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THE MAGAZINE CHEFS LOVE TO READ
volume 11, issue 6

THE EAST IS RISING

MIRAMAR AL AQAH'S DIRECTOR OF CULINARY K.A.C. PRASAD AND HIS EXECUTIVE SOUS CHEF NISHAN JAYASINGHE GEAR UP TO WELCOME OVER 300 CHEFS AT THE EAST COAST SALON 2016

STAR LIGHT

Heinz Beck, the chef behind Le Pergola's successive 3-Michelin stars, meets us in Dubai



PRIDE OF TAJ

Executive Chef Jitin Joshi on how his thirst for culinary knowledge helped him travel the world



PASTRY POWER

Executive Pastry Chef Pravin Ramakrishnan brings our young chef readers a recipe to learn and relish





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Dear fellow chefs, ladies and gentlemen,

Welcome to the summer issue of our Gulf Gourmet.

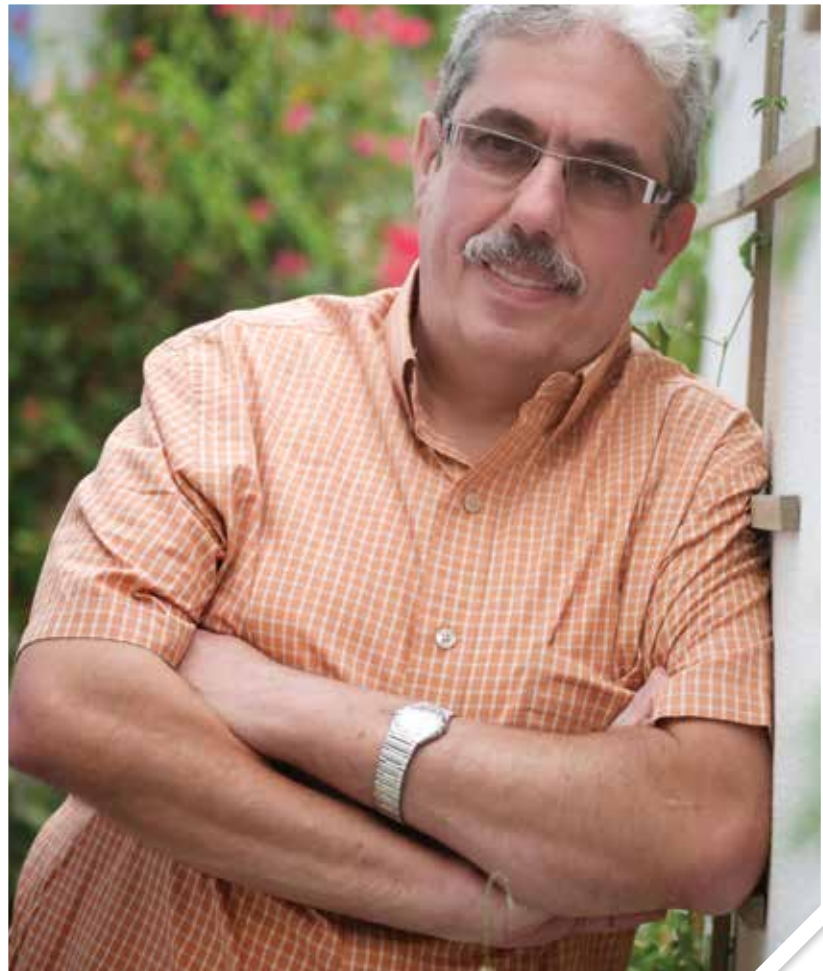
I would like to take this opportunity to wish all our Muslim colleagues and friends 'Ramadan Kareem'. I hope you all find some quality time to spend with your families and friends and have a blessed and very happy and healthy Holy Month of Ramadan.

With the East Coast Salon this month, we will finish a very busy first half of the year 2016. We had a great International Salon Culinaire in February. Lots of workshops and product demos. The very successful trip from Young Chefs Team to Singapore, where our Team achieved 2 silvers medals, once again mabrook to Chef Sagar and the Team.

We have also relaunched the Emirates Culinary Guild Young Chefs' Club, with the first successful meetings at the Radisson Blu Dubai Deira Creek, which saw members attending from Abu Dhabi, Dubai, Ajman and Fujairah. The Team had the first of hopefully many educational trips, with the visit to the poultry farm. I would like to thank Paul and his team from Al Rawdah Farm for their support.

Calling on young chefs who want to join the Emirates Culinary Guild Young Chefs' Club, please email the Emirates Culinary Guild at emiratesculinaryguild@gmail.com. Do not miss the opportunity to network with your colleagues, share knowledge and be part of the many activities, planned by the team. Join and be a part of the club, there is no membership fee, the only thing required from you is your time and passion. The Emirates Culinary Guild Young Chefs' Club Team looks forward to welcome you.

We do have the first competition after Ramadan already confirmed for July 11 straight after our monthly networking meeting – 4 plated of underutilized US beef cuts static display – details are out and registration is open.



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

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

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



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

A final thank you to Chef Diyan Manjula and his Team from Radisson Blu Hotel Dubai Deira Creek for hosting the May meeting.

Culinary Regards,

Uwe Micheel

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



ggcontents

07 » **Editor's Note**
Our Editor's take on all things F&B in the region

08 » **Friends of the Guild**
Brands that support the Emirates Culinary Guild

12 » **News Bites**
A quick round-up of what's happening in the Chef community and the food service industry

16 » **Chef in Town**
We meet up with 3-Michelin star chef **Heinz Beck** at his restaurant Social by Heinz Beck Dubai at the Waldorf Astoria on Palm Jumeirah



34 »

20 » **Cover story**
Interview with the core organising committee behind this month's East Coast Salon taking place at the Miaramar Al Aqah Beach Resort

28 » **Chef of the Month**
Jitin Joshi, the Executive Chef at the newly opened Taj Hotel Dubai regales us with his culinary journey that has taken him around the world

34 » **Golden Chef UAE**
(by Nestle Professional)
Chefs from Madinat Jumeirah are this month's challengers for the Nestle Professional Golden Chefs Hat competition Season 4

38 » **Pastry Power**
(by Fonterra)
Executive Pastry Chef **Pravin Ramakrishnan** from Mövenpick Hotel Jumeirah Beach creates a beautiful dessert for our young chef readers who aspire to become a Pastry Chef some day

42 » **Golden Chef KSA**
(by Nestle Professional)
Chefs from AIMashfa Hospital Jeddah are the first set of challengers for the Nestle Professional Golden Chefs Hat competition that takes off in the Kingdom

46 » **Events**
Images from around the region related to the industry. This issue includes images of Hoi An International Food Festival, the Guild meeting and the Guild's young chefs club trip to a poultry farm

51 » **East Coast Rules**
Complete listing of rules and regulations for the classes to be held at East Coast Salon in June.

62 » **Members Directory**
A listing of all leading food and kitchen supplies companies for this region

66 » **More Than A Chef**
Monthly column by **Rohit Bassi** enabling chefs to improve their soft skills

42 »





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editor'snote

email editor@gulfgourmet.net

As I sip on a cup of coffee at a café in Brooklyn, not far from Eleven Madison Park where chef Daniel Humm and his team are preparing tantalising meals that cost almost US\$300 per person, I cannot help but wonder if there will ever come a time when people will be willing to shell out such huge sums to dine out in Dubai or Abu Dhabi.

While it is true that some people spend well in excess of that amount on dining out in our cities, there is no restaurant that can get almost every diner on every table to invest US\$250+ for a culinary experience. Let alone add a requirement to reserve a table more than 28 days in advance to avoid being put on a waiting list.

There was an experiment to this effect many years ago at the Dubai International Financial Centre and run by some of our finest chefs. It was called The Edge and all you had to do was choose how many courses you wanted for your meal along with your preferences. The chefs would then surprise and delight you with dishes made from the freshest produce and cooked using their culinary talent. The reviews of The Edge were beyond amazing, but the economics did not work in their favour and the place eventually shut down. Eleven Madison Park has obviously had a different story. It's TripAdvisor rankings may have slipped to 24th place in NYC but the people reserving tables have far from gone down.

The reason I write this is because we have secured an interview confirmation with Chef Daniel Humm, and if all goes as planned, you could read it in our August-September issue on what it takes to keep a restaurant at the top of the game.

For this month, we bring you the story of 3-Michelin star restaurant Le Pergola's master chef Heinz Beck, who has maintained the restaurant's



culinary value for decades. He dons many hats and we find out what keeps him motivated.

There is also the story of Executive Chef Jitin Joshi. He was the chef running the kitchen at the 2-Michelin star Benaras in London and later the acclaimed Indian restaurant Amal at the Armani Hotel in Burj Khalifa. He has now taken up the role of leading the chefs at the Taj Hotel Dubai and his story will convince our young readers on why it helps to read and learn about cooking.

Our cover story with Chef Prasad, his GM Ashraf Helmy and his core committee that is organising another successful East Coast Salon is a great insight on how, a vision coupled with team determination is all it takes to create a successful story.

There are many more stories, recipes, competitions, and event reports from around the GCC in this edition you hold in your hands. The only thing missing is the coverage from the graduation ceremony for the ICCA's first batch of 24 chefs that won the scholarship worth a cumulative one million dirhams. This is because we intend to bring you the most detailed coverage from the scholarship in our next issue.

Until then, enjoy the read and keep cooking with passion.

Aquin George
Editor

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LICENSED BY	National Media Council
PUBLISHED BY	SMARTCAST GROUP FZ-LLC PO Box 34891, Dubai Media City, Dubai, United Arab Emirates
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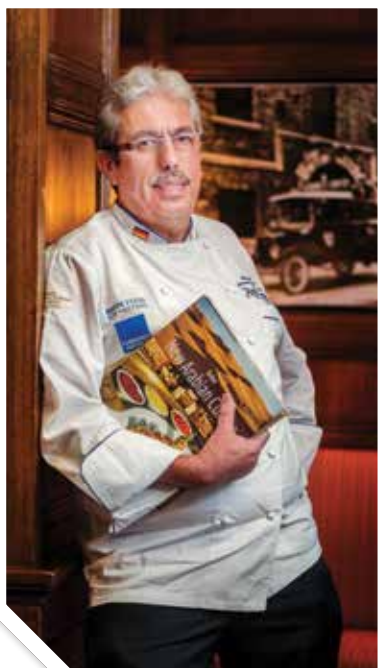


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newsbites



Uwe opens Emirati restaurant

Chef Uwe Micheel welcomes his very own Emirati restaurant at Radisson Blue Hotel Dubai Deira Creek this June. Named Aseelah, which translates to "One belonging to a great Heritage and Family", the Emirati restaurant is a dream come true for the Director of Kitchens and President of the Emirates Culinary Guild.

Each and every dish, whether original Emirati or with a modern twist, is cooked with purely local produce so that the guests can savour the true experience and original taste of the dishes. Uwe Micheel has visited local families to learn the traditional way of blending spices to get the perfect flavour.

Alain Gobeil is Executive Chef at Fairmont The Palm

Alain Gobeil has been named by Fairmont The Palm, in Dubai, as its new executive chef. The Canadian national brings almost two decades of international experience on three continents to the role. A graduate of the Institut de Tourisme et d'Hôtellerie du Québec, Gobeil has worked at other Fairmont locations, such as Fairmont Château Laurier, Ottawa, and Fairmont Queen Elizabeth, Montréal in Canada, as well as at the group's UAE flagship properties – Fairmont Dubai and Fairmont Bab Al Bahr in Abi Dhabi.

Rose & Raspberry Chocolixir anyone?

Godiva celebrated 90 years of chocolate mastery with the launch of Rose & Raspberry Chocolixir and ice cream. The signature flavour of the 90th anniversary, was dreamt up by Jean Apostolou, one of Godiva's five esteemed chef chocolatiers. He says it is "a wonderfully unique flavour that calls up sweet memories of springtime." We don't know about springtime, but it surely is a fine way to beat the scorching summer heat.



New GM at Holiday Inn Abu Dhabi

Holiday Inn Abu Dhabi has welcomed Robert Clark as its new general manager. Robert has worked with IHG for 17 years, starting his career in his native New Zealand within rooms division and later moving into revenue management.

Robert moved to the UAE in 2004 and spent 6 years with the commercial team as Director of Revenue for the opening of the IHG Dubai Festival City properties. In 2010 he took up an operational post at the InterContinental Al Ain Resort and following a short break from IHG, rejoined the group as Resident Manager of InterContinental Doha the City.

With his strong commercial background and recent operational experience, Robert is now ideally placed to take on his first general manager post at a Holiday Inn.





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Acclaimed chef Billy Gallagher dies

Tributes have been pouring in for acclaimed chef Billy Gallagher, who died in his sleep in the early hours of May 19, reports enca.com. Born in 1948, Gallagher was president of the South Africa Chefs Association from 1982 to 2003 and became its honorary president in 2003. In 1996, he was appointed president of the World Association of Chefs Societies and in 2000 he became its honorary life president. That year, he was shot during a hijacking attempt, which rendered him a paraplegic.

A chef to politicians and stars including Nelson Mandela, Graça Machel, Jane Fonda, Muhammad Ali, Whoopi Goldberg and Pele, Gallagher immersed himself in mentoring and charity work. In 2011, he was joint convener of the World Chefs Tour Against Hunger charity programme which took place in South Africa. Gallagher, who received numerous local and international awards throughout his illustrious career, was passionate about developing young chefs and instituting apprenticeship schemes.

Rajiv Ranjan is Executive Chef at Movenpick Jumeirah

Movenpick Hotel Jumeirah Beach has appointed Rajiv Ranjan as the new executive chef. Ranjan started his career with Oberoi Hotels & Resorts in India in 2001 and has since gained experience, working in the UK, Australia and South East Asia. Ranjan's career has included stints at Hilton, Jumeirah and Taj hotel properties.

He joined the Movenpick group in 2010, when he took on the role of executive sous chef at Mövenpick Hotel & Apartments Bur Dubai, where he later worked his way up to executive chef at the property. Commenting on his new role Ranjan said, "The main focus in my kitchen and for my team is consistency, wholesome high-quality food, a modern approach and fresh ingredients."

Corporate Showcase

Chef Uwe Micheel is seen here with the team of Baqer Mohebi showcasing their products at a recent Emirates Culinary Guild meeting. The influential chef members of the Guild come together every month to discuss culinary events and related

activities. Corporate partners use this opportunity to interact with chefs and provide tasting sessions of their latest products. To know more about becoming a chef member or corporate member of the Guild, email Mrs. Josephine Cuthbert at emiratesculinaryguild@gmail.com



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STAR OF ITALY

Germany's loss is Italy's gain. Bavarian-born Chef **Heinz Beck** is today the jewel in Italy's culinary crown. The 3-Michelin star chef behind Rome's Le Pergola, one of the most celebrated restaurants of the world, tells Gulf Gourmet how he always manages to get the stars to align for him...

Wherever Chef Heinz Beck goes, stars follow. That too, the most coveted stars of the culinary universe.

He's the man behind the success of Rome's La Pergola, a 3-Michelin star restaurant that's on the must-do list of every food and travel guide the world over. Several other top restaurants across the world are also his babies – babies that make him proud. Versatility being his middle name, the 3-Michelin star chef has a number of books and research collaborations to his name.

And all this doesn't even begin to scratch the surface of his achievements!

His life history is anything but simple. Born in Bavaria in Germany into a jeweller's family, Chef Heinz initially had his heart set on being a painter. However, the idea of joining an art school was nixed immediately by Becker senior. "My father said a plain and simple 'no'. He didn't consider art serious enough to make a career. So I decided to take up cooking because I felt that was also a creative profession, just in a different art," recalls the now 53 years old chef.



I cook because I love to do it. If I get a few awards along the way, that's good. But I don't cook for the awards. I do it because food is in my soul

Not that his father loved that idea, but Chef Heinz stuck to his guns, getting a formal education in the culinary arts from a professional college in Passau.

Post a compulsory internship at a small hotel in Bavaria, Chef Heinz had an impressive start to his career with top fine dining restaurants across Germany.

From working in the 3-Michelin star Tantris in Munich and 2-Michelin star Tristan in Mallorca to helping open the 2-Michelin star Residenz Heinz Winkler in Aschau, he gained both confidence and expertise along the way. "I worked

with Chef Heinz Winkler, who inspired me a lot. He was rated 3-Michelin stars for a long time. When he first got the 3-Michelin stars, he was the youngest ever chef to have achieved that. He is also the first Italian chef to get 3-Michelin stars."

Working in such upscale restaurants taught Chef Heinz early on how to balance books as efficiently as flavours. So it was hardly surprising that he made executive chef at a top restaurant in Berlin when he had barely stepped into his 30s.

That turned out to be a short stint, one that preceded his long love affair with Italy that continues to this day. "I went to Italy in 1994. And I never left. Hotel Cavalieri wanted to reopen La Pergola and they hired me as executive chef."

In the beginning, it was supposed to be a short adventure. "I had planned on staying there for a couple of years and returning to Germany. Now for me, Rome is home."

In the decade that followed, Chef Heinz notched up one trophy after another for himself and the restaurant. La Pergola claimed 3 Michelin stars – the first came within just three years of operation, the second followed in the next three years and the third, most-coveted Michelin star was achieved in six years thereafter.

Chef Heinz, on his part, was conferred the 'Golden Medal of the Artists Foyer' from La Sapienza Rome University in 2000, becoming the first chef in three decades to win the honour.

2009 was a special year. Chef Heinz's first restaurant, 'Aspleys - A Heinz Beck Restaurant', opened at The Lanesborough in London. Within just five months of opening its doors, the restaurant notched up its first Michelin star.

Today, several restaurants across major cities of the world have Chef Heinz's signature on them - 'Heinz Beck Seasons



at Ristorante Castello di Fighine' and 'San Casciano dei Bagni' in Tuscany and 'Cafe Les Paillotes' in Pescara in Italy, 'Gusto by Heinz Beck' in Algarve in Portugal, 'Heinz Beck' and 'Sensi by Heinz Beck' in Tokyo in Japan, 'Social Heinz Beck' in Waldorf Astoria Palm Jumeirah and 'Taste of Italy' in Dubai.

Yet, he has stubbornly clung to Le Pergola, his first love. "I adore the place and I love the business. There was never any reason for me to leave. Last year, I was not in the restaurant for just few days. In the first decade of working there, I spent every single day in that kitchen."

Unlike other top chefs, Chef Heinz feels no pressure to maintain his 3-Michelin star rating. "I cook because I love to do it. If I get a few awards along the way, that's good. But I don't cook for the awards. I do it because food is in my soul."

He's fascinated with each and every aspect of food. This is why, Chef Heinz went ahead of his vocation and teamed up with researchers and botanists to study and improve the agricultural aspects of food. When you ask him to describe the common theme in his different restaurant formats, his reply is simple, "Taste and health. Food is not just for pleasing the palate. It has to please your whole body. You are what you eat."

Chef Heinz eats at his own restaurants, where healthy cooking is baked into the kitchen culture. "People say, 'you shouldn't use butter or sugar'. I say that's rubbish. Every ingredient has a time and place. If you are making fluff pastry, you need butter. But you have to balance out the rest of the meal accordingly."

To promote the idea of healthy cooking – which he considers more of a 'necessity' today than a 'trend' – Chef Heinz has penned several books on food, including those on obesity in children and blood pressure. He is also collaborating on botanical research into plants that can grow in salt water. "Most of the water on



These days, so many chefs are hungry to become executive chefs overnight. But if you don't learn the basics and spend time and energy on training, you will hit your peak soon and have nowhere to go from there

Earth is salt water. If we can grow plants in that water, imagine the possibilities."

While he juggles so many projects, Chef Heinz depends on his teams keep the kitchen fires burning bright. For the German-born chef, good people are the most important aspect of an operation. Which is why, he ensures he takes on his payroll only the ones with the right attitude. "These days, so many chefs are hungry to become executive chefs overnight. But if you don't learn the basics and spend time and energy on training, you will hit your peak soon and have nowhere to go from there."

Chef Heinz likens building a culinary career to building a skyscraper. "The foundation has to go really deep for a building to continue standing tall. If the foundation is not strong, the first storm will bring the whole structure down. You don't want your career to be like that." He advocates extensive training in learning the very basics of cooking. If someone asks a chef about his dish, the chef should be able to answer all the questions as well as explain the idea behind it. "It just came into my mind" is not a good enough answer. You have your whole life left to be an executive chef. I don't consider years spent on

training to be years wasted, I consider them years invested."

For him, these investments have paid off handsomely. But Chef Heinz doesn't like to rest on his laurels; he's always looking for the next big challenge. "What's done is over, look ahead. Every day should come with some learning. The day you stop learning is the day you become redundant."

Chef Heinz dismisses criticism that senior chefs these days are too soft on the juniors. 'Iron hand' chefs in good old days are a myth, he believes. "They too had to hold their teams together. They couldn't retain junior chefs by throwing pots at them. It was just the attitude in the kitchen that was different."

Fortunately, Chef Heinz doesn't find Dubai lacking in talent or a good attitude. What he does find a challenge, is sourcing products. Although the market is flooded with all kinds of products, there is a gap in sourcing fresh produce and freshly caught seafood like Italy provides. "The mix of vegetables, fruits and seafood is eclectic there," says the chef fondly of his adopted country.

If you're lucky, you just might get a chance to savour his signature dish, 'Fagottelli Carbonara', a mouthwatering set of closed pasta pockets with carbonara sauce inside.

Chef Heinz doesn't forget to thank his mother-in-law for the secrets of Italian cooking she taught him. His wife, a Sicilian, respects his obsession with food. He's the only professional chef in the family, with a sister and a brother running their own businesses.

Yes, there's much still left to be achieved, but Chef Heinz admits he does not like to think about these things. "That's just a way to make yourself unhappy. I live in the moment."

Why wouldn't he? Each moment in his illustrious life is worth living and reliving.

June-July 2016 **Gulf Gourmet**



EAST MEETS BEST

Move over West, it's East where the action is. Calling all chefs to sharpen their knives, the East Coast Salon is entering its fifth year this month. The culinary competition from the Miramar Al-Aqah Beach Resort in Fujairah is all set to raise temperatures. And how!

June-July 2016 **Gulf Gourmet**

Mark June 1 on your calendar. And prepare to be overwhelmed! The spirit of healthy competition will be in the air. As will be the scent of delicious food.

All roads this month will lead to Miramar Al-Aqah Beach Resort in Fujairah. The East Coast Salon, the much-awaited culinary competition this side of the globe, enters its fifth year. This time, it's

bigger, better, grander, geared up to give international contests stiff competition.

Far from being frazzled, the man behind the idea, Chef KAC Prasad, is wearing a satisfied smile these days, as easily as he does his white apron. With good reason; the director of culinary at Miramar Al Aqah Beach Resort, who is also the vice president of the Emirates Culinary Guild for the East Coast, has seen his baby grow into a mature teenager in less than

a decade!

"Yes, we have come a long way," says a proud Chef Prasad.

The humble beginnings of the East Coast Salon are worth a mention. It started off as an attempt to give chefs in Miramar the motivation to wake up every morning and look forward to working. Mr Ashraf Helmy, the general manager of Miramar Al Aqah, says, "Back then, all we wanted to do was to shake up things in our kitchens, give chefs the opportunity to break the monotony of their routine jobs."

What it instead ended up doing is giving the entire East Coast a shot in the arm.

Noting the enthusiasm for the internal competition, Chef Prasad and Ashraf Helmy kicked around the idea of extending it to the entire region. With four hotels and a few chefs participating, the East Coast Salon tested bigger waters in 2012. What happened next is anybody's guess. The 2016 edition boasts of participation from 34 hotels and more than 300 chefs! If that isn't impressive enough, there are four international teams and 10 international judges and marshals set to make their presence felt at the event.

"We're moving closer every year to getting the East Coast a prominent place on the UAE culinary map," says Chef



Cooking wasn't really a childhood activity for me. My friends who worked in other sections of hotels were the ones who urged me to consider a culinary career

— NISHAN JAYASINGHE

THE DREAM TEAM

NISHAN JAYASINGHE (Executive Sous Chef)

If Chef Prasad were to pick his wing commander, it would be 37-year-old Chef Nishan Jayasinghe. The trust that Chef Nishan enjoys from Chef Prasad is not without reason. Over nearly a decade, the now executive sous chef has proved he's willing to do everything it takes to realise Miramar's dream. "Today, we have a designated coordinator for the event, but no one can take away what Nishan has done in the five years that the competition has been running," Chef Prasad says in a rare compliment from the perfectionist. That Chef Nishan has not taken a vacation for the whole period shows his commitment!

It's passion for his vocation that keeps Chef Nishan on his toes, a passion that he found years ago in Sri Lanka. Coming from Kalutara in Sri Lanka, about 40 km from Colombo, he had never imagined that the kitchen would be his office. "Cooking wasn't really a childhood activity for me. My friends who worked in other sections of hotels were the ones who urged me to consider a culinary career," he recalls.

With help from his friends, Chef Nishan secured admission in the National Apprentice and Industrial Training Authority's hospitality course. With every pinch of salt and every drop of oil, his interest in the profession grew, taking the form of passion somewhere along the line. Chef Nishan's training ground was the Tangerine Beach Resort, where he started off with stewarding and moved to different sections every six months. "In the initial three months, all I did was really basic things like taking out the garbage, washing dishes and so on. I had rashes on my hands. Many people quit the course but I stuck on." This tenacity Chef Nishan carries even today.

After getting his diploma three years later, Chef Nishan worked for a bit in Sri Lanka before heading out to Abu Dhabi in 2001. Grand Rotana, now called the Royal Meridien, offered him a job at the Irish pub. A few months later, he joined the Italian fine dining restaurant, picking up the nuances of the most loved European cuisine.

Chef Nishan worked at the Marriott hotel in Kuwait, Movenpick in Dubai and La Cigale in Qatar before joining Miramar. His association with Chef Prasad has been long and productive. "Chef Prasad is very focussed and he wants us also to remain focussed. According to him, being a chef is like being a doctor – you can't give the wrong prescription to a patient, and you can't give the wrong food to a guest."

When the idea of the competition turned into reality, Chef Nishan was the first to put his hand up for volunteering. "Back then, Chef Prasad was the only one with real experience of organising something like this. The rest of the team was entirely new. We spent nights making notes, reading up, practising to get things right...it was hard work," he says.

Once the adrenalin kicked in, the going got easier. "We no longer see it as a small competition. This is big for us. Every year, we want to be better than last year," he finishes, showing us why he has Chef Prasad's blind trust.

SHAJI VIJAY (Chief Steward)

When Miramar won accolades for its East Coast Salon, one chest that swelled quietly with pride was Shaji Vijay's. Quiet, because he stays behind the scenes, lending his silent but crucial support to the organising committee. The 43-year-

old chief steward handles suppliers, manages kitchen operations, sets up live stations, puts up banners... the list of his chores is too long to compile. "When we started off, things were challenging. We were expecting one thing and we were faced with another. Back then, we used to panic a lot," he says and laughs. Now, enthusiasm overshadows every other emotion. "It's something different from our routine jobs and we look forward to it every year."

CLARISSA JOSE SIOSON (Hygiene Manager and Coordinator)

Her title is 'hygiene manager', a simple title that doesn't even begin to describe how much Clarissa Jose Sioson does to make the East Coast Salon what it is. Chef Prasad puts it better - "It's a 12-hour a day job. She is handling it all alone without any event manager."

Clarissa has been a chef before. So she is well aware of the issues that crop up in the kitchen, especially in a kitchen where chefs are competing against each other. "This is the third time I am working on the East Coast Salon," says the Filipino-born coordinator. Having worked under Chef Prasad since 2010, she knows he's a perfectionist. "That pushes you to give nothing but your best." From handling all the paperwork and documentation to dealing with sponsors and managing the coordination between all stakeholders, Clarissa admirably juggles the multiple responsibilities with her day job.

"The key is time management. We started with just four hotels in 2012. This time, we have signed up 34 hotels so far and enrolments are still not closed. We are very excited about this."

Prasad. Long playing country cousin to the Dubai culinary industry, the East Coast has finally found a voice in the contest.

It's a vindication of sorts for Chef Prasad's tireless efforts to get the region's chefs their due.

When he first came to Miramar, it was disappointing to see the lack of recognition for chefs here. "They were just as good, but they did not have

exposure," he recalls. To fix this, Chef Prasad led a team of chefs in 2008 to the Salon Culinaire in Dubai. "I felt it was time to show Dubai that there was a team of talented chefs here too. By 2014, we had more than 100 chefs from East Coast participate in Gulfood."

Closer home, the East Coast Salon prepares chefs in the area to face an international crowd. The importance of the contest is clear in its increasing popularity and scale.

This time around, the categories have expanded to 18 from 14 last year and there are eight professional kitchens that the Emirates Culinary Guild has arranged for the contest. For the Miramar team, another experience awaits – the hotel has full occupancy during the competition, which means the staff will have to do the fine balancing act of running a huge show without compromising on its core service.

However, neither Chef Prasad nor Ashraf is worried. They are secure in the knowledge that their batonholders are the best in class. "My team of four main people is enough to help me sleep easy," Chef Prasad says, "The chief steward, Shaji Vijay, handles everything from suppliers to banners to organising the kitchens. Our hygiene manager Clarissa Jose Sioson is coordinating between sponsors, participants and other stakeholders; she does all the paperwork needed. Then there's Nishan Jayasinghe, our executive sous chef. He's been with me for nine years and he's a guy I can blindly trust."

Ashraf believes that the competition is not a hurdle but an attraction for the guests at Miramar. The key is to make them understand what the hotel is trying to do. "Almost all our guests are interested in the experience. Who doesn't love food? Even if a husband is not happy going to see the competition, the wife is. So far, we haven't had anyone complain about the competition. Our customers visit it and they enjoy the



It's something different from our routine jobs and we look forward to it every year

— SHAJI VIJAY



THE NEXT BIG SERVING

The East Coast Salon is changing the way the world looks at the East Coast. If you, like us, are stumped by Miramar's ability to pull it off alone, wait till you see what's next on the hotel's plate. Miramar's next big plan promises to shake up the entire social landscape of the East Coast.

A new township coming up next to the hotel will feature not only shopping malls, entertainment zones, a water park and eateries but also umpteen facilities like spas, clinics, salons, health clubs and everything else a vibrant community needs. "The idea is to encourage more people to come here and live near Al-Aqah," elaborates Mr Ashraf.

"Our township will be the nucleus of the community. It's for our guests too. Right now, they step out of hotel and there's nothing to do. Then, they will be spoilt for choice." All commercial establishments at the 5,000 square metre township will be leased. Miramar will handle the management, maintenance and security.

The approvals and designs for the new township are ready and the financial details are being worked out. "It will take about a year and a half to finish. And then, people no longer have to go to Dubai to enjoy the UAE. They can do it right here, that too for much less!"

Just how many surprises does Miramar have up its sleeve?

June-July 2016 **Gulf Gourmet**

show," he asserts.

While the competition grows in size, it's also developing a structure, which makes organising it a lot more streamlined. Every year, the team fills the gaps that cropped up in the previous years, leaving Chef Prasad to

focus on improving its standards to international levels. "I would say my team is my greatest strength. We all speak the same language in terms of work," he says.

Loyalty from sponsors is also a big driver of the East Coast Salon's success. Many

sponsors have stuck to the competition right from its inception. "I know they will be with us for a 100 years more if we continue to deliver quality," says Chef Prasad.

Unlike SIAL or Gulfood, East Coast Salon doesn't have the backing of the government or any financial organisation. "We have done all this on our own steam. To be honest, it's not in my nature to seek out external support. What support I do seek from the hotels in the vicinity is greater participation." Help from the guild, however, has been increasing, both in terms of publicity and some resources.

Ashraf is not oblivious to the efforts that Chef Prasad and his team of culinaries put in. "They handle all the preparations, take control of all operational issues. It takes a good five months of preparations to get the competition off the ground." As participation grows, the venue changes to suit the needs. "Earlier, we have used our restaurants for events. The banquet room is pretty big so that also takes in a lot of sub-events. This time, the competition will happen in an area which has enough space for participants to show their products."

For the Miramar team, East Coast Salon is a lot more than a grand show. The bigger picture here is the promotion of talent in the area. "Many hotels here don't have the wherewithal to take 25 chefs for a competition to Dubai, bear their expenses for food and lodging,



This is the third time I am working on the East Coast Salon. That pushes you to give nothing but your best

— CLARISSA JOSE SIOSON

make staffing arrangement for their absence and manage their participation. In that contest, our competition becomes all the more important," Chef Prasad says.

Slowly but surely, even outside teams are trickling in, with Croatia, Slovenia, KSA and Sri Lanka being the international teams that are participating this year. "We have managed to close the nominations for some of the categories a month before the contest. First, it was a half-day competition, then we extended it to one day and now, it's a two-day event." Interactive programmes to bring chefs and sponsors together are also on the cards this time.

Can such tremendous efforts go unnoticed? Obviously not. The top management of the Miramar Group has given Chef Prasad and Ashraf Helmy a big thumbs-up. "Our corporate group has many hotels and we are the only ones doing something like this. They are very proud of us," he says.

Keeping the vision in mind is important to succeed, believes Ashraf. "We're not doing it for the fame or marketing. We are doing it because we have a goal to achieve, which is to groom young chefs. Our aim has not changed." What has also not changed, is Mr Ashraf's comfort level with Chef Prasad. With the two having worked together for more than a decade, Mr Ashraf has noted positive changes in the chef's personality. "He's still a great guy, and he still has the same smile he had 10 years ago. But he has become a lot more mature now," he laughs.

Chef Prasad doesn't deny it. Maturity is required to stay calm in the face of so many parallel assignments. "I know there will be hiccups when we do something so big. I have learnt not to get upset so easily. Operational issues are a part of life now." His mantra for keeping things problem-free is to maintain transparency. "When you keep things clean, there are fewer questions to answer," he says.



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— CHEF KAC PRASAD

East Coast Salon is an ongoing project that will keep Chef Prasad's life hectic for quite some time to come. But you won't hear a peep out of him. "Every time I refresh my email, there are a 100 emails that come into my inbox. But the way I

look at it, there are just two ways to be – live without doing anything or die doing a lot," he laughs.

No prizes for guessing which one he prefers!

June-July 2016 **Gulf Gourmet**



THE KITCHEN DOCTOR

Curiosity may have killed the cat, but it threw a lifeline to Chef **Jitin Joshi**. A proud bookworm, the executive chef of Taj Dubai has yanked himself out of his comfort zone repeatedly through his 20-year career to satiate his thirst for knowledge....

Chef Jitin Joshi swapped one white coat for another... and never regretted it.

Had it not been for a few marks here and there, the culinary world would have lost a chance to meet one of its most talented inhabitants. A doctor he may not be today, but the executive chef of Taj Dubai can heal your soul through your palate. From French gourmards to English foodies to Emirati gastronomes, the Indian chef has won fans across continents and classes. He's delighted guests at the highest restaurant in the world, wowed loyalists at Michelin-star restaurants, turned a vineyard into a Indiyard, notching up one victory after another in his quest for the next big challenge.

What make his achievement even more significant is that Chef Jitin comes from a family without a professional chef in no less than 17 generations! Further, it was not the heady aromas of food but the antiseptic smell of hospitals that Chef Jitin had wanted around him in his early years, dreaming of a career in the medical field.

Growing up in Nainital at the foothills of the Himalayas as an army officer's son, he would carry around a first-aid box fashioned out of a used watch box. "It was a book bought for barely 5 rupees at a fair that triggered the fascination with medicine," remembers the chef, "I was barely 9 at the time. My 'first-aid kit' had small needles that were syringes, matches to cauterise a wound, chalk and a string for a tourniquet."

Unfortunately (or fortunately), being a doctor was not meant to be. "I took the medical entrance exams and could not get through any college. It was a harsh reality check."

'What next?' knocking about in his teenaged head, Chef Jitin decided to try his luck with a hotel management course. "I thought I would apply and then decide later if I wanted to



Most of my classmates and friends didn't use their library cards. I would borrow them. At one time, I would have as many as eight cards with me! And use each one of them to load up on books and make notes

take it up." For a long time, Chef Jitin stayed undecided, going through the rounds to secure an admission into a hospitality school.

When the admission letter came, he had a moment of doubt. "To be honest, I was never a foodie. I would be lying if I said my mother inspired me. I never did any cooking and helping my mother was restricted to setting the table. Most of the times, I would be buried in my biology books." There were some foods he liked eating, some he didn't. But there was no great connection with food to speak of.

These misgivings disregarded, Chef Jitin joined the Institute of Hotel Management in Ahmedabad in western India. "The minute I entered the school, I knew the kitchen was my kind of place. Housekeeping, services and front office, and food and beverages were the other major subjects that I didn't really have much interest in." To him, the challenge of creating something afresh was the attraction.

The science buff in Chef Jitin never did die. He extrapolated this liking to cooking, reading voraciously, even the

theory books that most other students didn't even bother opening. "There were these interesting facts that drew me. For example, why is schizwan food spicy? It comes from the Sichuan basin in China. That area has subtropical climate and a lot of chillies grow there. Wherever chillies are grown, the local food automatically becomes spicy – south India, Mexico... Nature's idea is that you eat spicy food and then you sweat, cooling down your body in a hot climate."

Cooking being both an art and a science, Chef Jitin learnt to balance the two by reading whatever he could lay his hands on - begging, borrowing, stealing library cards to do so. "Most of my classmates and friends didn't use their library cards. I would borrow them. At one time, I would have as many as eight cards with me! And use each one of them to load up on books and make notes."

In the three years his course ran, Chef Jitin managed to put together his own handbook of cooking with recipes and notes from all the books he had read. "It's been 18 years and that book is still my cooking guide."

After the kitchen, the library remained Chef Jitin's favourite hangout even when he started a six-month internship at the Kanishka hotel in Delhi, which is today the Shangri-la hotel. "I used to get a stipend of 250 rupees for the internship. With the first stipend I got, I bought a membership to the British Council Library. My breaks were spent there, leafing through the culinary section for books."

Kanishka's kitchen, however, turned out to be something of a disappointment and not at all what Chef Jitin had imagined. Later, when he met up with classmates who had interned at the Sheratons and the Oberois, he realised his kitchen training was somewhat incomplete. "Those guys were exposed to much finer things. To make up for the missed opportunity, I started reading more, this time about international products like truffles, cheese, etc."

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When the time came for campus recruitments, he was picked up by the Oberoi Centre of Learning and Development, one among the two students from his college and just 15 across India to get the opportunity. The hands-on training was intensive, moving Chef Jitin across Oberoi hotels in Kolkata, Bangalore and Chennai and later posting him at the opulent Rajvilas Hotel in Jaipur, the jewel in Oberoi's crown at the time.

The assignment was Chef Jitin's first real job, teaching him over three years the secrets of high-end cooking in a luxurious setting. "I did well there, made a bit of money and then impulsively flew to London to search for a job." It was the turn of the century and Indian chefs were making their presence felt in Michelin star circuits. "Vineet Bhatia and Atul Kochhar had just got their Michelin stars. I knocked on the doors of Chef Atul's restaurant and asked for a job. They said, 'we don't have a job but we can offer you lunch'. Same with Chef Vineet. I didn't get a job but I did get two free meals at Michelin-star restaurants," laughs the 40-year-old chef at the memory.

The perseverance paid off, with a 2-Michelin star French restaurant offering him a chef de partie position. Back then, that was a big deal. "An Indian chef would be offered a job only in tandoor and curry Indian food places. French restaurants didn't invite you. I grabbed the opportunity." The Capital restaurant in the Knightsbridge's Capital Hotel was led by famous chef Eric Chavot. "It was an entirely different world. I was put on staff meal duty and I would take the first tube in the morning. It was tough to get used to a new country and a new culture."

Working in the French restaurant taught Chef Jitin about fine, European ingredients. Although he had read about different kinds of cheese, seafood and meats, it was for the first time he experienced these in reality. "In India, you don't eat much cheese.

Paneer is not exactly cheese. I would buy different kinds of cheese from Tesco or Sainsbury and compare them with the notes I had made. Theory is one thing, reality another."

Relentlessly asking questions won Chef Jitin the respect of his seniors. On his part, he brought some concepts of Indian cooking that fitted well into the western cuisine. "For example, I saw that chefs would just toss mustard seeds into a sauce. I showed them that mustard seeds have to be popped in hot oil to open up the flavour. In India, that's common knowledge. They tried it and loved the results."

While any other chef would tire of peeling 50 kilos of onions in a day, Chef Jitin turned it into a quest for knowledge, asking about the differences in various kinds of onions and the reason behind that. Some of his questions would baffle even the senior chefs!

Two years later, Chef Jitin was shifted to the pastry operation, a small but niche setup.

When celebrity chef Gordon Ramsay decided to open a 'tapas style restaurant with Asian influences' in Sheraton Park Towers, Chef Jitin responded to the advertisement. He got through, joining Maize restaurant in the pastry section. A few months later, he moved to the savoury kitchen and then left a year later to join Chef Atul Kochhar's 'Benaras' restaurant in Mayfair. Benaras claimed a Michelin star within six-eight months. "This strengthened Chef Atul's confidence in me. We made a lot of changes, experimented with the cuisine and tasting menus."

The success of Benaras led to the opening of another restaurant, 'Vatika', in a vineyard. "While Benaras was an Indian restaurant with British influences, Vatika was a British restaurant with Indian influences. It needed a different thinking cap." Here, his French cuisine training came in handy. Chef Jitin would pluck

leaves from the vineyard, experiment with chutneys and source products locally. "We had seasonal menus based on the produce. Most of our clients were Europeans. The setting was very English. These were people who had travelled a lot and seen a lot of cultures and foods. So they were willing to experiment." Vatika won appreciation all around, even outside England.

After a decade in England, a call from Dubai's Burj Khalifa brought the next big change in Chef Jitin's life. "They were opening a signature Indian restaurant called 'Amal'. Dubai was closer to home, my parents weren't getting any younger and I needed a new challenge. With my wife and daughter in tow, I moved."

Settling in here was way easier than it had been in England. In the two years that Chef Jitin spent at Amal, he managed to win the restaurant





top endorsement from travel guide TripAdvisor and many notable food magazines. Later, he was asked to manage 'At.mosphere', the highest restaurant in the world, sprawled across the 122nd floor of the Burj Khalifa.

After a year there, Chef Jitin took a break from the culinary scene, advising a developer group that was toying with the idea of starting a hotels vertical.

But when Taj Dubai offered him the executive chef position, the kitchen connoisseur in him couldn't say no. "This was a new experience for me, I must say. So far, I had been mostly a restaurant chef, running one or two outlets. Here, I had to learn to manage many restaurants at the same time and that was an entirely new training in management." The most important lesson - and perhaps the hardest - was letting go of control. Micromanaging

every aspect of the kitchen was not an option. Chef Jitin had to learn to give his subordinates a direction and training and then trust them blindly to take his vision forward. From upscale restaurants such as Bombay Brasserie and Tesoro to the more casual Byzantium Lounge and the Eloquent Elephant gastropub, there's much vying for his attention at Taj Dubai.

"My teams are my hands, eyes and ears. I train them and then let them experiment with their own creativity within that framework. Individual ideas have to be encouraged but the direction of all outlets has to be the same."

Chef Jitin encourages young culinarians to ask questions. "With every information available at a click, they have it much easier than we did. But you have to be curious enough to type in that keyword in the search engine." Getting your basics right is yet another

tool without which a chef cannot succeed. "Know your meats, know how to fillet a fish. You can do molecular gastronomy and liquid nitrogen cooking and all the fancy stuff, but before that you need to know how to use a knife."

With his hands in so many pies, Chef Jitin has little time to give family. What he lacks in quantity, he makes up in quality. "My wife also worked at Rajvilas in the front office. So she knows the pressures." An 11-year-old daughter completes the family portrait.

Even with a biodata that runs into several pages, Chef Jitin's mind refuses to rest. "I want to learn Japanese cuisine from a senior Japanese chef, open a new hotel and teach when I retire. My bucket list is long," he laughs.

Like Mr Einstein said, passionate curiosity is a powerful steroid.

June-July 2016 **Gulf Gourmet**

Creative Food & Beverage Solutions

Young and FURIOUS

This month, the youngsters from Madinat Jumeirah have taken up the Nestle Professional Golden Chef Hat challenge by creating two recipes that will make the most discerning taste buds salivate

It's Season 4 of the Nestle Professional Golden Chefs Hat competition and the boys at Madinat Jumeirah are raring to reclaim the title that their seniors had earned two seasons ago. We bring you the story of the two youngsters and their recipes.

Chef Doston Razzakov

This 24-year-old Uzbek from Samarakant tasted success in culinary competitions earlier this year when his recipe for the UAE's biggest ever shellfish competition (organised by this very magazine) made it to the finals from over 98 entries. His recipe then was brilliant and his recipe for this competition gets even better.

The Demi Chef de Partie at Madinat Jumeirah used up all of the Nestle products provided to him including the cream, veal jus, chicken stock, mashed potato and tomato coulis to create a delightful sounding 'Duo of Beef with Truffle gel croquette, Carrot cream & Horseradish Foam'

Following a Tourism and Culinary Course in Tashkent, Chef Doston spent a year working the kitchens of InterContinental Hotel Tashkent and Radisson Blu Hotel Tashkent before coming to Dubai in 2012 to join the Al Ghurair Arjaan & Rayhaan by Rotana in Dubai. A little over a year and a half ago, he joined the culinary team at Madinat Jumeirah where he began his tryst with competitions as well. Check out the Executive Chef aspirant's recipe on the next page.



Chef Doston Razzakov

Chef Madushanka Weerakkody

Sri Lanka-born Chef Madhu fell in love with the art of satiating the sweet tooth at a very young age. His passion turned profession when he joined a cookery course at the Ceylon Hotel School in Kandy and he also completed a course in carving while he was there. His passion for learning never stopped and he has spent the last few years gaining whatever certifications he possibly can including a sugar training course which he completed in the UAE.

His tryst with working in pastry began with his first two jobs at Amaya Hills Hotel and Palm Village Hotel in Sri Lanka. A year later, the chef – who



Chef Madushanka Weerakkody

currently works as Commis II at Madinat Jumeirah's Main Pastry Kitchen – came to Dubai to work for the Ramada Hotel. He spent three years there before joining Madinat Jumeirah in 2013.

Not new to the world of culinary competitions, Chef Madhu has under his belt two silver medals and a bronze that he has collected since 2012 – all in the four plated desserts category in the UAE.

For this competition he has used most of the ingredients provided by Nestle including the KitKat mix in, coconut powder, and two Docello products to create a dish called 'Timeless'. Check out the future Pastry Chefs recipe on the next page.



Duo of Beef with Truffle gel croquette, Carrot cream & Horseradish Foam

BRAISED BEEF SHORT RIBS

Beef Short Rib	400gm
Chef Veal Jus	400 gm
Carrot	40 gm
Garlic	20 gm
Onion	20 gm
Herbs	4 gm
Leek	20 gm
Celery stick	20 gm
Salt and pepper	to taste
Oil	40 ml

Method

- ♦ Short Rib should be marinated with salt, pepper and oil; then seared on a grill. Cut all the vegetables into cubes. Put the seared short rib, all vegetables and veal jus into a container and cover with aluminum foil. Roast in an oven at 160 C for two hours. After that, open the container and check the beef. If it is ready, remove the beef and press it with something heavy in the small container until it cools down. After that, cut into portions. Reheat it in the veal jus and glaze it.

HERB CRUSTED ANGUS LOIN

Beef Angus Tenderloin	360gm
English mustard	15gm
Basil	10gm
Rosemary	10gm
Bread Crumb	20gm
Olive Oil	10gm
Salt and pepper	to taste

Method

- ♦ Blend basil, rosemary and bread crumbs until it becomes powder and add some salt and pepper.
- ♦ Cut the beef tenderloin into long strips and cover tightly into a round shape using the cling film.
- ♦ Remove the wrap and season with salt and pepper. Sear the beef and put in the oven for 5 mins at 180 C. Rest the beef and apply English mustard and crumb with herb crust.

TRUFFLE GEL CROQUETTE

MAGGI mashed potato	300gm
Fresh truffle	10 gm
Truffle Oil	1 ml
Bread Crumb	80 gm
Chef Veal Jus	70gm
Gelatin	1 sheet
Water	50 gm
Egg	1
Flour	100gm
Salt and pepper	to taste

Method

- ♦ Chop the truffle into small pieces. Mix the potato powder with hot water and make the thick mash and leave it to cool. Heat the veal jus and add gelatine. Put the mixture in to a mould and leave it in the chiller to cool down. Once the gel is set, cut into cubes. Cut into small pieces. Make round croquettes with the jelly inside. Egg wash and crumb it with bread crumbs. Deep fry in 180 C for 3 mins.

CARROT CREAM

Nestle Cream	40gm
MAGGI chicken stock	30ml
Carrot	100gm
Water	200ml
Butter	20gm
Salt and Pepper	to taste

Method

- ♦ Peel the carrot and roughly cut. Boil it with water and when the water reduces, add cream and cook. Put the boiled carrot with the liquid into a thermomix and add butter while blending it.

SAUTÉED BABY VEGETABLES

Baby carrot	40gm
Broccoli	40gm
Baby Radish	30gm
King Oyster Mushroom	60 gm
Olive Oil	20gm

Salt and pepper	to taste
Boiled water	

MAGGI Chicken Stock	40 ml
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Method

- ◆ Clean and cut the vegetables and blanch for 2-3 minutes. After that, put into ice water to cool down. Strain and sauté in a hot pan with olive oil and add chicken stock.

PICKLED BABY BEETROOT

Baby beetroot	40gm
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White vinegar	100ml
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Sugar	200gm
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Water	500ml
-------	-------

Salt and pepper	to taste
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Method

- ◆ Combine all ingredients, except beets, in a small saucepan, and stir until sugar is dissolved. Then bring to a boil. Remove from the heat. Cool it down. Add the peeled baby beetroot and pickle it for 4-6 hours. Then slice thinly.

HORSERADISH FOAM

Horseradish	20gm
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Skimmed milk	200ml
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Lecithin powder	5gm
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Method

- ◆ Clean the horseradish and use the small side of grater and mix with low fat milk, lecithin powder and make it warm. Then blend with hand blender till it foams.

TOMATO DUST

Maggi Mash Potato	10 gm
--------------------------	-------

Maggi Tomato Coulis	15gm
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Salt and pepper	to taste
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Method

- ◆ Cook the tomato coulis until thick and add potato powder. Blend the mixture and put into the flat tray and form a thin layer. Put it in a dehydrator for 6-7 hours until it is completely dry. After that blend it until it becomes powdery

CONFIT CAVIAR TOMATO

Red Tomberry	12
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Olive oil	50gm
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Garlic	10gm
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Rosemary	10gm
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Salt and pepper	to taste
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Method

- ◆ Confit the tomato with olive oil, herbs, garlic, salt and pepper over low heat. Strain it before use

THYME JUS

Chef Veal Jus	100 ml
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Thyme	10gm
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Crushed Pepper	5gm
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Method

- ◆ Roast the pepper and thyme together and add veal jus. Cook until thyme properly infused.

GARNISH

- ◆ Red ribbon Sorrel
- ◆ Edible Flowers
- ◆ Tomato Dust





TIMELESS Cherry chocolate mousse, mango coconut roulade with Crème Brûlée mille - feuille

CHERRY CHOCOLATE MOUSSE

Docello® Chocolate Mousse	250gm
Milk	500ml
Whipping cream	100gm

Cream cheese mix

Cream chese	50gm
Icing sugar	20gm

Cherry ganache

Puree	50gm
Dark chocolate	100gm
Milk chocolate	100gm
Butter	20gm

Cherry compote

Amerina cherry	50gm
Puree	20gm
Sugar	10gm
Pectine NH	1gm

Deville Sponge

Sugar	384gm
Flour	331gm
Cocoa powder	72gm
Baking powder	6gm
Baking soda	6gm
Egg	80ml
Corn Oil	182ml
Water	192ml

Kit Kat® Mix In

Method for chocolate mousse

- ♦ Mix the chocolate mousse mix with

250ml milk and whip the rest of the cream into medium peak.

Method for cream cheese mix

- ♦ Mix the 50gm cream cheese until soft and add icing sugar 20gm and mix it again.

Method for cherry ganache

- ♦ Boil the cherry puree first and add the dark chocolate and milk chocolate later. After that, add the butter into it.

Method for cherry compote

- ♦ Boil the cherry and cherry puree and add the pectine and sugar. Boil again until thick.

Method for deville sponge

- ♦ Add sugar, flour, cocoa powder, baking powder and baking soda into the mixing bowl and mix with paddle. After that, add the water, oil, egg and mix all together and mx well. Bake at 180°C for 15mins.

MANGO COCONUT ROULADE

Sponge recipe

Whole eggs	90gm
Sugar	50gm
Flour	37gm

Coconut Mousse

Coconut Puree	50gm
Maggi coconut powder	5gm
Sugar	12gm
Cream	75gm
Gelatin	2.5gm

Mango compote

Mango puree	50gm
Fresh mango	30gm
Sugar	10gm
Yellow pectine	2gm

Method for the sponge

- ♦ Mix the eggs and sugar, when it's foamed

up fold with the flour and bake it under 180°C for 5-7 mins.

Method for the coconut mousse

- ♦ First soak the gelatine, then boil the puree, sugar and coconut powder, after that add the gelatine, once it cools down fold with whipped cream.

Method for mango compote

- ♦ Boil the mango puree and sugar, add the yellow pectine, when it gets thick add the fresh mango.

CRÈME BRÛLÉE MILLE - FEUILLE

Cream brulee recipe

Docello crème brûlée mix	40gm
Milk	80gm
Whipping Cream	80gm

Sugar dough recipe

Butter	800gm
Sugar	400gm
Eggs	220gm
Flour	1300gm

Method for crème brûlée

- ♦ Boil the milk and cream add the crème brûlée mix, after that keep in the chiller until its cold.

Method for sugar dough

- ♦ Mix the butter and sugar well in a mixing bowl, after that add egg, and then mix the flour. Let the mix rest in a chiller. Take out the cold mix and baked it at 180°C for 10 minutes.

Garnish

- ♦ Desiccated coconut
- ♦ Edible flower
- ♦ Cocoa tuile
- ♦ Chocolate garnish
- ♦ Fresh berries

June-July 2016 **Gulf Gourmet**



THE HUNGER GAMES

As a boy, Chef **Pravin Ramakrishnan** bowled many overs on the cricket field. The executive pastry chef of Movenpick Hotel Jumeirah Beach is still bowling everyone over. Only this time, it's with his delicious sweet treats...

If fate had not intervened, Chef Pravin Ramakrishnan would have been hitting the cricket ball instead of the sweet tooth.

Today, he's happier tossing the dough and scoring brownie points. For, cricket may be a gentleman's sport, but there's no deed nobler than teasing taste buds.

From the buzzing bylanes of Mumbai to the glamorous corridors of Dubai's five-stars, the executive pastry chef of Movenpick Hotel Jumeirah Beach has had quite an eventful journey, one that took him to highs and plunged him to lows. The 40-year-old chef, who originally hails from the south Indian state of Kerala, came from a family that believed in academics. Chef Pravin was expected to get into science, much like his mechanical engineer father. Or live the life of an army man, something that fascinated him at a young age. "Being a professional chef was unheard of in my family," he recalls.

A young Chef Pravin's studious looks were rather deceptive. "Getting marks was never my priority. Time that was meant for studies was better spent on a cricket ground. Like most boys in India, I wanted to be a famous cricketer," he laughs. Cooking in a professional kitchen hadn't crossed his mind just yet.

After finishing high school, Chef Pravin enrolled for a Bachelor of Science course. "By then, I had started tinkering around in the kitchen. I was never satisfied with what my mother cooked." Even before



A senior chef told me – learn to handle flour, sugar, butter and eggs and you can be the master of the pastry kitchen

a year passed, Chef Pravin realised that science was not his calling. When he got admission into a hotel management course in Bangalore, he took it without hesitation. "My parents were quite open-minded. So they did not stop me."

Joining the PES Institute of Hotel Management in 1995, he passed out in three years, then interned at the Leela Kempinski in Mumbai. It was there that Chef Pravin was first introduced to pastry and its virtues. "A senior chef told me – learn to handle flour, sugar, butter and eggs and you can be the master of the pastry kitchen."

Although Chef Pravin loved chocolates, ice-creams and all things sweet, he was too young to know what he wanted. So he spent some time in Mumbai moving around a bit to figure out which section of the hospitality industry suited him best. "Eventually, I felt that I should work abroad. At the time, the hospitality industry in India wasn't so lucrative."

A breakthrough came in 2001 with a first commis job in Dubai at the Four Points Hotel by Sheraton. Unfortunately, the Kuwait war threw a spanner in his plans in just 10 months. "The option was to go back to India or find something else. So I worked in a restaurant in Dubai for a month before getting a job at a hotel at Dubai airport." Chef Pravin had to take a massive pay cut of 40-50 percent to join Le Meridien. And he did, keeping his eye firmly on the goal. The two years he spent there were gruelling. "My shifts changed every two days, there were many depressing moments and I had no life outside work."

Later, when an opportunity came up at Fairmont Dubai, he didn't think twice. "I had to join as first commis again because back then, it wasn't so easy to go up a level as it is now." A couple of years later, Chef Pravin finally shook off the first commis role with a promotion to demi chef de partie.

In 2007, he took a transfer to Raffles Dubai for its preopening. "In the time I spent at Fairmont Raffles group, I grew a lot. There was career growth and job satisfaction and I never had any reason to leave."

At the Raffles Dubai, Chef Pravin climbed the ranks, making it to pastry sous chef before applying for an internal position of assistant pastry chef at the Fairmont Palm. "There were some 200 CVs that the executive chef received. He grilled me relentlessly during the interview but hired me."



The stint turned out to be Chef Pravin's shortest. A year later, he bid goodbye to the Fairmont Raffles group after nearly a decade and joined Movenpick Jumeirah Lakes Towers in 2012 as a pastry chef. After working there for a couple of years, he did another preopening and then in August last year, joined Movenpick Hotel Jumeirah Beach.

"The first thing I had to do when I came

here was to revive the pastry kitchen, which was in a really bad shape. I revamped the menus, streamlined operations and got some good chefs in."

For Chef Pravin, having the right people is the most important part of a successful kitchen. "I'd rather live with a vacant position than fill it with someone who is not inspired. Passion and the right attitude are what I look for in a chef."

When he hangs up his white apron, the Indian chef wants to write a recipe book. A dream is also to open a cake shop, named after his mother, who is no more.

Until that happens, pleasure lies in family time with wife Simitha, son Viann and daughter Krithya.

Howzzat for a sweet story!

Greek yoghurt pannacotta, pink guava jelly, rhubarb marshmallow with mango sphere, raspberry gel & Almond crunch

GREEK YOGURT PANNACOTTA

Anchor Whipping cream	250gm
Yoghurt	100gm
Gelatine	4 sheets
Vanilla bean	1 no



Method

- Boil the cream and add yogurt. Heat the mix well. Finally add in the soaked gelatin and pour it into the frame. Leave it to set in the refrigerator.

PINK GUAVA JELLY



Pink guava purée	600gm
Sugar	100gm
Gelatin	4.5gm

Method

- Boil the pink guava purée with sugar. Add the soaked gelatin and set it on top of the pannacotta.

RHUBARB MARSHMALLOW

Rhubarb frozen	250gm
Sugar	200 gm
Egg white	210gm
Sugar	600gm
Glucose	120gm



Water	240 gm
Gelatine	27gm
Cornflour	50gm

Method

- Cook the frozen rhubarb with sugar to compote on a low flame stirring occasionally.
- Beat egg white with 1/3 sugar. Boil the remaining sugar with glucose and water to a soft boil stage, add the piping hot liquid into the egg white mix and start whisking the mix vigorously. Mix the rhubarb compote into the egg white and let it set.

MANGO SPHERE

Mango purée	500g
Water	100ml
Gluconolactate	20g
Alginate	5g
Water	1ltr



Method

- Mix mango purée and water with a blender. Add the gluconolactate and set in moulds in freezer. Take the water and add the alginate powder blend and keep in chiller for approximately 20 minutes. Drop the mango spheres in the alginate solution, wash off with clear water.

RASPBERRY GEL

Raspberry purée	250gm
Sugar	75gm



Pectin 5

Anchor butter 25gm

Method

- ◆ Heat up the puree to 35°C. Mix the sugar and pectin while stirring continuously. Leave it to cool. Add melted butter.

MASCARPONE CRÈME FRAICHE

Butter milk 50gm

Anchor Whipping cream 225gm

Icing sugar 100gm

Lemon juice 5ml

Mascarpone 250gm

Method

- ◆ Combine butter milk and whipping cream with lemon juice and fold in slightly beaten mascarpone with icing sugar.



ALMOND CRUNCH

Beinex besting 100gm

Almond flakes 50gm



Method

- ◆ Mix all together and bake in desire shape at 120°C.



RASPBERRY LATHER

Raspberry purée 100gm

Sugar 20gm



Method

- ◆ Apply on silpat as a thin layer and bake at 100°C.



June-July 2016 Gulf Gourmet



Creative Food & Beverage Solutions

JEDDAH SURPRISE

Chef **Thomas A Gugler**'s team of chefs at AlMashfa Hospital and AFS Naghi Group Corp., Jeddah are the first Golden Chef Hat competition team from KSA

This month, the dynamic duo from Chef Thomas A. Gugler's team at AlMashfa Hospital and AFS Naghi Group Corp., Jeddah are the first challengers for the Nestle Professional Golden Chef Hat competition in the Kingdom of Saudi Arabia.

Chef Zied and Chef Otmane are not new to the world of culinary competitions and they have already raised the bar for the competition which makes its foray in the Kingdom. Here is a bit about this month's competitors:

Chef Zied Eddine Somrani

Zied Eddine Somrani, is a 28-year-old Tunisian working in the hot kitchens of AlMashfa Hospital and AFS Naghi Group Corp., Jeddah as the Group Food Stylist. Following his Bachelor Certificate in Economics & Management in Tunis in 2006 he pursued a Diploma Certificate in Culinary Art from the University and Hotel Management in Sousse (Tunisia).

Since then he's worked at four properties in Tunisia (Tennis Resort Hotel – Sousse; Marhaba Hotel – Sousse; The Residence

Hotel – Gammart; Moevenpick Hotel Resort and Marine Spa – Sousse) before joining the Rawasi Company, Jeddah as Head Chef from 2012 to 2015. He has won many certificates and won 14 medals at the Saudi Arabian Foodex Competition

Chef Otmane Ghozlan

Chef Otmane Ghozlan is a 28-year-old Moroccan currently working at AlMashfa Jeddah as Executive Pastry Chef. Chef Otmane does not come from a lineage of chefs and by his own admission is the only chef in his family. It was his love



Chef Zied Eddine Somrani



Chef Otmane Ghozlan



for chocolate that saw him pursue his studies in pastry. He says that following a degree in culinary arts and a diploma in chocolate making he worked in Casablanca with the Rahal Group and the

Sirage Pastry. He then took to teaching pastry to students at the Hospitality and Tourism Institute in Morocco.

He is fluent in Arabic, French and speaks

a bit of Spanish. Culinary competitions are not new to him and he's has a fair collection of certificates and wins to his name. Check out their amazing creations on the next page.

Beef Tenderloin, mashed potatoes flavored with black olives, mushroom purée with chicken juice, spring vegetables, coconut foam and beef reduction

INGREDIENTS

Beef Tenderloin fresh	180gm
(refer to method)	
MAGGI mashed potatoes	50gm

Black olives sliced	20gm
Cherry tomato	15gm
Asparagus green	25gm
Carrot	30gm
Mushroom fresh	30gm
MAGGI chicken stock powder	20gm
Onion red (diced)	20gm
MAGGI Coconut Milk Powder	50gm
Soy Lecithin	1gm
MAGGI Beef Stock Powder	30gm
Chopped Herbs	10gm
Parsley	3gm
Pumpkin cubes	40gm
Nutmeg	2gm
Butter	40gm
Dried Olives Dust	20gm
Brown Onions	10gm

Garlic	5gm
Sugar	3gm
Non-Alcoholic Red Wine	80ml
Salt	
Pepper	
Paprika Powder	
Olive Oil	60gm
Cooking Cream	200gm

Method

- ♦ Trim the beef and portion into 180 gm slices. Season with salt and pepper and paprika powder.
- ♦ Prepare the mashed potato while using hot milk and little cream, nutmeg, salt, pepper and small butter cubes.
- ♦ Peel the carrots and the pumpkin. Cut

the carrots into roundelles and the pumpkin into cubes. Blanch them in hot water and when al dente put them in ice water.

- ◆ Later fry slightly in butter and season with salt, pepper, and little sugar. Keep 1/4 of the mashed potato aside for a quenelle.
- ◆ Cut the onion in thin strips and fry golden brown.
- ◆ Dry the olives and put them into the puree. Chop the herbs for the cherry tomatoes, cut them in half and toss them for some seconds in a hot skillet. Season with salt and pepper.
- ◆ Prepare a nice beef stock and make it

fine with cream and some non-alcoholic red wine.

- ◆ Boil the coconut milk until nice in consistency and use a blender to prepare foam.
- ◆ Saute some onion brunoise with little garlic and the fresh mushrooms until ready to puree.
- ◆ Mix the olive puree and the mushroom puree and use 1/4 of remaining plain potato puree to form a quenelle.
- ◆ Heat a pan to fry the pre-prepared Tenderloin Steaks until medium and let it rest for 60-90 seconds to assure the meat juice remains.
- ◆ Heat all the remaining vegetables like

asparagus and tomatoes and season with light chicken stock, salt, pepper.

- ◆ Dish out the olive puree as flat stripe and put the fried beef on top. Take the potato quenelle on top of the olive puree and garnish.
- ◆ Take the brown onions on top and set up the pumpkin cubes with the carrots on top.
- ◆ Trifle the meat and the vegetables with the coconut milk foam and put the beef stock around.
- ◆ Final garnish with dried black olive dust, the cherry tomatoes and the green asparagus.
- ◆ Bon appetit



Potpouri of Crème Brûlée and Panna Cotta with Chocolate Mousse

INGREDIENTS

Daquoise	1 piece (refer to the method)
Almond Powder	70gm
Icing Sugar	50gm
Flour	10gm
Egg White	80gm
Icing Sugar	50gm

MERINGE

Egg White	140gm
Icing Sugar	180gm

CROQUANT

KitKat Mix In	100gm
Almond Pralines	100gm
Butter	50gm

PANNA COTTA VANILLE

Milk	125ml
Whipping Cream	325ml
Docello Panacotta	75ml
Vanilla Root	1 piece

MOUSSE AU CHOCOLATE

Docello Chocolate Mousse	75gm
Milk	125ml
Raspberry Puree	100gm
Sugar	40gm
Gelatine	1 piece

CRÈME BRÛLÉE

Whipping Cream	30ml
Jasmine Tea	25gm
Passion Fruit Puree	10gm
Docello Crème Brûlée	65gm

DECORATION

Raspberry	15gm
Strawberry	15gm
Blueberry	15gm
Glucose	40gm

Method

- ◆ **Darquoise:** Rise in the egg white granulated sugar, then add the almond powder with the icing sugar and finalize with the flour.
- ◆ **Meringe:** Mount the egg white with the sugar until stiff beaten.
- ◆ **Croquant:** Mix the crispy KitKat mix with the Praline almond and the melted butter.
- ◆ **Panna Cotta Vanille:** Put all the ingredients together in a casserole and

heat to 60 degrees. After this add in the Panna Cotta Powder and mix for 5 minutes.

- ◆ **Mousse au chocolate:** Heat the milk together with the raspberry and the chocolate powder and stir for 10 minutes and let it cool down.
- ◆ **Crème Brûlée:** Put the liquid cream and the milk on the stove and heat it

up, add the crème brûlée mixture.

- ◆ After cooking add the passion fruit puree and the lime juice and set aside to cool down.
- ◆ Prepare the glucose crisps.
- ◆ Now plate it all nicely on a serving plate and garnish with all the berries and the glucose crisps.



June-July 2016 **Gulf Gourmet**

Hoi An International Food Festival

The inaugural Hoi An International Food Festival took place from 14 - 20th March 2016. For one week, Hoi An in Vietnam was transformed into a truly international culinary destination. Twelve international chefs including Chef Uwe Micheel brought their native countries' food to some of Hoi An's best restaurants. While Chef Thomas Gugler was present as the Chief of Chefs. The restaurants themselves were themed to a specific country with decor, food, music and costume reflecting the participating country.

The chefs recreated their traditional dishes, showcasing the finest locally sourced Vietnamese ingredients. The festival gave visitors the opportunity to try food from around the world while enjoying a festival atmosphere. Over the coming years the organisers hope to invite chefs from even more countries.

The event culminated with an International Street party in Nguyen Thai Hoc and an Awards Ceremony taking place at An Hoi Sculpture Garden. Here are images from the event.





June-July 2016 **Gulf Gourmet**

Guild Meet

Last month's Guild meeting was hosted by Chef Diyan and the team at Radisson Blu Hotel, Dubai Deira Creek. Scores of senior chefs took the opportunity to network with one another and corporate members took the opportunity to showcase their products to the biggest monthly gathering of influential chefs in this part of the world. Here are images from the last two meetings that took place at the Guild meet in May and before that in February.





June-July 2016 Gulf Gourmet



Young Chefs visit local farm

The Emirates Culinary Guild Young Chefs Club organised a visit to the Al Rawdah poultry farm on May 19. A total of seven young chefs took up the opportunity to go on the field trip. The purpose of the event was to give young chefs the opportunity to gain knowledge about poultry farming in the region and to better understand how these farms work.

Chef Danushka Salgado, who is also the UAE point of contact for young chefs, said, "The trip was way more informative than expected. All seven young chefs now have a better understanding of how these farms work, which will positively impact the way we cook in our kitchens." Here are images from the field trip.





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EAST-COAST SALON CULINAIRE (ECSC) 2016

Resume Of Classes for Entry

Class No. - Class Description

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

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

Gastronomic Creation

Class 01: Three - Course Gourmet Dinner Menu - by Al Maya Hospitality

1. Present a plated three-course meal for one person.
2. Suitable for dinner service.
3. The meal consist of:
 - > **An appetizer or soup**
 - > **A main course**
 - > **A dessert**
4. To be prepared in advance and

displayed cold on appropriate plates.

5. Total food weight of the three plates should be 420/480gms.
6. Food coated with aspic or clear gelatin for preservation.
7. Typewritten descriptions and recipes required.
8. Maximum area 60cmx60cm.
9. One participant per entry is allowed.

Class 02: Three- Course - Arabic Dinner Menu

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

Class 03: Three - Course Vegetarian Menu

1. Present a plated three-course meal for one person.
2. Suitable for dinner service.
3. The meal consist of:
 - > **An appetizer or soup**
 - > **A main course**
 - > **A dessert**
4. To be prepared in advance and displayed cold on appropriate plates.
5. No Meat, Chicken, Seafood, Fish or Egg to be used . meat-based gelatin glazed to enhance presentation is accepted.

6. Total food weight of the three plates should be 420/480gms.
7. Typewritten descriptions and recipes required.
8. Maximum area 60cmx60cm.
9. One participant per entry is allowed.

Class 04: Presentation of Tapas, Finger Food and Canapés

1. Exhibit six varieties. Weight for each piece (15-20gms)
2. Six pieces of each variety. (total 36 pieces)
3. Three hot varieties.
4. Three cold varieties.
5. Hot food presented cold.
6. Food coated with aspic or clear gelatin for preservation.
7. Presentation on suitable plate/s or platter/s or receptacles.
8. Six pieces should correspond to one portion.
9. Name and ingredient list (typed) of each variety required.
10. Maximum area 60cm x 75 cm
11. One participant per entry is allowed.

Class 05: Arabian Feast

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



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

Practical Pastry

Class 06: Cake Decoration

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

Pastry Display

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

1. All decorations must be edible and made entirely by hand.
2. Pillars or stands may be inedible but, unless decorated by hand, must be plain and unadorned.
3. Fine, food-quality wiring is allowed for the construction of flowers

- and the like, but must be properly wrapped and covered with flower tape or paste.
4. Royal icing, pastillage, pulled sugar, etc., may be used in the construction, but the finished display must not be dependent on these items.
5. The cake will be tasted by the judges.
6. The bottom layer of the cake must be edible.
7. Inedible blanks may be used for the two top layers.
8. Typewritten description and recipes are required.
9. Maximum area w60 cm x d75 cm.
10. Maximum height 01 meter (including socle or platforms)
11. One participant per entry is allowed.

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

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

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

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

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

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

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

1. Displayed a baked bread showpiece.
2. Two types of bread loaves 200-300gms (competitor's choice) two pieces of each loaf to be displayed.
3. Two types of bread roll 25-40gms (competitor's choice) three pieces of each roll to be displayed.
4. Two types of baked sweet breakfast items 25-40gms (competitor's choice) three pieces of each item to be displayed.
5. Two types of baked savory breakfast items 25-40gms (competitor's choice) three pieces of each item to be displayed.
6. One extra piece of each variety to be display in separate platter for judge's tasting
7. All the bread & dough must be baked at own work place and deliver to competition venue for judging.
8. Tasting will be part of the judging criteria
9. Typewritten recipes are required.
10. Maximum area 90cm x 75cm.
11. Maximum height 75cm.
12. One participant per entry is allowed.

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

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

2. Six pieces of each variety (36 pieces total) plus one extra piece of each variety on a separate small platter for judges' tasting. each piece weight between 08-12gms.
3. Freestyle presentation and theme.
4. Present the exhibit to include a small showpiece
5. Showpiece should enhance the presentation, and will be judged.
6. Written description mentioning the theme is required.
7. Typewritten recipes are required.
8. Maximum area 70cm x75 cm.
9. One participant per entry is allowed.

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

Artistic Display

Class 12: Open Showpiece

1. Freestyle presentation.
2. Only showpieces made of edible food material will be accepted for adjudication.
3. Frames and wire support are allowed but not be exposed.
4. Maximum area 60cm x 60cm.
5. Maximum height 75 cm. (including base or socle).
6. One participant per entry is allowed.

Class 13: Fruits & Vegetable Carving Showpiece by Delmonte

1. To bring already prepared one display of fruits and / or vegetable carving, no visible supports are permitted.
2. Free style presentation
3. Maximum area 60cm x 60cm.
4. Maximum height 75 cm. (including base or socle).
5. One participant per entry is allowed.

Class 14: Practical Fruits & Vegetable Carving - by Barakat

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

8. One participant per entry is allowed.

Notes on the Practical Cookery Classes

These notes pertain to all practical cookery classes. They must be read in combination with the brief of the class entered.

1. The preparation, production and cooking skills of each competitor must be demonstrated during her/his Time in the kitchen
2. Waste and over-production will be closely monitored.
3. Penalty deduction of **05 points** for waste and over-production.
4. Timing closely monitored. **02 points** deduction for each minute that the meal overdue
5. All food items must be brought to the venue in hygienic, chilled containers: Thermo boxes or equivalent.
6. Failure to bring food items in hygienic manner will result in disqualification.
7. All dishes are to be served in a style equal to today's modern presentation trends.
8. Portion sizes must correspond to a three-course restaurant meal.
9. Dishes must be presented on individual plates with appropriate garnish not exceeding 250g total food weight excluding sauces.
10. Unless otherwise stated, competitors must supply their own plates/bowls/platters with which to present the food.
11. Competitors must bring with them all necessary mise-en-place prepared according to WACS guidelines in the hot kitchen discipline (www.worldchefs.org).
12. Competitors are to provide their own pots, pans, tools and utensils.
13. All brought appliances and utensils will be checked for suitability.
14. The following types of pre-preparation can be made for the practical classes:
 - > *Vegetables/fungi/fruits; washed & peeled – but not cut up or shaped.*
 - > *Dough can be pre-prepared.*
 - > *Basic stocks can be pre-prepared.*
 - > *Meat may be de-boned and the bones cut up.*
 - > *Pastry sponge, biscuit, meringue- can be brought*

but no cut

- > *Fruits pulps- fruits purees may be brought but not as finished sauce*
 - > *Décor elements- 100% made in the salon*
 - > *Basic ingredients may be pre-weighed or measured out ready for use.*
15. No pre-cooking, poaching etc. is allowed.
 16. No ready-made products are allowed.
 17. No pork products are allowed.
 18. No alcohol is allowed.
 19. If a farce is to be used for stuffing, filling, etc., at least one of the four portions of the farce must be prepared in front of the judges to show the competitor's skill
 20. Within 10 minutes after the end of the competition, competitors must have the kitchen thoroughly cleaned and tidied and ready for the next competitor to use.
 21. Two copies of the recipes typewritten are always required.
 22. Submit one copy of the recipe to the duty marshal at the cooking station.

Practical Cookery

Class 15: Beef - Practical Cookery by US Beef

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

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

Any failure, 50% judging marks shall be reduced.

Class 16: Chicken - Practical Cookery by US Poultry

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

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individual plates with appropriate garnish and accoutrements.

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

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

Any failure, 50% judging marks shall be reduced

Class 17: Arabic Mezzeh - Practical Cookery

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

Class 18: Cocktail Championship by MMI

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

Addendum: - East-Coast Salon Competition 2016

Venue & Entry:

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

Closing Date

4. Closing date for entries is 20th of May 2016. However, many are often fully subscribed and closed before the closing date

TROPHY ENTREES

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

Best Gastronomic Chef:

(Maximum 04 entries per hotel)

Class # 01: Three course gourmet dinner menu

Class # 15: Beef Practical cookery

Class # 16: Chicken Practical cookery

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

Best Arabic Cuisinier: (Maximum 04 entries per hotel)

Class # 02: Three course Arabic dinner menu

Class # 05: An Arabian Feast

Class # 17: Practical Mezzeh

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

Best Pastry Chef: (Maximum 04 entries per hotel)

Class # 06: Practical Cake decoration

Class # 08: Three Plates of Desserts (International)

Class # 11: Friandise/ Petit Four/ Pralines & Nougatines

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

Best Kitchen Artist: (Maximum

04 entries per hotel)

Class # 12: Open Showpiece

Class # 13: Fruits & Vegetable Carving showpiece

Class # 14: Practical Fruits & Vegetable Carving

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

Best hygienic Chef

Class # 15: Beef Practical Cookery

Class # 16: Chicken Practical cookery

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

Highest Medal points awards for Individual Classes

Class # 03: Three course vegetarian menu

Class # 04: Tapas, Finger food & canapés

Class # 07: Wedding Cake Three-Tier

Class # 09: Three plates of desserts (Arabic)

Class # 10: Bread Loaves & Showpiece

Class # 18: Best Bartender

Champions Trophy

Champion's trophy awarded to the establishment whose competitors gain the highest total combined medal points won from all of their entries accept cocktail results.

Judging Guidelines and Awarding System

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

Competitors will not be competing against each other rather they will be striving to reach the best possible standard. Judges will then apportion marks that accord with their perception of the standard reached. The competitor will then receive an

award commensurate with his/her points tally for the classes.

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

The scaling for awarding all classes is as follows

Points

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

Rules and Regulations

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

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

PARTICIPATION

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

participate on the time allotted to them.

COMPETITION ENTRY

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

CERTIFICATES AND LETTERS OF PARTICIPATION

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

HYGIENE

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

THE SECRETARIAT

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

COMPETITORS AND HELPERS

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

EXHIBITS

26. Each exhibits must be completely original work, it must not have been displayed previously.
27. All exhibits must be of edible substance except for framing and stands.
28. It is forbidden to use any living entity, depicts religion, nude, seminude or political themes in an exhibit.
29. All exhibits must be suitable for presentation as a decorative item in a restaurant.
30. An exhibit must not carry any logo or mark of identification however; they should identify their own work, if needed.
31. Competitors are responsible for their exhibits and should ensure that they are available in their proper place for judging on the day and time specified.
32. No preparation or finishing of exhibits is allowed in any area except designated preparation area.
33. Finished exhibits must be placed in the position indicated by the organizer, it has submitted for judging.
34. Competitors must leave the judging area as soon as their exhibit is in place or when instructed to leave.
35. Failure by competitor to register at the specified time will result in to disqualification.
36. Exhibit which is removed by competitors without permission will not qualify for any awards.

COMPETITION MARSHALS

June-July 2016 Gulf Gourmet



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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

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@miramaralajah.ae)

EAST COAST SALON CULINAIRE-ENTRIES FOR BEST GASTRONOMIC TROPHY 2016

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

BEST GASTRONOMIC TROPHY

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

Pref.No	Competitor Full Name(as it is to appear on Certificates)
1	
2	
3	
4	
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10	
11	
12	



Recipe Sheet



June-July 2016 **Gulf Gourmet**

newmembers



Himanshu Kothari (Head of Foodservice) and Haroon Moeen (Division Manager - Foodservice) receiving Emirates Culinary Guild Membership certificate from ECG President Chef Uwe Micheel.

Gyma Food Industries was formed in 1992 and is one of the prominent and celebrated names in the UAE food industry. Gyma has built its reputation with a strong presence in the local Retail, Souk and HoReCa market as well as a wide export domain in the region.

In 2012, Bayara has been chosen as the new Arabic trademark of Gyma Food Industries. Bayara, a Arabic word meaning 'orchard or plantation', brings its natural ingredients from around the world to every table, building relationships with families



through the love of genuine good food flavored with life.

Encouraging modern mums to nurture the traditional family values of cooking, eating and enjoying time

together, with good value, quality, integrity and innovation.

Bayara is a starter for delicious food and happy moments, loved and cherished by all the family.

Bayara has more than 1,400 products in its portfolio and is continuously striving for the development of new ranges and categories based on the market requirement. Products are cleaned, processed, grounded, roasted, flavored, graded and packed in our state of the art factory.



Frederique Simon, Pastry-Bakery Category Manager & Marketing Manager receiving Emirates Culinary Guild Membership certificate from ECG President Chef Uwe Micheel.

Chef Middle East is about Premium foods – discerningly sourced, realistically priced and consistently delivered to your kitchens!

Our passion for fine foods is delivered onto the plates of astute hoteliers, food service providers, airline caterers and ship chandlers across the Middle East, GCC, East Africa and the Indian Subcontinent.

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

Today, the firm sources perishable,

Chef!!!

Providing fine food with a passion!

dry, chilled and frozen items from various countries around the world and distributes the same in impeccable condition to a diverse client base in the Arabian Gulf region. A strong network in continental Europe, in particular, enables almost any food item on the European market to be obtained with relative ease.

In business since 1995 and operating from the UAE, Qatar and Oman, Chef Middle East continues expanding

an exciting product portfolio to continuously meet their clients' needs for the Gourmet, Food service and Export divisions.

Chef Middle East is a HACCP & ISO certified company.

In business since 1995 and operating from the UAE, Qatar and Oman, Chef Middle East continues expanding an exciting product portfolio to continuously meet their clients' needs for the Gourmet, Food service and Export divisions. Chef imports regularly from Europe, Far East, Australia & USA, allowing them to cover 7 different food categories which are represented by major brands. Chef Middle East is a HACCP & ISO certified company.

US\$ 3 billion

what's your GCC market share?

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

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

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

Now you do the maths.

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

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

Gulf Gourmet is the only magazine endorsed by the ECG.

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

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REACH

ENGAGE

INFLUENCE

ABOUT GULF GOURMET

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

WHO READS IT?

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

REACH BY COUNTRY

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

MARKET SEGMENTATION

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

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ECG Corporate Member directory

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Application Membership

Date of Application:

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

Declaration to be Signed by all Applicants

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

Signed:.....

Proposed By:

Sig:.....

Seconded By:

Sig:.....

FOR OFFICIAL USE ONLY

Remarks:

Payment received?

Certificate Given.

Pin Given.

Medal & Collar Given

Approved

Approved

President.....

Chairman.....

Fees:

Young Member: Junior members will receive a certificate.

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

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

150/=per year thereafter.

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

Corporate Member Dhs. 20,000 per year



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Time and tide WAIT FOR NO MAN

*"Your time and attention are very precious,
please use it wisely" — Chayya Sakhuja*

One most valuable commodity that exists in every part of your life is trust. When you go to any food establishment you trust that the service will be good, the food be of quality, the kitchen and staff will adhere to high standard of health and safety, the pricing will be fair; the list is endless.

When someone places their faith and trust in you, it comes with a gift... the precious gift of their time and undivided attention. It is an amazing feeling to give this gift to people and to activities you cherish the most.

Yet many take this gift for granted. It is our choice whether to accept the time and attention bestowed upon us with grace, or to let down the person by ignoring them.

Picture your Executive Chef walking up to you and explaining how you could improve your dish. It is your choice whether to feel good about the fact that someone took the time to help you improve your dish or to disregard it with contempt believing that your boss is only trying to give you a hard time.

My philosophy is simple. The fact that someone has taken time out and given attention to you, has to be positively



construed as a precious gift. Leave no room for negativity.

There is an old saying that "time and tide wait for no man". This statement will remain forever true. From the moment you wake up, through the things you do during the day, even when you are asleep, time simply carries on. If you don't respect what you have you will soon cease to have any left over when you truly need it.

You will find money, commentary, and a lot of chatter in your social media circles. But time and attention will be rare. Many have even forgotten the idea and value of giving and receiving it.

A simple thing like putting down your smartphone when eating and giving attention to the person in front of you is a rarity. And at the other end of the spectrum you will find examples of senior executive chefs taking time out of their busy schedules to teach young chefs who are hungry for knowledge.

A perfect example would be the ICCA Million

Dirham Scholarship which saw the biggest executive chefs from across the UAE take time out over a period of 12 months to teach the winners of the scholarship for free.

It is the ones receiving the knowledge for free and appreciating it, who will become tomorrow's executive chefs and hospitality leaders.

Time is precious because it is limited in each one's life. You can make more money, but never more time. When you give someone your time, you are giving them a portion of your life that you'll never get back.

It is not enough to just say relationships are important; we must prove it by investing time in them.

As Rick Warren so eloquently puts it in his book *The Purpose Driven Life: What on Earth Am I Here for?* "The best way to spell love is "T-I-M-E."

So go ahead and respect the time and attention you get from those around you at work and at home. Also, invest back by giving them your time and attention.

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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