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APRIL 2016

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THE MAGAZINE CHEFS LOVE TO READ
volume 11, issue 4

VANTAGE POINT

From taste tantaliser to solutions provider, Chef **Michael Wunsch** has contributed to the culinary industry from many vantage points and he is far from done

HEALTH FOOD

Patrick Bischoff talks about 3-Michelin star chef Michel Guérard and healthy cooking



BRITISH ITALIAN

British-born celebrity chef **Theo Randall** talks childhood, cooking and his Italian restaurant



ROYAL TOUCH

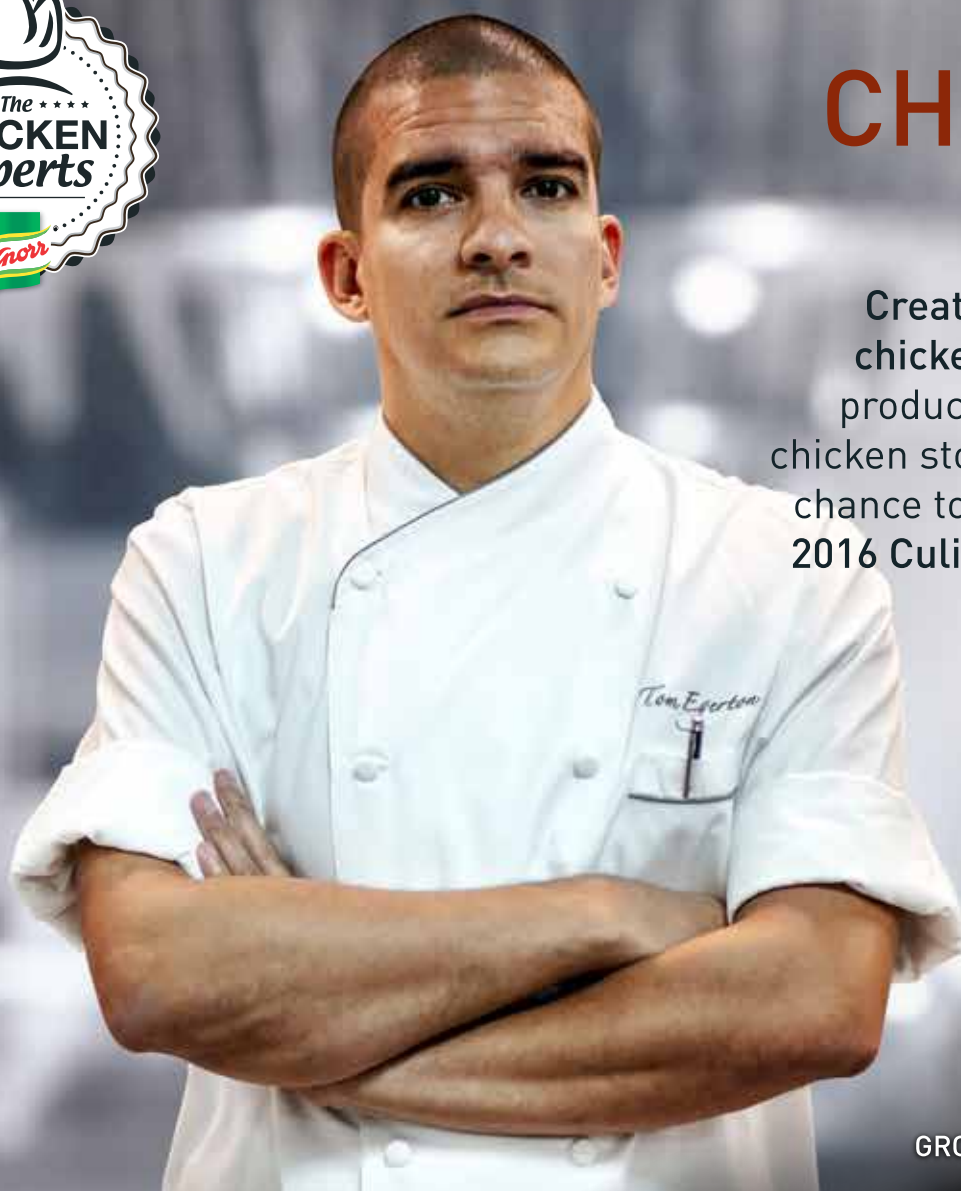
Carolyn Robb, the former royal chef to Prince Charles and Diana on her new venture





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president's station

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Dear fellow chefs, ladies and gentlemen,

Welcome to the April issue of our Gulf Gourmet.

We have started the last busy month before Ramadan. Most of our colleagues are already in full swing planning everything from iftar to shisha cafés.

I would like to say a big thank you to our Chairman Andy Cuthbert and the whole team from Zero Gravity for hosting our Marshalls Dinner 2016. Everyone enjoyed the great evening, food, beverage, setting, and the service was second to none.

Our next set of events in line are being hosted by US Poultry and Egg Council. It begins with a hands-on workshop conducted by Bassam and myself on April 16 and 17 at the Radisson Blu Hotel DDC. To book your seat, please email uwe.micheel@radissonblu.com. These workshops will also come to Abu Dhabi with Chef Peter De Kauwe and Fujairah with Chef K.A.C. Prasad.

On April 23, we have US Poultry cooking demo hosted for friends and wives of Chefs and their friends (of course, males are welcome as well).

On May 9, we have a US Poultry mini plated event (same day as our May ECG networking meet). It is open to all professional chefs with the focus on young chefs who need to do four main course plates static, 2 US chicken leg quarter and 2 US turkey dishes. Registration is free. There are trophies and cash prizes for the winners.

Our next big event is East Coast Salon Culinaire from June 1 -2 in Fujairah and is 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.

And finally, thank you to Chef Diyan De Silva and his team from Radisson Blu Deira Creek for hosting the March meeting.

Culinary Regards,

Uwe Micheel

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

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editor'snote

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Having interviewed hundreds of chefs for thousands of hours over many years, you will have to forgive me for believing I've heard it all. The truth however couldn't be farther away. Each month, I'm forced to relook at what I think I know and then change them around.

This issue has the story of a senior Chef – whose assistants have become executive chefs – deciding to go back to school at a three-star Michelin restaurant and relearn cooking. He says he's been forced to forget what he knew and recreate menus that are not just delicious and beautifully plated but are also healthy enough to feed diabetic and heart patients. He even shares a couple of his recipes with us in this issue.

Then we have the story of a Michelin star chef who is British and lives in the UK but is world-renowned for his Italian cooking.

We also have the stories of four young chefs in their 20s who have already decided their future plans and none of those four plans are to become executive chef.

And we have an interview with the former royal chef to Prince Charles and Lady Diana. She too shares a recipe and 50% discount on her latest cookbook for our readers.

All this and more in this issue you hold in your hands.

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

Aquin George
Editor

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newsbites

Pedro takes over Brauhaus

German restaurant 'Brauhaus' at Beach Rotana Abu Dhabi has hired Pedro Kimmig to be their new specialty outlet chef.

Originally from Nuremberg, Germany, Chef Pedro has worked in many restaurants in his home country before exploring the world, including a 1-star Michelin restaurant in

Cologne. In 2008 he moved to Seoul to work for an Austrian and a German restaurant in the South Korean capital, before relocating to Abu Dhabi as Sous Chef in 2013.

Chef Pedro says, "I am looking forward to bringing my favourite dishes from home to Brauhaus and my goal is to make it the best German restaurant in the UAE."



Global chefs come together in Doha

The 7th Qatar International Food Festival (QIFF) held last month saw the country's top chefs and diverse cuisine come together alongside international celebrity cooking experts.

The Live Cooking Theatre saw Martha Stewart, Chef Frederique Larquement, Chef Aisha Al Tamimi, George Calombaris of MasterChef Australia create menus and showcase culinary presentations.



New executive chef at Pullman Dubai Creek

Pullman Dubai Creek City Centre has appointed of Dwayne Thomas Krisko as its new executive chef.

Having worked in the region for the last seven years, he brings a wealth of international experience garnered over two decades.

Krisko started university with the intent of becoming an engineer, but his passion for the kitchen quickly translated into a place at the Pennsylvania Institute of Culinary Arts, a partner of the Cordon Bleu Schools in North America, in Pittsburgh.

Specialising in fine dining cuisine, Krisko has held positions in a number of premium locations, from small boutique restaurants, private country clubs, as well as world class hotels.

After relocating to London, he made his move to the Middle East in 2009, with a transfer to Beirut, Lebanon where he served



as the head chef for La Petite Maison.

"Dubai has certainly positioned itself on the map in terms of world-class food, the competition is strong, and this provides a great proving ground for new concepts, flavours, and the opportunity to create bespoke experiences. I look forward to my time here, and bringing my unique style to our guests and visitors," he says.

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HEALTH ON THE PLATE

Once you reach middle age, it's time to think about hanging up your tools and planning for retirement. Fortunately, Chef **Patrick Bischoff** didn't get the memo. The quality production manager at Cleveland Clinic in Abu Dhabi left behind everything he learnt for decades in five-star kitchens to bring to the UAE a new wave, one that promises to change the culinary landscape the world over. In a chat with **Aquin George**, Chef Patrick talks about 'healthifying' meals to make them delight not just the palate but also the weighing scale....

Some of us are prodigies, some others are late bloomers. Chef Patrick Bischoff is both. In their late teens, most boys spend their time checking the mirrors for facial hair, nursing crushes on the girls next door and hanging out with their buddies. Chef Patrick spent his 17th year establishing the foundation of his career.

And what a career it is! From executive chef at renowned hotels ranging from Hilton and Le Meridien to a five-star boutique hotel in South Africa to director of kitchens at Beach Rotana Hotel and now the head of quality at Cleveland Clinic Abu Dhabi, he's explored every bit possible in his nearly four decades in the culinary industry.

At an age when most chefs are content to rest on their laurels, Chef Patrick surprised everyone by going back to learning. He stepped out of his comfort zone at 52, choosing to be an early mover in what will probably be the next big revolution in the food world in the not-so-distant future. His challenge? Superbly tasty, five-star quality food that is healthy, low-calorie and fit for patients of heart diseases, obesity and diabetes.

Changing the way a chef looks at food after so many years in the industry is quite a task. "Yes, it took a 360-degree overhaul

of attitude. I had to unlearn everything I had learnt while working for five-star hotels and look at food as not just a tool for gastronomic pleasure but as fuel for the body and soul," says Chef Patrick, now the production quality manager at Cleveland Clinic Abu Dhabi.

The 'awakening' didn't come overnight. It actually took four long years for Chef Patrick to take the leap of faith. "When I was working at Beach Rotana, I saw the Cleveland Clinic building coming up. Many times, we had to entertain executive teams from the clinic. That's when I realised that they were doing something special and I wanted to be a part of it."

Going from a kitchen where taste was the critical factor to one where health was top priority, was hardly a cakewalk. It meant deeply understanding words such as portion control, calorie counting, nutritional analysis, which belong more in science laboratories than in the kitchen. This is where Chef Patrick found a saviour and an inspiration in celebrity French chef, Michel Guerard.

Chef Michel has pioneered the 'taste with health' food movement. "He's the only chef in the world to have a 3-star Michelin rating for 40 years. His restaurant, Les Pres d'Eugenie, is a part of a spa, where people go for healing," says a visibly-impressed

Chef Patrick.

Chef Michel is the inventor of 'Cuisine Minceur', the literal translation of which is 'slimming cooking'. Chef Patrick attended a course at L'Institut Michel Guerard at the picturesque village of Eugenie les Bains in France to learn the techniques of healthy cooking. "That experience was a real eye-opener for me," he says. The 'healthification' of everyday foods and ingredients left Chef Patrick awed. "For example, a normal dressing consists of 40 percent acid, like lime juice or vinegar, 60 percent oil and a pinch of mustard or flavouring. Chef Michel changed that. He uses lime juice, only 10 percent of oil and replaces the remaining 50 percent oil with vegetable or chicken stock. You have plenty of flavour but such much fewer calories." Then, there's whipped cream, which has almost no cream, just milk. "A can of unsweetened condensed milk, if whisked and mixed with a stick of gelatine and a healthy sweetener like xylitol or honey, can be used as whipped cream. People with diabetes don't have to miss out on traditional desserts."

He brought all the concepts he learnt there to Cleveland Clinic. The hospital is the only one in the Middle East to have an a-la-carte menu. With a remote control and a TV screen, a patient can order breakfast, lunch, dinner and snacks from as many as 25 main

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course items, 5 soups, 15 starters and 10 desserts, depending on what he is allowed by the doctors to eat. The menu includes healthier versions of Emirati dishes.

None of the dishes compromise on taste. "After all, food is meant to be enjoyed. Now I cook without butter, I add flavours using herbs, make stock from scratch. It's a whole new ballgame and I love every minute of it."

Chef Patrick's team of 70 serves as many as 110 in-patients, a 1,000 outpatients and a staff cafeteria that offers Arabic, Indian, Asian and European cuisine. In the first year of joining Cleveland Clinic, he spent a

lot of time meeting dietitians and learning about nutrition, right from the impact of carbohydrates, fats and proteins on the body to what foods should and should not be paired with what other foods.

With this change of attitude has come a dislike for processed and fattening foods. "I cringe when I see the kind of stuff people put in their trolleys in supermarkets and how much chips and popcorn kids eat. At shopping malls, more than 80 percent of the food available is junk food. Ready, frozen, manufactured, deep fried food. It's tasty, sure. We're addicted to it. It's become like a drug."

What Chef Patrick would like to see is healthier foods in five-star hotels and top restaurants. By healthy, he doesn't mean the boring, limited section on menus that pays just lip-service to the idea. "Many restaurants and hotels peddle 'organic' and other buzzwords but they don't take it seriously. How many restaurants mention the calories, the nutrients and use fresh foods? People also don't take health seriously until it's too late." The 'health corner' in existing menus comprises just a dish or two, with most restaurants having pretty much the same options. "Obviously, a guest will not find them exciting enough."

This is where Chef Michel's winning formula gives hope. Chef Patrick intends to delve deeper into Chef Michel's cooking style and brought trainers from France to teach his staff here. "We plan to implement 40-50 percent of his techniques and recipes in our foods. We also want these to be well understood and appreciated by the overall UAE hospitality community."

One training session has already taken place. "It was an intense training. That's a 3-Michelin star restaurant and those guys don't work just 8 hours a day. We had to be here at 6 AM and finish at 8 PM, five days a week. Chef Michel insists that his chefs clean the tables and kitchen themselves and not stewards. That may be old-fashioned but it's the right way. You clean up your own mess."

The training was not just about showing chefs how to cook but put them through the entire process, including enjoying a meal. "There was a table in the kitchen and each chef had to taste the dish after cooking it. Only then they would proceed to the next recipe. You look at someone making the dish, make it yourself and then you taste it. Not with a spoon standing on the stove but sitting down, looking at the dish, seeing it, smelling it, tasting it. Only then can you absorb the essence of the dish. It's like reading a book end to end."

He has good support from his colleague, Chef Raghuprasad Pillai, an accomplished chef who left a five-star job as Executive



Chef Stéphane Mack and Chef Ronald Matthijs from L'Institut Michel Guérard with Patrick Bischoff (centre) and Raghuprasad Pillai (sitting) from Cleveland Clinic Abu Dhabi

Chef to join Chef Patrick. "Chef Raghu is the chairman of the Emirates Culinary Guild for the Abu Dhabi region. He's been with me for over six months now. He is really excited about this."

Chef Patrick does need all the help he can get. Working in a hospital setting is very different from being in a five-star environment. Before a dish is introduced, there's risk assessment to be done, doctors to be consulted, nutritional analysis to be conducted and as many as 220 allergens to be checked for before it finds its way into the menu. Details are as fine as even measuring what a pinch of salt weighs. All this training is done by Chef Patrick along with Chef Raghu.

Someday, Chef Patrick hopes to see mainstream restaurants and hotels adopt the holistic way of cooking. "What chefs need to pay the most attention to is how much butter and sugar they use in their kitchens. The amount of butter used in this part of the world is unbelievable!"

Sugar, one of the biggest enemies of good health, is an overkill in most kitchens. Substitutes such as honey, maple syrup,



Patrick Bischoff with 3-Michelin star chef Michel Guérard

xylitol have lower glycemic index, which means the sugar from them is released slower into the blood, preventing any spike in blood glucose levels. "Sucrose has a glycemic index of 70, xylitol, just 7. Xylitol, which comes from the bark of the birch tree, is an excellent sweetener for diabetics." Corn syrup, perhaps the worst sweetener of all, is used in almost all the fast foods and readymade foods made by big companies. It is not processed well by the body, which makes you fat.

But with people having little time to do fresh cooking, they tend to depend on frozen dinners and readymade foods. Or eating at restaurants. "You can't eat at an expensive restaurants everyday. So you eat at a cheap one, which is the worst thing you can to your health!"

The change has to start from chefs, "who should learn to balance carbs with proteins, pay attention to portions, and watch how much fat and sugar they use. They must try to find healthier alternatives."

Here, Chef Michel's book 'Eat Well and Stay Slim' could be a handy beginner's guide, Chef Patrick says. "The book starts off with the basics of making stocks, dressings and other basic ingredients in a healthy way before it even gets into the recipes. It's a tool book for healthy cooking."

With obesity spreading like an epidemic across the globe, we're eating ourselves to death - literally. It's time more chefs joined Chef Patrick's rebellion against toxic foods.



Sea Scallop, Creamy Saffron Sauce, Broccoli & Coconut Gratin, Mashed Potato with Oyster Tartar

Red currant jelly with a light chantilly cream

For the jelly

Redcurrants, stems removed	300 g
Strawberries, hulled and quartered	100 g
Raspberries	50 g
Water	20 cl
Powdered gelatine or	
2 sheets of soaked gelatine	1½ teaspoon
Fructose	1 heaped tablespoon

For the ultra light chantilly cream

Light whipping cream (30%-35% fat)	15 cl
Egg whites	2
Tablespoon of fructose	
or sweetener of your choice	1
Vanilla seeds of 1/4 pod	

To decorate

Raspberries	50 g
Mint	4 small sprigs
Ultra-light chantilly cream	60 gm

Methodology

- ◆ Place the prepared strawberries

and raspberries into 4 decorative glasses.

Preparation of the redcurrant jelly

- ◆ In a medium-sized saucepan, gently heat the water with the redcurrants. Once the water begins to boil, use a whisk to stir the redcurrants, encouraging them to burst and release their juice. Remove the saucepan from the heat and immediately pass the mixture through a fine sieve, preferably a chinois. You should be left with about 300ml of redcurrant juice. In a medium-sized bowl, dissolve and combine the gelatine with the warm redcurrant juice, whisking well until the gelatine has completely dissolved. Stir in the fructose and mix well.
- ◆ Cool the mixture quickly by putting it in the refrigerator, checking from time to time until the mixture is lukewarm. Pour the lukewarm jelly mixture over the fruit in the glasses and place them in the refrigerator for 4 hours to set.

Preparation of the Ultra light whipping cream

- ◆ 30 minutes before making the whipped cream, put a large metal mixing bowl and the cream in the refrigerator. Using a balloon whisk or a hand-held beater, whisk the cream until it holds firm, but not stiff, peaks on the whisk. Carefully fold in the scraped vanilla beans.
- ◆ In a separate bowl, whisk the egg whites until they are almost firm before whisking in the fructose. Using a wooden spoon or rubber spatula, gently fold the whites into the cream, lifting the cream from the bottom of the bowl and folding it over the top. Continue folding the mixture together until it is well blended.

To serve

- ◆ Just before serving, have ready the ultra-light whipped chantilly cream.
- ◆ top the jellies with the whipped cream and decorate with the fresh redcurrants and the small sprigs of mint.
- ◆ **If the recipe is altered using various other sweeteners this would be the difference in calories**

Recipe with :

- ◆ **Fructose:** 225 calories per person/portion
- ◆ **Aspartame:** 180 calories per person/portion
- ◆ **Xylitol:** 240 calories per person/portion
- ◆ **Sugar:** 270 calories per person/portion
- ◆ **Honey:** 260 calories per person



Aromatic grilled grouper

Ingredients

Grouper of 90 g each, without the skin	4 fillets
Olive oil – (optional could use a non stick pan instead)	1 tsp

For the aromatic sauce

Shallot, finely chopped	50 g
Julienne strips of peeled fresh ginger	4 g
Julienne strips of peeled garlic	4 g
Pimientos del piquillo, bottled, cut into 5mm dice	15 g
Soy sauce	2 tbsp
Tomato ketchup	2 tbsp
Xeres vinegar	3 tbsp
Light vinaigrette	4 tbsp

For the rougail leeks

Leeks, trimmed to give about 2/3 white and 1/3 green parts)	500 g
Mango, cut into 5mm dice	40 g
Lemon zest, blanched and refreshed 3 times, cut into 2mm dice	10 g
Olive oil	1 tsp
Fresh ginger, peeled and chopped	15 g
Fresh coriander, finely chopped or snipped	2 tbsp

Ground chili pepper	1 pinch
---------------------	---------

Method

Grouper fillet

- ♦ Grouper has to be filleted and skinned .If you feel any remaining small bones, remove them with tweezers. Set aside the fillets in the refrigerator until you are ready to cook them.

Aromatic sauce

- ♦ Put the shallot, ginger, garlic and diced pimientos del piquillo – the aromatics – into a bowl.
- ♦ In a saucepan, stir together the xeres vinegar, soy sauce and the tomato ketchup
- ♦ Bring this liquid to the boil, maintaining a brisk simmer for 30 seconds, then add it to the bowl of aromatics. Cover and set aside.

Rougail leeks

- ♦ Cut the leeks into rounds about 5mm thick. Blanch them in simmering salted water then drain them, refresh in cold water and drain again in a small sieve that you can use to reheat them.
- ♦ Heat the teaspoon of olive oil in a

saucepan over a gentle heat and sweat the ginger for a few minutes without coloring it.

- ♦ Add the leeks, the mango, the lemon zest and the chopped coriander. Mix gently, then stir in the chili pepper.
- ♦ Taste, adjust the seasoning and keep the mixture warm, preferably in a bain-marie.

Cooking of the grouper

- ♦ Season the grouper
- ♦ You can cook the grouper either over direct heat, using a heavy sauté pan with a ribbed base – in which case make sure this is hot – or you can grill it. If you are going to use the grill, preheat it to a high heat. It can also be done on a non stick pan with very little or no oil .

To serve

- ♦ Distribute the hot rougail leeks between 4 hot serving plates. Add a fillet
- ♦ of grouper to each plate, laying the grilled side up so that the uncooked side can continue to cook in the heat of the leeks. This also helps to keep the fish moist. Drizzle the hot sauce around the fish or over it. Scatter with a few coriander leaves and, if you like, some julienne strips of lemon zest. Serve straight away



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Creative Food & Beverage Solutions

Modern India ON A PLATE

This month, the boys from one of Dubai's most talked about restaurants 'Tresind', are the challengers for the Golden Chefs Hat Competition

The Nestlé Professional Golden Chefs Hat Competition is open to professional chefs under the age of 30. This technically means that the Executive Chef of Tresind, the highest user-rated restaurant across all cuisines in Dubai on Zomato, is still eligible to partake in the contest. However, when we approached the 28-year-old Himanshu Saini with the challenge, he offered the limelight to his colleagues, who he believes have what it takes to win this year's challenge. Here are the two boys and their wicked recipes.

Chef Basha Malik

He is one of the few people we've met who has a Master of Science degree in Hotel Management. Ask him why and he says, he was just making sure he's

qualified enough to become a professor at a hotel school when he retires.

That's Basha for you, all of 26 and doing what it takes to pursue a passion.

His parents never quite wanted him to become a chef as they – at the time – considered it a profession that was not respected. What they never realised is that they were the ones responsible for driving him towards cooking. "I would see my dad cooking for my mom as his way of showing love and affection to mom. Seeing this I began equating 'cooking' with 'love' and began helping my mom in the kitchen whenever I could. Before I knew it I was experimenting in the kitchen and decided that I would get a degree in cooking."

However, SRM University's hotel management had more to offer than just cooking. Instead of pursuing art and love he was forced to learn 14 subjects ranging from operations to food engineering and economics.

Slowly, he managed to gain interest in all aspects of the business before joining the Oberoi Group in Chennai and thereafter the pre-opening team of the luxurious Grand Chola in the same city. Born, raised, educated and a career start, it all happened for Basha in Chennai. That is until Carnival Cruises came calling and he went on a nine-month journey sailing to Miami. When he returned on a break he was offered a position as part of the pre-opening team at Tresind.

Two years later, the Junior Sous Chef enjoys his hard work being appreciated. So does he still want to be a professor in the future? He wisely says, "Yes, but more importantly my future plan is to become a good chef."

Chef Kamlesh Singh

Kamlesh was born and raised in a village named Gangora, which is 550km from Dehradun in India and close to the Nepal border. For those not in the know about Dehradun, the tourist destination itself takes forever to reach.

Kamlesh says his biggest motivation in life is his father who is still serving in the Indian army after 35 years. "He motivates me as he came from impoverished conditions to become a Subhedar Major and giving our family a better life." As for his inspiration to



Chef Basha Malik



Chef Kamlesh Singh

become a chef "credit goes to my brother-in-law who works in London as a chef. He channelled my childhood passion for bakery and cakes into a career in pastry."

On his brother-in-law's advice he chose to do a four-year degree in hotel management and worked with the Taj as a trainee. While still in college he was hired by Westin in Pune. However, when he returned to Dehradun for his graduation ceremony he was talked into joining a unique concept called Vana Retreat in Mussorie. Here he focused on bakery

where everything is created from scratch. "Only organic products are used to make everything from muffins to croissants, and not a single refined ingredient is used. Chef Rana, who I consider my guru, taught me about everything from understanding grains to baking techniques."

Over a year later, his friend Tarun, who was already working at Tresind called him and "Chef Himanshu gave me the opportunity to cook here." The Sr. Commis is currently involved in live cooking where he deconstructs pani puri

and black forest in front of the guests. "

Ask him what he loves about his job and he says, "Our restaurant is a modern take on Indian cooking and my executive chef not just allows, but wants us to experiment. It's a must over here. If he likes what I create, we directly offer it to guests for immediate feedback. The makes work exciting."

Talking of exciting what has he prepared for the contest? "I've taken a classic dessert and turned it on its head. You have to eat it!"



Rosemary rubbed tandoori lamb chops, ghee roast potato, burnt garlic

Ingredients

Chef@ Demi Glace	10 gms
Chef@ Veal stock	10 ml

Black pepper	5 gms
Water	250 ml
Bay leaves	2 nos
MAGGI@ Coconut Powder	20 gms
Lamb chops (cleaned)	200 gms
Ginger garlic paste	50 gms
Water	1000 ml
Mix Whole spices	

(cardamom, cinnamon, cloves)	10 gms
Whole garlic	15 gms
Rosemary	5 gms
Salt	2 gms
Onion	50 gms
Oil	20 ml
Russet potato	100 gms
Ghee	200 gms

Method

- ◆ Place the lamb chop, coconut milk powder, water, salt and whole spices in a pot.
- ◆ Cover the pot and cook them at 180°C for 45 minutes.
- ◆ Remove the lamb chops, wash and pat dry.
- ◆ Marinate the chops with ginger and garlic paste, rosemary, oil, salt and pepper.

- ◆ Boil the potato with skin, cut them into cubes
- ◆ Heat ghee in a pan, fry the potato till golden in color along with few garlic cloves and rosemary sprig.
- ◆ Sauté onion, garlic, rosemary, pepper corn and bay leaves.
- ◆ Add water, stock and the demi-glace pre-mix

- , reduce to half
- ◆ Season the jus and strain
- ◆ Flash cook the marinated chops in tandoor oven for 1 to 2 minutes till it gets a golden crust
- ◆ Serve the chops along with fried potatoes and jus, garnish it with rosemary and garlic

Masala Chai Panna Cotta with Creme brulee Sphere and Suspended Chocolate Mousse

A true inspiration from India, a land of spices and tea trade, and the tradition kept alive with the masala chai considered part of our daily life. An interpretation of this classic with a modern twist

NESTLE MASALA CHAI PANNA COTTA

Nestle panna cotta pre-mix 30 gms

Milk	100 ml
Cooking cream	100 ml
Green cardamom	5 gms
Ginger	5 gms
Cinnamon	5 gms
Assam tea powder	2 gms
Gelatin sheet	2 gms
Water	100 ml
Manitol	200 gms
Mixed whole Indian spices	30 gms

Method

FOR CRÈME BRULÉ PANNA COTTA BASE

- ◆ Bring milk, cream and the spices to a boil, add the nestle premix.

- ◆ Whisk the panna cotta mix well, bring to a boil.
- ◆ Strain and Transfer the mixture in to a stainless steel mould, fill about 3/4 of mould.
- ◆ Refrigerate it for 30 to 35 min.

CHAI JELLY

- ◆ Soak the gelatin in cold water for 15 minutes.
- ◆ Bring the water and the tea powder to a boil, keep the tea aside to make a decoction.
- ◆ Strain and reheat the tea, add the gelatin, strain the mixture again.
- ◆ Pour the tea decoction on top of the set pannacotta, refrigerate till the jelly is set.



SPICE STONE

- ◆ Melt manitol in a pan add the whole spices.
- ◆ Pour the melted manitol and spices in to a stone shaped silicone mould.
- ◆ Remove the stones from the mould after 2 hours.
- ◆ Remove the panna cotta from the mould, serve along with the spice stone,
- ◆ The stone will be grated on top of the panna cotta during service.

CREME BRULEE SPHERE

A tribute to Nestle... an eggless creme brulee, created in the shape of an egg and served in a bird's nest to represent the Nestle logo.

Cooking Cream	400 ml
Nestle creme brulee mix	50 gms
Calcium lactate	0.05 gms
Sodium alginate	10 gms
water	1000 ml
Isomalt	20 gms
Nitrous oxide cartridge (cream charger)	2 nos

BRULEE BASE

- ◆ Heat gently and reduce cream by half and let it cool at room temperature
- ◆ Add nestle pre-mix into the cream, boil the cream again on a medium heat
- ◆ Bring the mixture at room temperature and add calcium lactate
- ◆ Blend alginate and water, strain through a fine sieve refrigerate for an hour
- ◆ Gradually pour a spoon full of brulee and calcium mix in to the alginate bath
- ◆ Leave the brulee mix in the alginate for a minute, it will create a thin film on the brulee mix
- ◆ Carefully remove the sphere and rinse them in cold water.
- ◆ Place the sphere into the isi gourmet whip siphon carefully.
- ◆ Then charge the siphon with two nitrous oxide cartridge.
- ◆ Keep the siphon in cold water for an hour.
- ◆ Release the gas from the siphon, and then open.
- ◆ Take out the puffed sphere.
- ◆ Sprinkle isomalt on a silpat (nonstick baking mat), caramelize them in oven, at 180°C
- ◆ Cut it into small round shape. place the

caramel disk on the spares and serve in a small spoon

SUSPENDED DOCELLO CHOCOLATE MOUSSE

Reflecting Nestle's extreme thoughts and ambitions

Nestle Kit Kat pre-mix	100 gms
All-purpose Flour	225 gms
Butter unsalted	110 gms
Sugar	80 gms
Egg	1 nos
Nestle Kit Kat pre-mix	90 gms
Sugar	100 gms
Egg	3 gms
Milk	62 ml
Cooking Cream	62 gms
All-purpose Flour	100 gms
Butter unsalted	114 gms
Baking powder	10 gms
Whipping cream	100 ml
Nestle mousse mix	60 gms
Dark chocolate 70%	100 gms
Milk	70 ml
Liquid glucose	15 gms
Raspberry	3 gms
Blueberry	3 gms
Redcurrant	3 gms
Fennel leaves	1 gms
Rose petals	1 gms

KIT KAT BISCUIT

- ◆ Whip soft butter and sugar till it become fluffy.

- ◆ Gradually add the egg in to the butter and sugar mixture.
- ◆ Combine the flour and the kit Kat mixture
- ◆ Slowly fold the flour mixture in to the butter cream

KIT KAT SPONGE

- ◆ Bring milk and cream to a boil, add the butter
- ◆ Whisk egg and sugar in a bowl,
- ◆ Combine all the dry ingredients and mix with the egg and sugar mixture
- ◆ Add milk and cream mixture and mix well
- ◆ Pour the cake mixture in to a baking tray and bake at 180* c for 15 minutes

CHOCOLATE MOUSSE

- ◆ Whip the cream at high speed
- ◆ Slowly add the mousse mixture into it, when the cream reach firm peak, transfer to a piping bag

CHOCOLATE SAUCE

- ◆ Bring the milk in to a boil add the chocolate and whisk for 2 minutes
- ◆ Add the liquid glucose for shining
- ◆ Stick the biscuit and sponge with chocolate, pipe the chocolate mousse on the sponge
- ◆ In a large brandy balloon glass pour the chocolate sauce in the bottom place the mousse upside down,
- ◆ Garnish with berries, rose and fennel





FIFTY SHADES OF GREEN

From taste tantaliser to solutions provider, Chef **Michael Wunsch** has contributed to the culinary industry from many vantage points. He also has the vote of thanks from the environment. The managing director of fruit juices and pre-cut vegetables company Barakat Quality Plus rolls business acumen, creativity and humanity into one remarkably well...



Most chefs would love to someday become an Executive Chef. As for Executive Chefs, I think, they would someday like to take the place of Michael Wunsch or Chef Mike as he's fondly known.

Chef Mike has been there, done that. He is a founding member of the Emirates Culinary Guild, and is still going strong. His support of the culinary industry is known to all.

Since our last interaction around two years ago, Chef Mike has lost his mother aged 91, and gained a life companion. Yes, he's gotten married.

The BMW sports bike riding member of the bowling team Barakat Blasters, is well into his 50s but lives the life of a 20-something. If he's not bowling he's driving into the dessert.

And the youthfulness also spills into his role as Managing Director, where he's busy expanding and now moving operations to three factories to manage the rapid growth.

Yes, Mike Wunsch may have a life worthy of a novel, but his success has been a direct result of his ability to understand the opportunities available and to act on them sensibly.

Here's how he went from being an Executive Chef to a young businessman.

It was a regular day at the Al Bustan Rotana Dubai. The executive chef was casually chatting to the head of his vegetables supplier. His lament was pretty much that of most chefs: too much time and energy goes into prepping for dishes. More so, with fresh fruit juices and vegetables, especially in the peak season.

The chef wished there was an extended kitchen for his fellow chefs that every big hotel could tap into for fresh squeezed fruit juices and pre-

cut vegetables. Two years later, the wish came true!

The year was 2000, and the chef was Michael Wunsch. In less than two decades, the wish has taken the form of one of the biggest support systems of the UAE culinary industry. Chef Mike, together with Jeyaraman Subramanian, founded Barakat Quality Plus, a provider of fresh fruit juices, pre-cut vegetables, ice creams, soups, jams and pre-cut meat and sausages.

In 2002, Barakat set up its first fruit juices factory in Jebel Ali Industrial Area, starting off with about 3,000 litres. A second factory came up in Dubai Industrial City and a Logistics Centre is now coming up at Jebel Ali.

When you fill a gaping hole in the supply



Most hotels and restaurants then saw no reason not to make juices in their own backyards. Then, the culinary industry's growth exploded and with staff shortage and heavy demand, time became a luxury they couldn't afford



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April 2016 **Gulf Gourmet**

system, exponential growth is hardly a surprise. It's even better when you have an industry insider spearheading the business. Which is what has been Barakat's recipe for success. "After spending three decades as chef, I knew what the gaps were in kitchen supplies. So when I was offered a chance to go to the other side and plug the gaps, I

jumped at it," recalls Chef Mike.

Much time has passed since he left the kitchen to become a part of the corporate set-up in 2000. Barakat wears the enviable crown of supplying as much as 90 percent of the top hotels in Dubai with juices and vegetables. It has a sizeable customer base even among

airlines, caterers and supermarkets. And demand is showing absolutely no signs of slowing.

Initial scepticism about the idea was something Chef Mike had expected to encounter when he started out. "Most hotels and restaurants then saw no reason not to make juices in



their own backyards. Then, the culinary industry's growth exploded and with staff shortage and heavy demand, time became a luxury they couldn't afford." Barakat was smart enough to understand the changing needs of customers and rapidly adapt itself to trends. "We had requests for special juices for weddings and events like Ramadan and we met them. That gave rise to some interesting products that are still in our portfolio."

Global recession after the financial crisis of 2008 hit most industries badly. But Barakat was an exception. In fact, the need to cut costs meant more restaurants and hotels started looking to Barakat for their supplies. "Customers also started cutting back on eating out.

So they would seek healthier options in the supermarkets. And our juices offer exactly that."

The company's focus on keeping the nutritional value of its products intact has paid rich dividends. With an expanding portfolio of fruits and vegetables, it has something to offer everyone. "With health taking the centre-stage for the food industry, demand for our juices is growing rapidly. There's also this boom in hotels in this region. All this makes me really optimistic about our future."

His business acumen and talent in the kitchen are not the only fascinating things about Chef Mike. He's been a formidable champion of the environment,



With health taking the centre-stage for the food industry, demand for our juices is growing rapidly. There's also this boom in hotels in this region. All this makes me really optimistic about our future



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joining the movement much before sustainability became a 'cool' word. Doing his bit for the collective health of the world comes naturally, with the earth's natural resources being dear to him. This is why, from the very beginning, Chef Mike has strived to build an environmentally sustainable model for Barakat.

The company's water needs have risen from a tanker every three or four days to four tankers daily now. Seeing into the future, Chef Mike ensured that the original business plan had a water recycling plant baked into the blueprint. What was playing on his mind at the time was Dubai Municipality's rules on how much particulate matter was allowed in water for it to go for disposal.

If Barakat didn't want to face prohibitive costs for disposal, it had to treat the water. Chef Mike decided to turn the treatment plant into an entire recycling unit, one that converts waste water into drinking water.

He recalls a disappointing beginning. "The first attempt wasn't successful. We had set up a biological treatment plant with bacteria that decomposes dirt in the water. But that bacteria, which we had sourced from the Dubai Municipality, did not survive."

Then Chef Mike sought the help of his home country, Germany, known for its progress in environmental solutions. Bacteria samples were sent to Germany for testing and one of the employees at Barakat even suggested trying a hand at culturing bacteria. "So we did. When we managed to culture our own bacteria, we set up a biological decomposition plant. It's been a decade and it's still functioning beautifully."

The sludge water goes through a number of processes before it is clean enough to be potable if required. In the first step, all heavy material is taken out and chemicals are added to coagulate floating particles. These particles are then removed and the water enters the biogas plant. For eight hours, the



Our cooling systems need less maintenance when we use the recycled water in them because of lower heavy limestone content. It causes build-ups in the system and that needs constant cleaning. We now have to clean our systems just once in three months instead of once a week

bacteria "eats" off the organic waste, leaving clean water that can be used for irrigation and other purposes.

There's two more steps involved in converting the cleaned water into potable one. The 'ultrafiltration' method comprises two levels of filtration, which clean out as many as 99 percent of the impurities. The last step is reverse osmosis. This takes out all the harmful bacteria and minerals in the water. "This water is cleaner than the water you use for drinking. But because of negative perceptions surrounding recycled water for drinking, we don't use them in our juices."

About half of the water that goes through reverse osmosis is fit for human consumption but is used for cooling the ammonia. Whatever is left has heavy mineral content, which is good enough for use by construction companies. The leftover recycled water is used in Barakat's sanitary systems and a lot of it is also used to cool Barakat's factories. "Our cooling systems need less maintenance when we use the recycled

water in them because of lower heavy limestone content. It causes build-ups in the system and that needs constant cleaning. We now have to clean our systems just once in three months instead of once a week." Cooling with the recycled water is also more effective.

Barakat's rapidly expanding business leaves little room for saving natural resources, which is where sustainability measures come in handy. The company's three plants churn out 50,000 litres of juice daily, 150 tonnes of fruits and vegetables and 60 tonnes of organic waste. Ideally, Chef Mike would love to see every bit of organic waste in these factories put to good use. But given that we still have a long way to go in recycling of organic waste, solutions are yet to come to him.

For now, the waste is used as landfill. Plans are under way to set up a biogas plant that could effectively utilise this waste. "Biogas is what we plan to produce from this plant. We have been drawing up the blueprint with a German company. Barakat needs only a third of the biogas we produce. The rest we will convert into electricity and fertilizer." Barakat's fleet of trucks has already started using biodiesel, cutting down on pollution and costs at the same time.

Coming from a country that believes strongly in green initiatives, Chef Mike would like to see his adoptive country follow in Germany's carbon-light footsteps. Solar panels and biodegradable packaging are some other measures Barakat is working on integrating into its processes.

"Good business is not just about making profits. It's also about doing your bit for the general good and for the environment. As we stare at a population explosion, it's time we started optimising the use of resources," says the German chef.

It's easy to get into the flow, when Chef Mike is your inspiration.



MEET THE ROYAL CHEF

In an interview to Gulf Gourmet magazine, **Carolyn Robb**, the former Executive Chef to Prince Charles and Princess Diana, talks about the eleven years working for the family and serving other members of the royal family. She also talks about her short stint in Dubai and her new venture The Royal Touch...

April 2016 **Gulf Gourmet****Do you remember your first tryst with cooking or baking?**

From no age at all I was in the kitchen with my mother at every given opportunity. She was a brilliant cook, and a busy one, as a mother of 5. My father had amazingly green fingers, so we always had wonderful fresh produce in the garden. I grew up in South Africa so we had incredible citrus, as well as orchard fruits and berries – and 'local specialities' like Kumquats, loquats and guavas. The list of vegetables went on forever as well – I just wish I had taken more note and asked a lot more questions as I have a lot to learn now that I'm trying to grow my own produce for my girls.

My mother never let anything go to waste so she often made jams, marmalades, jellies, chutneys, cordials and fruit curds in order to use up big pickings of fruit and vegetables. My love for food was many faceted from the very beginning – I love eating good food, preparing it and I am also very passionate about the provenance of ingredients, sustainability and traceability. My mother often gave me free reign in her kitchen when I was a child so I had ample opportunity to experiment – which is when all the best learning happens.

Results were not always perfect but my mother had very high standards and I knew when things were not up to scratch – for which I will always be grateful. After leaving school I spent time at University studying languages as my father wanted us all to have a university education. I then travelled to Switzerland to experience a Swiss hotel kitchen – after which I came to the UK and did my Diploma in Cordon Bleu cookery which set me up for an unexpectedly fascinating career as a chef.

Did your family and other authority figures encourage this path for you?

My parents were wonderful and encouraged all of us to follow our dreams. From a young age I had the idea in my

head of 'cooking for the Queen one day' – I think we were all quite surprised when I did end up as a royal chef.

When I was at school the idea of becoming a chef was not encouraged – as it was considered to be a job for those who couldn't be bothered to do much else. How wrong they were. I know my life as a royal chef had a lot more unique experiences than the lives of all my contemporaries who became lawyers and accountants. I'm so glad I had the confidence to go my own way, however I will always be grateful for the huge support that I had from my parents and all my siblings.

What was your professional trajectory, and how did you rise to the top chef position in the UK?

Whilst I was at cookery school I was invited to Kensington Palace for an interview with TRH The Duke and Duchess of Gloucester for the position of their chef. I got the job and spent a very happy 2 years cooking for them, they are a wonderful family. About 18 months into that job, TRH The Prince and Princess of Wales came for dinner (they were The Gloucesters 'neighbours' within Kensington Palace).

Shortly after that I was invited for an interview with Princess Diana and then to cook a meal for both Prince Charles and Princess Diana at Highgrove House, their country home. I was extremely excited to be offered a position as a chef in their household and was just 23 when I began cooking for them.

Did you have any special mentors or sponsors who helped you along the way?

I think of Prince Charles as one of the most incredible mentors anyone could have. I found his great passion for organics and his very extensive knowledge hugely inspiring and always felt very privileged to have learnt so much from him. I still carry so much with me today that I learnt from HRH and I have enjoyed sharing my knowledge with



My parents were wonderful and encouraged all of us to follow our dreams. From a young age I had the idea in my head of 'cooking for the Queen one day' – I think we were all quite surprised when I did end up as a royal chef



young chefs who are just now embarking on their careers. I was also very fortunate to work in the kitchens of some wonderful 'Michelin' chefs during my time as a royal chef; they included Raymond Blanc (UK), The Roux brothers (UK) Roger Verge (Provence, France) and Guiltiero Marchesi (Brescia, Italy). It was an enormous privilege and very inspirational to work alongside such great masters; I learned so much from them.

What important lessons and insights did you learn, as chef to the Royal Family?

As the chef to a family who are as busy and as hard-working as the Royal Family it meant that inevitably there were frequent last minute changes to their schedules, so it was really important to always be very organised, be flexible and to be prepared for all eventualities. I loved that aspect of the work, as by nature I am quite organized myself. It was also really important to me to always put wonderful food in front of them when they returned home from very long hard days. It is the attention to detail in all that we do that sets us apart.

I think that it is always important to love the work that you do because even jobs that many may perceive as being quite 'glamorous' (such as a royal chef) are very hard work and require significant dedication (and kitchens are seldom glamorous.)

How was your experience living in Dubai for two years?

After 13 years in the Royal Household, I left and moved to Dubai to work as Project Director for a newly established company called Chefs Larder. My remit included the opening of several delicatessens, offering an exclusive range of imported products never previously seen in Dubai, from all over the world. I also established and implemented consultancy / training programmes.

I was fortunate to also have a regular radio and television slots and wrote for several local publications. After 15 months

with Chefs Larder, I took up the full time position of food editor for a local magazine.

What lights you up about the work you do, specifically?

Coming from my heart I would say that I just love feeding good food to people. Taking a few simple ingredients and transforming them into something delicious that brings a smile to someone's face is magical.

However, thinking about the work that I do in terms of business, I just love the versatility of the food industry. I have created a brand, 'The Royal Touch' with business partner William Schwartz, who is based in Los Angeles. The brand showcases the wonderful British spirit that is loved by so many, with touches of whimsicality and of course royalty.

Whilst there are many 'celebrity chefs', my hope is that my 'royal credentials' will set me apart and that I can bring something very special to the market place.

What are your compelling visions for your career in the future?

I will work hard to continue to grow 'The Royal Touch' brand. I would also like to continue to spread the word about the importance of feeding good, fresh, simple, home-made food to our children and to find ways to help families to understand what a huge impact the food that we eat has on our health and well-being. (A bowl of pasta with fresh vegetables is perfectly manageable for anyone to prepare and is a thousand times better for us than a microwave pizza and it is no more expensive.)

What advice can you share for the millions of budding creatives, artists and artisans in the world who long to build exciting, rewarding and impactful careers leveraging their passions and creativity?

Get her book

Carolyn Robb's new cookbook, 'THE ROYAL TOUCH: Simply Stunning Home Cooking From A Royal Chef' has 100 recipes and a plethora of intimate stories and personal letters from her time living at Kensington Palace.

Gulf Gourmet readers can avail a one-time 50% off the regular consumer price by going to <http://www.accdistribution.com/uk/store/register> to register and enter the promotional code RT50 upon purchase.

Follow your dreams and be led by your creative instincts, but above all never be afraid of hard work and never lose your hunger for new knowledge and new experiences. For me, attending cookery school was the beginning of a very long and intriguing culinary journey that I am still travelling – and one where the more I learn the more I want to learn and also the more I learn the more I realise how much there still is to learn about the hundreds of diverse cuisines around the world, native ingredients and preparation and cooking methods.

I always encourage people who are passionate about their craft/creativity to enjoy sharing their knowledge; I have found that in sharing my knowledge with young chefs who are keen to learn I always come away feeling invigorated and inspired, and often having learnt new things too.

Last words?

We all lead very busy lives. I am widowed and am on my own with my 2 beautiful little girls, so I understand how it feels to never quite have enough hours in the day to get everything done. However, we always sit down together for a home cooked meal at the end of the day, often it is very simple and the girls have helped to prepare it, but this is such precious time together and I would urge every family to do the same.

I still vividly remember sitting down with my parents every evening to one of my mother's delicious home cooked meals – which I always anticipated with great relish. We also try to find some time every day, even during the very cold dark winter months to spend some time outside in the fresh air – perhaps a few minutes on the swings on the way home from school or a quick dog walk. I believe that good food and some exercise everyday go a long way to keeping us going in our frenetic, 'technology-led' lives.



Chilled Lemon Tart With Strawberry Salad

This lemon tart provides the perfect finalé to a special meal. It has a biscuit-crumb base and a chilled filling that make it a lot quicker to prepare than the traditional baked lemon tart with a pastry crust. For the base you can use your favourite sweet biscuits: McVitie's Digestives, Walkers shortbread fingers or Graham crackers all work well. Serve the tart with a summery, minted strawberry salad and the vibrant red berries next to the fresh, lemon-yellow filling will leap off the plate at you shouting, 'Eat me!'

Ingredients

You will need:

One 15 – 18cm (6 – 7 inch) flan ring or china flan dish

For the base:

140g / 5oz sweet biscuits * (1½ cups)

70g / 2½oz butter (5 Tbsp)

For the filling:

150ml / ½ cup double cream *

1 x 397g / 14oz tin * sweetened condensed milk 3 lemons, zest and juice

FOR THE STRAWBERRY SALAD:

200g / 7oz strawberries

100g / 3½oz raspberries

30ml / 2 tablespoons icing sugar *

A few drops of lemon juice
A few stems of mint

Method

- ◆ Makes one 15 – 18 cm (6 – 7 inch) tart, 4 - 6 servings
- ◆ Make the base: Crush the biscuits, melt the butter and mix them together. (The type of biscuits you use will determine how much melted butter will be needed to bind the base.)
- ◆ Press the biscuit mixture into the base of the flan ring or dish, and chill.
- ◆ Make the filling: Whip the cream and fold it into the condensed milk.
- ◆ Grate the lemon zest directly onto the cream mixture and stir it in with the lemon juice.
- ◆ Pile the filling onto the crumb base. Level the top, cover and chill for at least an hour.
- ◆ Make the strawberry salad: Wash, hull and slice the strawberries and place them in a bowl.
- ◆ Crush the raspberries with the icing sugar and lemon juice and rub them through a sieve to make a smooth purée. Drizzle the purée over the strawberries. Shred the mint and sprinkle it onto the fruit.
- ◆ Transfer the tart to a pretty plate, remove the flan ring and serve with the strawberry salad.
- ◆ Use warm salad of halloumi recipe and image if you have more space

April 2016 **Gulf Gourmet**

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LIFE OF PIE

Chef **Nishantha Kumara** left the cosy comforts of his Sri Lankan village to chase his dream. Having already lived that dream, the pastry chef of Ramada Plaza Jumeirah Beach Residence is now looking forward to many more...

Speak to any chef and he will have a touching story on what inspired him to become one. Chef Nishantha Kumara doesn't. All he did was answer a newspaper ad. And there began a story that has the ability to inspire many others. It's a story of trials and tribulations, of trophies and touching moments. And yet, that is just the first few pages.

All of 34, Chef Nishantha has already come a long way – eight years in Dubai, that too with some of the biggest hotels in the industry. Without any role model to even tell him what cooking was all about, the Sri Lankan chef has only

himself to credit for his promising career. If it wasn't for his perseverance and hard work, he would have still been stuck in the little village in Sri Lanka, following a routine, not a passion.

"There were no chefs in my family. My mother is a homemaker and my father had a simple government job. Having grown up in a small village called Poddala, in the town of Galle, Sri Lanka, my exposure to hospitality was very limited," says Chef Nishantha.

Chef Nishantha's humble roots meant he had to contribute to the upkeep of the family, which included two sisters, as soon as he came of age. "After I finished

high school, I started searching for a job. I came across a newspaper ad for a trainee in the housekeeping department of a three-star hotel. I had absolutely no idea what it was but I applied anyway."

Fascinated by the smart uniforms that the housekeeping staff wore, Chef Nishantha took up the job offer. His sincerity, hardworking nature and cheerfulness impressed his supervisor, who plucked him from housekeeping and assigned him to the front desk.

"I became a receptionist but I wasn't terribly interested in the job. I was drawn to the kitchen. So what I did is play a dual role for the same salary – I would finish my receptionist duties and then



go help out in the kitchen." For as long as a year, Chef Nishantha worked all day as a receptionist, then spent a good four-five hours in the kitchen.

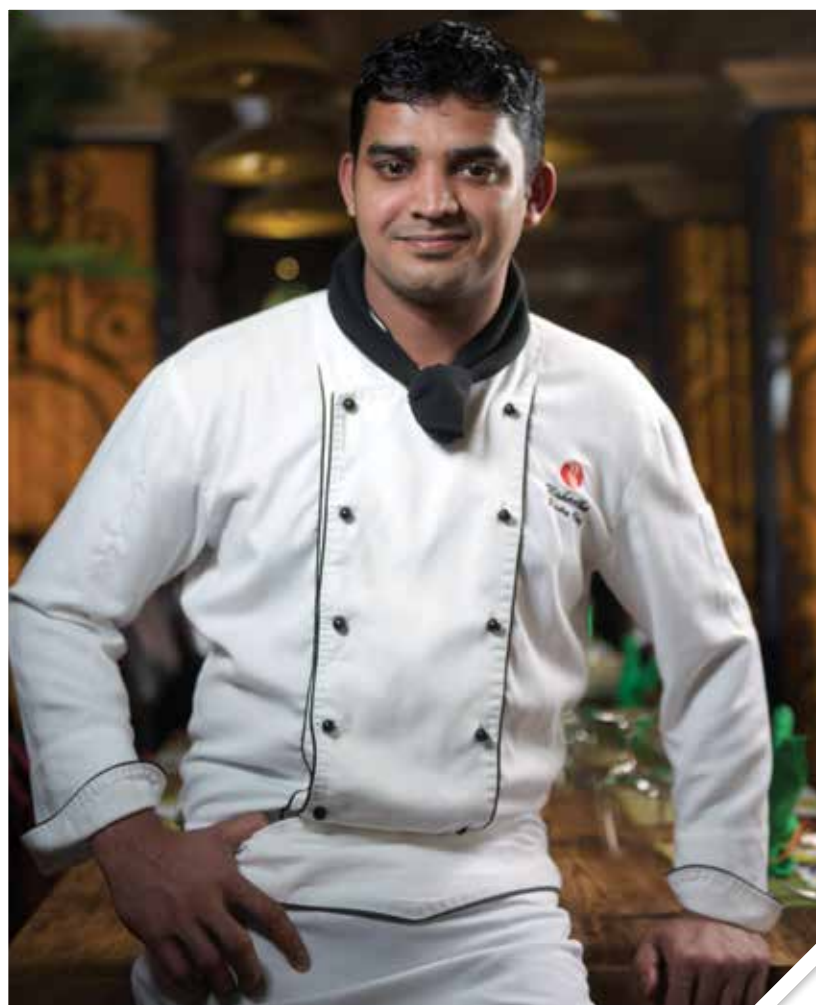
Basic skills perfected, Chef Nishantha sought a full-time opportunity in the kitchen, which came when he found a job as a trainee pastry chef near Colombo. "That meant leaving my village but for the sake of my career, I did not mind. Nor did my parents. They were just very proud."

For the first time, Chef Nishantha tried his hand at pastry at the four-star hotel. He also took on kitchen responsibilities. Helping him there was Chef Sunil, son of renowned Sri Lanka legendary chef, Chef Publis. Under an encouraging mentor, Chef Nishantha bloomed, spending just eight months as a trainee before being promoted to commis.

A colleague from that hotel eventually became Chef Nishantha's ticket to Dubai. "I got a call from him and he asked me if I wanted to join Dubai Marine Beach Resort and Spa as a commis 1. I was just 25 then."

The nine years that Chef Nishantha has spent so far in Dubai were eventful. He worked at the Dubai Marine Beach Resort and Spa for about two years. "I learnt how to work with chocolate, make showpieces, handle large buffets. It was a great learning curve."

He then went on to work for Crowne Plaza Dubai for a year and a half, before moving to Sheraton Beach Resort as a chef de partie. After spending another year and a half at Sheraton, he moved on to Grand Millennium Hotel in Dubai Media City for a year. Sharjah Grand Hotel was the next stop, an assignment that marked his debut as a pastry chef. "That job was the first time I had to handle things on my own. It was challenging but I also learnt a lot. I was handling pastry for five outlets. I created dishes for the menu and did some interesting a-la



carte desserts and showpieces. We also had to make large cakes for catering to 2,000-people events." Those were tough times. With a team of six people, Chef Nishantha ran the show, winning the admiration of his superiors.

A year and a half ago, he arrived at the Ramada Plaza Jumeirah Beach Residence as pastry chef. "We have seven outlets here with different cuisines including Indian, Mexican, Asian, Brazilian. I have to tailor the desserts depending on the cuisine, and for our cake shop and coffee shop."

As someone without formal education in cooking, Chef Nishantha advocates observing senior chefs to learn the tricks of the trade. "When I was a trainee chef, I would go back home after watching the chefs, deconstruct their dishes in my mind and try to make them. That meant two-three extra hours daily to practise but that's how I learnt. It's something I still do."

A humble man, Chef Nishantha still doesn't think he has learnt enough. He wants to take more courses, preferably abroad, to build on his skill set. "There's so much innovation happening in breads. I want to learn more on current trends."

His own favourite ingredient is sugar. There are so many elements to working with sugar and Chef Nishantha finds it an intriguing subject. "Sugar is not something you can start with immediately. Learn the basics and read books to build on the techniques. I have more than 10 recipe books only on sugar."

Chef Nishantha warns ambitious chefs against chasing money, which he believes is a "short-term" reward. "What you learn is what takes you forward. Always look for jobs that help you learn."

Pay heed. His own success story is proof enough.

Sachertorte, apricot crème, anglaise, honey caviar, hazelnut micro sponge, yogurt meringue, blood orange gelee, chocolate crisp, served with peach and ginger ice cream

SACHER CAKE

Dark chocolate	140g
Anchor butter	140g
Caster sugar	115g
Vanilla extract	2/1 tsp
Free range egg separated	05pcs
Ground almonds	85g
Plain flour	55g

FOR THE ICING

Apricot jam	06tbsp
Plain chocolate	140g
Anchor whipping cream	200ml
Milk chocolate	25g

APRICOT CREAM

Apricot puree	150ml
Lemon juice	2/1 pcs
Maple syrup	50ml
Anchor whipping cream	200ml
Greek yoghurt	50g
Gelatin	06g

CREAM ANGLAISE

Anchor cream	115ml
Vanilla extract	05ml
Egg yolks	02pcs
White sugar	32g

HONEY CAVIAR

Agar-agar	01g
Water	03tbsp
Honey	06tbsp
Cooking oil	225ml
Water with ice	

HAZELNUT MICRO SPONGE

Caster sugar	80g
Whole egg	40g

Egg yolk	40g
Hazelnut powder	10g
Flour	10g

CHOCOLATE CRISP

White fondant	75g
Glucose	50g
Chocolate dark	25g

YOGURT MERINGUE

Egg white	100g
Caster sugar	350g
Water	250g
Powdered flavor yogurt as needed	

BLOOD ORANGE GELEE

Lemon juice	03tbsp
Cold water	01tbsp
Gelatin	2/1tsp
Blood orange juice	115ml
Vanilla extract	4/1tsp
Caster sugar	03tbsp

PEACH AND GINGER ICE CREAM

- ◆ 5 ripe peaches, chopped finely (approximately 2 cups)
- ◆ 1/2 cup sugar
- ◆ 1 Tablespoon ginger, grated
- ◆ 2 cups heavy or whipping cream
- ◆ 1 cup milk

Methods

SACHER CAKE

- ◆ Preheat the oven 180c, melt the chocolate and set aside. Beat the butter in a bowl until soft, and then gradually beat in the sugar. Add the cooled chocolate and the vanilla extract and beat again. Add the egg yolks, and then fold in the ground almonds and sieved flour.
- ◆ In a separate bowl, whisk the egg whites. Add about one-third of the chocolate mixture and stir in vigorously. Gently fold in the remaining egg whites. Pour the mixture into the prepared tray. Bake in the oven for about 45-50 minutes
- ◆ To make the topping, heat the apricot jam in a small pan and then brush evenly over the top and sides of the cold cake. Allow to set.

HOW TO MAKE THE ICING

- ◆ Heat the cream until piping hot. Remove

from the heat and add the chocolate. Stir until the chocolate melted and then cool till coating consistency. Then pour the icing on to the centre of the cake.

APRICOT CREAM



- ◆ Place the apricot into a food processor with lemon juice and maple syrup and blend together. Place the cream and Greek yoghurt into a large bowl and mix together. Add the apricot purée mixture to the cream mixture and mix together well, add gelatin.

CREAM ANGLAISE



- ◆ In a small, heavy saucepan, heat cream and vanilla until it bubble. While cream



is heating, whisk together egg yolks and sugar until smooth. Slowly pour 1/2 cup of hot milk mixture into egg yolks, whisking constantly. Gradually add egg yolk mixture back to remaining milk mixture, whisking constantly. Continue to cook, stirring constantly, until the mixture coats the back of a spoon.

HONEY CAVIAR



- ◆ Place the vegetable oil in the refrigerator. Boiled agar-agar with water, add honey and let the mixture cool. Using a dropper, drawn the agar-agar/honey mixture and drip in the cold oil.

HAZELNUT MICRO SPONGE



- ◆ Beat egg and yolk with sugar till became fluffy. Mix with hazelnut and flour, pour into the disposable cups. Bake in microwave for 2 minutes.

CHOCOLATE CRISPY



- ◆ Heat fondant with glucose, and then add chocolate. Pour the mixture into the silpat, let cool. Break the sheet into the small pieces and blend in the food processor. Take out the powder from the blender and put them all over silpat. Bake at 160c till become light golden brown color.

YOGURT MERINGUE

- ◆ In a mixing bowl, mix all the ingredients. Whip on high speed then spread the meringue on to a silpat.
- ◆ Sift a very fine layer of the powder flavored yogurt, bake at 100c until fully dry and crisp.

BLOOD ORANGE GELEE

- ◆ In a bowl, sprinkle gelatin over lemon juice and water. Do not stir. Warm



blood orange juice, vanilla, and sugar in a saucepan over medium low heat until completely combined. Add gelatin mixture, let it cool.

PEACH AND GINGER ICE CREAM

- ◆ Combine the peaches and ½ cup of sugar. Cover and refrigerate for one hour. Stir in ginger. Refrigerate again for additional one hour.
- ◆ After two hours of refrigeration, drain peaches, reserve the juice.
- ◆ In a large bowl, combine milk and cream and peach juice, whisk until it blends.
- ◆ Pour the liquid into your ice cream maker, and follow the manufacturer's instructions. 3 minutes before the ice cream is done, add in the peaches.
- ◆ Once complete, transfer to an air-tight container and freeze for a few hours before serving.

April 2016 **Gulf Gourmet**

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Delectable Dining IN DOHA

The boys from Intercontinental Doha, The City have really upped the ante with their exceptionally superb recipes for the Golden Chef's Hat Competition

When we approached the IHG Group to find out if they had to young guys in Doha who could create delectable dishes for our professional chef readers, the Executive Chef had his mind set almost immediately. Here are

the two he chose and their recipes on the following pages to know why they were his chosen boys...

Chef Amanat Hossain

29-year-old Chef Amanat Hossain may be the Assistant Pastry Chef at the

reputed Intercontinental Hotel in Doha. However, his career journey has been nothing short of stellar. He grew up in a small village near Kolkata in India that had no connections to the hospitality sector. His father worked in a jute factory while his mother was a homemaker and



**Chef Amanat Hossain**

they both raised him well enough to stand on his own two feet.

His first tryst with the profession was when he saw his father's friend's sons who worked in fancy hotels in large metropolitan cities around India come back to the village for holidays. One of them would show him the images of the pastry work that happened inside the kitchens of these five-star hotels and Amanat knew his destiny.

That person, who is now a Pastry Chef at a Taj property and also his brother-in-law, guided him well. "I was impressed with the photos he would show me and I took his advice seriously."

He went to do an intensive 18-month course in bakery and pastry in Coimbatore before landing a trainee role

at the Taj Fisherman's Cove in Chennai and a full-time role with the Taj Green Cove Resort, Kerala. After two years he joined the Leela Group and worked with them across their properties in Bangalore, Mumbai and Kerala for seven years before coming to Doha on his first international stint.

Ask him about his future plans and he says, "I want to become a chocolatier who creates chocolate garnishes and sells it. Not a shop but bespoke chocolate creations for sale."

Chef Girgis Issa Abdu

Egypt-born and raised Chef Girgis Issa Abdu is just 21 years old and works as Commis I at the Intercontinental Doha. When he's not dabbling in chess, he prefers cooking for passion. Fluent in English, Arabic and German, Chef Girgis

first realised that cooking could be a profession when he met his cousin, who's a chef in Italy.

Taking his advice, the young one joined Germany Culinary Arts Hotel School in home country and gained a degree in professional culinary arts. He began his career with a trainee role at the Sheraton Mirmar Hotel in El Gouna when he was raised. He then moved to Sharm Al Shaikh for two years working at the CWW Hotel and Resort before coming to Doha in 2014.

He's been with Intercontinental for nearly two years and all kinds of European cuisines. Little wonder then that when we ask him about his future plans he says, "I want to start my own restaurant serving European flavours." And where would he like to see it based. "Egypt, of course," is his quick reply.

**Chef Girgis Issa Abdu**

Sea Scallop, Creamy Saffron Sauce, Broccoli & Coconut Gratin, Mashed Potato with Oyster Tartar

Ingredients

Scallops	16 pieces
Olive Oil	30 ml
Salt & Pepper	
Cream Saffron Sauce	
Butter	40 grams
Shallot	20 grams
Chef® Liquid Shellfish Stock	200 ml
Nestle Cream	50 ml

Saffron	5 grams
Lemon Juice	5 grams
Salt & Pepper	
Mashed Potato	
MAGGI® Mashed potato	300 grams
Nestle Cream	120 ml
Butter	50 grams
Salt & Pepper, Nutmeg	

Garnish Crisp

All purpose Flour	30 grams
Nestle Water	90 ml
Oil	60 ml

Broccoli & Coconut Gratin

Broccoli	280 gram
Shallot	40 gram
Butter	30 gram

MAGGI® Coconut Powder	150 ml
Cheese	90 grams

Salt & Pepper

Oyster Tartar

Shallots	15 grams
Ginger	10 grams
Chive	15 grams
Lemon Juice	10 ml
Olive Oil	10 ml
Tabasco	5 ml
Salt & Pepper	

Method

- ◆ Scallop. Season Sea Scallop with Sea salt pepper and olive oil. Store in Chiller.
- ◆ Crisp Garnish. Mix in a bowl flour, water and oil. Whisk until nicely smooth. No lumps. Cover and set aside.
- ◆ Broccoli & Coconut Gratin. Preheat oven 180 degree Celsius. Wash broccoli. Cut into small flower. In a saucepan melt butter. Add shallots until transparent soft. Add broccoli. Toss in the pan. Season with salt and pepper. Add coconut milk. Stir until become thick in consistency. Check the flavour. Place into pastry cutter topped with cheese. Place into the oven for 6 minutes. Remove from oven once done and set aside.
- ◆ Saffron Sauce. Melt butter in a saucepan. Add shallots until transparent soft. Add fish stock. Add saffron. Simmer until half then add the cream. Season with salt and pepper. Add butter and lemon juice. Set aside.
- ◆ Mashed Potatoes. Heat Cream with thyme until reduce half. Add butter. Pour Maggi Mashed Potato Powder. Whisk until creamy in consistency. Season. Set aside.
- ◆ Oyster Tartar. Carefully open oyster. Placed in lemon water. Remove from water. Chopped oyster. Placed in bowl. Mix the remaining ingredients. Set aside.
- ◆ Crisp Garnish. Put in a non-stick pan over medium heat, a scoop of the crisp garnish dough. Cook until golden color. Remove from the pan and place over a kitchen napkin to strain excess oil.
- ◆ Cook Scallop. Add butter and oil to the pan on high heat. Once fat begins to smoke, gently add the scallops. Sear the scallops for 2 minutes on each side. Make sure that it has golden crust on each side.



Pistachio Panna Cotta

Pistachio Panna Cotta

Docello® Panna Cotta	75 grams
Pistachio	70 grams
Milk	250 ml
Cream	250 ml

Method

- ◆ Boil the milk and cream.
- ◆ Add the pistachio paste
- ◆ Pour the mixture into the Nestle Panna Cotta Ready Mix
- ◆ Whisk until to obtain a smooth mixture
- ◆ Pour it in the plate and set it in the chiller before serving.

Chocolate Hazelnut Mousse

Docello® Chocolate Mousse	65 grams
Nestle® Sweet condensed milk	130 ml
Gelatine	1 leaf
Praline	45 grams
Spray:	
Dark Chocolate	50 grams
Cocoa Butter	50 grams

Feuillettine Crunch

Fellutine Crunch	45 grams
Milk Chocolate	50 grams
Praline Paste	25 grams
Butter	15 grams
Cocoa Butter	22 grams

Method

- ◆ Soak the gelatine in cold water.
- ◆ Place the Nestle Chocolate Mousse in the mixing bowl.
- ◆ Pour the Nestle Milk into the Chocolate Mousse Mix.
- ◆ Mix it for two minutes in low speed and 5 minutes in high speed
- ◆ Melt the gelatine over bain marie and add into the mousse mixture.
- ◆ Gentle fold the praline paste into the mousse.
- ◆ Make a desire shape and set in the freezer.

Feuillettine Crunch

- ◆ Melt the milk chocolate and cocoa butter over bain marie. Bring the temperature to 32 degree centigrade and fold in the praline paste and the butter.
- ◆ Add the Feuillettine crunch inside the mix and make a desired shape



Dulche Microwave Sponge

Egg white	13 grams
Flour	2 grams
oil	2.5 ml
Nestle® Sweet condensed milk	
(Dulche de Leche)	15 grams
Egg yolk	8 grams
Sugar	8 grams
Baking Powder	pinch
Cream	5 ml
Salt	

Method

- ◆ Mix the yolk and sugar in a bowl and keep aside.
- ◆ Mix all the dry ingredients together.
- ◆ In a bowl, place the egg white and oil and Nestle Condensed Milk.
- ◆ Add the dry ingredients into the bowl.
- ◆ Mix well and add the egg yolk and sugar.
- ◆ Emulsify the mix without lumps.
- ◆ Strain and place it in the syphon gun
- ◆ Used one charger and microwave the mix for 1 minute

Coffee Crumble

Nescafe	3 grams
Butter	40 grams
Flour	40 grams
Almond Powder	40 grams
Sugar	40 grams

Method

- ◆ Place all the ingredients in a bowl and mix slightly
- ◆ Do not over mix to avoid the crumble to get harder
- ◆ Place in the silicon mat and bake it at 180 degree centigrade 12 minutes

Langue de Chat

Flour	17 grams
Cream	25 grams
Milk powder	25 grams
Egg white	25 grams
Icing Sugar	25 grams
Butter	10 grams

Method

- ◆ Place all the ingredients in a bowl and mix well.
- ◆ Place the cookie batter in the silicon mat and bake it at 160 degree centigrade 7 minutes

Spicy Layer Cake

Flour	48 grams
Nestle® Sweet condensed milk	30 ml
A pinch of Salt	
Egg yolk	2 piece
Sugar	40 grams
Egg white	2 piece
Corn Flour	40 gram
Baking powder	2 gram
Nutmeg	1 gram
Lemon essence	1 gram
Butter	80 gram

Method

- ◆ Cream the butter and sugar until fluffy
- ◆ Add all the dry ingredients and make a paste
- ◆ Whip egg white until soft peak and fold into the batter.
- ◆ Layer the batter in a baking paper and bake under salamander for 20 seconds. Then remove and add another layer on top and bake again. Repeat the layering until the desired layer.

Tee-off with **THEO**

Quick chat with celebrity chef **Theo Randall** about his childhood, career and his recent trip to Qatar





Could you tell us a bit about your childhood?

I grew up in Hampton Court just on the outskirts of London with my parents and two sisters. My father is an architect and my mother is an artist and a great cook. I remember the first time I cooked in the kitchen was when I was very young to help my mother bake.

How did the profession find you?

It all began with a part time job to earn some extra pocket money washing up in a local bistro. I loved the whole atmosphere and of course the food, so I decided I needed to start properly and got a job after going to college in the best restaurant in the area called Chez Max. It was tough, long hours but incredibly rewarding and I worked with a brilliant teacher, Max Magarian. I was there for over 3 years.

What's the story between then and becoming a world renowned chef?

I left Chez Max to start work at a restaurant called The River Cafe that been open for a couple of years. I left there after 2 years to do a sabbatical



I enjoyed the golf, but John was really enthusiastic when we were cooking. I can imagine a new line of pasta by John Daly now! (laughs) It's nice to work with people who have enthusiasm. We've talked a lot over the past couple of days and I really enjoyed my time with him

at the brilliant Chez Panisse restaurant in California. I went back to the River Cafe as head chef and was there for many years as the restaurant grew in

reputation and gained a Michelin Star.

Could you tell us of an instance where you had to overcome a challenge?

Opening Theo Randall at the InterContinental was a challenge as I was starting with a totally new team and all eyes were on me. It worked out well, as in the first year we won Italian restaurant of the year.

Tell us about the Michelin stars and what it means to you?

It's a great accolade to have but the most important aspect of a restaurant is not the accolades, it's the quality of the experience and sometimes this can be forgotten.

Why Italian cuisine?

I love Italian cuisine because it is so varied from region to region and if you spend time in Italy you see how passionate the Italians are about their food and country.

Do you have a mentor or a chef you look up to?

I look up to a lot of people in the industry

past and present. I remember what people have said to me throughout my career, which is very important. I always listen.

Tell us about Cappelletti di Vitello? Is it the best dish you've created to date? If not, what would be your masterpiece?

Cappelletti di Vitello is a lovely pasta dish that is extremely popular in the restaurant. I have created lots of dishes over the years but one of my favourites is our fish stew with lobster red mullet clams potatoes fennel tomatoes and parsley – it is really good!

What is it about today's youngsters in your field that you like and dislike?

I love teaching young people but the problem is that they move around too quickly and therefore do not get a solid training. For instance I recently took on a Chef de Partie that had never filleted a fish. That was one of my first lessons as a young commis.

Your advice to young chefs?

Stay at a good place for at least 2 years, you will learn far more than being at 3



restaurants over that period. Think of your training as a platform as you will discover yourself over this time and your style and passion will develop.

Any plans of opening a restaurant in the region?

Not yet but you never know!

You were in Doha earlier this year for the Commercial Bank Qatar Masters. What did you prepare for guests here?

A few classics off my menu in London and some dishes designed for the event.

We used the freshest and best quality ingredients that both tasted and looked delicious.

How was it learning golf from the legendary John Daly and then teaching him to cook?

"I enjoyed the golf, but John was really enthusiastic when we were cooking. I can imagine a new line of pasta by John Daly now! (laughs) It's nice to work with people who have enthusiasm. We've talked a lot over the past couple of days and I really enjoyed my time with him."



**Winning team Mövenpick Hotel Jumeirah Beach****First runner-up Radisson Blu Hotel Dubai Deira Creek****Second runner-up Madinat Jumeirah**

Mövenpick Hotel Jumeirah Beach Wins Season 3 of Golden Chefs Hat Competition

Chefs M. Mohamed Hakeem and H.A. Supun Lakmal were adjudged the best young team at the Nestle Professional Golden Chefs Hat Competition – Season 3 held in 2015. The duo from Mövenpick Hotel Jumeirah Beach took home prizes including a Macbook Air and 10-piece Culinary Knife set each. The first runner-up team was made up of Chefs Rahil Rathod and Faizur Rahman from Radisson Blu Hotel Dubai Deira Creek while the second runner-up team was made up of Chefs Danushka Salgado and Rushi Thammitage from Madinat Jumeirah. All six chefs received their certificates and prizes from Thomas Haller, Business Development Manager (Culinary Foods) and his colleague Ahmad Issa, Assistant Brand Manager (Food) from Nestle Professional Middle East.



April 2016 **Gulf Gourmet**

Gulfood 2016 **Culinary After Party**

Tortuga Mexican Kitchen and Bar at Madinat Jumeirah was the venue for Chefs to network and wind down after the hectic Salon Culinaire at Gulfood. Here are images from the event organised by Nestlé Professional



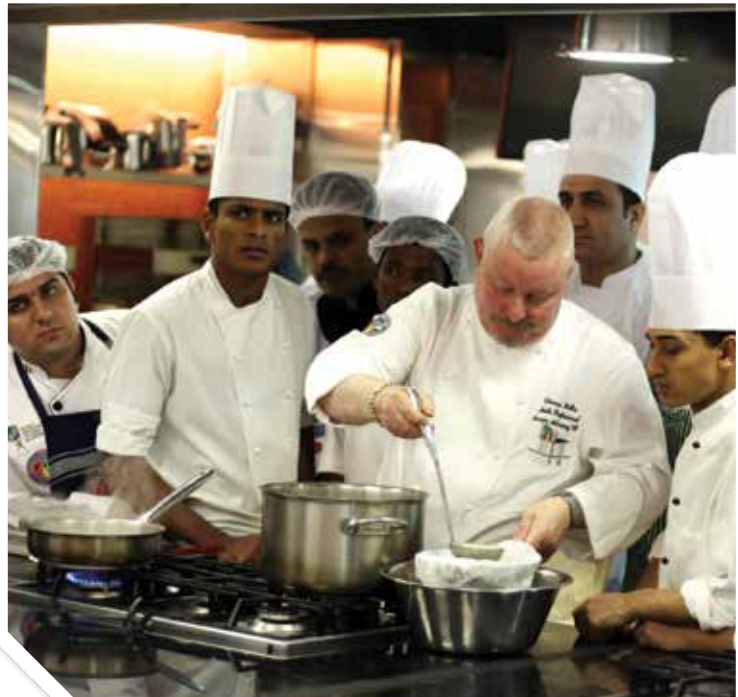


The Guild Meet

Last month, members of the Emirates Culinary Guild converged at the Radisson Blu Hotel Dubai Deira Creek for their monthly meeting. The turnout was so huge that additional seating arrangements were needed to accommodate the members. Senior chefs, junior chefs and corporate members used the opportunity to learn about the upcoming events being organised by the Guild and the updates on the recent events that had either concluded or were ongoing.

Andy Cuthbert presided over the meeting and corporate members such as Unilever Food Solutions took the opportunity to showcase their latest products. The highlight was the prize distribution ceremony for the winners of Season 3 of the Nestle Professional Golden Chef's Hat competition organised by Gulf Gourmet magazine.



April 2016 **Gulf Gourmet**

ICCA Scholarship update

The ICCA Million Dirham Scholarship is going strong with the lucky few who have been selected learning every week from the best chefs around town. Here are a few images from the classes held last month.







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EAST-COAST SALON COMPETITION 2016

Resume Of Classes for Entry

Class No. - Class Description

- 01 Three-Course Gourmet Dinner Menu-
- 02 Three – Course Arabic Dinner Menu
- 03 Three-Course Vegetarian Menu -
- 04 Tapas, Finger Food & Canapés -
- 05 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 Delmonte
- 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 – 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

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.
6. Three Hot mezzeh.
7. A Whole Ouzi presented with rice & garnish.
8. A Chicken main course- (Emirati Cuisine)
9. A Lamb main course- (Emirati Cuisine)
10. A Fish main course- (Traditional dish)
11. A Vegetable dish-(Traditional dish)
12. Three types of Kebabs (Chicken, Beef & Lamb) with appropriate accompaniments.

13. One hot dessert. (presented cold)
14. Three cold desserts. (one must be Emirati Cuisine)
15. Only above dishes are allowed to present.
16. Maximum available space 180cm x 75cm.
17. Competitors must ensure their exhibit is presented neatly in above space.
18. 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

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;

Class 09: Three Plates of Dessert (Arabic)

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.



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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

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

- 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 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 (Sponsor needs to finalized)

1. Maximum 04 entry per Hotel
2. Time allowed for 60 minutes.
3. Prepare and present for two persons.
4. Three types of Hot Mezzeh & Cold Mezzeh.
5. Only one of following Mezzeh allowed to present (Hummus/Tabbouleh/Baba ghanoug/Fattoush)
6. The Mezzeh can be representative of any of following countries:
 - > Egypt
 - > Lebanon
 - > Syria
 - > Morocco
 - > Tunisia
 - > Jordan
7. Dishes must be representing a variety of cooking methods and the use of ingredients use in Arabic restaurants.
8. Present the Mezzeh in equal portions
9. Typewritten recipes are required.
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



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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 through 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

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@miramaralaqah.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	
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12	



Recipe Sheet

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newmembers



Raphael Saxod – Managing Director – RESTOFAIR RAK receiving Emirates Culinary Guild Membership certificate from ECG President Chef Uwe Micheel.

Restofair RAK is a joint venture between RAK Porcelain (sister concern of RAK Ceramics) and ECF Group France which is a € 300 M company with 1300 employees, serving 80,000 customers in the HORECA Industry supplying the small equipments and consumables.

Restofair is a world leading operation supplies & equipments distribution network for the hotel and catering trade with presence and offices across Europe, Middle East, Africa, Australia, Caribbean etc.

In UAE we have offices and distribution centers in Ras al Khaimah, Dubai Al Quoz and in Abu Dhabi

which enabled us to reach a client base of 5000+ customers in a short

span of 10 years. With 20 direct sales representatives nationwide and a 20,000 sq ft Cash & Carry showroom in Dubai Restofair offers flexible and reliable service for any type and size of business. Our comprehensive product offering includes Crockery, Glassware, Flatware, Table Accessories, Barware, Buffet, Hotel Apartments, Kitchen Utensils, Disposables, Housekeeping & Stewarding, In-Room etc. Our extensive range of products includes

40,000 items from many major and exclusive brands.

Restofair RAK is a joint venture between RAK Porcelain – sister concern of RAK Ceramics group, the world leaders in the ceramic tiles industry and ECF Group France - the European leader in hospitality, catering and general food service supply with key markets in Europe, the Middle East and North Africa. Paired with market leaders in Europe, Restofair can offer customers access to products and trends from around the globe.

We believe the cornerstone of our success lies in our commitment to understanding and meeting our clients' requirements for quality solutions, on-time delivery, operational efficiency and value for money.



RESTOFAIR
— RAK —



Simon Parke-Davis, Vice President for Business Development in Middle East receiving Emirates Culinary Guild Membership certificate from ECG President Chef Uwe Micheel.

RATIONAL is the worldwide market and technology leader in thermal preparation of food for commercial catering and haute cuisine, with a 54 % world market share. In 1976 RATIONAL invented the first combi-steamer which fundamentally changed the way large-scale and professional kitchens operate. The units are still manufactured in Germany and over 60,000 are manufactured per year.

Today more than 600.000 RATIONAL combi-steamers are in use worldwide, this means practically every second unit installed is made by RATIONAL. Approximately 120 million meals are produced with RATIONAL units every day.



With the launch of the new SelfCookingCenter® 5 Senses RATIONAL has set another milestone in the development of thermal cooking appliances. The SelfCookingCenter® 5 Senses replaces almost all the appliances traditionally found in a professional kitchen. It can grill, steam, gratinate, bake, rise, roast, braise, simmer, stew, poach or blanch. The unit independently determines, controls and monitors the optimum

cooking process – just by the push of a button. It is the first cooking system with five senses as it senses, recognises, thinks with the chef and ahead, learns from the chef and even communicates with him. On the same time the SelfCookingCenter® 5 Senses requires significantly less energy, water and raw materials. It is not only a standard for Western food but also for Indian and Arabic cuisine.

The comprehensive service of RATIONALS "ServicePlus" package ensures that the customer derives the maximum possible benefits from the investment right from the start – and continues to do so for the entire product life.



Rajan J.S. JM Foods' Managing Director with Ridha, Mark and Venera receiving Emirates Culinary Guild Membership certificate from ECG President Chef Uwe Micheel.

JM Foods LLC is the ultimate source for all your food and beverage requirements. A private owned company, established in 1996 that relocated to new premises in Dubai Investment Park 2. JM Foods boasts an extensive variety of the finest produce sourced from leading suppliers across the globe. We are passionate in everything we do and take pride in our commitment to our ethos- Quality promised quality delivered.

JM Foods LLC's fully operational warehouse comprising of a 20,000 square feet temperature controlled ambient storage area and chiller and freezer storage of over 350 metric tons. JM Foods also offers training facilities to our customers inside our very own product development kitchen located inside our premises for menu ideas, butchery trainings and even up-selling



techniques for the Chefs and F & B professionals handling our products.

Our team is constantly developing new ways to service our customers better, we believe in working with our customer and understanding their needs and we have the correct team in place to offer full support from finding the correct product to the end product served to the consumer.

JM Foods is very happy to announce in 2016 the opening of its very own state of the art meat processing plant JMM Meats which boasts an 8,000 square foot production area and chiller and freezer storage of 70 metric ton for finished product.

This addition to our services will enable us to offer pre-portioned meats and poultry offering a wide range of products to our customer's specification for Horeca and Retail. In addition to this we have also opened separate offices for export and can now service Muscat, Qatar, Oman, Bahrain, Kuwait, Seychelles and Maldives with our extensive product range. We have strategically put the correct systems and operations in place to become one of the top food distribution companies as we move closer to Dubai Expo 2020.

April 2016 Gulf Gourmet



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It is not about fashion IT IS ABOUT STYLE

"Fashion changes, but style endures." — Coco Chanel



MORE THAN A CHEF

**ROHIT
BASSI**



Many define fashion, as a popular way of dressing during a particular time or among a particular group of people. On the other hand, style is a manner of presenting yourself, simply a distinctive way of expression

Being a professional chef is not a fashion statement. It takes up valuable time, extreme effort and dedication with tremendous mental and physical energy. If someone thinks it's a fashion statement than it is time to realise the reality. An easy way to explain this is through what all of us have in common and that is the clothes we wear. Clothing fashion changes on a regular basis but style is beyond this.

Many define fashion, as a popular way of dressing during a particular time or among a particular group of people. On the other hand, style is a manner of presenting yourself, simply a distinctive way of expression. For example you may wear a fashion label such as Armani but are unable to carry it with style. The whole charm of the attire is lost and you may come across as a show-off rather than a person of refinement.

In a similar manner most people walk through life without style, in other words without amplifying their awareness, consciousness and energy to uplift themselves. So engrossed are they in the mundane fashion of life that they forget to taste life itself.

Such people have the perfect excuse of saying they have no time and follow the

trendy crowd. In other words you can live your life in fear or take the opportunity to live following what you are passionate about. People who follow their passion make the time rather than hide behind excuses. They live their life in their own unique style.

Yves Saint Laurent said, "Fashion is fleeting, style is eternal." Fashion is for the masses and difficult to keep up with but style is something that comes from within and leaves an everlasting impact on yourself and others. Either you can follow the masses to become asses or take a leap of faith to be who you truly are.

In your life are you cooking what you are told is trendy, just as the clothing you wear? Or do you live in style, working on your strengths and becoming the master at one speciality cuisine where you are the best in your field?

The core essence of your style is governed by two emotions, love and fear. It is due to your deepest fear you avoid pursuing what you truly love. It's your choice to decide which one wins..

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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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:.....

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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.

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