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THE MAGAZINE CHEFS LOVE TO READ
volume 12, issue 3THE
AGGRESSOR

INDIAN CHEF G R PRASANNA KUMAR LIFTED THE BEST CUISINIER TROPHY AT SALON CULINAIRE THIS MONTH. THE SOUS CHEF AT DUBAI INTERNATIONAL AIRPORT HOTEL REVEALS HIS SECRET RECIPE TO WINNING THE COVETED COMPETITION

Prasanna kumar
Sous Chef

PASTRY POWER

Malith Somathilake's kitchen is nothing short of a magical factory for those in need of a sweet treat



IN TOWN

Interview with Singapore-based aeronautical engineer-turned-'rebel' chef Damian D'Silva



WINNING CHEFS

Image gallery of trophy and medal winners from the International Salon Culinaire at Gulfood 2017





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Dear fellow chefs, ladies and gentlemen,

Welcome to the March issue of our Gulf Gourmet, the post Gulfood issue.

We were part of the very special Gulfood, the first ever food and beverage only event. Our equipment partners will follow with a separate show later in the year. We are looking forward to that.

The International Salon Culinaire 2017 was again very successful. We had approximately 1,300 entries from the United Arab Emirates as well as South Korea, Turkey, Russia, Maldives, Kuwait and Pakistan.

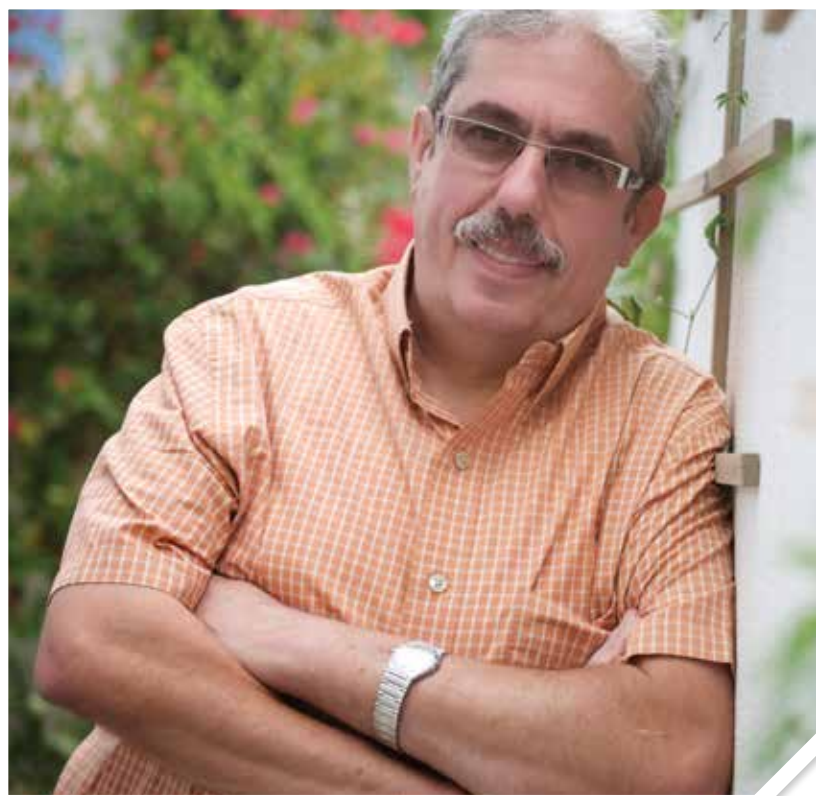
For this success, I must thank all our partners. Thank You, thank you for your support once again. Many of you have already confirmed your partnership for the International Salon Culinaire that will be held from February 18-22, 2018. Thank you to:

- ◆ Nestle Professional – IFFCO – DWTC
- ◆ USPEEC – US Dairy
- ◆ MLA – Convotherm
- ◆ Barakat – Masterbaker – Ginox – Toni Kaiser
- ◆ Jumeirah – Emirates Tower
- ◆ Mitras – HUG – Unilever
- ◆ Madinat Jumeirah – Grosvenor House
- ◆ Horeca

Thank you to my Emirates Culinary Guild team, led by our Competition Director Andrew Cuthbert and Madam Josephine, once again great job, planning, execution, judging and marshalling. Again "Great Team Work".

Also, thank you to our team of International Judges led by Chef Otto Weibel. Thank you for giving up your leave for us and supporting us in our development with your very value feedback.

A big Thank You to all the competitors; I saw a lot of hard work and some really great show pieces and amazing tasting dishes. Remember to win a medal is



great but not the most important; what is important is that you learn from it in your preparation and from the jury feedback. Ensure you have done your best and that you are happy with your work.

If you have not won this time, I am sure to get one better next time. All the best and look forward to seeing you at the East Coast Salon in Fujairah on May 22nd and 23rd.

If you missed previous issues of Gulf Gourmet, please visit gulfgourmet.net for the back issues.

I urge all members to check out the Guild website to know what's happening on the calendar at emiratesculinaryguild.net. Do visit [facebook.com/](https://www.facebook.com/emiratesculinaryguild)

wacsyongchefs 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 Rami Abdou Al Jebrael and the Al Jawaher Reception & Convention Centre team for hosting the February meeting.

Culinary Regards,

Uwe Micheel

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

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DO YOU KNOW YOUR FLANK FROM YOUR SKIRT?

Australian flank steak is an extremely versatile cut of meat. From American fajitas to Chinese stir fries or marinated Mexican style – the Australian flank steak is celebrated as the star in many global cuisines. It is ideally marinated in strong flavours of lime juice, coriander and chilli and then grilled and sliced across the grain for wrapping in tortillas, or slow cooked and ‘pulled’ (shredded) for burritos. Australian flank steak also adds a fantastic texture to gourmet hamburger patties.



Australian Flank Steak

Australian flank steak is a single muscle cut from the flank primal (thin flank), which is beneath the loin and in front of the back legs. This cut is processed practically free of fat and connective tissue, so very little, if any, trimming is required. It is further prepared by stripping away the membrane and connective tissue to leave a flat, coarse-grained muscle with fibres that run lengthwise.

Cooking Tips

Marinating Australian flank steak overnight will help tenderise the meat. Flank is perfect for thin slicing in a stir-fry and also performs extremely well under slow-cooking conditions. If grilling, this cut is best cooked to medium rare – so it's important to make customers aware of this.

Serving Tips

If serving Australian flank as a steak, then carve it across the grain prior to plating to ensure the best eating experience. Choosing a marbled piece of Australian flank steak will also contribute to the juiciness and flavour of this cut.



Flank Steak with Smashed Potatoes and Salsa

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editor'snote

email editor@gulfgourmet.net

Wow, what an amazing culinary competition it has been! The recently concluded International Salon Culinaire at Gulfood saw 1,300 chefs compete across 29 classes. This makes the Emirates Culinary Guild-organised event, the world's largest single-entry chefs' competition. It is a case-study in flawless organisation. Kudos to Chef Andy Cuthbert, Chef Uwe Micheel, Jospehine Cuthbert, and the entire team of judges and marshals for pulling off the impossible year after year.

Our cover this month – like every March – is the winner of Best Cuisinier Trophy at the Salon.

The winner Prassana Kumar looks like a taskmaster, who aimed to go home with the trophy, and he did. My conversation with the young 29-year-old chef, immediately after his win, begins on page 20. The Indian lad is glad that someone from a nation of over a billion people and home to the finest spices, has finally won the top honour at Salon Culinaire this decade. The previous winners of the trophy include three Sri Lankans, a Pakistani, a Malaysian, and a New Zealander.

Chef Prasanna's hotel – Dubai International Airport Hotel – also has another feather in its cap. The Best Pastry Chef. This trophy too was successfully claimed by the property. We will feature the chef in one of our upcoming issues before summer.

If you are a chef who competed



this year and won nothing, fret not. Chef Prasanna too went back empty handed when he first competed at Salon Culinaire in 2008. "I was literally in tears back then," he tells me. If you too feel such dejection, we have good news for you. All the big winners you see in the magazine started off just like you, and competed incessantly year after year before achieving their dreams.

If you have learned from the competition and go back to your hotel and implement what you learn with all your heart and soul, who knows, in the coming years you too could be on the cover of this magazine.

Do learn from all the inspirational stories inside this issue.

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

Aquin George
Managing Editor

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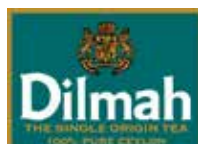
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Chef Jordan joins Le Royal Méri-dien Abu Dhabi

Chef Jordan Annabi has been appointed by Le Royal Méri-dien Abu Dhabi as their new executive sous chef. He is tasked with overlooking full culinary operations of the property including outlets, catering and room service.

The 30-year-old from Scotland worked as chef de cuisine at an Abu Dhabi steakhouse and before

that at Le Meridien's Market Kitchen where he helped it win multiple awards. He has also worked previously as head chef at 3 Rosettes outlet across various locations.

General Manager Ashraf El Siessy, says, "We are very pleased to welcome Jordan on board again, and are confident he will be a great asset to our culinary team."



Fernando Galbiati joins Trump International

Trump International's Fifth Avenue restaurant in Dubai will open this month with Fernando Galbiati at the helm in the kitchen. The restaurant has a classic Italian menu and an ambience transporting you back to the 1920s New York city.

Chef Galbiati grew up in Seregno village, near Lake Como and began his culinary studies at Collegio Ballerini followed by five years of

technical training in the United States. After Italy, he worked in the UK for Pierre Gagnaire before landing in Dubai four years back.

His previous stints in Dubai include being sous chef at the Cavalli Club; head chef at Bice, Hilton Dubai Jumeirah Beach; and at Social by Heinz Beck, Waldorf Astoria Palm Jumeirah. He has also worked at La Pergola, Heinz Beck's three Michelin-starred restaurant.

Gilles Bosquet heads to Dubai as Executive Chef

French restaurant La Cantine du Faubourg has appointed Gilles Bosquet as their new Executive Chef. He has previously helped garner a Michelin star for L'Auberge à la Bonne Idée. In his new role he will manage both La Cantine du Faubourg Dubai and 105 by La Cantine Ibiza. He will also provide culinary guidance for the group's ongoing expansion. The menu at La Cantine du Faubourg will stick to tradition offering modern twist to French classics.

Signature dishes at the restaurant include Honey glazed wagyu short ribs; Grilled octopus; and Beef tartare du chef.



Chef Gaggan heads to Dubai

World-renowned Indian chef Gaggan Anand will present his Indian progressive cuisine for the first time in Dubai this week, reports News18.com. The event will be a 3-day pop-up restaurant at the One&Only Royal Mirage.

The 38-year-old Anand said, "It will be the first time I serve my 'Best of Gaggan' menu in Dubai, and I plan to excite the minds and palates of all the guests joining the dinners. I hope that my progressive Indian cuisine, each course designed to be one bite, will have guests discover more and really help tell a story about

what I love to do most."

Chef Gaggan Anand's eponymously named Indian restaurant in Bangkok has retained its crown this year as the best restaurant in Asia for the third year in a row. Anand cemented the reputation of his progressive Indian restaurant Gaggan in a three-peat performance at the 2017 edition of Asia's 50 Best Restaurants awards an impressive feat given that the restaurant opened in 2010.

Kolkata-born Anand moved to Bangkok in 2007 to pursue his culinary dream



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REBEL with a cause

After 15 years as an aeronautical engineer, Chef **Damian D'Silva** pursued his first passion for cooking and is now one of Singapore's leading chefs

Known as the "rebel chef", Chef Damian D'Silva was a rebel way before he was a chef. A successful American-trained aeronautical engineer, Damian only decided to pursue his first passion – cooking after spending 15 years in the aviation industry.

Damian did not take on the conventional route of enrolling in a culinary school. Instead, he decided the best way to learn was to be hands-on and fully immerse himself in the culinary culture and environment. Chef Damian decided it had to be Europe.

In 1995, he left Singapore and became an apprentice at a few independent

restaurants in Sardinia and Rome. Soon after, he wanted to expand his culinary sensory and knowledge and travelled to San Sebastian, Spain and started working for 2 Basque establishments, Restaurant Arce and Les Platanes.

Chef Damian gained most of his European work experience in Spain and he believes that Spanish cuisine is one of the most creative culinary cultures in the world.

However, Japanese cuisine will always be his star. Damian is fascinated and amazed by the dedication and passion of Japanese chefs. From world-renowned restaurants to humble independent-owned food establishments, Damian

never fails to find a comforting and satisfying meal in Japan.

That said, the cuisine that is closest to the heart of Chef Damian is Singapore Heritage food, which includes Peranakan and Eurasian cuisine. Damian's love for food began as he watched his grandfather prepared family meals in the home kitchen as a child.

His culinary achievements are available to read on the internet. However, we spoke to him about how he found his passion and what it takes to be on top.

Here are excerpts from his interview:

Tell us about your younger years.



Key advice that I always give to young chefs is to remain focused, work hard and accept any challenge thrown at you and treat it as an opportunity to learn

I grew up in a middle-class neighborhood. I am of mixed parentage – my mother is Chinese while my father is of Eurasian descent. I have two siblings; a younger sister and brother. You can say I had a fun childhood, mostly spent in the kitchen helping my mother and grandfather. In fact, my grandfather used to have his friends come and visit us during the weekends and I would help in the preparation of what was to be cooked and served.

Your path to becoming a chef is fascinating...

Becoming a chef was not my original calling. In fact, I did not choose to become one as I studied Aeronautical Engineering and was involved in the aviation industry for 15 years. I only started working as a Chef professionally in 1999.

In 1997, I was coming out of a failed marriage when a friend of mine asked me to come work for him in Sardinia – help in his father's restaurant. I stayed there for a year and later moved to Naples and Espellette in Spain. I returned to Singapore in 1999 and started my first restaurant, which served Italian, French and Spanish cuisine.

What were the biggest challenges transitioning into a chef after 15 years as an aeronautical engineer?

The idea that I was not yet that exposed to European cuisine and my inability to speak the local language were my biggest challenges. However, the work



and experience I had since an early age helped me a lot.

I was very adept at using the knife for peeling, cutting, dicing, which was something that I had done for many years. I would not say that it was a struggle because I enjoyed every moment of work, whether it was peeling a bag of potatoes or dicing a bag of onions.

Tell us about your journey to becoming a head chef?

I was fortunate in this regard as during my stay in Europe, I was a cook for about a year and was later promoted to assistant sous chef. When I returned to Singapore, I started my own restaurant and was the head chef from day one.

What are the challenges of running a professional kitchen?

Honestly speaking, the job is no different from being a manager or running your own company. Being positioned at the upper management level, you should have both management and PR skills.

One thing I have learned is that being

humble helps tremendously and having a two-way relationship with your subordinates is a must. Ultimately, the whole job is aimed at both keeping your staff and your customers happy while also making a profit.

What does your current role entail?

At present, I spend less time in the kitchen – being usually away and attending to other duties like consulting for the Singapore Heritage Food committee and doing master classes for up-and-coming chefs.

What advice can you give to today's generation of young chefs?

Key advice that I always give to young chefs is to remain focused, work hard and accept any challenge thrown at you and treat it as an opportunity to learn. In addition, you should learn from your mistakes and this will play a crucial role in your career progression.

Tell us about your family...

I am divorced, which was one of the main reasons that led me to cook. I have two wonderful kids, Nigel and Gareth.

March 2017 **Gulf Gourmet**

DEFYING ALL ODDS

The youngsters from Zero Gravity in Dubai are this month's competitors for Season 5 of the Nestle Professional Golden Chefs Hat Award - UAE

Two young Indian men bring the finest flavours from the north and the south to create a combination of flavours that will satisfy the staunchest taste buds. Here are their stories and their recipes.

Chef Shyju B

Shyju B, the junior sous chef at Zero Gravity restaurant in Dubai, does not miss having a sister. Because if he had one, he wouldn't have had to help his mother in the kitchen as a kid. Nor would he have grown up to be a professional chef. The 30-year-old chef from the south Indian state of Kerala is passionate about cooking. "Whenever we had guests, my mother couldn't handle all the work alone. And so I used to help her in the kitchen. Slowly, I started enjoying it and then it became a passion."

Chef Shyju obtained a three-year diploma from the Madras Institute of Hotel Management and then started his career with Courtyard by Marriott in Chennai. He worked there for three years before moving to Movenpick in Dubai and then to Madinat Jumeirah. Three years ago, he joined Zero Gravity.

Chef Shyju's showcase dish is 'Pan Seared Salmon with Carrot Lemon Puree, Crab Croquettes, Polenta Cake, Onion Soubise, Pomegranate Gel and Black Truffle Sauce'. "I have used Nestle cream, milk, chicken powder, potato powder and coconut powder. For the polenta, I used Nestle milk and chicken powder. The chicken powder gives the polenta a completely different flavour. I used the potato powder in the crab croquettes."

In the not-so-distant future, Chef Shyju wants to open his own restaurant in India offering European-Indian fusion cuisine. "I want to do that in the next three-four years. My goal is also to become a Michelin-star chef." Here's wishing him the very best.

Chef Navpreet Singh

Navpreet Singh has always liked food – first, just eating it and now, cooking it too. The demi chef de partie at Dubai's Zero Gravity restaurant completed a course in bakery and confectionery from Chandigarh Institute of Hotel Management and Catering Technology in India and then trained at the Novotel hotel in Hyderabad. "I worked at the Novotel for three years and then a year at the Marriott hotel in Hyderabad," he says.





Chef Shyju B

The 28-year-old chef came to Zero Gravity at the end of 2013. "I want to try new things and participate in more competitions. My goal is to become an executive chef."

Ask Chef Navpreet what he makes best and he tells you about his 'Chocolate



Chef Navpreet Singh

Caramel Fantasy'. "I have used Nestle Kit-Kat, Docello panna cotta mix, caramel mix, chocolate and mousse mix." The main element of the dessert is a crispy chocolate dome. Inside it is dark chocolate mousse and a sponge cake. It also has a Kit-Kat base. "There's lemongrass panna cotta on the side

and dark chocolate balls, in which I have used Nestle coconut powder for some crunch. The caramel sauce has Nestle condensed milk."

Taste one spoonful of the dessert and you know Chef Navpreet truly loves food. It shows in his creations!

PAN SEARED SALMON, CARROT AND MEYER LEMON PUREE, CRAB CROQUETS, POLENTA CAKE, ONION SOUBISE, POMEGRANATE GEL AND BLACK TRUFFLE SAUCE

Qty: 4 .portion

Ingredients

Salmon	600gm
Salt	6gm
Pepper	3gm
Lemon zest	3gm
Juniper berries crushed	2gm

Method

- ◆ Rub the salmon evenly with salt, lemon zest, juniper berries and pepper.
- ◆ Heat oil in a heavy skillet over medium heat.
- ◆ Add salmon skin side down as soon as the oil begins to lightly smoke.
- ◆ Watch the side of the salmon for color change.

- ◆ When 2/3 of the salmon has turned opaque, flip into the other side and cook until it's done.

CARROT AND MEYER LEMON

Ingredients

Nestle cream	60 ml
Meyer lemon	9gm
Honey	5 gm
Butter	50gm
Carrot peeled	100gm
Ground cardamom	2gm
Maldon salt	5gm
Pepper	2gm

Method

- ◆ Add butter to the pan.
- ◆ Once melt toss carrot with cardamom and sweat.
- ◆ Add Nestle cream, honey cover and cook in medium low heat until soft.
- ◆ Transfer them to the blender and blitz until smooth.
- ◆ Season with salt and pepper.

POLENTA CAKE

Ingredients

Nestle milk	150ml
Maggi Chicken Powder	150ml
Polenta	25gm
Mascarpone	20gm
Parmesan grated	15gm

Salt	4gm
White pepper	2gm

Method

- ◆ Bring the nestle milk, nestle chicken stock water to a boil.
- ◆ Add polenta gradually keeps stirring for almost 5 min until the polenta thickness and all the water has been absorbed.
- ◆ When ready remove from the heat, add mascarpone, grated parmesan, salt and pepper.
- ◆ Tip on to a lightly oiled baking tray.
- ◆ Spread the polenta evenly to 2 cm thickness.
- ◆ Leave to cool and set.

CRAB CROQUETS

Ingredients

Maggi Potato Powder	50gm
Maggi Coconut Powder	20gm
Bread Crumb	20gm
Crab meat	40gm
Hon dashi	2gm
Lemon juice	10ml
Egg	1nos
Capers	5gm
Chives	5gm
Salt	3gm
Pepper	1gm
Vegetable oil (for frying)	300ml

Method

- ◆ Make potato mash with nestle potato powder.
- ◆ Then stir in crab, chives, cappers, hon dashi, lemon juice, salt and pepper.
- ◆ Form potato mixture into croquets
- ◆ Lightly beat egg in a shallow bowl, and put the bread crumbs and nestle coconut powder in another shallow bowl.
- ◆ Dip croquets into egg, letting excess dip off, and then roll in bread crumbs to coat.
- ◆ Heat oil in a heavy skillet over medium heat.
- ◆ Fry croquets, turning occasionally until golden brown

ONION SOUBISE**Ingredients**

Nestle milk	20ml
Nestle cream	20ml
White onion	40gm
Butter	20gm
Flour	10gm
Salt	3gm

Method

- ◆ Cook the onion in butter until soft.
- ◆ Cooperate flour, stirring over low heat.
- ◆ Gradually whisk in the milk and cream.
- ◆ Remove from heat and make a smooth paste

POMEGRANATE GEL**Ingredients**

Pomegranate juice	200ml
Sugar	60gm
Salt	2gm
Agar	6gm

Method

- ◆ Season juice with salt and sugar.
- ◆ Over low heat carefully add agar into juice.
- ◆ Place in refrigerator to set.
- ◆ Blend and make paste

BUTTERED SAUTÉ VEGETABLE**Ingredients**

Baby carrot	45gm
Romanesco	30gm
Beech mushroom	15gm



Red radish	20gm
Sliver skin onion	10gm
Caviar tomato	10gm
Butter	10gm
Salt	3gm
Pepper	1gm

Method

- ◆ Clean and cut the vegetables.
- ◆ To the sauce pan add salted water.
- ◆ Boil vegetables separately until tender but crisp, drain.
- ◆ Combine vegetables in a bowl.
- ◆ Coat and toss in butter with salt and pepper.

BLACK TRUFFLE SAUCE**Ingredients**

Nestle Cream	15ml
Truffle essence	2ml
Black Truffle	3gm
Butter	4gm
Salt	3gm
pepper	1gm

Method

- ◆ On a heavy sauce pan heat the nestle cream.
- ◆ Add chopped black truffle and truffle essence to the cream.
- ◆ Reduce the sauce and stir together and

add butter.

- ◆ Season with salt and pepper.

PARSLEY AND PINK PEPPER TUILE**Ingredients**

Egg white	2nos
Melted butter	10gm
Flour	10gm
Sugar	4gm
Salt	4gm
Water	70ml
Parsley powder	1gm
Pink pepper powder	2gm

Method

- ◆ Preheat oven to 200 degrees C.
- ◆ In a large bowl, stir together, flour, sugar and salt. Add water, 1 egg white and melted butter; mix well to make stiff dough. Knead until dough is smooth, about 5 minutes.
- ◆ Divide dough into 10 small balls. Roll each ball into long strips and lightly floured the mold, roll the dough on the mold. Place on ungreased baking sheet. Brush with egg white and sprinkle with parsley and pink pepper corn.
- ◆ Bake in preheated oven for 10 to 12 minutes, until browned

CHOCOLATE CARAMEL FANTASY

Qty: 4 .portion

SPICED SYRUP**Ingredients**

Star anise	05gm
Cinnamon stick	02gm
Orange zest	02gm
Vanilla bean	01pc
Cloves	01pc
Orange juice	10ml

Full cream milk	100ml
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Method

- ◆ Cook all the ingredients in a clean pot
- ◆ Reduce the syrup to 100ml and strain
- ◆ To the syrup add Docello chocolate mousse mixture

SPICE DOCELLO CHOCOLATE MOUSSE**Ingredients**

Docello chocolate mousse powder	250gm
Semi whipped cream 35%	350ml
Full cream milk	550gm
Gelatin	30gm
Spiced syrup	100ml

Method

- ◆ To the chilled full cream milk add Docello chocolate mousse powder
- ◆ Add whipping cream and gelatin to the mousse mixture
- ◆ Finished with spiced syrup
- ◆ And pour the mixture to the mold

CRISPY CHOCOLATE BASE**Ingredients**

Nestle Kit Kat crumble	200gm
Milk chocolate	100gm
Praline paste	20gm

Method

- ◆ Melt the milk chocolate
- ◆ Add praline paste and kit Kat crumble to the melted chocolate
- ◆ Set the mixture on a round mold, and rest until set

CHOCOLATE GLAZE**Ingredients**

Nestle Condensed milk	120ml
Water	120ml
Sugar	100gm
Cocoa powder extra dark	35gm
Potato starch	10gm
Dark chocolate	80gm
Gelatin leaves	8gm
Gold powder	1gm

Method

- ◆ Soak the gelatin in cold water
- ◆ Heat the pan add condense milk, water and sugar and bring it to a boil
- ◆ Add coco powder and potato starch cook the mixture until cooked
- ◆ Remove from the heat add dark chocolate and gelatin leaves
- ◆ Finish with gold dust and strain the mixture

PANDAN AND LEMONGRASS PANNA COTTA**Ingredients**

Pandan leaves	20gm
Thai lemon grass	20gm
Full cream milk	750ml
Cream 35%	500gm
Docello panna cotta powder	150gm

Method

- ◆ Heat a pan add full cream milk, cream, Pandan leaves and lemon grass.
- ◆ Strain the mixture to other pan and add panna cotta powder and cook



- ◆ Pour the mixture to the tube mold and set in freezer

CHOCOLATE SPRAY PAINT**Ingredients**

Cocoa butter	200gm
White chocolate	200gm

Method

- ◆ Melt cocoa butter and mix white chocolate
- ◆ Strain the mixture, and pour it in the spray gun
- ◆ Spray the panna cotta tubes until velvet texture

NESTLE MILK MAID SALTED CARAMEL**Ingredients**

Nestle Condensed milk	434gm
Unsalted butter	10gm
Cream 35%	50ml
Salt	02gm

Method

- ◆ Cook the condense milk in double boiling for three hours
- ◆ To the cooked condensed milk add butter, cream and salt

SWEET COCONUT BALL**Ingredients**

Desiccated coconut	200gm
Nestle Condensed milk	75gm
Nestle cream	50gm
Milk chocolate	100gm
Maggi coconut powder	20gm

Method

- ◆ Mix desiccated coconut in condense milk and cream
- ◆ Divide the mixture in small balls shape
- ◆ Melt the milk chocolate

- ◆ Dip the ball in chocolate and crumb with coconut powder

LAVENDER CREAM BRULEE**Ingredients**

Nestle Cream	250ml
Full cream Milk	650ml
Roasted lavender flower	05gm
Docello Crème Brulee powder	125gm
Brown sugar	15gm

Method

- ◆ Heat a pan adds full cream milk, cream and lavender flower.
- ◆ Strain the mixture to other pan and add Brulee powder and cook
- ◆ Pour the mixture to the mold and set in the chiller
- ◆ Remove from the chiller, sprinkle sugar on top
- ◆ Keep under salamander until its gets golden brown color

MAGGI MASHED POTATO LEMON CRUMBLE**Ingredients**

Soft butter	50gm
White sugar	50gm
Maggi potato powder	30gm
cream	20ml
Flour t 55	50gm
Lemon zest	3gm
Lemon juice	04ml

Method

- ◆ Cook the potato powder with cream
- ◆ Add all ingredients to the mash potato mixture
- ◆ Transfer the mixture to the silpat
- ◆ Bake for 160 c for 14 min

March 2017 **Gulf Gourmet**



INDIAN ECSTASY

The winner of 'Best Cuisinier Trophy' at the International Salon Culinaire during Gulfood 2017 has something in common with his predecessors. They all began with failure, but they practiced and participated for years before achieving the highest culinary award this region has to offer. Here is this year's trophy winner, **G R Prasanna Kumar**, in conversation with **Aquin George**

March 2017 **Gulf Gourmet****LIVING HIS DAD'S DREAM**

GR Prasanna Kumar – the youngest son of Ramasubbu and Vanjana Devi – grew up in the city of Madurai, nestled in the south Indian state of Tamil Nadu. The city, said to be inhabited since 3rd century BC, is historically known for its food, its scholars and its temples. It is also the city where Mahatma Gandhi is said to have adopted the loin cloth as his customary attire in 1921.

Prasanna grew up perhaps oblivious to all this. During his younger days, when playing with elder sister Sinthu and studying in the city's poshest school, little did he know that his career path was written decades before he was born.

It was, in fact, his father's unfulfilled dream to become a chef. Dad Ramasubbu could never pursue that dream and became a civil engineer



Be more patient. I have been in your shoes for many years. I began competing in 2010. That year I won nothing. May be a bronze. I came back to the hotel crying. I literally had tears in my eyes

instead. So, he made up his mind to live that dream through his son Prasanna. And look how it turned out!

"Unlike my dad, I actually wanted

to be an engineer. Never a chef. He brainwashed me into becoming one," says Prasanna with a rapturous laughter as he holds the glistening Best Cuisinier Trophy in hand. "I love my dad. This trophy is dedicated to him."

Financial hardship fell on Chef Prasanna early on in his life. From studying in a school where the city's millionaires went, he soon found himself unable to pay for a quality college when pursuing his culinary studies. "It was at first embarrassing to be doing my Diploma in Food Production and Patisserie when all my friends were headed to college to complete their Bachelor's degree," he says.

It was his dad that showed him the light at the end of the tunnel. He explained to him how everyone in the country was turning into engineers making it extremely tough to get quality jobs.



A well-learned and articulate chef on the other hand would have many more opportunities for growth, said his dad.

The now 29-year-old chef, says that his parents are his everything and he did whatever they asked him to do. He listened to his dad's advice and went to do his diploma. But he ran out of the kitchen during the first week of industrial training. "I couldn't handle it, so I absconded," he says. "I was like a little child. However, my chef there explained to me how the initial days are tough but with time the going gets easier."

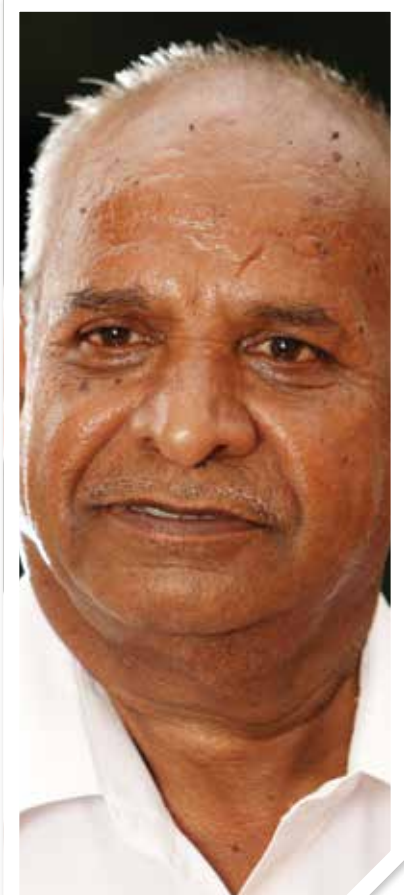
After completion of his diploma at age 18, his uncle brought him to Dubai where he landed his first job as Commis II at Casa Mia, the Italian restaurant at Le Méridien Dubai Hotel & Conference Centre. He worked there from 2004-2008 and imbibed all the culinary basics. "Life was smooth over there and we were 12-15 guys of the same age group and that ensured I never felt like I missed college life."

Two years into that job and Chef Prasanna started to get passionate about his career. "I would diligently make notes all the time, just like my father made me while watching cookery shows together."

After four years, he joined an independent restaurant Frankie's Bar and Grill, but life there was tougher



Believe in yourself. Be more passionate and aggressive. You can do it. If you don't win, don't lose hope, you will get it one day



Chef Prasanna's father Ramasubbu

than it was at the Méridien. It was also around the time his mom passed away.

He overcame his struggles by latching on to the three teachings that his dad offered him as career advice. "Be the best at whatever you do. Be honest in life. And make friends." He incorporated this advice at Frankie's and ended up learning a lot before moving to be part of the pre-opening of The Meydan Hotel to work at their steakhouse.

Down the line, he heard about the high-profile Ivy restaurant opening at Emirates Towers and managed to get into the team on opening day. "It was a place where they pushed you to the limit but you became a tough professional. Chef Ben Tobitt and Chef Simon helped me cook modern British cuisine under tremendous pressure. It was here, over two years, that I turned from being just passionate to more aggressive. I must admit, my strong persona and attitude is a style I learned from emulating Chef Ben."

He then moved to Urbano restaurant, an

Italian casual dining outlet of Jumeirah Group where he worked as junior Sous Chef for two and a half years. Here he met his future wife, Ukraine-born Iuliia Blizniukova, working in guest relations. A year later they got married.

"My wife is a big moral support. At times I am supposed to be back home at 11:30 or 12 at night but I end up coming home at 3 am. She offers her support and her ideas to make me perform better. I am blessed to have her in my life."

The experience at Urbano of managing a kitchen is something that came handy when moving to Rodeo Grill at Al Bustan Rotana as Sous Chef. "This was the first time I was in-charge of the entire restaurant. I could successfully experiment quite a bit here. Executive Chef Jose Luise and Executive Pastry Chef Mahesha Dinakara became my biggest mentors ever. They believed in me and are my strongest motivators in this industry even now. They instilled in me the energy and positivity that made me do so well in culinary competitions."

A year ago, he moved out of Al Bustan and joined Dubai International Airport Hotel as Sous Chef – In Charge. Here he manages Cadiz (Spanish Tapas), McGettigans (Irish pub) and Gallery (All-Day Dining). Here he found a special bond with an old colleague Chef de Cuisine Bala, who happened to be his Sous Chef in Le Méridien 12 years back.

As for this competition, which he's been competing for since 2010, he's always had his father backing him and monitoring his every move. This year, when he got a silver for the first category of fish, he called his father saying that this year too he may not be able to get the trophy. His father told him not to give up. He listened to his father and the rest as they say is history.

He went on to win a gold both in the beef as well as the five-course categories. The total helped him edge out some tough competition from



Atlantis and Radisson Blu and he landed the elusive Best Cuisinier Trophy.

"I called my father immediately to give him the good news and to tell him that I would finally grace the cover of Gulf Gourmet magazine, which has been my dream since 2010."

This was his third attempt at Best Cuisinier trophy. For this year's competition, he began practising 12 months in advance and kept himself abreast of every culinary trend. "I would keep on practising for a year. This allowed me to remain composed and calm during the competition. Everything went as per plan."

He's now looking to be chef de cuisine or head chef at a good place. "I've been able to do both the cooking and managing of restaurants really well. I now have a solid reputation and my former chefs are always telling me to come join them."



My wife is a big moral support. At times I am supposed to be back home at 11:30 or 12 at night but I end up coming home at 3 am. She offers her support and her ideas to make me perform better. I am blessed to have her in my life

So how does he learn and improve his skills today? "I learn from my chefs, the feedback from judges, and skipping movies in favour of culinary shows," he says.

His advice to young chefs, who are trying to win this trophy in the future, is simple. "Be more patient," he says. "I have been in your shoes for many years. I began competing in 2010. That year I won nothing. May be a bronze. I came back to the hotel crying. I literally had tears in my eyes."

This year, my hotel went with just 8-9 competitors but every single one of us got a medal. My advice to them was, "Believe in yourself. Be more passionate and aggressive. You can do it. If you don't win, don't lose hope, you will get it one day. I am a living example. Had I lost hope last year, I would not have won this year."

Chef Prasanna lives by the mantra that you learn until the day you die and this learning can even come from chefs that have never won a medal. "You can always learn something from others, regardless of their position," he says.



Chef Prasanna with his wife Iuliia

BAKERMEN

Sugar and spice and all things nice – each dessert that comes out of Chef **Malith Somathilake's** kitchen is a true delight for the tastebuds. The pastry chef at Nassima Royal Hotel in Dubai loves to combine food with art...

Ask most chefs when they realised food was their calling and they'll take you right into their childhood. Hanging around with mommy in the kitchen, playing with dough, helping daddy pluck fruit and vegetables, the love for food usually comes knocking early on.

Chef Malith Somathilake's story is a little different...errr, a lot different. The insides of a kitchen were alien to him and cooking was never on the radar. Until, a casual conversation with a cousin changed his life path.

Born in Sri Lanka in a village near Gampaha, Chef Malith would watch his parents leave for office every morning. "I belonged to a middle-class family and both my parents had government jobs," he recalls. "A cousin of mine worked at the Colombo Hilton Hotel and after I finished college, he suggested I try a career in hospitality." A young Chef Malith had no idea what the industry was about. Nevertheless, he enrolled for a course in a government-run hospitality school.

The guidance from his cousin proved invaluable. "I wasn't sure which section of hospitality industry I wanted to work in. My cousin suggested I try my hand at cooking, saying there are many opportunities for growth in that and many different positions across formats."



It's important to set targets if you want to achieve something. Ask yourself where you want to be at a specific age. That helps stay on course

Before joining the hospitality school, Chef Malith had not done any cooking. He went with the flow and after the six-month course, became an intern. The course taught him international cuisine and a small Japanese restaurant in Colombo became his first 'office'. "A friend of mine was a chef there. I worked in the sushi kitchen but it got boring after a while. Although the food was very good, there was not much scope for creativity and it turned monotonous very fast." Even so, Chef Malith stuck it out for nearly a year, before he realised he wasn't enjoying the work anymore.

So when a job ad from Sri Lankan Catering caught his eye, he applied without any hesitation. "There were

vacancies for trainee chefs. The salary wasn't much but I didn't care. With my parents retired and getting pension, there was no immediate pressure on me to earn well." Having secured the job, the then 19 years old Chef Malith worked at the catering company for two and a half years. That's where his tryst with pastry began. "I was put in the pastry kitchen and immediately started enjoying my work. I learnt to work with chocolate, sugar and other great ingredients. I was making colourful and decorative cakes. It was a lot of fun."

When his cousin moved to Dubai, Chef Malith's life took yet another turn. The Dubai International Hotel at Dubai airport was looking for people and a commis III position was available. "I went for the interview and got the job. There too, I worked for two and a half years." During that period, Chef Malith had his first experience of competitions. The head chef was participating and needed support. After some exposure to the operations, Chef Malith participated and won a medal in his very first try.

When a position opened up at the Jumeirah Beach Hotel, Chef Malith moved, joining there as chef de partie. In the five years that he spent there, he made desserts for afternoon teas, executive lounge, buffet and the cake shop. "It was a nice hotel with very good

facilities but opportunities for growth were limited." Having learnt all he could at Jumeirah Beach Hotel, Chef Malith moved to the Intercontinental Hotel at Dubai Marina in March 2015 as assistant pastry chef. "It was the pre-opening and it was a really nice experience. Pre-openings really teach you a lot. There was so much to experiment with."

The 32-year-old chef has been at Nassima Royal Hotel since October last year. "The team here is quite good. This is my chance to do more creative things. I have changed the buffet and the a-la carte menus and there is flexibility to come up with recipes. Our team of 11 members takes care of four outlets."

Last month at Gulfood 2017, Chef Malith won a Gold medal for Practical Cake Decoration, two bronze medals for Friandises, Petites Four and Wedding Cake Three-Tier, and a merit for Four Plates of Dessert. His and his pastry team at Nassima Royal brought back a total 12 medals in pastry and bakery competitions alone.

In the next couple of years, he hopes to become an executive pastry chef. Over the very long term, Chef Malith dreams of opening a cake shop-cum-pastry-school back home in Sri Lanka. His dreams are not impossible to achieve. What has helped him always is hard work and laser-like focus on goals.

"It's important to set targets if you want to achieve something. Ask yourself where you want to be at a specific age. That helps stay on course." Social media and the internet are a chef's good friends, believes Chef Malith. "Use them to pick up ideas and then experiment with your own style. Competitions also help learn new techniques and understand what you might be doing wrong."

It's not always about winning medals or making money. "Don't chase money, chase skills. When skills come, money will chase you," he finishes. Well said!



CRUNCHY MILK CHOCOLATE FRAMBOISE

MILK CHOCOLATE MOUSSE

Ingredients

Milk chocolate	80g
Milk	20g
Qumic	50g
Whipped cream	75g

Method

- ♦ Mix the milk and qumic then add melted milk chocolate. Then pour with whipped cream

RASPBERRY BRULEE

Ingredients

Puree	100ml
Egg yolk	30g
Egg	37.5g
Sugar	25g
Gelatine	2.5g
Butter	37.5g

Method

- ♦ Boil the puree. Soak the gelatine with cold water. Egg yolk and egg make sabayon with sugar. Mix all the ingredients with gelatine and make cold. Add soft butter and blend



CHOCOLATE DEVIL SPONGE CAKE

Ingredients

egg	25g
sugar	85g
cocoa powder	22g
flour	50g
baking soda	2g

butter milk	60g
yoghurt	27g
vegetable oil	32g

Method

- ♦ Beat the egg and sugar then add butter milk, yoghurt and vegetable oil to the mix. Then mix all the dry ingredients together.
- ♦ Bake 180°C
- ♦ Time-12min.

FERERO GLAZE

Ingredients

milk chocolate	500g
cocoa butter	100g
chopped roasted hazelnut	120g
oil	15g

Method

- ♦ Melt the cocoa butter and milk chocolate together and add the oil and chopped hazelnuts.



CHOCOLATE SOIL

Ingredients

Dark chocolate	16g
Sugar	40g
Water	15g

White chocolate	12g
Cocoa powder	4g
Salt	0.2g
Hazelnut oil	12g

Method

- ♦ Cook sugar and water 135°C*. then add melted chocolate and mix until become crumble. Bake white chocolate until become golden color. Cocoa powder, salt & hazelnut oil mix together with white chocolate. Then mix with dark chocolate crumble and make one day rest.



BURNT ORANGE AND RASPBERRY SORBET

Ingredients

water	50g
sugar	25g
glucose	10g
stabilizer	0.8g
raspberry puree	75g
burnt orange	75g

Method

- ♦ Cook water, sugar, glucose, stabilizer together. Then add the puree and blend. Make it frozen and use the paco-jet



March 2017 **Gulf Gourmet**

Qatar's Crowning GLORY

The youngsters from Crowne Plaza Doha - The Business Park are this month's competitors for Season 2 of the Nestle Professional Golden Chefs Hat Award - Qatar

Chefs Leonard and Vishnu of Crowne Plaza Doha were both drawn to the profession watching celebrity chefs on television. Cooking with a flair is something they cherish and they jumped at the opportunity to showcase their skills for the challenge.

They both thanked Nestle for creating such an amazing platform for people working in the kitchen industry. It is their Executive Sous Chef and coach, Chef Sabri Kocoglu, who coached them for the competition with the backing of

their Executive Chef Dominique Morin. Here are their stories and their recipes.

Chef Leonard Jan Alysso Baltazar

Leonard Baltazar left the spotless shores of the Philippines to chase a culinary career. The 26-year-old commis chef at Crowne Plaza in Doha was inspired by British celebrity chef Marco Pierre White. "I used to watch him on TV and I was mesmerised," says Chef Leonard. Although he is the first professional chef in the family, Chef Leonard's mother and brother are also fantastic cooks.

After finishing a four-year course in hotel management, he worked at the Edsa ShangriLa Hotel in Manila for two years, learning Asian cuisine. "I moved to Crowne Plaza two years ago, and learnt Arabic, Indian and other international cuisine."

Chef Leonard's signature dish is 'Glazed Corn Fed Chicken with Vegetable Garden, Mashed Potatoes and Carrot Beurre Blanc infused with Thai Red Curry'. "I used Maggi chicken stock, Maggi coconut powder, Maggi potato powder and Chef demi glace in this dish. The chicken stock





Chef Leonard Jan Alysson Baltazar

powder is my favourite product as it can be used for so many different dishes. You can put it in soup, make a marinade for meat, there are so many uses."

This is the first time that Chef Leonard is working outside his country. But he has no regrets. Sometime soon, he hopes to become a sous chef and then climb the higher steps of the career ladder. He also dreams of becoming a celebrity chef someday. Given his raw talent, that might not be impossible.

Chef Vishnu V P

Whenever celebrity chef Gordon Ramsey would do what he does best, a youngster in India would stay glued to the TV. Inspired by the celebrity chef, Vishnu VP went against his father's wishes to start on a culinary journey. Today, the commis



Chef Vishnu V P

chef at Crowne Plaza in Doha is well on his way to greater things.

Hailing from Kerala in India, Chef Vishnu finished a three-year hotel management course in Kochi. "I trained in the various aspects of production – from hot kitchen to cold kitchen - and realised that I was more interested in pastry," says the 26-year-old. It's the creative opportunities in the pastry kitchen that are a big draw for Chef Vishnu. "I felt I could do a lot more in this section."

The Indian chef trained at the Taj Hotel for six months and then got a job at the Abu Dhabi National Hotel as a waiter. Later, he moved to Crown Palace Hotel as a pastry commis chef. When a good opportunity came up at Norwegian

Cruise Lines USA, Chef Vishnu took it up, working there for a few months before joining Crowne Plaza seven months ago.

His favourite dessert is 'Millefeuille of Almond and Confit of Black Olives, Stuffed Raspberry, Chocolate Mousse, Panna cotta, Dulce Leche and Kit-Kat'. "I filled the raspberries with Docello panna cotta and I also used Docello chocolate mousse. It's very smooth. I also used Nestle condensed milk and Docello crème brulee and the dish has Kit-Kat crumble. The consistency of Nestle products is very good," he says.

Cooking is Chef Vishnu's passion. "Of course, I want to do well in my career. But for now, I am happy that I am doing the kind of work I love," he signs off.

Glazed Corn Fed Chicken & Thigh, Vegetable Garden, Mashed Potato, Carrot Beurre Blanc infused with Thai Red Curry

Yield: 4 Pax

Cooking time: 30-35 mins

GLAZED CORN FED CHICKEN & THIGH

Ingredients

Corn Fed Chicken Breast	4 pcs
Chicken Thigh (Deboned & Pounded)	1 whole piece

Ground Chicken Breast	250g
Chicken Carcass	150g
Garlic Cloves (Crushed)	11 pcs
Nestle Chef Demi Glace	2-3 tbsp
Maggi Chicken Powder	to taste
White Pepper	to taste
Egg (beaten)	1 pc
Onion (Diced)	2 pcs
Carrot (Diced)	1 pc
Tomato (Diced)	1 pc
Thyme	2 pcs
Carrot (Diced)	1 pc
Water	350 ml
Olive Oil	100 ml

Method

- Season the corn fed chicken breasts with Maggi Chicken Powder & white pepper

- Brush the corn fed chicken breasts with olive oil
- Place each corn fed chicken breasts inside a plastic bag together with 2 pcs of crushed garlic for each bags
- Vacuum seal each bag with a vacuum sealer and set aside
- Season the ground chicken with Maggi Chicken powder & white pepper, add the beaten egg and mix properly
- Make a sausage shape out of the ground chicken then place it on the pounded chicken thigh (skin down)
- Roll the chicken thigh using a cling film until it is properly shaped (make sure to secure it properly by tying it tightly), set aside
- Preheat your convection oven (you



can also use a steamer or sous vide machine)

- ◆ Steam your corn fed chicken breasts & thigh for 22-25 mins, 74 °C
- ◆ After the chicken is cooked, remove the plastics then cut 4 slices of the chicken thigh (2 ½ inches width). For the corn fed chicken breasts, slice (3 inches) diagonally (mid part of the chicken breast) then remove the skin
- ◆ Brush all of the meats with your glazing and put it in a salamander until it gets a nice light brown color

Demi-Glace and Chicken Stock for Glazing

- ◆ Sauté onion, carrot, tomato, garlic, thyme and chicken carcasses until it has a nice brown color
- ◆ Add water and let it boil
- ◆ When the stock is reduced, strain your stock to remove the vegetables and chicken carcasses
- ◆ Add your Nestle Chef Demi-Glace to your stock then let it reduce more until it becomes thick and glossy

CARROT BEURRE BLANC INFUSED WITH THAI RED CURRY

Ingredients

Carrot Juice Reduction	
Butter	30g
Red Curry Paste	1 ½ tbsp

Nestle Coconut Milk Powder
(dissolved in water)

1 tbsp

Carrot Juice Reduction

- ◆ Put a 750 ml of carrot juice in a sauce pot, low heat (make sure it doesn't boil)
- ◆ Reduce your carrot juice into half or until it becomes slightly thick and glossy

Carrot Beurre Blanc infused with Thai Red Curry

- ◆ Place your carrot reduction in a sauce

pan and put butter until it melts

- ◆ Add Thai red curry paste and stir
- ◆ Add your dissolved coconut milk powder; stir until it is mixed properly

MASHED POTATO WITH CARROT JUICE REDUCTION

Ingredients

Maggi Instant Mashed Potato

Complete Mix	250g
Full Fat Milk	70ml
Salt	to taste
White Pepper	to taste
Carrot Juice Reduction	50ml
Water	

Mashed Potato

- ◆ Boil water
- ◆ Once the water is boiling, add your Maggi Instant Mashed Potato Complete mix
- ◆ Stir continuously
- ◆ Add milk until it becomes more creamy and smooth
- ◆ Add your carrot juice reduction, stir
- ◆ Season with salt and white pepper

VEGETABLE GARDEN

Ingredients

Baby marrow	2 pcs (rondelle slice)
Yellow Carrot	3 pcs (2pcs paper-thin sliced, 1pc rondelle slice)
Orange Carrot	3 pcs (2pcs paper-thin sliced, 1pc rondelle slice)
Enoki Mushroom	3.5oz
Babycorn	125g
Edible flower (garnish)	1 pack
Micro Herbs (garnish)	1 pack
Kailan Leaves	100g (trim the leaves and make a small fan shaped)
Bokchoy (small)	100g
Turnip	100g (Paper-thin slice)
Asparagus	100g (Use the tip only)

Method

- ◆ Cook your Enoki Mushroom in a very small amount of olive oil for 20-30 seconds
- ◆ Blanch your sliced vegetables (baby marrow, yellow and orange carrots, kailan leaves, bokchoy, turnip, asparagus)
- ◆ Place your blanched vegetables in an iced-water and dry it after
- ◆ Roll your thinly-sliced carrots
- ◆ Slice your turnip and make a cone-shape
- ◆ Cut the tips of your baby corn and use a cooking-torch to burn it until it has a nice color
- ◆ For the reminding uncooked baby corn, remove the corn from its stem and blanch it. (For garnishing, like a couscous)
- ◆ Set your garden using the vegetables according to your desired idea
- ◆ Place the edible flower and the micro herbs on top of your vegetables
- ◆ Sprinkle the corn couscous
- ◆ Note: I used my mashed potato as a base for my vegetable garden

SQUID INK TUILE

Ingredients

Oil	100ml
Water	110ml
Flour	30gm
Squid Ink	1 tsp

Method

- ◆ Mix all the ingredients until it becomes properly combined
- ◆ Preheat a non-stick pan
- ◆ Pour some of your batter in a non-stick pan and wait for it to dry up
- ◆ Gently remove your tuile from the pan using a scraper
- ◆ Let it cool
- ◆ Use it as a garnish

Millefeuille of almond and confit of black olives, stuffed raspberry, chocolate mousse, panna cotta, dulce leche and KitKat

Yield: 4 Pax

Cooking time: 30-35 mins

Ingredients

ALMOND CRISP

Glucose	100 gram
Sugar	100 gram
Black olives confit 2 tbsp.	(chopped)
Almond flakes	200 gram
Confit of olives	100 grams (chopped)
Pectin	1 tbsp.

CONFIT OF BLACK OLIVES

Black olives (seedless)	200 gram
Sugar	300 grams
Water	1,2 liter
Lemon	½ pc

PANNA COTTA CRÈME

Nestle @ Docello@ Panna Cotta	125 grams
Nestle Cream	250 ml
Milk	250 ml
Agar agar powder	5 grams

STUFFED RASPBERRY

Raspberries	48 pc
Crème de panna cotta	

CHOCOLATE MOUSSE

Nestle @ Docello @ chocolate mousse	125 gm
Whipping cream	250 ml

DULCHE LECHE

Nestle @ sweetened condensed milk	1 can (395 g)
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CRÈME BRULEE

Nestle @ Docello@ crème brulee	100 gram
Milk	400 ml
Whipping cream	200 ml
Agar Agar	3 gram

KITKAT CRUMBLE

Chop 1 packets of KitKat into small pieces

RED BERRIES COMPOTE

Raspberries	6 pieces cut into
Strawberries	4 pieces into brunoise
Confit of black olives	1 tbsp.
Syrup of black olives	2 tbsp.
Olive oil	1 tbsp



Method

FOR THE MILLE FEUILLE CRISP

- ♦ Mix everything together except the almond in a pan and heat up until max 40 C. Mix in the almond flakes and black olives confit and let it rest for 12 hrs. in the fridge.
- ♦ Spread between 2 silpat and bake at 150 C for 20-25 minutes or until light brown caramel color.
- ♦ Cut into desired shape and measurements.

BLACK OLIVES CONFIT

- ♦ For the olives confit place everything in a pan and bring to boil. Slowly braise for 2hrs on low fire and make sure that your syrup is not too thick. Slice the olives into the right size as raspberries and chop the trimming to use in remaining recipe.

PANNA COTTA CRÈME

- ♦ Place everything in the medium saucepan and bring to boil. Keep boiling for 30 sec longer and transfer the warm panna cotta mixture in metal container and chill it until it cold and hard.
- ♦ Place the hardened panna cotta in the kitchen mixer and turn it into fine crème. Place the panna cotta crème in a piping bag for further use.

STUFFED RASPBERRIES

- ♦ Stuff the raspberries with the panna cotta crème and keep for further use.

CHOCOLATE MOUSSE

- ♦ Whisk the NESTL @ Docello@ chocolate mousse powder and the whipping cream until it forms the desired consistency. Place it in a piping bag for further use.

CRÈME BRULEE

- ♦ Place all the ingredients in a medium sauce pan and bring to boil.
- ♦ Once boiled pass it through a fine sieve and leave to set in 1 inch stainless steel container and chill until hardened.
- ♦ Cut into rectangle shapes ones and sprinkle with brown sugar. Blow torch the sugar into crisp caramel.

DULCE LECHE

- ♦ Boil the can in a pan filled with water for 2 hours. Cool down and scrape the fudge that is inside out for further use.

RED BERRIES COMPOTE

- ♦ Sauté the fruits for 10 seconds in warm olive oil and deglaze with the syrup and remove immediately from the pan. Keep on the side for further use.

Plating

- ♦ Make 2 large dots of dulce leche and panna cotta cream on the plate. Scrape with your palate knife thinly the crèmes over your plate.
- ♦ Make the millefeuille by placing stuffed raspberry, confit of black olives and chocolate mousse on almond crisp. Repeat the second layers the same and place the 3rd crisp on top. Pipe 4 dots of panna cotta crème on top of the crisp and garnish with basil leaves. Place the millefeuille on the right side of the plate.
- ♦ Place the crème brulee just on the left side of millefeuille and decorate with red fruit compote on top. Sprinkle or place the crumble of KitKat as desired or as shown on the plate.



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

Description	Hotel Name	Name	Prize
Best in Hygiene - Boecker Food Safety for Beef Class	Al Khoory Atrium Hotel	Mohammed Abdelbasset El Boujaddaini	Trophy, Certificate, Probe thermometer
Best in Hygiene - Boecker Food Safety for chicken class	Korea Culinary Arts Academy Team	Yoo Ji-Hyun	Trophy, Certificate, Probe thermometer
Best in Hygiene - Boecker Food Safety for fish/ Seafood	The Ajman Palace	Ramakant Choudhary	Trophy, Certificate, Probe thermometer
Best in Hygiene - Boecker Food Safety for Emirati Cuisine	Le Meridien Al Aqah Fujairah	Karim Ezzeldin Ahmed Ismail	Trophy, Certificate, Probe thermometer
Best in Hygiene - Boecker Food Safety for Dressed Lamb	Moevenpick Hotel IBN Battuta	Sonny Doles	Trophy, Certificate, Probe thermometer
Best in Hygiene - Boecker Food Safety for Arabic Mezzeh	The Address Dubai Marina	Kareem Ali	Trophy, Certificate, Probe thermometer
Cake Decoration by Masterbaker	Sheraton Dubai Creek	Prashanth Bala	One week training course
Petit Fours & Pralines by Masterbakr	Radisson Blu Deira Creek	Ajantha Sisira K.G. Gamage	One week training course
Bread Loaves Showpiece	The Palace Downtwon Dubai	Sajan C. Joy	One week training course
HUG Savoury Creations	MJ C&I Conference Incentives	Deepak Bhandari	Trip to Switzerland
HUG Sweet Creations	Al Raha Beach Hotel	Abhilash Kulakkadu Nadessan	Trip to Switzerland
Sandwich Class by Unilever Food Solutions			
1st	Saurav Gurung		Gift voucher from Unilever
2nd	Charidu Tharaka		Gift voucher from Unilever
3rd	Mithun Chamika D.H. Dalugodage		Gift voucher from Unilever
Winner - Best Effort by an Individual Establishment Emirates Salon Culinaire Dubai 2017	Dubai World Trade Center		Trophy
Winner - Best Effort by a Corporation Emirates Salon Culinaire Dubai 2017	Jumeirah Group		Trophy
Winner - Best Arabian Cuisinier Emirates Salon Culinaire Dubai 2017	Radisson Blu Deira Creek	Rabeh Adel Amer	Trophy & Trip to Germany sponsored by Convotherm
Winner - Best Pastry Chef Emirates Salon Culinaire Dubai 2017	Dubai International Hotel	Dodampage Achira Danushka Kularatne	Trophy
Winner - Best Kitchen Artist Emirates Salon Culinaire Dubai 2017	Jumeirah Burj Al Arab	Rohita Kumara Leelewansa Kasthuriarachchani	Trophy
Winner - Best Cuisinier Emirates Salon Culinaire Dubai 2017	Dubai International Hotel	G.R. Prasanna Kumar	Trophy & Trip to Germany sponsored by Convotherm
1st Runner - up - Best Cuisinier Emirates Salon Culinaire Dubai 2017	Radisson Blu Deira Creek	Malimage Isira Chamika Perera	Trophy
2nd Runner - up - Best Cuisinier Emirates Salon Culinaire Dubai 2016	Atlantis the Palm	Bholanath Pandey	Trophy
Winner - The Middle East Young Chef of the Year Emirates Salon Culinaire Dubai 2017	Radisson Blu Deira Creek	Dashrath Pakhrin	Trophy & Trip to Germany sponsored by Convotherm
1st Runner - up - Young Chef of the Year Emirates Salon Culinaire Dubai 2017	Atlantis the Palm	Aprian Herlambang	Trophy
2nd Runner - up - Young Chef of the Year Emirates Salon Culinaire Dubai 2017	Atlantis the Palm	Madhawa Chathuranga Galahitiya Arachchige	Trophy



Winners Group



Young Chef Winners



Best Arabic



Best Effort Individual

March 2017 Gulf Gourmet



Winner



Best Effort Establishment



Best Pastry



First Runner Up



Second Runner Up



March 2017 **Gulf Gourmet**

VISUAL REFLECTION

Salon Culinaire 2017

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



The five-member WorldChefs Presidium with World President Thomas Gugler in the centre





March 2017 **Gulf Gourmet**



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Hello Partner!

Over 50 chefs, including the Emirates Culinary Guild top leadership and international chefs, went to visit the Gulfood stands of the biggest supporters of Salon Culinaire. Here are some of the images



March 2017 **Gulf Gourmet**





March 2017 **Gulf Gourmet**

Abu Dhabi meet

The Abu Dhabi chapter of the Emirates Culinary Guild had their recent meeting organised at the Hili Rotana Al Ain. Membership certificates were presented to New Senior Members at the meet. Here are images from that evening.



The Guild meet

Last month's meeting of the Emirates Culinary Guild, just before Salon Culinaire, was hosted by Chef Rami Abdou Al Jebraiel and his team at the Al Jawaher Reception & Convention Centre. The chefs looked forward to a great beginning to 2017. They discussed upcoming events including the East Coast Salon in May. Corporate members took the opportunity to showcase their latest products to decision making chefs and explain the benefits during the meet.

Here are images from the event.



March 2017 **Gulf Gourmet**

newmembers



Samuel Thomas – Sales Manager – (Non Food) HORECA Division, Radwan Mouselli – Sales Manager – (Bakery & Pastry) HORECA Division, S Padmanabhan - Head - HORECA Division and Amjad Anam – Manager – (Food, Tobacco & Beverage) HORECA Division receiving Emirates Culinary Guild Membership certificate from ECG President Chef Uwe Micheel.

Established in 1931, Baqer Mohebi Enterprises (BME) represents Zainal Mohebi Holding's marketing and distribution arm of FMCG, HORECA and Tobacco products. New ideas are continually being developed to expand the business.

BME currently serves over 4000 clients with 3000 SKUs from some 40 multinational premium brands and is one of the leading suppliers within this field. The company employs 475 multinational



team players who cover every sector of the market throughout the UAE

Our Enterprise has a noble heritage going back three generations to when Baqer Mohebi opened his first supermarket in the original Dubai Souk in 1931.

Baqer's Core values of providing quality, added value and unsurpassed service supported by wise management have been faithfully passed from one Mohebi generation to the next. They are the foundation of our continued success.

They support our vision of having confidence to grasp new opportunities and build long - lasting relationships with our partners, clients and customers.



Bilal Baig, Head of Marketing - Foods, Unilever Food Solutions receiving Emirates Culinary Guild Membership certificate from ECG President Chef Uwe Mischeel.

About Unilever Food Solutions: Unilever Food Solutions ("UFS") has been in foods since the 1880s, and home to some of the world's favourite brands: Knorr, Hellmann's, Lipton and more. UFS work closely with businesses of all sizes, from independent restaurants through to hotels chains and contract caterers, in 74 countries. UFS understand the critical balance for chefs and caterers



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between impressing their guests and making a profit.

The primary purpose of UFS is to provide more than products that are formulated especially for the professional kitchen,

but also services for chefs, to help them work smarter whilst continuing to please their guests.

UFS's products and services are created for chefs by chefs (over 300 chefs), covering 50 cuisines in 200 million dishes a day. UFS strive to bring chefs great flavors that save them time or money, helping chefs perfect their craft.



Dr. Fawaz Al Bahri - managing partner - Modern General Trading & Modern Bakery receiving Emirates Culinary Guild Membership certificate from ECG President Chef Uwe Micheel.

Modern General Trading (MGT) is the sister company of Modern Bakery LLC. MGT has over 35 exclusive food and non food agencies from Europe, U.S.A, Middle East, Far East, North, South America and Australia. Our presence is growing in diverse market segments such as: five star hotels, airline catering, large catering institutions, hypermarkets, large supermarkets, bakeries, wholesale market, pastry and confectionery shops, groceries and road side cafeterias. MGT boasts expertise spanning three decades, offering state of the art services to our valued customers.

MGT consists of three divisions as follows:

- ♦ Consumer Division



- ♦ Industrial Division
- ♦ Horeca Division

Modern General Trading (MGT) commences its operations in the year 1982. Today it is one of the leading consumer goods and trading companies in the U.A.E. MGT is the exclusive distributor of various prestigious brands in the UAE.

The Principles and Philosophies on which

Dr. Fawaz al Bahri (Director) founded Modern General Trading 30 years ago, are the strongest pillars of our business approach today.

Our mission is to anticipate customer needs and to be the first to respond with our superior services. Our values include dealing with suppliers and other business partners equitably. We respect mutual interests.

The great strength of MGT is its workforce. We are committed to attracting and retaining the best people, and to support their career aspirations with relevant staff training and Management Development programs.



Paolo Preti, Director of Sales, Gulf Region, SIOM receiving Emirates Culinary Guild Membership certificate from ECG President Chef Uwe Micheel.

Established over 50 years ago, SIOM is today the largest producer of silverware in the Middle East, and among the world's leading manufacturers of high quality Stainless Steel and silverware for the 5* Hotels and Restaurants Industry, the International Hospitality Business, and the Luxury Retail Markets.

SIOM's hotel product range has been designed with perfection in mind, and is destined to those particular hotels and restaurants who wish to give to their guests a charming hospitality made of style, elegance and quality.

Nearly 4,000 end products are produced to cover flatware, holloware, chafing



dishes, trolleys, banqueting items and tableware. Unique collections have been developed to meet exquisite requirements and diverse lifestyle.

The high quality of SIOM's products and its remarkable reputation allowed the company to become a nominated preferred supplier for some of the most prestigious hotel chains around the world. Among these chains are Ritz

Carlton, Marriott, Starwood, Rosewood, Kempinski, Hilton, Jumeirah, Rosewood, Fairmonts, Raffles, ...

Our design department will work closely with you to provide tailor-made solutions and products that meet your exact needs and specifications. With our unmatched collections, it does not matter what you imagine. We can meet your every requirement and match your most varied wishes.

With SIOM's exquisite collections and ISO 9001 certified products, we can meet your every requirement assuring you the best quality with distinction, finesse and excellence.

March 2017 **Gulf Gourmet**

Christine Cash, General Manager - Sales & Marketing, Tegel Foods Ltd. receiving Emirates Culinary Guild Membership certificate from ECG President Chef Uwe Micheel.

Tegel Foods has been New Zealand's largest poultry producer since 1961. Through quality and innovation Tegel has become New Zealand's premium poultry producer and a household name, supplying more than half of the chicken consumed in New Zealand. Tegel poultry is also enjoyed around the world, with the company exporting fresh, frozen and cooked poultry products to international markets including Australia, the Pacific Region, UAE and Hong Kong.

Tegel offers a solution for every meal occasion and menu style, from premium fresh and frozen whole birds and portions



to convenient portion-controlled fully cooked ready-to-serve products.

Tegel has a strong international customer base across all channels of fast food, foodservice and retail. Tegel representatives are based on the ground in major international markets, so customers can rely on the same high quality service and delivery as New

Zealand based customers. Tegel's international business includes the supply of products under the well-known Tegel brand, as well as the development of innovative and bespoke products for international customer specific requirements across New Zealand and other markets.

New Zealand is unique as it is completely free from major avian diseases. It is geographically protected and has strict biosecurity controls, producing Tegel chicken that is naturally healthy, with no added hormones and raised with a high standard of animal welfare.



Bruce Woolner – Dairy & Culinary Category Manager – Chef Middle East and Georges Chihane – Culinary Development Manager – Chef Middle East receiving Emirates Culinary Guild Membership certificate from ECG President Chef Uwe Mischeel.

Operating in the Middle East region since 1995, with key branches in the UAE, Qatar and Oman, Chef Middle East is a prominent specialty broadliner in the region; offering a matchless and exciting range with a combination of premium quality and value items. Through global group sourcing, Chef Middle East imports regularly from across the world; allowing to cover seven different food categories featuring major and exclusive brands.

Considered as pioneers in the food distribution industry, the company is constantly developing and growing to exceed customers' expectations while elevating the benchmark for quality and innovation in culinary purveying.

Our passion for fine foods is delivered onto the plates of astute hoteliers, food service providers, airline caterers and ship handlers across the Middle

Chef.

INSPIRING CULINARY CRAFTSMANSHIP.

East, GCC, East Africa and the Indian Subcontinent.

Providing a host of catering solutions to customers of all sizes, through a well-structured process utilising the collective expertise of our employees, we take care to understand your business while paying attention to your needs.

Today, the firm sources perishable, dry, chilled and frozen items from various countries around the world and distributes the same in impeccable condition to a diverse client base in the Arabian Gulf region. A strong network in continental Europe, in particular,

enables almost any food item on the European market to be obtained with relative ease.

Our unrivalled product range offers the perfect blend of quality and value that is sourced from around the world and features ambient, chilled and frozen foods. However, our main ingredient is the Chef Middle East's team of over 100 people working together in an entrepreneurial environment to ensure impeccable service that adheres to our high standards.

Adaptation to latest technological innovations such as the state-of-the-art warehouse management and supply chain system has streamlined client portfolios and renowned food brands at the same time. Our fleet of over 50 refrigerated vehicles is always on the move to bring our finest products to your doorstep.

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.

Take advantage of our platform.

Positively impact your market share!

Contact us now

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REACH

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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%



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ECG Corporate Member directory

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Application Membership

Date of Application:

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

Declaration to be Signed by all Applicants

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

Signed:.....

Proposed By:

Sig:.....

Seconded By:

Sig:.....

FOR OFFICIAL USE ONLY

Remarks:

Payment received?

Certificate Given.

Pin Given.

Medal & Collar Given

Approved

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



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PICKED FRESH

Packed Fresh

مقطوفة طازجة، معبأة طازجة



Nestlé Professional brings to you Buitoni® Tomato Coulis; only the best tomatoes are picked at their peak freshness to guarantee the highest quality. Buitoni® Tomato Coulis will enhance your pasta, pizza, soups, sauces and is great for salsas, helping you create your own Mediterranean flavours.

نستله بروفشنال تقدم لك الطماطم المهروسة بيوتوني؛ يتم اختيار أفضل أنواع الطماطم التي يتم قطفها وهي في قمة نضجها لضمان أعلى مستويات الجودة. الطماطم المهروسة بيوتوني تعزز طعم المعكرونة والبيتزا والشوربات والصلصات، لتساعدك على ابتكار نكهاتك المميزة من حوض المتوسط.



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