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gourmet

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THE MAGAZINE CHEFS LOVE TO READ
volume 11, issue 5

EAST COAST RULES

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

FHA SINGAPORE

Full coverage of our Young Chef Team and their amazing performance competing on the world stage

THE NEW
WAVE

Chef **Sagar Khadkikar** is tasked with leading the Young Chef National Team at culinary competitions around the world. And they are winning medals...

SKY
SALOON

Chef **Bob Heaton** talks about the fun he's had bringing Weslodge from Toronto to Dubai

SLAVIC
ESSENCE

Chef **Maksim Tvorogov** has a message for you from Russia... and it's absolutely delicious

GOLDEN
CHEF

Award winning team from Radisson Blu Deira take up our ongoing challenge for young chefs





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Dear fellow chefs, ladies and gentlemen,

Welcome to the May issue of our Gulf Gourmet.

It is the time when chefs are busy getting ready for the Ramadan season. I would like to wish all our Muslim colleagues a blessed fasting month.

A thank you goes out to Bassam Bousaleh and his team from AMFI for hosting the US Poultry Workshops in March. The next two workshops are already lined up for May 8 (US Beef Hands on Seminar) and May 9 (2016 US Poultry Mini Plated Competition) followed by awards cocktail the same evening.

We do have the first competition after Ramadan already confirmed for July 11 straight after our Monthly networking meeting. It will be a 4 plated static display of underutilized US beef cuts. Details soon.

Meanwhile our team has started training for Erfurt, the Culinary Olympics to be held in October 2016.

As for the WorldChefs Congress in Thessaloniki in September, if you have not registered, please do so now as we will be booking the airline tickets soon.

Our next big event is East Coast Salon Culinaire on June 1-2 in Fujairah hosted by Chef K.A.C. Prasad and his team at Miramar Al Aqah Beach Resort.

I am sure you are all in training already; please do your registration now, as live cooking places are limited.

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

I urge all members to check out the Guild website to know what's happening on the calendar at emiratesculinaryguild.net. Do visit WACS Young Chefs page on [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 profile 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 Mohamed

Diri and his team from Hilton Garden Inn Dubai Al Mina for hosting the April meeting.

Culinary Regards,

Uwe Micheel

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

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editor'snote

email editor@gulfgourmet.net

This month's issue features celebrity chefs from Canada to Russia and our very own UAE-based superstar chefs, who rarely claim their due in the spotlight.

When you think of Canada or Russia, you may picture biting cold or snowflakes or just about anything under the sun other than gourmet cuisine. Changing that perception, however, for their respective countries is Chef Ben Heaton from Toronto and Chef Maksim Tvorogov from St. Petersburg.

They are among a handful who have spent the last decade assuring their own countrymen that their local ingredients and local food cultures can be as modern and delicious as French and Italian cuisine. Not only have they succeeded, they have both opened restaurants in Dubai this year and is right now garnering amazing reviews from both their patrons and the press.

Just when you thought you had seen all things gourmet in Dubai, we have found something rather exciting at Chef Ben's Weslodge on the 68th floor of JW Marriott Marquis and Chef Maksim's Vesna in Conrad Dubai that serves Slavic food at the very same spot where Marco Pierre White tried running a Grill. We bring you their stories in this issue.

Our cover story is about a Chef, who in all honesty, I've only heard of but never ever met. For those like me not in the know, Sagar Khadkikar is the Chef de Cuisine at Madinat Jumeirah, has been with the resort property for over a decade, and runs



the main kitchen operations at Al Qasr by reporting to the head chef. He is also the team leader these past three years focused on mentoring the Emirates Culinary Guild's Young Chef National Team, which represents the UAE.

When we met him, he had just returned from Singapore with the team after clinching the silver medal at FHA 2016. His is an exemplary tale that proves you do not have to change employers to be recognised and to climb up the career ladder. All you need is to learn all the skills your senior chef and the chefs around you have, work hard at putting them to use, and use your knowledge to uplift the chefs that are junior to you.

This issue also has wide range of coverage of local and global culinary events for you to read.

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

Aquin George
Editor

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CORRIGENDUM

The article 'The Sir We Love' published in our March 2016 issue misspelt Chef Peter Kromberg's surname as Cromberg. The error is regretted.

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May 2016 **Gulf Gourmet**

newsbites

Peruvian restaurant wants to offer street food experience in elite DIFC

Peruvian restaurant Ceviche, conceptualised and founded by Sous Chef, has launched operations in Dubai International Financial Centre. The menu promises Peruvian specialties prepared fresh from scratch daily and is headed by Chef Gonzalo Alberto.

Chef Gonzalo says, "Back in Peru true Peruvian food comes from streets – places known as 'Huariques' – and this is where the soul and heart of Peruvian food lies. Ceviche tries to bring this to Dubai and be the first of its kind in the UAE to do so using contemporary culinary techniques."



Phillipe moves to Shangri-La Barr Al Jissah

Shangri-La Barr Al Jissah Resort & Spa, Muscat has appointed Philippe Renaud, as the resort's new Director of Sales. The Canadian national has 15 years of experience and a Diploma degree in Hotel Management with honours from La Salle College in Montreal. He repertoire of experience comes from working at hotels across Vancouver and Toronto including his last role as Director of Business Development position for both the Shangri-La properties in Vancouver and Toronto.



Free breakfast goodies if you choose friends over phones

South Anatolian restaurant Kösebası has introduced a phone stack box in the middle of each table and challenges diners to enjoy an entire meal without checking their phones. In return you get a free breakfast item when a breakfast item of equal or higher value is ordered.

Roy Ghattas, Regional Brand Manager for Kösebası says, "The campaign encourages our guests to live in the now, and enjoy the company of each other, with the added incentive of prizes at the end." We love the challenge. What about you?



Australian Beef. An untarnished health legacy.



*Master Chef Tarek Ibrahim explains why
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The Australian beef industry has a long legacy of producing clean and safe, high quality meat for customers around the world. Farmers take pride in their meticulous standards of animal husbandry, health and traceability that uphold Australia's reputation for having one of the world's highest measures of food security.

All meat exported to the Middle East is guaranteed Halal, backed by one of the most stringent Halal Assurance programmes in the world.

Australia's enviable status in food safety and traceability

Australia's animal health status is recognised as being world class and free of all major epidemic diseases.

This is a result of strict food safety programs and highly regulated quarantine regulations in place.

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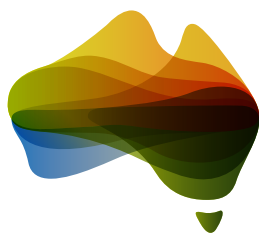
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BREAKING THE RULES

Chef **Ben Heaton** loves to defy culinary rules. But no one is complaining. After all, isn't cooking about tossing the old with the new? In a casual chat, the heavily-tattooed corporate executive chef of Icon Legacy Hospitality tells **Gulf Gourmet** why he likes to disrupt culinary landscapes...

May 2016 **Gulf Gourmet**

Most chefs are inspired by their love of food to make a career in gastronomy. Chef Ben Heaton's 'inspiration' was sibling rivalry. "All I wanted to do is show my older brother whatever he could do, I could do better."

'Better' is an understatement. What Chef Ben has done since is nothing short of spectacular; even the older Heaton can't deny it.

From opening critically-acclaimed restaurants to working for celebrated chefs including Gary Rhodes to impressing Toronto with fresh-from-the-oven concepts, Chef Ben has notched up one win after another.

Today, the corporate executive chef of Icon Legacy Hospitality is running the show at concepts such as the Weslodge American saloon style restaurant, the popular NAO Steakhouse and the trendy La Societe Parisian bistro.

A proud Canadian, Chef Ben is actually English by birth. "I was born in Yorkshire but my family moved to Canada when I was very young," says the 39-year-old chef. In the early years, there was little to suggest that the youngest members of the Heaton family would make the kitchen their office. What might have been the trigger is that the family's relationship with food was a rather personal one. In true English tradition, dinners were the most important meal of the day, meant to be enjoyed together. Critical of their mother's cooking, the Heaton brothers took over the kitchen right from the time they were in school. "My mom would overcook the meat and vegetables and the two of us hated that. We'd come back from school, put the chicken and potatoes in the oven, make the salads and ready for dinner. Sundays were special days when there would be roast."

Airplane engineering, his father's vocation, was not attractive enough for Chef Ben. For, he was aggressively competing with his brother to even



Critical of their mother's cooking, the Heaton brothers took over the kitchen right from the time they were in school. "My mom would overcook the meat and vegetables and the two of us hated that."

consider anything else. "Yes, I was somewhat obsessed," he laughs, "I went to the same school and took the same course as my brother, just four years behind. I really wanted to show him up!"

Chef Ben joined the culinary school at George Brown College, realising early on that sitting in class wasn't something the restless teen liked much. "It was boring. I am more of a run-around kind of a guy. I just couldn't wait to get out of there." Chef Ben was yet to be done walking in his brother's footsteps. He followed his brother to England for work, but that's where the sibling rivalry ended.

For three years, Chef Ben worked in his native country "at a Gary Rhodes restaurant and a couple of hotels". Along the way, the realisation hit that he was a "restaurant chef, not a hotel chef".

The differences were stark in the work culture in the two parts of hospitality. "Hotels are these studios places where going by the book is ingrained in cooking. You have to do the same thing over and over again. I would have stayed anonymous as a chef. I wanted to be a part of the restaurant scene."

A risk-taker by nature, Chef Ben returned to Toronto even though the food scene there was pretty cold 16 years ago.

"There were a couple of big names among chefs at the time, one of them was Mark McEwen and the other was this Scottish chef, John Higgins."

Chef Ben worked in One, a restaurant owned by Chef Mark in Toronto, for four years. "It was fascinating to see how Mark built an empire from scratch purely on talent. Mark is now one of the most influential people in the Canadian culinary industry. He has multiple restaurants and food production units."

Chef Claudio Aprile, who is now a judge on 'Masterchef Canada', was another expert that Chef Ben learnt from. Chef Claudio's restaurant Colborne Lane was "at the forefront of the molecular gastronomy movement at the time". "It was by far one of the most recognised restaurants in Canada back then. Working there was a great experience and some of my closest friends now were my colleagues there."

The idea of opening his own restaurant was knocking about in Chef Ben's head for a while. In 2011, he finally bit the bullet, opening The Grove, a modern take on English cuisine, in Toronto. "It was received very well, featuring as the 'best new restaurant' in Canada and it was even reviewed by The New York Times, the first time they reviewed a restaurant outside the US." The Grove dominated the top restaurant charts for quite some time, a fitting payback for all the hard work that went on behind the scenes. "I did that on my own dime. I was cooking with three guys on four burners. Every single penny I made went back into the restaurant. It was quite a grind. It aged me but it was a great experience."

Perhaps it was the understanding of where the gaps were in Canada's culinary landscape that helped Chef Ben launch a successful concept. "What that effort taught me was that you did not need 20 ingredients on the plate, you need just three very good ones. I was just giving Toronto something different. Introducing English cuisine different



from fish-and-chips and steak and kidney pie."

Chef Ben believes that there's so much more to English cuisine that people are aware of. "There's a reason why England has so many Michelin-star restaurants. French chefs move there because they see opportunities. There is a cuisine there that's now really coming to the forefront."

Helping in the revolution are talented chefs like him who are not averse to taking risks. "At first, it was a hard push for me. My friends asked me why I was doing it. But eventually people started to 'get it' and the press started noticing it."

In opening the restaurant, Chef Ben just "rolled the dice". "I took the good money I made and dumped it in a location that wasn't mine. I just had to do it, try it. It was 48 seats in total, including the bar. I built the place myself, did the dry walling, everything. It was a labour of love and I wanted to show myself, win or lose, I could do it."

That he did. And how!

The dishes were simple, yet "honest and full of flavours". The price wasn't bank-breaking and the ambience had a calming English vibe. "We'd decorated it with things I had borrowed and begged from friends. I'd thought I would go under in two months but it grew really fast. All the blood, sweat and tears paid off as did the sacrifices I made in my personal life."

After four years, Chef Ben sold The Grove when he realised he had done all he could with a small restaurant. Hanif Harji, one of the owners of Icon Legacy Hospitality, once ate at The Grove and was blown away by the food. "He invited me for a chat and we clicked almost immediately. It's been two years and I have opened a few restaurants for him."

Chef Ben shares the responsibilities at Icon Legacy Hospitality with another



Remember that not every TV personality is a real chef. Work hard and stay focussed. If you don't learn something every day, find out why and fix it

executive chef, with full control of the concepts that are under him. "I hire the chefs, plan the menu, basically I am responsible for every dish that comes out of these places. They all have different profiles."

The biggest challenge, he finds, is the lack of enough talent in the global culinary industry. "The market is saturated and the talent pool is very slim. I found Dubai to be easier than Toronto. I have a great team in the kitchen here and I'm confident that things will run smoothly even when I am not here."

A stickler for details, Chef Ben interviewed as many as 350 chefs before putting together a team. "I am good at telling who knows what they are doing within a few minutes of talking to them. What I find disappointing is the attitude these days. I am an easy-going guy but I demand a certain level of performance. You can tell from a person's demeanour how they operate in the kitchen. It's clear in the way they carry themselves."

Chef Ben believes in giving his chefs all the tools they need to succeed. In that context, it's important for the chefs to listen and respond adequately. "You're as good as the people who work for you. My chefs in Toronto surprise me daily with things I can learn from them."

Given that Weslodge Dubai has to live up to its international reputation, it is

imperative to have the right talent in its kitchen. Although the brand is the same, the Dubai outlet will be somewhat different in terms of ambience, portions and menus from the Toronto outlet. "The look and style will be lighter. The Toronto Weslodge is more casual with lots of cocktails etc. Here it will be a more refined experience. We will have a lot more options in the menu because this market needs that."

Chef Ben hopes to grow the brand globally. The concept has gone to Miami and Los Angeles and other big markets around the world are on the radar. By the end of 2017, the Canadian chef hopes to open five more outlets in the UAE for Icon Legacy Hospitality.

For this, he needs a lot more support from talented chefs. What Chef Ben looks at in a recruit's profile is stability and a slow and steady climb up the ladder. "Don't bounce around too much. Try to stick around for a couple of years because you can't learn too much in five-six months. Some of the CVs I get are all over the place. Also, remember that not every TV personality is a real chef. Work hard and stay focussed. If you don't learn something every day, find out why and fix it."

On the personal front, Chef Ben's goal is to forge a work-life balance. "I hope to take a vacation in this lifetime," he laughs. "I unwind by meeting with my buddies and hanging out with my wife or taking my dog out for a walk. This industry is hard on your personal life. Luckily, my wife is really understanding."

Of course, the rivalry with his brother has long died down. "He's a hotel chef through and through. He lives in England and works for a Starwood hotel. We see each other once a year and yes, I do miss him. But we're very different. He's a family guy with three children who likes familiarity. I seek newer horizons."

Those horizons are waiting for Chef Ben's Midas touch. Here's watching how the magic unfolds.



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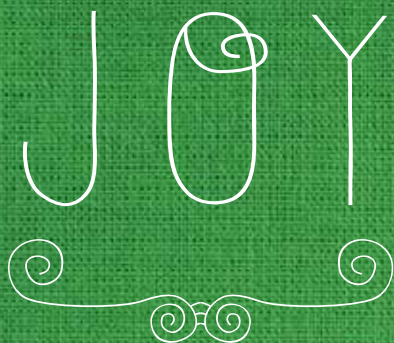
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May 2016 Gulf Gourmet



Blu is BACK

Having won the first season and missing the top spot by a whisker in the following two seasons, Radisson Blu Dubai Deira Creek is back to claim the title of the Golden Chefs Hat with a new young team

The Radisson Blu Hotel Dubai Deira Creek is pulling out all stops this year by putting up a team comprising of medal winning candidates including this year's winner of the Best Young Chef at Salon Culinaire. Both the chefs are also among the select elite to be part of the Million Dirham Scholarship at ICCA where they are being trained by renowned chefs from around the country.

Chef Isira Chamika Perera

Chef Isira is the 'Young Chef of the Year 2016' winner at the prestigious Salon Culinaire held last February in Dubai during Gulfood. The 24-year-old Sri Lankan Commis I, who has been working under Chef Diyan for three and a half years, started his career with

the Radisson Blu Deira. In this period, he has also managed to bag 5 other medals (some of them Gold) at local culinary competitions and has also bagged a place at the Million Dirham Scholarship at ICCA, from where he graduates this summer.

He credits his seniors, especially Chef Uwe for helping him deal with the process of cookery and its applications.

Raised in the coastal suburb of Moratuwa in Colombo city, Chef Isira is also an avid cricket and volleyball player. Check out his recipe on the next page.

Chef Girlie B. De Guzman

Chef Girlie grew up on the island of Mindoro in the Oriental province and

always had a thing for sweets. Little did she know then that just across the waters from Capalan city, her home town, would be her first tryst with professional pastry making.

Following her college, she ferried across to the mainland and enrolled herself in the Lyceum of the Philippines University – Batangas where she completed her Bachelor of Science degree in Hotel and Restaurant Management. During this time, she interned at the pastry section of the main kitchen at Hyatt Regency Manila where she realised that pastry was her calling.

She moved to Dubai and began her career as a hostess for Dubai International Hotel and grabbed the opportunity to cross train in the Pastry Kitchen. Two years later they allowed her to move full time as a Commis III pastry chef.

Two years later she joined Chef Dammika's team in Radisson Blu Deira and was acknowledged for her hard work and dedication to the job. Her ability to create the most fantastic desserts has seen her flourish as a chef and is now the Demi Chef de Partie at the hotel. She has won three medals for her hotel in her three years here and has also received a seat at the Million Dirham scholarship at ICCA.

Check out her Nestle Tropicana dessert creation for the competition on the next page.



Chef Isira Chamika Perera



Chef Girlie B. De Guzman



Braised beef short rib in Nestle Jue and Horseradish crusted beef oyster blade and Foie grass tortellini. Nestle Mash and Butternut puree, Mushroom form, Nestle Veal Jue, Vegetable stew cooked in Nestle Tomato coulis (Serves 4)

BRAISED SHORT RIB

Beef short ribs	200 g
Nestle Veal Jue	300 ml
Chef Demi - Glace	200 ml
Maggi Tomato Coulis	75 g
Mirapoix (roughly cut)	100 g
Bay Leaves	1 nos.
Butter	10 g
Fresh Tarragon	1 sprig
Canberry Juice	30 ml
Salt, Pepper	To taste

Method

- ♦ Sauté mirapoix and fresh herbs in the pan and add bay leaves. Add Maggi Tomato

Coulis and cook a little until colour. Then, add short ribs into that and mix with mirapoix.

- ♦ Then, add Chef Demi-Glace, Nestle Veal Jue and Canberry Juice and cover with the pressure cooker lid.
- ♦ Cook until soft and serve the meal with reduced Nestle Veal Jue.

HORSERADISH CRUST

Fresh Horseradish	50 g
Beef Bacon (brunoise)	15 g
Bread Crumb	50 g
Herb Butter	10 g
Salt/ Black crushed pepper	To taste

Method

- ♦ Sauté beef bacon and add into all other ingredients. Season well and apply on top before you serve

OVEN ROST OYSTER BLADE

Oyster Blade (Cut into Barrel Shape)	400 g
Olive Oil	30 g
Salt and Pepper	As per taste

Method

- ♦ Season the meat with salt and pepper. Pan seal. Then, put in the oven and slow heat till internal temperature is 62°C.
- ♦ After that code the horseradish crust.

BEEF AND FOIE GRASS TORTELLINI

Braised Short rib off cuts	Left overs
Foie grass	15 g

Morel Mushrooms	25 g
Chopped Onions	5 g
Chopped Garlic	5 g
Butter	10 g
Salt and Pepper	To taste
Tortellini dough	4 pieces

Method

- ♦ Sauté onions, garlic in butter. Add mushroom into it. Then add left overs of beef into that and season it.
- ♦ Finally, add raw foie grass diced and make the tortellini mixture. Get the dough and put the beef mixture in side and cook in boiling water about 2-3 minutes.

BUTTERNUT PUREE

Peeled and sliced butternut	300 g
Garlic Clove	3 pieces
Fresh thyme	1 sprig
Olive Oil	5 ml
Butter	15 g
Salt/ Pepper	As per taste

Method

- ♦ Add some crushed garlic and fresh thyme into butternut with little olive oil. Put into the oven and bake until get soft the butternut. When it is done, put butternut into a blender with some butter and blend well until get a smooth puree.
- ♦ Finally, season it.

**NESTLE MASH**

Nestle Maggi Mash Potato	100 g
Butter	15 g
Milk	150 ml
Salt, Pepper	As per taste

Method

- ◆ Boil the milk. Then, add the Maggi Mashed Potato Powder and mix well.
- ◆ Add butter and mix well and remove from the heat and finally season it.

VEGETABLE STEW

Carrots (brunoise)	15 g
Eggplant (brunoise)	15 g
Sukini (brunoise)	15 g
Mushrooms	20 g
Maggi Chicken Stock	150 ml
Maggi Tomato Coulis	50 ml
Shallots	3 no.

Garlic	2 cloves
Salt and Pepper	As per taste

Method

- ◆ All the vegetable blanch (half cook) in Maggi Chicken Stock. Then sauté shallots and garlic and then add Maggi Tomato Coulis and cook well.
- ◆ Add the vegetables into tomato coulis. Cook well.
- ◆ Finally, check the taste and season it.

MUSHROOM FORM

Button Mushrooms	200 g
White Onions	30 g
Bay Leaves	1 no.
Fresh Milk	250 ml
Butter	30 g
Salt, Pepper	As per taste

Method

- ◆ Sauté onion in butter and add sliced mushroom into that and then add bay leaves. Cover the pan with a lid to avoid discolouration. Cook for a while and add milk into that and bring it to boil. When mushroom is soft, put in a blender and blend. Use the hand blender to make form.

STEAM VEGETABLE

White Asparagus	15 g
Green Asparagus	15 g
Baby Carrot	15 g
Salt and Pepper	As per taste

Method

- ◆ Cut the vegetables into shapes. Steam it in a steamer 2-3 minutes. Before you serve, season it.

NESTLE TROPICANA

(Chocolate cake in butterscotch sauce, mango panna cotta, lime brulee ice cream, coconut marshmallow, passion jellified coulis, and banana caviar)

GLUTEN FREE SPONGE

Egg white	48 g
Sugar	35 g

Egg yolk	30 g
Cocoa powder	88 g

DOCELLO KITKAT CHOCOLATE MOUSSE

Docello Chocolate Mousse	50 g
Milk	50 g
Cream	50
KitKat Mini	50 g

DOCELLO LIME BRULEE ICE CREAM

Docello Crème Brulee	50 g
Cream	200 g

Lime juice	100 g
Sugar	20 g
Lime zest	15 g
Stabilisateur	3 g

MANGO PANNACOTTA

Docello Panna Cotta	30 g
Milk	75 g
Cream	75 g
Mango Puree	30 g

**MANGO GLAZE**

Mango puree	75 g
Glucose	50 g
Sugar	17 g
Pectin	1.5 g
Gelatin	5 g

COCONUT MARSHMALLOW

Sugar	30 g
Water	7 g
Trimoline	15 g
Maggi coconut powder	5 g
Cream	2 g
Trimoline	15 g
Gelatin	2 g

BUTTER SCOTCH SAUCE

Water	6 g
Sugar	25 g
Cream	25 g
Unsalted butter	6g
Nestle condensed milk	4 g

CHOCOLATE KITKAT CRUNCHY

KitKat Mix in	50 g
Nestle Smarties	20 g

BANANA CAVIAR

Banana puree	35 g
Simple syrup	7.5 g
Water	7.5 g
Sugar	5 g
Agar agar	0.4g
Sun flower oil	1L (to drop the mix)

PASSION JELLIFIED COULIS

Passion puree	100g
Sugar	12 g
Water	100 g
Simple syrup	25 g
Vegetable gelatin powder	15 g

SUGAR BOWL 04**Method**

- ♦ Whip the egg white for a minute at high speed, add sugar, and whip until meringue stage. Add the egg yolk folding slowly into meringue. Add the cocoa powder. Spread a thin layer and bake at 190 C for 8 minutes
- ♦ Put the cold milk in a bowl. Then add the mousse powder and whip until homogenous mixture has been obtained. Whip with help of mixer for 2 minutes at low speed and 5 minutes at high speed. Mix with chopped KitKat.
- ♦ Bring to boil lime juice, lime zest and sugar, cool down. Bring to boil the mix of milk and cream, remove from heat. Add the crème brulee powder. Stir well until the powder dissolves. Bring it back to boil. Remove from the fire and continue stirring to cool down. Add the lime mixture and stabilisateur. Put the mixer in the freezer until set and thereafter put in an ice cream machine for 10 minutes.
- ♦ For panna cotta; Boil the milk and cream, remove from heat and add the panna cotta powder and mix until the

powder dissolves. Add the mango puree and bring back to boil. Fill in the round mold. Refrigerate till it cools down and sets.

- ♦ Mix mango puree and glucose, bring to boil then add pectin and sugar. Stir it well and keep cooking till you get thick consistency and add the gelatin.
- ♦ Boil the sugar, water and trimoline at 110 C. Add the gelatin. Dissolve coconut powder in a cream, put in a mixer together with the trimoline. Add the boil mixture and continue whip until you get the right consistency. Pipe in a thin tube.
- ♦ Combine water, sugar, and butter in a sauce pan and cook until golden brown. Slowly drizzle the cream into the caramel. Strain the sauce and stir in the sweetened condensed milk.
- ♦ Mix KitKat mix in and Smarties together.
- ♦ Bring to boil banana puree, simple syrup, water, sugar and agar agar while stirring. Put the sunflower oil in a container and let it cool down until 10 C. With a slinger, let the mixture fall as drops into the oil for 2 minutes. Rinse with warm water.
- ♦ Boil the passion puree and sugar. Put it in a sphere silicon mould and freeze it up. Heat the water, syrup and vegetable setting gel until boil. Remove from the heat and let it cool at 80 C. Remove the passion sphere and dip it in the heated mixture. Let it defrost.

The background of the page is a photograph of a stone wall with two identical terracotta reliefs. Each relief depicts a stylized plant with a central stem, multiple leaves, and a flower at the top, all contained within a rectangular frame. The stone wall is made of large, irregular blocks with a rough, textured surface.

INDIAN EXPRESS

From fiery fares of India to soothing cold cuts of Europe, Chef **Sagar Khadkikar**'s creations wrap up a range of emotions and cultures. A gourmand, a mentor, a pillar of strength, this versatile personality packs quite a punch. In a chat, the India-born Chef De Cuisine at Al Qasr Madinat Jumeirah tells us his recipe for success...



May 2016 **Gulf Gourmet**

When it comes to good food, few cities can hold a candle to the south Indian city of Hyderabad. With savoury dishes like biryani, haleem, lukhmi meat pastries to sweet nothings like Karachi biscuits, 'khubani ka meetha', 'shahi tukda', the age old city is a gastronome's delight.

Surrounded by these tantalising tastes and flavours since childhood, Sagar Khadkikar never really stood a chance. Making a career in the rich art of food came naturally to him, even without any culinary role models at home. Today, the chef de cuisine at Al Qasr Madinat Jumeirah can think of nothing else he'd rather be doing. After all, which other profession allows you to touch someone's soul through his stomach?

Chef Sagar's first memories of the kitchen feature his grandmother and his father. His father worked for a television manufacturer, but spent free time in the kitchen making desserts. "My grandmother would make Indian sweetmeats like jalebi and gulab jamun from scratch. Things that people had to buy from outside were home food for us. It was delightful to watch her working," reminisces Chef Sagar.

His twin brother and two older siblings – a sister and a brother – were keen on food only to the extent of how good it tasted. Chef Sagar's interest ran deeper, strengthening every time he saw a neighbour who worked in the hospitality industry don a "crisp, white uniform" and head for work. "At the time, I was in my mid-teens. But I had already started considering a career in hotel management."

Green he may have been, but even back then, Chef Sagar was extremely focused, a trait his father recognised and supported. "I came from a modest background and my father took voluntary retirement to fund my culinary studies," says the chef, the gratefulness shining through in his voice.



Determined to do his father proud, Chef Sagar joined the Indian Academy of Catering Technology and Culinary Arts in Hyderabad, never once wavering from his goal. The institute focused purely on kitchen training. "In other institutes you have to learn all aspects of hotel management. This is a more narrow but focused approach with three years only in the kitchen." That meant strenuous and unending work. "We had to come in early and finish late, carry heavy ice carvings up several floors, brave high temperatures in the kitchen in the Hyderabad heat without losing our cool. Some of my classmates dropped out. But I was totally

committed to it, and the thought of leaving never crossed my mind."

The management of the institute believed in toughening students up for facing the real professional kitchen early on, something that Chef Sagar is grateful for today. "Many of my classmates finished their culinary studies but went into other industries like banking. Somehow, I was never in two minds that this will be my profession for life."

That was 13 years ago. Chef Sagar has neither looked back, nor doubted his decision once. His love affair with the professional kitchen got off to a rocky



First course,



main course,



final course,



and of course...



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start in the second year of his hospitality course with a four-month internship at Le Royal Meridien in Mumbai. It was a trial by fire, which Chef Sagar passed without a whimper. "I had to peel onions through the day and just when I would be getting ready to call it a day, the head chef would plonk a big bag full of chestnuts for me to peel. It was hardcore but that's how you learn. What doesn't kill you, makes you tougher."

Passing out in 2002, Chef Sagar began his career at the Leela Kempinski in Mumbai. Two and a half years later, he joined Madinat Jumeirah Resort, where he has spent more than a decade now. The first stop within the group was Mina A'Salam, a boutique hotel from Madinat Jumeirah with 300-plus rooms. In the three years he worked at that hotel, Chef Sagar ran the production in the cold kitchen, managed banqueting and helped junior chefs with new menus and platings. "The first three weeks, I did not get a single day off. It was a really busy period. I would come in the morning and finish at midnight. In India, you learn the basics well but you master the finer points here."



I came from a modest background and my father took voluntary retirement to fund my culinary studies

Chef Sagar noticed the difference between India and the UAE immediately. "There's a lot more variety in Dubai in terms of cuisine and ingredients. These are limited in India."

Later, Madinat Jumeirah promoted him to junior sous chef and moved him to Al Qasr hotel. From 'Shimmers' restaurant to 'Khaymat Al Bahar' poolside restaurant, he worked in the cold kitchen at various parts of the hotel before returning to the main kitchen as chef de cuisine. Today, Chef Sagar is the second-in-command to the head chef. "I have learnt to handle the operations of the kitchen, even financial statements.

I guess the higher you go up the ladder, the more important it becomes to learn management and costs. Cooking takes a back seat then."

However, the cold kitchen remains Chef Sagar's first love. The neat lines and the aesthetic plating appeal to the artist in him. "Everything in the cold kitchen has to be of the same size, the same texture and look. For example, when you make canapes or terrine. These are small touches that matter. There's a lot more creativity you can bring to the plate in the cold kitchen." That said, the return to the hot kitchen wasn't too difficult. "I'd done it before. As a chef, I like to braise foods and make steaks. That part of the hot kitchen is fun."

His own focus and tenacity aside, Chef Sagar shares the credit for his success with many chefs he has worked with. "When I worked with Chef Sebastian Nohse, he taught me to make possible some of the things most people would consider impossible. He wanted fire, ice, smoke, all kinds of things for decorative themes." An Indonesian chef at Mina A'Salam taught Chef Sagar how to



Chef Sagar with the ECG Young Chef National Team and flanked by Chef Uwe Micheel and Andy Cuthbert



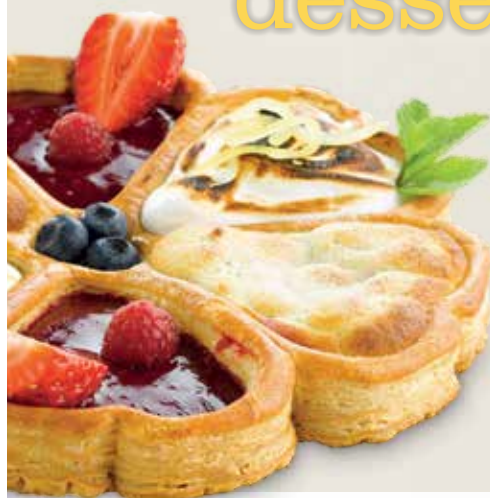
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do the small things right, while Chef Sumeda Palikkahara shared innovative ideas to turn around the most mundane of dishes. He also credits his skills to learnings from Sudhakar. N. Rao (Director - Culinary Academy of India), Chef Martin Grabner, Chef Christian Gradnitzer, Chef Stephen Wright, Chef Arnaud Thulliez, Chef Dirk Haltenhoff and the entire culinary team of Madinat Jumeirah. And of course Andy Cuthbert and Chef Uwe for their continuous support and trust in him.

Training in Singapore also gave Chef Sagar a taste of international cooking and culture. He also surfs the Internet for tips and trends and participates in a blog on "ideas in food" to share with and learn from other chefs. "Once I printed an entire book on molecular gastronomy. But I didn't go too deep into the subject



Through the Emirates Culinary Guild, Chef Sagar manages the young chefs teams for international competitions. As manager, he has led teams for the Luxembourg Culinary World Cup and the Singapore FHA Culinary Challenge in 2014 and the International Young Chefs Challenge in South Korea in 2013

because it's good for garnish but it doesn't work with main dishes here. The guests here prefer regular, rich food."

Chef Sagar's contribution to the UAE culinary industry doesn't stop with his

own creations. He's been playing a key role in developing talent in the industry by training young chefs. Through the Emirates Culinary Guild, Chef Sagar manages the young chefs teams for international competitions. As manager, he has led teams for the Luxembourg Culinary World Cup and the Singapore FHA Culinary Challenge in 2014 and the International Young Chefs Challenge in South Korea in 2013.

With two silver medals at the Salon Culinaire and participation in the Jumeirah team that won a gold at Hotelympia in London in 2012, Chef Sagar is well-positioned to groom young chefs for success.

Not that it's a cakewalk.

"There are challenges. The chefs keep changing because of the age limit and you have to keep training new ones. Also, these competitions have a lot of highly trained chefs. What's good is that most of our chefs are really committed." Bringing together all the chefs for practice is another challenge. Most of the times, Chef Sagar has just a few months to train the teams.

At the Singapore FHA competition last time, the team lost points on small things, which eventually cost them the big prize. "We lost points on seasoning. We put croutons on everything. These small things added



Chef Sagar with his wife and son

up. In the next FHA, I hope to get these nuances right. The judges want to see perfect plates." The team had an impeccable record in hygiene and professional work plan, a good basis for improving on other aspects.

There's also the IKA competition in Germany coming up in October. Although Chef Sagar will manage the UAE junior chefs team, he is considering participation in individual categories. "At a later stage, I would love to formally teach young chefs. I harbour no aspirations of opening my own restaurant. It's too early to turn lecturer, but I'm not ruling it out for the future."

Such a hectic schedule does take a toll on Chef Sagar's family life. Fortunately,

his wife understands "most of the times". "There are times she grumbles but I can't blame her. The trick is to keep my mouth shut," he laughs. Chef Sagar's wife, a maths teacher, has been his muse even before he fell in love with the culinary arts. "I knew her from before I joined hotel management. She lived in my neighbourhood. We were seeing each other for eight years before we got married."

Chef Sagar admits he can't operate without his wife's support. "I run a huge operation - we do around 500-600 covers for breakfast, 150-200 for lunch and 300-plus for dinner. That leaves me with little time. When she gets really irritated, she asks if I am the only one working in the industry. But

I can understand her frustration with my lack of family time." The two have a son, who turns six in a few months. Chef Sagar's twin brother now works as a manager for an international retailer and his older brother is in the financial services industry.

Just 34, Chef Sagar has accomplished a lot. "I started working at 22, got married at 26. But there's still a lot to do and see."

Drawing from his rich experience, he has a simple advice for budding chefs. "Don't chase money, chase skills. When your skills become strong, money will come after you."

A quick look at his impressive profile is proof enough the strategy works!



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Chairman'snote

FHA 2016 SINGAPORE



By **Andy Cuthbert**
Chairman, Emirates Culinary Guild
Chairman, World Young Chefs
development team

The FHA 2016, which was held last month in Singapore from the 12th to the 15th, saw the Emirates Culinary Guild's Young Chef National Team competing in the Gourmet Challenge. Sagar Khadkikar from Madinat Jumeirah, was the young team's leader for the third consecutive year and he led the 5-chef team made up of Stephanie Cortez and Saravana Bhagavath Narayanan (both from JW Marriott Marquis) and Lionel Pereira, Sadam Alexander Advincula Garrido and Rushi Thammitage (all three from Madinat Jumeirah). They competed alongside nine other teams from across

Asia and were supported by past members including Karan Naik and Remol Fernando from Madinat Jumeirah.

They had to produce an edible buffet with only 24 hours to prepare the buffet from scratch, that was then sold to guests during the exhibition. The team came up with an excellent well balanced meal. Their efforts were awarded with a silver medal which was an outstanding achievement for such a young team who have never competed together before. They made us proud.

The team trained together for six months

every Sunday and then twice a week during the last 6 weeks before the competition at the J.W. Marriott Marquis under the watchful eye of Executive Chef Sebastian Nose and Executive Sous Chef Steven Peter. The Emirates Culinary Guild extends its grateful thanks to both chefs for their dedication to the young team. We also thank the J.W Marquis General Manager Bill Keffer for the use of their kitchens and his continued support to the young team and the Emirates Culinary Guild.

In Singapore we were supported greatly by Executive Sous Chef from the Fairmont hotel Chef Wong Chee and his team who



Chef Sagar with the ECG Young Chef National Team

provided us with unwavering support for the whole week and we are very grateful to him and his team. We also thank Raphael Saxod of Restofair for the support with the buffet equipment and to Gavin Dodd of Ronai for the Chefs jackets.

The aim of the young chef national team is to continue working together then traveling for the ultimate competition experience the Culinary Olympics in Erfurt Germany in October 2016.

I would like to thank the team for their professionalism shown at the recent FHA 2016 and their commitment to the team and each other. We start work almost immediately for The Olympics and we are excited for the future.



May 2016 **Gulf Gourmet**

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A RARE TREAT

The UAE culinary industry, especially pastry, is dominated by chefs from UK, Sri Lanka and India. Nepal-born Chef **Ram Babu Maharjan** stands out in this crowd in a rather delightful way. The 38-year-old Pastry Sous Chef from Banyan Tree Hotels and Resorts at Ras Al Khaimah is shy, silent and strong, someone whose actions speak much louder than his words...

What or who inspired you to become a chef?

When I was a kid, I used to read magazines and I was fascinated by the beautiful photos of desserts that were plated so nicely. That fascination grew over time and I decided that I wanted to be a pastry chef. There was no one in my family that steered me towards hospitality.

After junior college, I did a six-month training in pastry and baking at a private institute in Kathmandu, the Shangri-la Tourism and Hotel Training Centre. After the course ended, I took up small jobs as a helper in several hotels in Kathmandu. Later, I got an opportunity to come to Dubai in 2000.

What was your first experience in Dubai like?

I started my career here at the French Bakery on Sheikh Zayed Road as a Commis. In the beginning, it was a huge struggle because Nepal and the UAE are culturally so different. It took me three months to convince the head chef that I could do the job and then he allowed me to work in the kitchen. The biggest challenge was language. Fortunately, I persevered and four years later, I was promoted to chef de partie.

In July 2005, I joined Radisson Blu Hotel and Resort in Kuwait. I had to start from the bottom of the ladder again as Commis I because this was a five-star hotel and my experience so far had been



It took me three months to convince the head chef that I could do the job and then he allowed me to work in the kitchen. The biggest challenge was language. Fortunately, I persevered and four years later, I was promoted to chef de partie

only with a bakery. I wanted the five-star experience and so had no problem accepting the position.

How did things evolve from there on?

I worked there for three years. Although I learnt a lot, there weren't too many opportunities for growth because Kuwait has an entirely different culinary profile from Dubai. When I returned, I joined as Demi Chef de Partie at Radisson Blu Hotel in Dubai Media City. I spent only nine months there before getting a better job at Arjaan Hotel by Rotana in Dubai Media City. They offered me Chef de Partie position in the pastry

department. I spent three years at Arjaan Hotel. In fact, my cousin works there too.

In May 2011, I joined Banyan Tree. I started out as Chef de Partie for pastry but I received multiple promotions over the past five years and today, I am the Pastry Sous Chef.

What is the biggest challenge you face at Banyan Tree?

Banyan Tree is an amazing place to work and therefore the biggest challenge is external, i.e. supplier availability, which is out of our hands. Since we are in Ras al-Khaimah, we have to give large orders to suppliers who are otherwise reluctant to deliver here. In Dubai, you order something, it's delivered in half an hour. Here, it can take days.

Where do you see yourself in the next 20 years?

I really haven't planned that far ahead. But what I do know is that I want to be recognised as a good pastry chef. For me doing good work is more important than winning medals or having a fancy designation.

Can you please tell us about your family?

My family is back home in Nepal. There are five of us. I have two daughters – one is 18 and the other is five. My mother lives with us and she completes my family. My father passed away. We're a small but a close-knit family.



Cappuccino and Vanilla Bavarian

Milk	250 gm
Cream	250 gm
Vanilla pod	1
Yolk egg	8
Gelatin sheet	30 gm
Sugar	150 gm
Anchor Whipping cream	700 gm
Cappuccino syrup	50 gm
White chocolate	150 gm

Method

- ◆ Scrap vanilla pod and mix into cream and milk mixture.
- ◆ Pour in to a sauce pan and bring to a simmer.



- ◆ In a separate bowl, mix in sugar and egg yolk and beat until sugar dissolves and mixture thickens to "sabayon" stage.
- ◆ Add the simmering milk, vanilla and cream (about 60 C) into the sabayon mixture and mix it well.
- ◆ Then add cold water, dissolve the gelatin sheet and white chocolate in it and mix it well.



- ◆ Bring down the mixture temperature to 35°C by placing it into an ice bath.
- ◆ Add whipping cream and fold gently to incorporate the cream.
- ◆ Divide mixture in to two, strain if necessary.
- ◆ Mix one-part mixture with reduced espresso and sugar.
- ◆ In a round mould, put flourless biscuit for a base. And pour cappuccino cream mix till half of mould.
- ◆ Let it set in refrigerator to cool down for 10 minutes.
- ◆ Once the cappuccino cream is set, add one more layer of the other cream and keep into the freezer over night.

Chocolate Micro Sponge

Whole egg	400 gm
Sugar	80 gm
Flour	50 gm
Cocoa powder	15 gm
Whipping charger	3 nos
Vanilla essence	few drops



Method

- ◆ Put all the ingredients put into a bowl.
- ◆ Use a hand blender to blend it into a smooth batter.
- ◆ Pour into siphon and charge the three whipped cream charger N2O.
- ◆ Shake it for a while and dispense foam into microwave proof plastic cup.
- ◆ Bake on microwave for 45 seconds.

Vanilla Macaron

Almond powder	250 gm
Icing sugar	250 gm
Egg White	250 gm
Cream of tartar	2 gm
Sugar	285 gm
Water	80 ml
Vanilla essence	few drops

Method

- ◆ Get the almond powder, icing sugar and half of egg white and mix it together into a paste.
- ◆ In a sauce pan boil sugar, vanilla essence and to 120°C-125°C
- ◆ Meanwhile combine remaining half of

the egg white and the cream of tartar in a whisk machine to make meringue.

- ◆ With the mixture running, slowly drizzle hot sugar syrup and increase speed high and whip till peak foam.
- ◆ Fold meringue into almond paste until it incorporates.
- ◆ Bake at 140°C for 20-25 minutes.

Mocha yoghurt cream

Coffee syrup	10 gm
Anchor Whipping cream	500 gm
Yoghurt powder	100 gm
Bianchetto powder	100 gm

Method

- ◆ Put all ingredients together in to a whisk machine and whip into a creamy foam

B snap

Flour	100 gm
Soft butter	155 gm
Icing sugar	110 gm
Glucose	200 gm
B	5 ml

Method

- ◆ Mix all ingredients together into a mixing bowl until firm as dough.
- ◆ Keep in a chiller for 20 to 25 minutes.
- ◆ Desired size and bake on silpat at 175 °C until golden brown.

Flourless Biscuits

Egg white	375 gm
Sugar	185 gm
Egg yolk	225 gm
Sugar	185 gm
Cocoa powder	110 gm

Method

- ◆ Mix egg white and sugar in a mixing bowl and beat with a whisk or whisking machine to make meringue.
- ◆ Mix in egg yolk and sugar separately to make sabayon.
- ◆ Fold sabayon to meringue mixture.
- ◆ Add in cocoa powder and fold to incorporate well.
- ◆ Bake it at 175°C for 20-25 minutes.





Chocolate Crumble

Anchor butter	250 gm
Icing sugar	250 gm
Corn flour	100 gm
All purpose flour	380 gm
Cocoa powder	20 gm



Method

- ◆ Beat soft butter and icing sugar to a stiff mixture
- ◆ Add rest of the ingredients and mix it well till it incorporates as crumble.
- ◆ Bake at 175°C for 20-25 minutes.

Honey Chocolate Sauce

Water	250 gm
Sugar	50 gm
Cocoa powder	75 gm
Honey	75 gm

Method

- ◆ In a sauce pan mix all ingredients together.
- ◆ Put in into fire and let it simmer till it gets a thick sauce-like consistency.
- ◆ Then put the sauce into an ice bath for cooling.





May 2016 **Gulf Gourmet**

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On the HORIZON

This month's challengers from Qatar are the mix and match of south and north India working at Horizon Manor hotel

The fifth and final team from Qatar this year to partake in the Nestlé Professional Golden Chefs Hat competition are the youngsters from Horizon Manor in Doha.

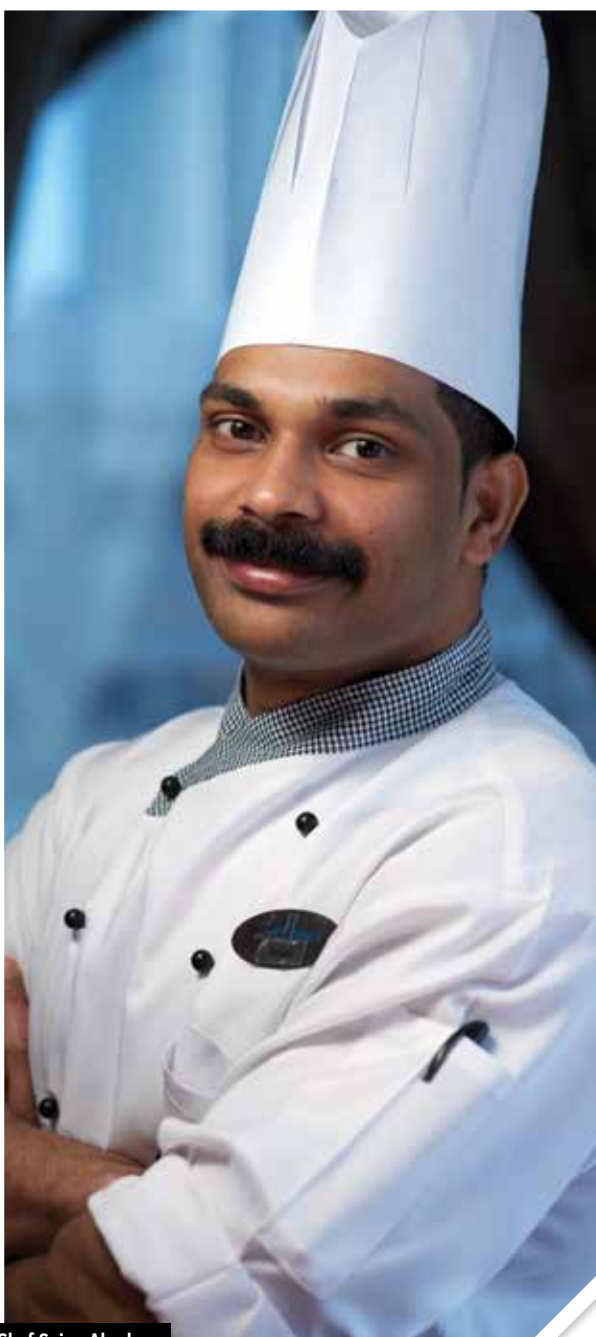
Chef Sojan Abraham

Chef Sojan was born and raised in the

south Indian state of Kerala, India. The 29-year-old Senior Chef de Partie at Horizon Manor may not have any chefs in his family but cooking was something that always fascinated him. His first tryst with large scale cooking was watching the catering guys prepare food for marriages.

With a desire for a better and different lifestyle, he pursued a diploma in professional cookery from the Food Craft Institute in central Kerala. During this time, he even got placed on an industrial training for 3 months at the Taj Group's luxury retreat resort in the forests of Thekkady.



**Chef Sojan Abraham**

Following the completion of his course he spent close to six years in his home state working at various hotels before getting a break at Horizon Manor four years ago. He's been with the property since. Ask him about his future plans and he says, matter of fact, that he wants to become an Executive Chef someday.

Check out his recipe for potato stuffed with chicken in a curry on the next page.

Chef Robin Kunwar

Chef Robin hails from Delhi, India and is

**Chef Robin Kunwar**

a graduate from the Institute of Hotel Management in Chennai. The 27-year-old was selected by The Grand Hotel in Delhi in 2012 as soon as he graduated; not surprising given that he had a successful internship at the property a year prior to that.

He spent two and a half years at the hotel before joining Horizon Manor as Commis 1 last year.

Ask him why he became a pastry chef and he says, it was a prudent life decision he had to take. "I had read in the newspaper

that the only sector that will not see a slowdown anytime soon is the culinary field. That combined with the fact that I enjoyed cooking with my mom, made me choose the profession and I joined a good college to specialise in my field."

We asked him about his dish for the competition and he says he's tried to give the traditional Indian sweet, the gulab jamun, a twist by trying to make it work with the crème brulee. So does the Executive Pastry Chef aspirant made it work? Check out his recipe on the next page.

Potato Chicken Kofta Curry

For Kofta

Maggi potato powder	1 cup
Milk	300 ml
Butter	2 tbsp
Chicken, minced	100 gm
Cumin seeds	½ tsp
Onion, chopped	1 no
Ginger, chopped	1 tbsp
Garlic, chopped	1 tbsp
Green chili chopped	1 tsp
Tomato puree	1 tbsp
Coriander, chopped	2 tbsp
Maggi Coconut powder	4 tbsp
Salt	to taste
Pepper	to taste
Oil	2 tbsp
Vegetable oil	to fry
Coriander powder	1 ½ tsp
Chili powder	½ tsp
Turmeric powder	1 pinch
Garam masala	1 ½ tsp

For gravy

Oil	2 tbsp
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Ginger garlic paste	1 tbsp
Onion, chopped	1 cup
Green chili, chopped	1 tsp
Tomato, chopped	1 cup
Turmeric powder	1 tsp
Red chili powder	1 tsp
Coriander powder	1 tsp
Garam masala	1 tsp
Coriander leaves chopped	2 tbsp
Salt	to taste

Method

- ◆ Heat butter in a heavy bottom pan and add milk and bring to boil
- ◆ Gradually add the potato powder and stir with a whisk, add seasoning
- ◆ Once the mashed potato is smooth and achieves a thick consistency, remove from flame and keep aside
- ◆ In a separate pan heat 1 tbsp oil and add cumin seeds
- ◆ Once the seed sparkles add ginger garlic paste followed by chopped onion and green chili
- ◆ Cook till the raw flavor is gone and add the grounded chicken, remaining spices and continue to sauté

- ◆ Once the chicken is almost cooked, add tomato puree and continue to cook over low heat
- ◆ Adjust the seasoning and add chopped fresh coriander leaves
- ◆ Make a dry moisture to be used as a filling in the potato kofta
- ◆ Divide mashed potato into equal portions and shape them into balls
- ◆ Flatten each ball and fill with the prepared filling and deep fry them over low heat to golden brown color
- ◆ For the gravy heat oil and sauté ginger garlic paste, chopped onion and green chili paste
- ◆ Cook till the raw flavor of garlic evaporates, add the remaining spices and tomato puree and cook till the gravy is cooked
- ◆ Remove from flame and blend to a smooth consistency
- ◆ Return the gravy to flame and adjust the consistency and seasoning
- ◆ Finish with cream and serve hot with the prepared kofta.



Gulab Jamun crème brulee

For crème brulee

Docello crème brulee	100gm
Milk	250 ML
Cooking crème	250 ml
Cinnamon powder	a pinch
Castor sugar	100 gm

For gulab jamun

Gulab jamun mix	200 gm[po
Milk	100 ml
Oil	to fry (500 ml)

For sugar syrup

Water	1 ltr
Sugar	1 kg
Green cardamom	3 pods
Saffron	few strands

For garnish

Brown sugar	2 tbsp
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Method

- ◆ In a heavy bottom pan heat water and sugar along with cardamom pod and saffron strands
- ◆ Simmer for 10 minutes and remove from flame and keep aside
- ◆ For the gulab jamun combine the gulab jamun mix and milk to make a soft dough
- ◆ Allow to rest for 10 minutes and divide the dough into equal sized balls
- ◆ Heat oil for frying in a heavy bottom pan over medium heat
- ◆ Fry the prepared balls over medium heat to a golden brown colour
- ◆ Once the balls are golden brown remove from oil and soak in the prepared sugar syrup and keep aside
- ◆ For the crème brulee boil milk and cream in a heavy bottom pan
- ◆ Once it boils turn off the flame and add crème brulee powder into it and mix well
- ◆ Return the pan back to flame and boil the mixture again
- ◆ Once it boils remove from flame and pour into desired moulds; place the prepared gulab jamun in each mould and refrigerate for 3 hours
- ◆ Demould and sprinkle some brown sugar on top and caramelize it using a blow torch
- ◆ Garnish and serve cold



THE TSAR OF TASTE

Chef **Maksim Tvorogov** has a message from Russia for you - there's a treasure trove of culinary delights hidden in the country. The head chef of **Vesna** restaurant at the Conrad Hotel has taken up the challenge of making Slavic cuisine fashionable...

Matryoshka doll, roulette, vodka, ballet...just some of the things Russia is famous for. What it's not known much for, is its cuisine.

Chef Maksim Tvorogov will have none of that.

He's taken it upon himself to make Russian cuisine so popular that it gives the world's most-loved cuisine – Italian - a run for its money. Chef Maksim has brought a modernised version of Russian food, mainly Slavic cuisine, to Dubai with Vesna restaurant at the Conrad Hotel.

Vesna, named after a set of female characters in Slavic mythology, denotes youth and spring time. And the food there is every bit as fresh and vibrant, both in ideas and in ingredients. With his experience in magnificent style of eastern and Baltic European cooking, Chef Maksim is already making waves in the Dubai culinary scene.

He's just 28 years old. But Chef Maksim already has in his list of achievements several Russian TV shows including "Tasty Tips" and "Lunchtime", a "Golden Culina" culinary trophy, and experience with restaurants such as Farm, Gatsby, Zima Letto, Frigate Grace as well as the Radisson SAS Royal Hotel in St Petersburg.

Yet, from the looks of things, he's just warming up!

Chef Maksim's maternal grandmother was the person who piqued his culinary curiosity early on. "Helping her in the kitchen was how I started out. My mother worked in healthcare and I was raised mainly by my grandma in St Petersburg," he recalls.

As time went by, Chef Maksim realised that there was "much that could be done with food". That formed the basis of his decision to formally take up culinary studies. The education lasted five years. "In Russia, you have to first do college and then go to university. I was always interested in food and the possibilities were endless."

While most parents are not too keen on their sons making a career in the kitchen, Chef Maksim's mother whole-heartedly backed his decision. "She said food is something that everyone likes, it cuts across countries, eras and generations. My mother said people will never stop eating and I will always have a job in this industry," he laughs.

Joining St Petersburg Economic-Technological College of Nutrition and Food Technology in 2008, Chef Maksim passed out of the St Petersburg Trade and Economic Institute as a food technology engineer in 2013, working

throughout his education. Along the way, he'd mastered not just cooking but also the fine aspects of the biological processes that drive food.

In 2006, Chef Maksim started out working in the professional kitchen way before he even took up studies, with an assignment at Radisson SAS in St Petersburg towards the end of its teen years. During his college years, he worked at several restaurants that specialised in Japanese, French, Italian, Russian and European food, even helping launch a new restaurant.

"I was already a sous chef when I passed out of college. While working at some big hotels and restaurants, I had learnt a number of sophisticated techniques and trends in cooking products from celebrity Italian and French chefs."

Chef Maksim had also gained valuable knowledge of running the operations of a kitchen, right from ordering products to working with suppliers to handling banquets and parties. Some of his gurus were Russia's Ilya Lazerson, France's Michel Lentz, and Italy's Fabrizio Fatuchchi and Andrea Dolchotti.

"The going wasn't easy when you are studying and working. But the way I look at it, your learning never really stops. Even now, we learn something new every single day in the kitchen."



To get a feel of the international work culture, Chef Maksim had short stints in Italy and Finland. There, he picked up the skill of tweaking recipes to give them a modern twist. "In Russia, most older chefs tend to stick to the old styles of cooking – food from the Soviet Union. I didn't want to do that. I tried some creative ideas and they worked."

Ever the adventurer, Chef Maksim also did not hesitate to put his hand up when the big company he was working for asked for volunteers to do a TV show. "That company had 10 restaurants and they wanted someone to go at 7 AM to shoot the shows. I was the only one who said yes." The shows taught Chef Maksim to talk to the guest, something that new chefs are encouraged to do these days.

Chef Maksim strongly believes in training. When he was asked to open a restaurant with Slavic cuisine, he headed to Ukraine to learn the nitty-gritty of this lesser-known food style. "I learnt Slavic cuisine from a top chef in Ukraine. Slavic cuisine is not like Italian cuisine, which has pasta, risotto, pizza... which



I was already a sous chef when I passed out of college. While working at some big hotels and restaurants, I had learnt a number of sophisticated techniques and trends in cooking products from celebrity Italian and French chefs

are universal favourites. I had to know the rules. Ukrainian cuisine is the root of Russian and Slavic cuisine. That's why I went there to learn."

Inside the old city, he found some traditional ideas that were easy to recast

with a modern style. "I gained five kilos there! But I brought back a lot with me – slow cooking of food, use of ingredients like agar agar. The food looks beautiful and modern, but tastes authentic."

In the four months that the 180-seater Vesna restaurant has been open, it has generated immense interest. It's not just Russians who are curious about the restaurant. "We have a mixed crowd. There's a lot of experimentation that goes on here because we have to cater to different tastes without losing the authentic flavours. Most of the people who come here are searching for food they can eat regularly. We offer healthy European and Russian food."

Russia is known for a variety of soups that suit the colder climate. A lot of the recipes that Chef Maksim has brought along are for items favoured in European summers. From the Okroshka cold soup and Ukha seafood soup to the Chakhokhbili beef soup and stewed chicken dish and the Golubtsi beef cabbage roll, each dish is designed to delight the palate.

What he's also brought with him are Russian chefs to keep the authenticity of the cuisine intact. "I would have loved to hire people from here but we did not have the luxury of time. We had to start with chefs who already knew the flavours and the cuisine we offer. Training chefs from scratch was not possible."

With his team, Chef Maksim tries to ensure the menu sticks as close to Slavic cuisine as possible, even as it caters to a global palate.

For him, a chef is only as good as his last dish. "Guests don't meet chefs. They judge him purely by what he put on their plates. It's important to keep learning with whatever tools you have. Travel the world, read books, experiment."

Mistakes, he believes, are inevitable. They shouldn't discourage a young chef. Rather, mistakes should spur a chef further to improve on his creations and



In Russia, most older chefs tend to stick to the old styles of cooking – food from the Soviet Union. I didn't want to do that. I tried some creative ideas and they worked

work harder at getting them right. "My competition is only with me. When I eat something outside, I try to deconstruct the recipe, figure out what's in the dish. That's how I have grown."

Chef Maksim's immediate goal is to popularise Slavic cuisine. "You have a

million Japanese restaurants, a million French restaurants and probably a billion Italian restaurants. But restaurants serving Slavic food are rare. We are among the first to promote the concept. When this concept goes to other countries and it is accepted, I will consider it a personal achievement."

Having eaten at other Russian and European restaurants around Dubai, Chef Maksim feels they lack originality, being copies of other concepts. "I haven't really found any Russian restaurant here that has blown my mind. The food is still very close to the Soviet Union style."

As for his personal goals, Chef Maksim hopes to be as famous as his role model Jamie Oliver someday.

With the uniqueness of his chosen cuisine and his finesse in the kitchen, that day may well be nearer than he believes.





ICCA Dubai Culinary Scholarship Programme: Patisserie

Students from ICCA Dubai Culinary Scholarship completed their Seafood Practical Exams last month and started their way with the last leg of the programme with Chef Vrushali Jadhav, Chef Instructor for Patisserie (ICCA Dubai)

The objective of this Innovative Education - Industry Training Initiative is to annually train and support 30 numbers of talented & deserving, but financially underprivileged young chefs in the Industry through on Annual Continuing Education Award.

Here are images from their recent activities.



Chef Pandey from Atlantis heads to Manchester

The winner of the 2nd Le Chaine des Rotisseurs young chef competition and representing the UAE in the international competition in Manchester this September is Bholanath Pandey from the Atlantis the Palm. Sana Quidwai from ICCA Dubai and Mithun Chamika from the Radisson Blu Deira Creek Hotel won the second and third place in a tight competition that saw 16 chefs competing.

The black box competition was hosted at ICCA Dubai last month and saw the support of Chef Uwe Micheel, President of the Emirates Culinary Guild along with Chef Daniel Hiltbrunner, the Conseiller Culinaire Honoraire from ICCA.

Thirty minutes were given for menu writing followed by cooking with the ingredients from the mystery box, which included lamb rack, salmon, chicken legs, king prawns, squid, yellow lentils, beans, parsnips, beetroot, pears, plums, star anise and chocolate. Here are images from the event which saw corporates including Barakat Quality Plus, Mitras, Singh Foodstuff, Elfab and Bilco Foods supplying the ingredients.





Winner Bholanath Pandey (third from right), first runner-up Sana Quidwai (fourth from right) and second runner-up Mithun Chamika (centre) with their winning medals and certificates



Chef Daniel and Chef Uwe with Sunjeh Raja, Director and CEO, ICCA



Senior Chefs that took time to support the young chefs included Uwe Micheel, Suresh Babu, Atim Suyatim, Raghu Pillai, Alan Pedge, Vivek Huria and Romel Hernandez among others.

May 2016 **Gulf Gourmet**

Guild Meet

The last Guild meeting in April was hosted by Chef Mohamed Diri and his team from Hilton Garden Inn Dubai Al Mina. The turnout was great and allowed chefs the opportunity to network with their peers and industry colleagues.





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EAST-COAST SALON CULINAIRE (ECSC) 2016

Resume Of Classes for Entry

Class No. - Class Description

- 01 Three-Course Gourmet Dinner Menu by Al Maya Hospitality
- 02 Three – Course Arabic Dinner Menu
- 03 Three-Course Cheese & Vegetarian Menu by Green House
- 04 Tapas, Finger Food & Canapés
- 05 An Arabian Feast
- 06 Cake Decoration
- 07 Wedding Cake Three-Tier by Anchor/ Fonterra
- 08 Three Plates of Desserts International by Nestle/ Docello
- 09 Three Plates of Desserts Arabic by Bayara
- 10 Bread Loaves & Showpiece by Master Baker
- 11 Friandise/Petite Four/Pralines & Nougatines by "Felchlin Chocolate"/ Master Baker
- 12 Open Showpiece
- 13 Fruits & Vegetable Carving Showpiece by Del Monte
- 14 Practical Fruits & Vegetable Carving by Barakat
- 15 Beef - Practical cookery by US Beef
- 16 Chicken - Practical cookery by US Poultry
- 17 Arabic Mezzeh – Practical Cookery
- 18 Cocktail Championship by MMI

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 - by Al Maya Hospitality

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 60cmx60cm.
9. One participant per entry is allowed.

Class 02: Three- Course - Arabic Dinner Menu

1. Present a plated three-course meal for one person.
2. Suitable for dinner service.
3. Modern style presentation.
4. The meal consists of:
 - > **An appetizer (Mezzeh)**
 - > **A main course**
 - > **A dessert**
5. To be prepared in advance and displayed cold on appropriate plates.
6. Food coated with aspic or clear gelatin for preservation.
7. Total food weight of the three plates should be 420/480gms.
8. Typewritten descriptions and recipes required.
9. Maximum area 60cmx60cm.
10. One participant per entry is allowed.

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 60cmx60cm.
9. One participant per entry is allowed.

Class 04: Presentation of Tapas, Finger Food and Canapés

1. Exhibit six varieties. Weight for each piece (15-20gms)
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 60cm x 75 cm
11. One participant per entry is allowed.

Class 05: Arabian Feast

1. Exhibit a Traditional Arabian Wedding Feast would serve in standard hotel in UAE.
2. Suitable for 10 people.
3. Free style presentation.
4. Hot food presented cold.
5. Six cold mezzeh & Three Hot mezzeh.
6. A Whole Ouzi presented with rice & garnish.
7. A Chicken main course- (Emirati Cuisine)
8. A Lamb main course- (Emirati Cuisine)
9. A Fish main course- (Traditional dish)
10. A Vegetable dish-(Traditional dish)
11. Three types of Kebabs (Chicken, Beef & Lamb) with appropriate accompaniments.



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12. One hot dessert. (presented cold)
13. Three cold desserts. (one must be Emirati Cuisine)
14. Only above dishes are allowed to present.
15. Maximum available space 180cm x 75cm.
16. Competitors must ensure their exhibit is presented neatly in above space.
17. One participant per entry is allowed.

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 30cm X 30cm or 30cm Diameter.
5. The cake can be brought already filled without coating.
6. The cake must be delivered and set up hygienically.
7. All decorating ingredients must be edible and mixed on the spot.
8. No pre-modelled garnish permitted.
9. Chocolate and royal icing can be pre-prepared to the basic level.
10. Competitors must provide all ingredients, cake base, utensils, and small equipment required.
11. A standard work table is provided for each competitor to work upon.
12. 03 power connections will be provided for each table.
13. Water and refrigeration will not be available.
14. The cake will be tasted as part of judging.
15. One participant per entry is allowed.

Pastry Display

Class 07: Wedding Cake Three-Tier – by Anchor/ Fonterra

1. All decorations must be edible and made entirely 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)
11. One participant per entry is allowed.

Class 08: Three Plates of Dessert (International) – by Nestle/ Docello

1. Prepare three different desserts, each for one person.
 2. Each dessert presented individually on an appropriated plate.
 3. Total food weight of one plates should be 80/100gms.
 4. Presentation to include one hot dessert (presented cold).
 5. Typewritten description and recipes are required.
 6. Tasting will be part of the judging process if deemed necessary to determine quality and authenticity.
 7. Maximum area 60cm x 60cm.
 8. One of the dessert must use "Nestle Docello" as the main ingredient.
 9. One participant per entry is allowed
- Ingredients may be supplied by the sponsor, these shall be mandatory to be used. Information shall be sent to competitors in advance of competition.

Class 09: Three Plates of Dessert (Arabic) – by Bayara

1. Prepare three different desserts, each for one person.
2. Modern style presentation
3. Each dessert presented individually on an appropriated plate.

4. Total food weight of one plate should be 100/120gms.
5. Presentation to include one hot dessert (presented cold).
6. Typewritten description and recipes are required.
7. Tasting will be part of the judging process if deemed necessary to determine quality and authenticity.
8. Maximum area 60cm x 60cm.
9. One participant per entry is allowed.

Class 10: Bread Loaf & Baked Bakery Showpiece – by Master Bakers

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

1. Displayed 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 25-40gms (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 90cm x 75cm.
11. Maximum height 75cm.
12. One participant per entry is allowed.

Class 11: Friandises Petites-Four Pralines Nougatines by Master Baker

1. Exhibit six varieties. 03 type of variety must include "Felchlin Chocolate"

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 08-12gms.
3. Freestyle presentation and theme.
4. Present the exhibit to include a small showpiece
5. Showpiece should enhance the presentation, and will be judged.
6. Written description mentioning the theme is required.
7. Typewritten recipes are required.
8. Maximum area 70cm x75 cm.
9. One participant per entry is allowed.

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

Artistic Display

Class 12: 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 60cm x 60cm.
5. Maximum height 75 cm. (including base or socle).
6. One participant per entry is allowed.

Class 13: Fruits & Vegetable Carving Showpiece by Delmonte

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 60cm x 60cm.
4. Maximum height 75 cm. (including base or socle).
5. One participant per entry is allowed.

Class 14: Practical Fruits & Vegetable Carving - by Barakat

1. Freestyle.
2. Two hours duration.
3. Hand carved work from competitor's own fruits /vegetables.
4. Competitors to use own hand-tools and equipment.
5. No power tools permitted.
6. Pre-cleaned, peeled material is allowed, but pre-sliced/carved will result in disqualification.
7. Each competitor will be supplied with a standard buffet table on which to work.

8. One participant per entry is allowed.

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).
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 15: Beef - Practical Cookery by US Beef

1. **Maximum 06 entry per Hotel**
2. Time allowed for 40 minutes.
3. Prepare and present two identical main courses using 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 Accompaniment.
6. Typewritten recipes are required.
7. One participant per entry is allowed.

Proof purchase order must needs to brought to the competition for only US Beef Products.

Any failure, 50% judging marks shall be reduced.

Class 16: Chicken - Practical Cookery by US Poultry

1. **Maximum 06 entry per Hotel**
2. Time allowed for 40 minutes.
3. Prepare and present two identical main courses using US Poultry as the main protein item.
4. Present the main courses on



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individual plates with appropriate garnish and accoutrements.

5. Typewritten recipes are required.
6. One participant per entry is allowed.

Proof purchase order must needs to bring to the competition for only US Poultry Products.

Any failure, 50% judging marks shall be reduced

Class 17: Arabic Mezzeh - Practical Cookery

1. **Maximum 04 entry per Hotel**
2. Time allowed for 60 minutes.
3. Prepare and present for 2 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.
10. One participant per entry is allowed.

Class 18: Cocktail Championship by MMI

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

Addendum: - East-Coast Salon Competition 2016

Venue & Entry:

1. East- Coast Salon Competition will held 01st & 02nd of June 2016
2. The venue is "Miramar Beach resort AlFarha Ballroom" Fujairah
3. Free entry for all classes

Closing Date

4. Closing date for entries is 20th of May 2016. 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 # 15: Beef Practical cookery

Class # 16: 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 # 17: Practical Mezzeh

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

Best Pastry Chef: (Maximum 04 entries per hotel)

Class # 06: Practical Cake decoration

Class # 08: Three Plates of Desserts (International)

Class # 11: 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 # 12: Open Showpiece

Class # 13: Fruits & Vegetable Carving showpiece

Class # 14: 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 # 15: Beef Practical Cookery

Class # 16: 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: Three plates of desserts (Arabic)

Class # 10: Bread Loaves & Showpiece

Class # 18: 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 accept cocktail results.

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	<i>Gold Medal with Distinction with Certificate.</i>
99 – 90	<i>Gold Medal with Certificate.</i>
89 – 80	<i>Silver Medal with Certificate.</i>
79 – 70	<i>Bronze Medal with Certificate</i>
60 – 69	<i>Certificate of Merit</i>

Rules and Regulations

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

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

PARTICIPATION

4. Participation at competition is open to anyone professionally employed in the preparation of food within UAE and Internationally.
5. All classes are for entry by a single competitor.
6. Competitors are restricted to one entry per class.
7. Competitors entering to win Best Category must participate fully in every class entered in order to qualify.
8. Competitors must attend and

participate on the time allotted to them.

COMPETITION ENTRY

9. Competition Fees: **East-Coast Culinary & Cocktail Competition is Free entry** to anyone professionally employed in the preparation of food within UAE and Internationally.
10. Please note that there are different forms for different classes; ensure that the correct form is being used.
11. Complete the entry form according to the instructions on the form.
12. Completed entry form must send though by Emirates Culinary Guild.
13. Submit the completed form to the organizer before **20th of May 2016**.

CERTIFICATES AND LETTERS OF PARTICIPATION

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

HYGIENE

16. Competitors must bring their items according Food Safety standard.
17. As the event will be held in the Al Farha Ballroom of the organizer, official Hygiene Officer will judge all the live cooking participants

THE SECRETARIAT

18. Miramar Al Aqah Beach Resort & Emirates Culinary Guild is the soul responsible for the organization and administration of the competition.
19. The competition arena 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 AND 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 needed.
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



WORLD
ASSOCIATION
OF CHEFS
SOCIETIES



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 (theguild.eim.ae. / kacprasad@miramaralagah.ae)

EAST COAST SALON CULINAIRE-ENTRIES FOR BEST GASTRONOMIC TROPHY 2016

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

BEST GASTRONOMIC TROPHY

Each of the following persons is entered in the three (3) classes: Class#1-Three Course Gourmet Dinner Menu by JM Foods, Class#15-Beef-Practical Cookery by US Beef and Class#16-Chicken-Practical Cookery by US Poultry. The persons are listed in order of preference for inclusion in the competition.If there should be a restriction on the number of entries that can be accommodated, we request you to include the entrants in order of preference as we have listed in this entry form.

Pref.No	Competitor Full Name(as it is to appear on Certificates)
1	
2	
3	
4	
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11	
12	



Recipe Sheet



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 Culinare 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

advertise@gulfgourmet.net / 050-5045033

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%

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May 2016 Gulf Gourmet

newmembers



Giacomo Bernardelli, MD – Casinetto receiving Emirates Culinary Guild Membership certificate from ECG President Chef Uwe Micheel.

Casinetto takes his name from "Il Casinetto", a family-run olive oil farm in Italy, about 2 hours from Rome in the foothills surrounding an extinct volcano. The Bernardelli family has been pressing olive oil here for generations.

It was in these idyllic surroundings that Giacomo Bernardelli grew up: playing in the organic olive groves, learning about sustainable agriculture from his family and the neighboring farms and eating the fresh local produce that shaped his palate and his views about food.

Giacomo is now far from home, living and working in Dubai, but he is keeping the family tradition alive: not by farming but by bringing top quality fine foods to Dubai through Casinetto Trading.

When Giacomo arrived to Dubai in

Casinetto
QUALITY FOOD SELECTION

2006, he could not find the fresh and genuine products of his childhood and realized that also in this part of the world people would have loved to try genuine products. So at the end of 2009, he decided to open a small office in Sharjah and, with only 2 employees and one delivery van, he started distributing fresh mozzarella and extra virgin olive oil to the first Italian restaurants in the region. After 6 years, with a more than 2,000 square meters warehouse in DIP, an office in Al Quoz and ten refrigerated delivery vans, Casinetto is distributing to more than 450 clients in all UAE.

Today Casinetto has also more than 40 employees, made up of "foodies" from around the world, who share Giacomo's passion for excellence and customer satisfaction. Its mission, however, remains the same: to buy the best, from the best, to serve the best.

Giacomo and his team select each product carefully, shunning intensive farming methods and mass production in favor of regional, natural and largely artisanal "real food" that has been enjoyed by Europeans for centuries.

With more than a thousand products on offer, including fresh cheeses, pasta, flour, olive oil and many more typical Italian, Spanish and French products, it's a tough job but they love it....and their rapidly growing customer base shows that it's worth the effort!



Fadi Achour, Country Manager Middle East Irinox Professional receiving Emirates Culinary Guild Membership certificate from ECG President Chef Uwe Micheel.

IRINOX is known worldwide as the blast chilling and shock freezing experts. Since 1989, we have been manufacturing innovative blast chillers and shock freezers that preserve food products' organic qualities, freshness and nutritional values. IRINOX manufactures a wide range of high quality rapid chilling and freezer equipment that is recognized internationally as the leader in its class.

Based in Italy, Irinox works closely with the most important laboratories and the most prestigious universities in developing their blast chillers and shock freezers.

Innovations they constantly introduced are combined with tangible technological value and are certified by

IRINOX
The Freshness Company®

the most authoritative research centres. Their teams of expert engineers and skilled chefs work in close contact with customers, enabling them to improve the functions and performance of their blast chillers and shock freezers.

All Irinox equipment complies with strict construction standards and undergoes accurate tests.

MultiFresh®, the blast chiller that combines chilling functions and warming functions (low temperature cooking, regeneration, pasteurization,

proofing, holding) in a single appliance, is now even easier to use, thanks to MyA. MyA, a new touch screen interface with 7" screen, has made MultiFresh® even more intuitive, with clear icons for choosing the most suitable functions and cycles for production. The parameters – time, ventilation, core temperature – can be altered at any moment to create the ideal process for each product.

The operating principle of a blast chiller consists of extracting heat from food in the quickest way possible. The incomparable performance exclusive to MultiFresh® is the result of perfectly balanced main refrigerator components. With MultiFresh® you can organize your kitchen as you wish and run flexible production processes 24/7.



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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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Trust Is Powerful VERY POWERFUL

*"Trust is to human relationships what faith is to gospel living. It is the beginning place, the foundation upon which more can be built. Where trust is, love can flourish" — **Barbara Smith***

One most valuable commodity that exists in every part of your life is trust. When you go to any food establishment you

trust that the service will be good, the food be of quality, the kitchen and staff will adhere to high standard of health and safety, the pricing will be fair; the list is endless.

We all want to build trust with our clients, colleagues, business associates, friends and loved ones. Trust takes time to build and within a second it could be broken. Without trust, life and work can easily be miserable.

You see trust is extremely powerful. A simple definition of trust is belief "that someone or something is reliable, good, honest, effective, etc." Another definition that I read says "firm belief in the integrity, ability, or character of a person or thing; confidence or reliance."

Let me simplify it further. Trust means faith, hope, confidence thus it is a powerful act, emotion and word. What is the point if there is no trust in a relationship? This could be relationship in terms of such as work, friendship, family, government and love. The relationship is gone if there is no trust.

Even though trust is important and extremely powerful, at the same time it can be considered to be dangerous. Trust allows you to form relationships with others be it at work, with service providers, business deals, your career, family and

friends. The danger part of trust is that you have to take the risk to believe the other person or party will pull through for you.

Yes, in life you will come across incidents where someone will break your trust. Depending on how attached you get to the pain of the trust being broken you may decide not to trust anyone anymore. That emotion of mistrust unconsciously will pour into different parts of your life such as your career, business, intimate relationships, friendship and family ties. That mistrust will in the long run will cause you to sabotage your own life but you will blame others.

Stanford Encyclopedia of Philosophy states "Trusting requires that we can, 1) be vulnerable to others (vulnerable to betrayal in particular); 2) think well of others, at least in certain domains; and 3) be optimistic that they are, or at least will be, competent in certain respects."

You can easily take the heartache of someone breaking your trust and unknowingly or knowingly damage your own behaviour. In turn, this leads to your own failure and then you wonder why you are not successful in your life.

Trust is the foundation of success. And don't let one bad episode change your positivity.



MORE THAN A CHEF

**ROHIT
BASSI**



A man who trusts nobody is apt to be the kind of man nobody trusts
— **Harold MacMillan**

Rohit Bassi is the founder of In Learning and works across industries to help employees outperform themselves. You can contact him on rohit@in-learning.com



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