founded in 1928 in Paris, France, the World Association of Chefs Societies (Worldchefs) is a global network of national chefs associations from over 100 countries, representing over 10 million professional chefs worldwide. Worldchefs is a non-political professional organisation dedicated to maintaining and improving the culinary standards of global cuisines. We accomplish these goals through these pillars:

### EDUCATION & CERTIFICATION

Worldchefs offers a selection of certification programmes, from the landmark Recognition of Quality Culinary Education to Fast Track Certification. Contact us to find out how you can easily benefit from our certification services.

### GLOBAL CHEF CHALLENGE COMPETITIONS

The Global Chef, Global Pastry Chef and the Global Young Chef Challenges are the international benchmark for culinary competitions for working chefs, pastry chefs and young chefs respectively. As an authority on competitions, Worldchefs also provides competition framework, guidelines as well as seminars to accredit culinary competition judges.

### THE WORLDCHefs CONGRESS & EXPO

A bi-annual culinary event that is highly anticipated worldwide and one of its kind. Look forward to a gathering of chefs from international corners of the world, networking opportunities and learnings from the world's experts.

### SUSTAINABILITY & FEED THE PLANET

Chefs have a role to play within and beyond the kitchen, and our Feed the Planet programme shows and engages chefs in active ways that they can be environmentally responsible, and respond to humanitarian causes.

## THE WORLDCHefs CALENDAR 2017

### GLOBEL CHEFS CHALLENGE REGIONAL SELECTIONS

#### REGIONAL SELECTION ASIA

Bangkok Thailand 31 May 2017 to 4 June 2017

#### REGIONAL SELECTION AMERICAS

Orlando USA 9-13 July 2017

#### REGIONAL SELECTION PACIFIC RIM

Guam 11-13 October 2017

#### REGIONAL SELECTION AFRICA/MIDDLE EAST

Abu Dhabi UAE December 2017

#### REGIONAL SELECTIONS EUROPE

Czech Republic 5-8 October 2017

### JUDGING SEMINAR

#### ECUADOR – 21 APRIL 2017

Judging Seminar in Quito

#### NORWAY – 27 APRIL 2017

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