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JANUARY 2016

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THE MAGAZINE CHEFS LOVE TO READ
volume 11, issue 1

SIAL ROUND-UP

Full coverage from last month's SIAL Abu Dhabi including winners list inside

SALON RULES

Complete listing of rules and regulations for next month's mega culinary event at Gulfood 2016

IT'S ALL ABOUT WINNING

Scaling new heights comes easy to Mithun Chamika, whose winnings include a culinary scholarship at ICCA and now 'Best Cuisinier' at SIAL Abu Dhabi

LITTLE CHEFS

Nestle Professional and their day out with little chefs to mark World Chefs Day



WELCOME QATAR

Qatar gets its own show with Season 4 of Golden Chefs Hat competition



SWEET ABU DHABI

Lessons from Executive Pastry Chef Sumeda Palihakkara of Jumeirah Etihad Towers





“A good quality stock powder that boosts the meaty flavor and aroma of my dishes is hard to find.”

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Dear fellow chefs, ladies and gentlemen,

Welcome to the first issue of our Gulf Gourmet for 2016.

I hope you all had a successful closing of 2015. And an even better start into the New Year. On behalf of the Executive Committee, I am wishing all members, colleagues, corporate partners and friends of the Emirates Culinary Guild a successful 2016. Most of all health for yourselves and your family; may all your wishes and dreams come true.

Most of us are expecting a very challenging year for our industry. We need to do what we can best, work hard and offer the finest quality food and service to our guests. As a team, together with our partners from the front of the house, we can ensure that our customers are coming back to us. All the best to everyone in this endeavour.

Your executive committee is working in full swing to finalise all the details for our International Salon Culinaire 2016. The registration is going strong, some classes are already closed, and we already do have quite a few registrants from outside the UAE, including as far away as Canada. If you have not registered yet, make sure you send your registration now.

I would like to thank Sadia for their long-time support of Salon Culinaire in the past. Sadia has opted to skip this year's Salon.

We welcome USPEC (the US Poultry and Egg Council) as our new poultry partners to the show; we will use the US Poultry for the Arabic Feast and Chicken Live Classes.

If you have missed 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 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 Michel Miraton and his Team from Ajman Palace Hotel for hosting the December meeting.

Culinary Regards,

Uwe Micheel

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



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Butter Croissant (Bridor)
Pain Au Chocolat (Bridor)
Pain Aux Raisins (Bridor)

Sparkling Mineral Water (SPellegrino)
Still Mineral Water (Acqua Panna)
Still Mineral Water (Sohat)

Sanpellegrino Sparkling
Fruit Beverages

Brownie Heaven

Chocolate Peanut Butter
Cake (Sweet Street)

Grilled Rib-Eye Steak

Rib-Eye (USA)
Beef Stock (Maggi)
Potato Cubes (LambWeston)

Filet Mignon with Asparagus

Tenderloin (Stanbroke)
Demi Glace (Maggi)
Mashed Potato (LambWeston)

Grilled Salmon with Olive Oil and Lemon

Salmon (SEACREST)
Basmati Rice (Tilda)
Virgin Olive Oil (Chefmate)

Waffles

Waffles (Carbon's Golden Malted)
Butter (Bridel)

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editor'snote

email editor@gulfgourmet.net

The markets may slow down, the price of crude oil might plummet, but one thing is for sure and that is the job of a chef will forever remain hectic. In this melee if there is one thing a chef must remember then it's this. Fine-tune your soft skills and sharpen your prowess in the kitchen. That's all you need for success.

In my job I meet chefs day in and day out, and I rarely come across a chef who can both communicate as well as cook well. And believe it or not, average chefs who work hard at communicating better, improving their confidence and going out of their way to learn from the best usually end up climbing the ladder faster.

After all what is it that any Executive Chef needs in a kitchen? A Commis or a Sous Chef who understands what he says and is able to get the job done without messing things up. Not a tall order at all. And the only way you can give your Executive Chef this confidence is by communicating properly, working hard and yearning to learn.

I recently spoke to a chef de partie who's been working outside of his home country for 8 years and was unable to answer a simple question on why he decided to become a chef. He actually had no clue what the word "why" meant. I tried many different ways and failed. The only language he knew was his native tongue and since we were not having the conversation in his native land, I couldn't finish the interview. The people around us, his colleagues, couldn't speak his language and he was left helpless.

I later interviewed a three-Michelin star chef who too could not speak in English and we had a translator which took me 45 minutes to get information that would have



otherwise taken me 15 minutes.

But here's the difference. The Michelin star chef only works in his home country and is so good at his job that he can afford to have his own translator and secretary flying around the world with him. Unless you can cook so well that you can afford your own translator, it is imperative that you force yourself to learn to converse in English or the local language.

We live in a place where we get to cook, taste and understand cultures from around the world. Learning a common language will go a long way in growing in your career and stepping out from the shadows of your peers. Here's hoping at least one chef, somewhere, reading this, is inspired.

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

Aquin George
Editor

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newsbites

'Capital Paddle' in Oman for Charity

Two employees from InterContinental Hotels Group (IHG) last month completed a paddling ultra-marathon, dubbed the 'Capital Paddle', covering 230 kilometres over three days in aid of the hotel group's disaster relief programme, IHG Shelter in a Storm.

This is the second time the duo – Damian ten Bohmer, Director, Commercial; and Angelo Vassiliades, Commercial Marketing Executive for Middle East & Africa – has undergone this intensive marathon to raise funds for the company's disaster relief

programme. This year, they covered 30 percent more distance compared to their 180-km paddle in the UAE last year where they paddled over 25 hours across three days and raised more than US\$3,500 for the IHG Shelter Fund.

The pair began their marathon at Crowne Plaza Sohar on a Thursday and finished at Crowne Plaza Muscat on Saturday. The effort of the task can be compared to walking up and down the Burj Khalifa (which has more than 2,900 steps across 16 flights) 15 times, or running nearly four marathons at a pace of slightly over six-minutes-per-kilometre.



Sense on the Edge

Sense on the Edge, the fine dining restaurant at Six Senses Zighy Bay will see Chef Adam Liston from Northern Light Restaurant in Melbourne, Australia and the restaurant's very own Chef de Cuisine Ron McKinlay collaborate for a two-day tasting menu dinner on January 22 and 23.

Together they will stage a unique ensemble of two culinary styles; Adam with a strong Asian influence and Ron with his modern take on classical French techniques. The dinner amplifies the commitment of the resort to present an 'out of the ordinary' experience for those seeking a taste away from home, transforming meals into unforgettable moments.

Chef Adam Liston is one of Melbourne's brightest stars and specialises in yakitori, which will be a highlight on the tasting menu. Ron McKinlay has an impressive background with industry experience in Canada, Australia and the UK. Trained in Scotland under Michelin-star Chef Tom Kitchin, Ron brings with him a wealth of culinary knowledge and experience having learned from previous positions running the kitchen at Saint Crispin, a two hats dining venue in Melbourne as Chef de Cuisine and Estelle Bar and Kitchen also in Australia under the guidance of Chefs Joe Grbac and Scott Pickett.

Post Modern Indian Cuisine Arrives

Tresind, Dubai, which got popular through its progressive Indian fine dining offering, is all set to unveil their second adventure "Carnival by Tresind" next month. Bhupender Nath, Founder & CEO of Passion F&B, says, "With Tresind, we reinvented Indian cuisine by giving traditional dishes a modern twist, and with Carnival, we hope to take that legacy a notch above."

The new restaurant will be located in DIFC and complementing the



uber chic interiors is Executive Chef Himanshu Saini along with Chef Vinu Raveendran from Mugaritz, Spain.



HOW AND WHY WE SHOULD 'Rest' Meat After Cooking

MASTER CHEF TAREK IBRAHIM EXPLAINS WHY TAKING THE TIME TO LET MEAT 'REST' AFTER COOKING WILL ENSURE IT IS MOIST, TENDER AND JUICY.

WHY ALL MEAT SHOULD REST AFTER COOKING

As meat is cooked the proteins in the meat heat up and set. When the proteins set they push the meat's juices towards the centre of the meat. This is why we can judge a piece of meats doneness by prodding it with tongs – the firmer the meat, the more 'done' it is. Allowing the meat to stand away from the heat before serving allows the juices, which have been driven to the centre of the meat to redistribute and be reabsorbed. As a result the meat will loose less juice when you cut it and be far more tender and juicy.

HOW TO REST THE MEAT

Take it from the heat and place it on a warm plate or serving platter. Cover the meat loosely with foil (as opposed to covering it tightly which will make the hot meat sweat).

HOW LONG SHOULD MEAT REST

If given the time to rest the meat will loose less juice when you cut it and when you eat it the meat will be juicier and tastier. The time taken to rest will depend on its size, a roast is best rested for 10 to 20 minutes before carving. Steaks or chops should stand for at least 2 to 3 minutes before serving.

TESTING TO CHECK IF IT'S DONE

Rare steak



You'll only need a few minutes for each side, depending on thickness. Turn once only. A rare steak feels very soft with the back of the tongs.

Medium-rare steak



Cook on one side until moisture is just visible on the top surface. Turn once only. Cook on the other side until surface moisture is visible. The steak should feel soft with the back of your tongs.

Medium steak



Cook on one side until moisture pools on the top. Turn once only. When moisture pools again, it's almost ready. Continue to cook until the steak feels springy with the back of the tongs.

Medium-well steak



Follow same steps as medium, but leave on a cooler part of the grill for a little longer until the steak feels firm with the back of the tongs.

Well done steak



Cook on one side until moisture pools on top. Turn and cook on second side until moisture pools again. Reduce heat slightly or move steaks to a cooler part of the barbecue. Continue to cook until it feels very firm with the back of the tongs.



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KEEP IT SWEET AND SIMPLE

Chef **Sumeda Palihakkara**, the executive pastry chef of Abu Dhabi's Jumeirah Etihad Towers, shuns complexities. Be it in his career or on the plate, he believes in keeping things simple. All that's needed is creativity and thought....

Simplicity is Chef Sumeda Palihakkara's middle name. Surprising, given that he's running the pastry operations of one of Abu Dhabi's most coveted luxury properties. Despite the glamour associated with his vocation, Chef Sumeda has not allowed himself to get carried away. Soft-spoken and humble, the executive pastry chef of Abu Dhabi's Jumeirah Etihad Towers strives every day to ensure he offers only his best to both his employers and his guests.

As a child growing up in Colombo in Sri Lanka, Chef Sumeda's interest in food was limited to eating it. Although he did help his mother with some odd jobs in the kitchen, he'd never dreamed that hospitality was where he would land up.

Even Chef Sumeda's professional life did not start in the kitchen; it started in the accounting department of a tea estate when he was 19 years old. But in just three-four months, he realised that the numbers game wasn't for him. "It did not fit my personality or my interests," Chef Sumeda says.

A friend who worked for a five-star hotel raved much about the profession, planting the seeds of interest in Chef Sumeda. "He told me great stories of working in a five-star. I began wondering if that line of work was a better fit for me."



Chef Sumeda secured a job at the Taj Samudra in Colombo, starting out as a room attendant in the housekeeping department. He stuck it out in the unglamorous job for a year and a half, before beginning training in the culinary department of the hotel. "After training in all different departments of the hotel, I decided pastry was the best place for me to specialise in."

Once he got his culinary diploma, Chef

Sumeda joined as a commis chef in pastry. "In a five-star property, you get to see the possibilities. It took me a year to go through all the departments and then they asked me what I wanted to specialise in. The pastry chef liked my work and so he hired me as a commis."

In his job, Chef Sumeda did a lot of wedding cakes. One such cake caught the eye of someone who gave Chef Sumeda his big career break. "This lady thanked me for a wedding cake before my executive pastry chef and then she asked me if I was interested in going to the Middle East." An interview to join the Intercontinental in Dubai, sealed the deal. "There were around 20-25 chefs who had taken the test. In two days, we had to make five-six dishes. After three days, the lady called me and said that two chefs had been selected to go to the Middle East and I was one of them!"

Life in Dubai began at the Intercontinental in early 1996. His boss, Chef Uwe Micheel, encouraged a young Chef Sumeda to learn whatever he could and hone his skills. "Two years later, I was given an opportunity to work at the Dubai Marine Beach Resort. The salary package was really good and I was made second-in-command to the pastry chef and eventually got promoted to pastry chef."

The year 2000 brought another big

opportunity for Chef Sumeda. Holiday Inn in Bahrain was looking for a pastry chef. With some renovation underway, there was a second preopening for the hotel. "It was quite a big operation with 4,000 banquet capacity." But Dubai Marine Beach Resort realised their loss and called him back with a better offer. "I wanted to come back to Dubai and so I agreed."

Chef Sumeda was quite keen on adding Jumeirah to his CV. When recruitments for the preopening of the Emirates Towers in Dubai began in 1999, he applied for a job. But a more persuasive offer from Dubai Marine Beach Resort prevented him from jumping ships. "Not that the idea of working for Jumeirah had died. Later, when Madinat Jumeirah preopening recruitments happened, I applied and got the job of a pastry sous chef."

At the time, Madinat Jumeirah had no executive pastry chef. When the pastry chef, an Austrian, was promoted to the role, Chef Sumeda got his chance. "He was very professional and he made me the pastry chef. He encouraged us and that wasn't easy, given that there were 64 people in the pastry department." Chef Sumeda spent a good eight and a half years at the Madinat Jumeirah. The property had four huge operations and he got a chance to be a part of all the openings. When Etihad Towers opened in Abu Dhabi in 2011, he was hired as the executive pastry chef.

In his pastry creations too, Chef Sumeda likes to keep things simple. His favourite dish is a light, fruity dessert that is a combination of red fruits, beetroot

and green apple. "There are no fancy techniques or difficult methods used. You can play with this recipe and make your own creation."

However, there's nothing that's simple about building and managing teams. "Right from identifying the right people to managing and retaining talent, it's very hard. It's difficult to tell just from chefs' CVs how good or bad they are. I have had both good and bad experiences. Some CVs are great and the person seems like a star. But you get them on to the floor and they're a disaster. I am lucky to have a good team. They are hardworking, tenacious and reliable."

Chef Sumeda would like to see more young chefs beginning right from the bottom of the ladder and working their way up, spending adequate amounts of time in each assignment to learn as much as they can. "I covered all positions in my career. I did not jump designations. If you really want to

understand each and every aspect of being a pastry chef, you have to finish at least one year in each position and that's something I look for even in CVs. How long a person has spent in a job."

Chef Sumeda advises young chefs to resist the urge to jump jobs for small increments.

While Chef Sumeda is a demanding boss in the kitchen, at home, he's a relaxed dad to three children. "I have two teenaged sons – 17 and 13. And my daughter is seven. My wife has done a hotel management course but she's now a homemaker."

Despite the hectic schedules, the gruelling hours and the stressful environment, Chef Sumeda says he can't imagine being in any other profession. Many believe that cooking is only about hard work. The Sri Lankan chef disagrees. "Chefs have to use both their hands and their brains together," he says.



Textures of red fruits and granny smith apple

RASPBERRY JELLY

Raspberry puree	1 ltr
Sugar	200 gm
Gelatin leaves	40 gm
Vanilla bean	2 gm

Preparation

- ◆ Boil the puree with sugar and vanilla bean.
- ◆ Soak the gelatin in ice cold water.
- ◆ Add the gelatin to the hot raspberry mixture.
- ◆ Pour this mixture in the desired mould and chill

DEHYDRATED MILK

Milk	250gr.
Rice flour	60gr.
Sugar	50gr.
Vanilla beans	1gr.

Preparation

- ◆ Mix all ingredients together
- ◆ Bring to a boil
- ◆ Blend and allow to chill

- ◆ Spread on silpat, bake 80C 15min
- ◆ Form shapes and dry 24hours 55C

DEHYDRATED RASPBERRY AND BEET ROOT

Raspberries puree	150gr.
Beetroot puree	100 gr.
Rice flour	60gr.
Sugar	50gr.
Vanilla beans	1gr+

Preparation

- ◆ Mix all ingredients together
- ◆ Bring to a boil
- ◆ Blend and allow to chill
- ◆ Spread on silpat, bake 80C 15min
- ◆ Form shapes and dry 24hours 55C

BEETROOT AND RASPBERRY SORBET

Beetroot puree	400 gr
Raspberry puree	300 gr
Glucose powder	60 gr
Trimoline	20 gr
Sugar	178 gr
Water	38 gr
Sorbet Stabilizer	4 gr

Preparation

- ◆ Warm water to 40C
- ◆ Add dry solids and cook to 85C
- ◆ Cool down and add puree
- ◆ Freeze churn

SHORT BREAD COOKIES

Unsalted butter	230 gr
Confectioners' sugar, sifted	85 gr
Pure vanilla extract	1/2 tsp
Cake flour (not self-rising), sifted	220 gr
Coarse sanding sugar	2 tsp

Preparation

- ◆ In the bowl of an electric mixer fitted with the paddle attachment, mix together butter and sugar. Stir in vanilla. With mixer on low speed, slowly add flour. Mix until well combined.
- ◆ Evenly spread cookie dough into prepared paper. Refrigerate until firm, at least 2 hours and up to overnight.
- ◆ Preheat oven to 180 c Bake for 10 to 12 min.
- ◆ Sprinkle shortbread with sanding sugar. Using a 2-inch round cookie cutter,
- ◆ Transfer baking try to oven and bake until light brown.
- ◆ Transfer to a wire rack and let cool.

APPLE COMPOTE

Green apple	2no
Lemon juice	200 ml
Sugar	25 gr
Vanilla bean	2 gm

Preparation

- ◆ Cut the apple into small cubes.
- ◆ Mix altogether and cook until juice reduced
- ◆ Cool and use

APPLE SORBET

Apple puree	700 gr
Glucose powder	60 gr
Trimoline	20 gr
Sugar	178 gr
Water	38 gr
Sorbet Stabilizers	4 gr

Preparation

- ◆ Warm water to 40C
- ◆ Add dry solids and cook to 85C
- ◆ Cool down and add puree
- ◆ Freeze churn

LEMON FOAM

Water	500ml
Lemon juice	500ml
Sugar	200 gm
Gelatin leaves	28 gm
Vanilla bean	2 gm

Preparation

- ◆ Boil the lemon juice, water, sugar and vanilla beans together.
- ◆ Soak the gelatin in ice water and add to the hot mixture.
- ◆ Freeze this mixture
- ◆ When frozen whip this mixture on high speed using a mixing bowl till it becomes foamy.
- ◆ Use this foam immediately or freeze it again and use later

APPLE JELLY

Apple puree	1 ltr
Sugar	200 gm
Gelatin leaves	40 gm
Vanilla bean	2 gm

Preparation

- ◆ Boil the puree with sugar and vanilla bean.
- ◆ Soak the gelatin in ice cold water.
- ◆ Add the gelatin to the hot apple mixture.
- ◆ Pour this mixture in the desired mould and chill.

Raspberry Jelly



- ◆ Set the Raspberry Jelly on the plate in a round shape



- ◆ Cut the apple into pieces equally to tiny cubes



- ◆ Cook the apple cubes and mix all the ingredients until it becomes jelly without mashing it. Set to cool



- ◆ Refrigerate and remove it from mold



- ◆ Roll out the shortbread dough equally and cut into round according to the size



- ◆ Before plating, plate has to clean out of excess jelly from the edges



- ◆ Cling the edges properly



- ◆ Place the chocolate cylinder on the jelly and place some berries in a very rustic way



- ◆ Place the shortbread in the center of round chocolate circle



- ◆ Place your cooked apple cubes on it



- ◆ Place your apple jelly accordingly



- ◆ Place the dehydrated vanilla milk crunch and beetroot crunch as seen on the figures

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Creative Food & Beverage Solutions

CENTRE POINT DELIGHT

First to partake in the Nestle Professional Golden Chefs Hat competition – Season 4 are the young dynamic duo from Raviz Centrepont Dubai

Humble beginnings cannot stop any one from dreaming big and our two contestants this month are no different.

Here are Aneesh, Farhan and their stories.

Aneesh Krishnan

Aneesh grew up in the picturesque city of Kanyakumari at the southernmost tip of mainland India. A place where the

Arabian Sea, the India Ocean and Bay of Bengal meet. Growing up in humble surroundings, Aneesh learned the values of hardwork from his father, a self-employed tailor who worked out of his home, and his mother, a homemaker.

Like his elder brother, Aneesh too was interested in a career where creativity is paramount. Soon after his brother became a chef, Aneesh too decided

that cooking was the way forward for him. The only one different was his sister whose logical reasoning skills drove her to becoming a software programmer. His brother who had only done his apprenticeship before joining the industry advised Aneesh to join a reputed culinary school to give himself a kick start to his career.

Heeding his advice, Aneesh studied at



**Chef Aneesh Krishnan**

IHM Chennai before diving into the field as Commis I at Vivanta by Taj, which is also in Chennai.

Between then and his current role as Demi Chef de Partie at Raviz Centre Point, he has completed a stint each at Hilton Fujairah and Sheraton Deira. His time at Hilton was quite fruitful as the chain allowed him the opportunity to cross train at Table9 as well as offered him culinary courses he could pursue.

At Raviz Centre Point, he is usually found managing the night shifts at the main kitchen where all the al a carte dishes for the hotels various outlets are created.

The advice he received from his elder brother, who is now Sous Chef himself at Bonnington JLT, is the same advice he has for his peers. He says, "Don't fret over working extra hours. In the end it is only

the experience that counts and you can truly pursue. Everything else will follow."

M N M Farhan

Born and raised in Sri Lanka, which is geographically pretty close to where Aneesh's home, Farhan too grew up in humble surroundings. Rather than complete his A-Levels in school, he decided to join the culinary profession to earn some money. The job soon turned into passion as Farhan started enjoying the world of pastry creations.

He invested himself in completing certificate courses in professional cookery at the National Youth, Maharagama in Sri Lanka and has done competency based training programme specially for Pastry & Bakery gaining a Level 03 at National Vocational Qualification.

He worked in Sri Lanka for four years

**Chef M N M Farhan**

combines at the Taj Samudra Resort and the Revierina Hotel.

As luck would have the doors to the Gulf opened when he got a job at the Riyadh Conference Palace, Managed by Intercontinental Hotels Group. He joined there in the capacity of Demi Chef de Partie Pastry and he got first hand exposure to how Palaces operate and what is needed to be done to service Heads of the State and their accompanying delegations. Two years later he joined the Hilton in Sharjah and much later got to his current role as Assistant Pastry Chef in Raviz Centre Point.

A hard working individual, Chef Farhan has an eye for detail and enjoys giving those with a sweet tooth a plateful to remember. Turn the page over to see their creations for this competition.



Beef striploin with mashed potato with roasted baby beetroot saute brocoli, Baby spinach & mashroom with peppercorn sauce

INGREDIENT

Beef striploin	150gm
Salt	pinch
Olive oil	1tbs
Crushed black pepper	pinch

Preparation

- ◆ Clean the beef trim off any excess fat
- ◆ Season both sides of the steak with salt and pepper, strip loin steak have great flavor all there.
- ◆ The key to not overcooking a thick strip loin is to sear the steak the high temperature about 2 minutes then move steaks to medium heat
- ◆ Remove the steaks from grill, tent with foil and let rest for 5 minutes, this helps

to redistribute and retain more juice when sliced and promote a more even color though the meat.

MASH POTATTO

MAGGI® Mashed Potato	100gm
Butter	5gm
Milk	150ml

Preparation

- ◆ Boil the milk add the Maggi mashed potato powder mix well
- ◆ Add butter and mix well and remove from heat

BABY BEETS SIMPLY ROASTED

Baby beets unpeeled	3
Fresh rosemary sprigs	3gm
Butter	1tbs
Olive oil	1tbs
Salt	pinch
Pepper	pinch

Preparation

- ◆ Preheat oven to 375°F. Place beets in roasting pan. Add 4 rosemary sprigs and enough water to barely cover beets. Cover pan tightly with foil. Roast beets until tender, about 50 minutes. Transfer beets

to work surface. Peel while still warm. Melt butter with oil in small saucepan. Pour over beets on sheet; toss to coat. Sprinkle with salt and pepper. Bake until heated through, stirring occasionally, about 20 minutes.

PEPPERCORN SAUCE FOR STEAK

Peppercorns	3tbs
Butter	60gm
Shallot, minced	2
Brandy	100ml
Double cream	60ml
Chef® Demi Glace	100gm

Preparation

- ◆ Combine the sauce mix with half the water until smooth. Stir in remaining water and bring to boil, stirring continuously. Reduce heat, stir, and simmer 2 minutes, stirring occasionally.
- ◆ Melt the butter in a saucepan over medium high heat. Add the shallots and Crush the peppercorns slightly sauté until soft, about 3 minutes. Add the peppercorns and brandy and boil for another 3 minutes. Add demi-glace finally, add the cream and reduce the heat to medium.



Rosemary brule and french chocolate chips mousse with white chocolate crispy layer

ROSEMARY BRULE

Docello® Crème Brûlée	100gm
Fresh milk	400ml
Fresh cream	200ml
Fresh rosemary	50gm
Gelatin	6gm

Preparation

- ♦ Boiled the milk and cream together after add rosemary covered in keep refrigerator
- ♦ Remove rosemary and boiled again then add the docello cream brulee
- ♦ Finally add the gelatin keep the chiller

RICH CHOCOLATE PARFAIT

Docello® Chocolate Mousse	100gm
Cream	150ml

Preparation

- ♦ Docello chocolate mousse and cream mix together keep on chiller

FRENCH CHOCOLATE CHIPS MOUSSE

Docello® Chocolate Mousse	15gm
Cream	250gm
Kit Kat mix	10gm
Gelatin	8gm

Preparation

- ♦ Mix Decollo chocolate mousse and cream
- ♦ Add the kit kat mix well after add the gelatin

WHITE CHOCOLATE CRISPY LAYER

Kit Kat® Mix In	100gm
White chocolate	200gm

Preparation

- ♦ Melt the chocolate after add the kit kat mix

January 2016 Gulf Gourmet



YOUNG AND HUNGRY

Chef **Mithun Chamika** is a young chef's envy. In just a few years, he has notched up 18 medals as well as the 'Best Chef of the Year' 2015 title at the La Cuisine Du SIAL Abu Dhabi. He's also one of the few to receive a fully paid culinary scholarship at the ICCA Dubai. In a casual chat, the demi chef de partie at Radisson Blu Hotel, Dubai Deira Creek, opens up about his life, dreams and aspirations...



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He's just been four years into the profession, and he's walked the earth for just 25. But Chef Mithun Chamika, the 'Best Chef of the Year' at the La Cuisine Du SIAL Abu Dhabi 2015, has already managed to impress quite a few people. When he's not wowing judges at culinary competitions, he's winning

praise from his executive chef and his celebrity teachers alike. One of the deserving winners of the scholarship at ICCA Dubai, Chef Mithun admirably juggles his aspirations with his duties with the ease of a magician.

At the moment, the Sri Lankan chef is focussing on getting whatever he can

from the ICCA Dubai scholarship. "It's easily the best opportunity I have got in my life. It will open many doors for me, not just here but also abroad," says the demi chef de partie at the Radisson Blu Hotel in Dubai.

Cooking came naturally to Chef Mithun. His father, the first chef in the family,



specialises in continental food and works for restaurants, having worked with hotels earlier. "I have an older sister and my brother-in-law is also a chef here. I just followed in my father's footsteps."

After finishing school, Chef Mithun floated the idea of joining the hospitality industry to his father. An experienced

chef, his father suggested he first figure out what it means to work in a hotel before making a decision. "He said I should know what are the responsibilities that come with a job in a hotel. Reality is different from what is taught in schools and the profession is demanding and tough."

Mithun listened to his dad and worked in the kitchen before deciding his future course. Love for cooking prevailed and Chef Mithun signed up for an international cookery diploma at the Asian International Hotel School in Nugeoda, Sri Lanka. Once he secured the diploma, he started working in a restaurant at the age of 19. "I worked there for a year. You need at least that much time in any job to learn anything useful. I took small steps and managed to get a job with the Hilton Colombo." Starting out as a trainee commis chef, he worked there for a year and a half before his brother-in-law asked him to consider a career in Dubai. "He was working in Dubai and invited me on a tourist visa. My executive chef in Hilton Colombo said it's not so easy to get a job in Dubai and so, he offered to hold my job till I made a decision."

Luck, however, was on talent's side. Chef Mithun took a test and impressed Chef Micheel Uwe enough to secure a job at the Radisson Blu Hotel as a

Commis II. Chef Uwe chose well. Within three months of joining, Chef Mithun participated in the Salon Culinaire 2013 and won the second runner-up title.

Today Chef Mithun's total medal tally reads 18 – six gold, two silver and 10 bronze. A rather impressive achievement for someone who has been in the profession for barely four years. What makes his wins more impressive is the fact that he juggles preparing for contests with his day job and his scholarship. That's three full-time jobs! "At the ICCA Dubai scholarship programme, we have exams every week. The results go to the human resources department and to Chef Uwe. That keeps me under pressure to perform. If I don't get good marks, that will be the end of competitions for me."

There are three other chefs at Radisson Blu who are part of the scholarship programme. The fear of disappointing Chef Uwe keeps them all on their toes. "The day we get less marks, we avoid showing our faces to him the next morning," laughs Chef Mithun.

Every Tuesday, the scholars have to do theory, practicals and take exams. "We have to work, then practise for competitions, and go for classes too. I barely sleep but I have been doing it for so long now that I am used to it."

Lack of sleep and fatigue made Chef Mithun miss his big moment at the SIAL competition. He won a bronze in live cooking fish, a silver in live cooking beef and a gold in the five-course meal. "I was sleeping in the truck when they announced my name as the 'Best Chef of the Year' at SIAL last month. I heard the news from my friends, who called me once they confirmed it."

The honour is a vindication of Chef Mithun's hard work and talent. But he's not ready to hang up his competition apron yet. "I want to participate in a lot more competitions. This time, competition was very tough. Mostly



I was sleeping in the truck when they announced my name as the 'Best Chef of the Year' at SIAL last month. I heard the news from my friends, who called me once they confirmed it

judges choose someone with two or more golds. This time the winner had one gold, one silver and one bronze. So you can imagine how tough it must have been."

A lot of preparation went into readying for the contest. The live cooking fish was especially challenging, given that Chef Mithun had not cooked that particular fish before. "There are so many moving parts - ingredients, taste, plating - there are always pleasant and unpleasant surprises."

But inspiration comes from Chef Uwe's faith in his team. "He always tells us that he will be happy if we get a medal but happier still if we learn something in the process even if we don't win anything."

The three years that Chef Mithun has spent in Radisson Blu have been rather fulfilling. In hindsight, it was a good decision to join the hotel. "I joined as a second commis chef, the next year, I became first commis and then demi chef de partie. In two years I got two promotions. I don't think anyone else does this so soon. I work in the main kitchen now, and am doing banqueting."

Once the scholarship is over, Chef Mithun expects his skill sets to be greatly enhanced. "The emphasis in the course is on hands-on training. You learn from reputed and experienced people in the industry. You're not just learning to make sauce, you're learning to make the best sauce possible."

With so much going on, Chef Mithun is pretty satisfied with how things have turned out so far. "I consider myself lucky. I am young and I would like to move around a bit, maybe even go to Europe, because I want to learn a lot more about global cuisine. This scholarship will give me the tools I need."

Needless to say, his parents are proud of their son. When Chef Mithun sends clippings of his interviews in magazines to his parents, they proudly show them



I consider myself lucky. I am young and I would like to move around a bit, maybe even go to Europe, because I want to learn a lot more about global cuisine. This scholarship will give me the tools I need

off to relatives and friends (Chef Mithun was the winner of the first season of the Golden Chef's Hat contest organised by Nestle Professional in this magazine). "What they like most is that I have made these decisions on my own and I have made wise decisions. No one had to hand hold me to take the right path. I didn't need any mentor or any help from relatives and acquaintances. My brother-in-law who works in the cold kitchen is very proud of me and supports me." Supportive colleagues complete his

world. They know Chef Mithun has a lot on his plate and help out whenever they can with whatever they can.

Someday, the young chef hopes to become an executive chef in a big hotel. Returning to the Hilton Colombo in a big position is also a dream he cherishes. Another idea knocking about in his head is a family restaurant. "It would be a shame if we didn't have our own restaurant with three chefs in the family. My brother-in-law is more like a brother and it's my sister who feels more like a sister-in-law to me."

Chef Mithun's own favourite cuisines are Sri Lankan and Thai. He loves playing with flavours, something that these cuisines freely allow. "On my plate, I like Sri Lankan food but I like tasting different cuisines."

Chef Mithun considers his young age and his ability to work hard his biggest strengths as a chef. As for weaknesses, patience is something he could do with more of. "I lose my temper sometimes and I don't like that about myself. I want to be able to keep my cool at all times." With him living such a high-pressure life, surely that can be excused.

MR. NICE GUY

“How can I govern a country which has 246 varieties of cheese?” said former French President Charles De Gaulle. For Chef **Maxime Le Van**, the executive chef of BOCA restaurant at Dubai International Financial Centre, 246 varieties weren't enough. So he ventured out and found a lot more than he had bargained for...

If you read 'Le Viandier', a recipe book by royal chef Guillaume Tirel of medieval France, you will see that French cuisine did not enjoy the distinct identity it does now. Instead, it borrowed heavily from Italian styles. It was in the 17th century that chefs Francois Pierre La Varenne and Marie-Antoine Careme led a revolution to develop a distinct French style of cooking.

But their efforts are completely lost on Chef Maxime Le Van, the executive chef of BOCA restaurant at Dubai International Financial Centre. He has resurrected the old tradition of using Mediterranean inspiration for French cooking.

If you need proof that old was indeed gold, hop over to BOCA and try anything on the menu. The restaurant's simple philosophy of 'take whatever's good and fresh and delicious, do as little to it as possible, and share it with likeminded people' has been working beautifully so far. And much of the credit goes to Chef Maxime.



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The idea of 'taking things good and fresh' struck the French chef as early as when he was just six. Wanting to grow plants for cooking, he had begun to recognise his love for food at the tender age.

The dream is not dead.

The 31-year-old chef would someday like to open a restaurant that cooks

with the freshest ingredients grown right around it.

Surprisingly, Chef Maxime had no role models from the culinary industry to inspire him. Born to a librarian mother and an executive father, he figured out on his own that the kitchen was going to be his workplace for life. With support from his parents, Chef Maxime

joined a culinary school but got bored of structured learning pretty soon even though his academic profile includes top names such as L'Hermitage and Le Metropole in Monaco and Le Palais de la Mediterranee and Le Meridien Nice. "I think I learnt a lot more while working," he says.

Chef Maxime's career started on a simple note with a couple of short stints in chef de partie roles at the Le Waterfront in Monaco and the Residence de la Pinede in St Tropez. But a job at the Michelin-star Club Gascon in London in mid-2005 gave wings to his career. The classic restaurant specialised in Southwest French menu and foie gras dishes. The restaurant's Executive Chef Pascal Aussignac recognised Chef Maxime's potential and mentored him. "I was in charge of the larder section and I also had to work on foie gras, which was the restaurant's speciality."

Over the next four years, Chef Maxime worked hard to prove to the executive chef that his trust was not misplaced. He helped open the L'Atelier de Joel Robuchon, a 2-Michelin-star restaurant and then returned to Club Gascon six months later as head chef to manage the kitchen, develop the menu, train staff and handle suppliers. "That assignment taught me a lot. We were handling 50 covers per service with a team of eight chefs and also doing private events for up to 50 guests." To improve his communication skills, he even learnt English "the hard way".

Around the end of 2009, Chef Maxime took up another assignment at a gastropub, Paradise by Way of Kensal Green, in London. In less than a year, he returned to the Club Gascon fold to open and develop Le Cigalon, a bar-cum-restaurant. "There, I got a chance to develop Provencal menus. The restaurant got excellent reviews from both guests and the media."

After spending a good seven years in London, Chef Maxime could not resist the



lure of Dubai. In early 2012, he took up a job at the Grosvenor House Dubai, where he ran the entire food operations of the club. "I developed a Mediterranean menu for the restaurant, Kitchen 45. In 2013, Time Out magazine chose that restaurant as the 'best European restaurant'."

After a couple of years at Grosvenor House, Chef Maxime joined BOCA as executive chef in April last year.

For a French chef, his prowess in the Mediterranean kitchen is rather impressive. Chef Maxime credits his upbringing for that. "I grew up in Provence, where you get a lot of Mediterranean products and the local cuisine has Italian influence." At the Club Gascon, he also picked up the art of Basque country



I grew up in Provence, where you get a lot of Mediterranean products and the local cuisine has Italian influence

cuisine, a skill that comes in handy at BOCA, which brings together the best of Italian, French and Spanish cuisine. Some of the ingredients Chef Maxime loves to work with are seasonal vegetables, truffles and freshly-caught seafood. While he doesn't have a favourite from the

BOCA menu, one dish his regulars diners love is the 'lobster roll', a bestseller made out of the finest ingredients, including live lobsters brought in from the other side of the planet.

Chef Maxime believes his ability to adapt to situations is what has been the biggest driver of his success at such an early age. His advice to young chefs is also to take up jobs depending on the potential it offers to learn, not just the pay package. Despite having achieved so much in just a few years, Chef Maxime wants to be mentored again. "There's no end to learning in our profession," he says simply.

You live, you learn. And if you don't, you don't get to come anywhere near where Chef Maxime has.



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Creative Food & Beverage Solutions

A NEW BEGINNING

With the Nestle Professional Golden Chefs Hat Competition now being held exclusively for chefs in Qatar, our first team to participate this year is from Hospitality Development Company, a wholly owned subsidiary of UDC. These are the guys behind brands such as Burj Al Hamam, Chocolate Bar, Megu, Urban Jazz Kitchen and Giulietta to name but a few

Two of the bright young stars creates their finest dishes using the ingredients provided to them.

Vishesh Kumar

The sky's the limit for Vishesh, with his ultimate dream goal being that he someday successfully own a large hotel chain. That's a first even for us.

And with dreams as big this so are his creations.

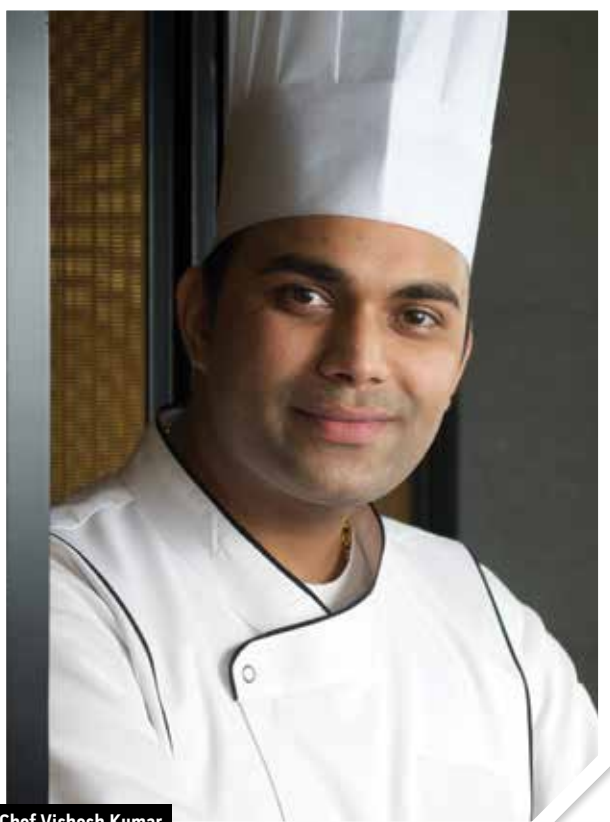
Having been raised in Delhi to a family that owns a catering company named after him, Vishesh decided to learn from the finest after he spent some time working in the business.

He completed a three-year

Diploma in Hotel Management and Administration followed by a Bachelor degree specialising in International Hospitality Management from Edinburgh Napier University.

He worked at The Balmoral in Edinburgh as a Breakfast Chef followed by a longer stint at Holiday Inn, Birmingham and then as Chef de Partie



**Chef Vishesh Kumar****Chef Dulanga Eroshana**

at Jimmy spices (World grill and bar) in Bath. Following all the experience he garnered in the UK, he moved to Qatar in 2013 to join HDC, Pampano at The Pearl in Qatar.

Dulanga Eroshana

Chef Dulanga is a simple and sweet guy whose only aim in life is live and breathe in the pastry kitchen. He prefers his hand to do the talking

and won a silver medal at a live cooking competition in Sri Lanka as far back as 2007.

After successfully completing a Pastry & Bakery course at Asian Lanka International Hotel School Sri Lanka in 2004, he worked in his home country for 4 years before moving to Qatar in 2008 to join the Diplomatic Club.

Three years later he moved to the Sheraton Dammam Hotel & Towers min KSA where spent another three years as Demi Chef de Partie. He finally moved back to Qatar to join HDC's main kitchen operations around two years ago.

Take a look at his pastry dish for the contest and his team mate's main course on the next pages.

Mandorlo Prawns in Thai coconut sauce with mashed potatoes, vegetables, mango coulis, wasabi mayo and tomato coulis

MANDORLO PRAWNS

Jumbo shrimp, peeled and deveined, tail intact	12
All-purpose flour	1 cup
Medium egg	6
Sliced almonds	2 cups
Vegetable oil	1.5 Liters

Maggi® coconut powder	1 cup
Salt	2 pinch
Black pepper	1 pinch
Milk	2 cups

Method

- ◆ In a bowl, mix well milk, coconut powder, salt and pepper. Add the shrimps in the mixture and marinate for about 30 minutes.
- ◆ Place flour and salt in a mixing bowl; mix well. In a separate mixing bowl, whisk the eggs.
- ◆ Roll the shrimp (not tails) in seasoned flour, shaking off the excess. Dip the shrimp (not tails) in the egg.
- ◆ Place almonds on a large plate. Roll shrimp in almonds, pressing to adhere firmly and coating all but tails. Place

battered shrimp on a baking sheet lined with wax paper and curl tails up over shrimp.

- ◆ Heat vegetable oil in heavy large saucepan to 350°F. Place gently in hot oil; fry until color turns deep golden brown, about 3 to 4 minutes.
- ◆ Using a slotted spoon, transfer cooked shrimp to paper towels and allow to drain

THAI COCONUT SAUCE

Chopped red onion	60 grams
Peeled and chopped ginger	40 grams
Seedless chopped red capsicum	200 grams
Sesame oil	2 spoons
Butter	30 grams
Water	3 cups
Maggi® coconut powder	60 grams

Soy sauce	2 spoon
Chef® shellfish liquid stock	1 spoon
Cooking cream	1 cup
Lemon zest	1 tsp.

Method

- ◆ In a frypan, cook and stir the onion, ginger and capsicums in the sesame oil and butter over medium heat. Add water, soy sauce, coconut powder and shellfish liquid stock. Cook for 10 minutes.
- ◆ Place mixture in blender (careful, it is hot) and puree to desired consistency.
- ◆ Return puree to frypan, and reheat to a boil. Stir in the cream. Season with salt and pepper to taste, add the lemon zest and simmer for 5 minutes.

PASTA DOUGH

Chopped red onion	100 grams
Butter	30 grams
Olive oil	1 spoon
Water	4 cups
Maggi® mashed potato	2 cups
Chopped chives	3 spoons

Cream	½ cup
Salt and black pepper crushed	to taste

Method

- ◆ In a frypan, cook and stir the shallots with oil and butter over medium heat.
- ◆ Add water and bring to boil. Lower to medium heat.
- ◆ Whisk mashed potato into water until thick and creamy.
- ◆ Add chives, cream and butter and mix.
- ◆ Rectify seasoning.

VEGETABLES

Baby carrots peeled	150 grams
Baby asparagus	150 grams
Baby corn	150 grams
Red onion rings	50 grams
Yellow cherry tomato in quarters/seedless	50 grams
Red cherry tomato in quarters/seedless	50 grams
Pineapple in small cubes	30 grams
Olive oil	4 spoon
Water	

Salt and black pepper crushed	to taste
-------------------------------	----------

Method

- ◆ Boil the water in a large wide pot. Add salt.
- ◆ Poach by adding the carrots to the boiling water for about 2 minutes, asparagus, about 1 minute. They should still have a bit of crunch to them. Drain the water.
- ◆ In a frypan, sautee with olive oil over medium heat all the ingredients.
- ◆ Rectify seasoning.

MANGO COULI

Whole mangoes —	
(or use frozen chunks, about 1 1/2 cups)	2
Confectioner's sugar —	
or more to taste	1/4 cup to 1/2 cup
Fresh lime juice — or lemon juice	1 spoon

Method

- ◆ If using frozen mango, defrost. If using fresh, peel and core mangoes and cut into 1 pieces.
- ◆ In a food processor or blender combine



the mangoes, lime juice and water. Blend until completely smooth, then add the sugar and blend. Add more water if it's too thick. Taste for sweetness and add more citrus or sugar. Cool and reserve.

WASABI MAYO

Mayonnaise	100 grams
Wasabi	10 grams
Lemon juice	1 spoon

Method

- ◆ In a bowl mix all the ingredients. Reserve.

TOMATO COULI NESTLE

Nestle tomato couli powder	40 grams
Water	80 milliliters
Sugar	1 spoon

Method

- ◆ In a pot mix all the ingredients at medium high heat, reduce until get the desire texture. Cool and reserve.

Nestle sweet trinity

CRÈME BRULÉE

Docello® crème brûlée	25 gm
Heavy cream	50 ml
Full fat milk	100 ml
Sweet chocolate chips	25 gm

Merengue:

Egg white	1 piece
Sugar	60 gm

Method

- ◆ In a pot boil cream and milk together, stir in the crème brulee powder.
- ◆ Separate half of the mix while still hot and add chocolate chips.
- ◆ In a rectangular container pour half of the crème brulee plain, cool it, then pour chocolate crème brulee on it, cool it, and add the rest of the plain crème brulee, cool it.

Merengue:

- ◆ Place the egg whites and sugar in the mixing machine at high speed.
- ◆ Decorate with merengue on top of the

crème brulee and torch it to get the brown color

CHOCOLATE MOUSSE

Docello® chocolate mousse	25 gm
Ull fat milk	50 gm
Kit kat® mix in	10 gm

Method

- ◆ In a bowl mix chocolate mousse powder and milk, after place the item in the mixing machine in high speed.
- ◆ Put in chiller to cool. Scoop the mouse and sprinkle kitkat.

PANNA COTTA

Docello® panna cotta	25 gm
Full cream	42 gm
Full milk	42 gm

Cut fruits for garnish

Method

- ◆ In a pot boil cream and milk together, stir in the panna cotta powder.
- ◆ Pour the panna cotta mixture in a rectangular container, cool it, and serve.



January 2016 **Gulf Gourmet**

SIAL SUCCESS

We bring you the winners, masterpieces and memories captured at the recently concluded La Cuisine Du Sial 2015, held in Abu Dhabi. This year's competition saw nearly 300 participants compete for glory...





WINNERS

AWARDS	HOTEL	COMPETITOR	TYPE
Winner- Food Safety	Miramar Al Aqah Beach Resort Fuj	Chaminda Jayalal Bandara	Trophy & Certificate plus 50% discount on ISO 22000:2005 Internal Auditor Course (Int'l Certificate) valid for Dec course only
2nd Runner Up - Food Safety	St Regis Saadiyat Abu Dhabi	Mohamad Khalil Fahed	Certificate plus 50% discount on ISO 22000:2005 Internal Auditor Course (Int'l Certificate) valid for Dec course only
3rd Runner Up - Food Safety	Qatar Culinary Professionals	Jakov Ursulic	Certificate plus 50% discount on ISO 22000:2005 Internal Auditor Course (Int'l Certificate) valid for Dec course only
Winner - Etihad Meal Class - Thomas Ulherr, Jeremy Clark & Werner Kimmeringer	Emirates Flight Catering Dxb	Michelle A Gabay	Etihad Economy return ticket to home country
Best Arabian Cuisiner - La Cuisine Du Sial 2015	St Regis Saadiyat Abu Dhabi	Mohamad Khalil Fahed	Trophy
Best Pastry Chef - La Cuisine Du Sial 2015	Rosewood Hotel AD	Dinesh Chathuranga Perera	Trophy
Best Kitchen Artist - La Cuisine Du Sial 2015	Gloria Hotel & Furnished Apt Dxb	Samantha Kumara	Trophy
Best Cuisinier - Winner La Cuisine Du Sial 2015	Radisson Blu Deira Creek Dubai	Mithun Chamika Dharmawardana Hewa Dalugodage	Trophy
Best Cuisinier - First Runner-up La Cuisine Du Sial 2015	Jumeirah Messilah Beach Hotel Kuwait	Mochamad Chandra Mauluddin	Trophy
Best Cuisinier - Second Runner-up La Cuisine Du Sial 2015	C & I Madinat Jumeirah	Sarwer Alam	Trophy



BEST IN CLASS

CompanyName	EntrantName	ClassName	EntType	Award	Day	PointsTotal	Badge No
Jumeirah Zabeel Saray Dubai	Elias Samman	Arabic Mezzeh Practical Cookery	Single Entry	Gold	8TH TUE	92	17/10
C & I Madinat Jumeirah	Munna Ghosh	Australian Beef Practical Cookery	Single Entry	Gold	7TH MON	92	16/04
Jumeirah Mina A Salam Hotel	Aubrey Abalos	Australian Lamb Five-Course Gourmet Dinner Menu	Single Entry	Gold	9TH WED	94	10/24
ADNH Compass	Salinda Disanayaka	Baked Bread Showpiece by AGTHIA	Single Entry	Gold	7TH MON	90	05/01
Al Raha Beach Hotel AD	Abhilash Kulakkadu Nadessan	Cake Decoration Practical	Single Entry	Gold	9TH WED	91	01/22
Yas Viceroy Hotel AD	Sandy Besas	Chocolate Carving Showpiece	Single Entry	Silver	7TH MON	83	07/09
St Regis Hotel AD	Mohammed Asgar Qureshi	Dressed Lamb - Practical Butchery	Single Entry	Gold	8TH TUE	92	22/04
Grandma's Cheese	Kameel Rasyid	Elegance Stylish Wedding Cake - Three Tier	Single Entry	Gold	7TH MON	90	02/03



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CULINARY CIRCLE

The Nestle Chef Circle Event is picking pace with more and more culinary professionals looking forward to partaking in these networking sessions. The last one in Dubai saw chefs bring their better halves along with them while the more recent one in Abu Dhabi gave chefs the opportunity to wind down following a hectic schedule for SIAL. Here are images from the events captured by our Photo Editor

January 2016 **Gulf Gourmet**

Chefs Fly In From Kuwait

Last month, 20 of the finest chefs from Kuwait were selected to be part of a corporate programme called Food Solution Sequence. They were flown in to Dubai for a memorable event where specialty meat products from various parts of world including USA, Holland and Australia was promoted. Chef Uwe Micheel, who is the Director of Kitchens at Radisson Blu Hotel, Dubai Deira Creek and President of Emirates Culinary Guild was the Guest of Honour at the event. Chef Tala Al Jaradat of Dubai Marine Beach Resort and Spa was also part of the guest list. Delegates and guests were welcomed with a dinner at Dubai Marine Beach Resort, followed by presentation of meat products the next day, and ended with dinner at The Atlantis the Palm. Here are images from the event





Children's day out

The team at Nestle Professional on world chefs day organised a fun day out for young school-going kids. They were shepherded into the ICCA kitchens where senior chefs including Thomas Haller, Uwe Micheel, and more got together to teach the budding culinarians a thing or two about cooking and nutrition. If the smiles on their faces are any indication, this is one trip these kids will remember for a long time to come



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Tom's Starter



Tom Hammond



Steven Peter



Steven's Starter



Riccardo Starter



Riccardo's Bacciottini



John Buenaventura



John's Starter

Meet Celebrated Young Chefs

As part of their young chef of the year initiative, Timeout Dubai, a local consumer magazine, selected Tom Hammond, Steven Peter, Riccardo Bacciottini and John Buenaventura as the brightest young chefs in Dubai this year. Here's what their plated dishes looked like

**Tom's Main Dish****Steven's Main Dish****Riccardo's Main Dish****John's Main Dish**

The Guild Meet

The last Guild meeting for 2015 was hosted by Chef Michel Miraton and his team from Ajman Palace Hotel. The turnout was great and allowed chefs the opportunity to network with one another. Here is a group photo captured at the event



January 2016 Gulf Gourmet



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THE EMIRATES SALON CULINAIRE 2016

Resume Of Classes for Entry

Class No. - Class Description

1. Cake Decoration – Practical by Master Baker
 2. Wedding Cake Three-Tier- by Pristine
 3. Four Plates of Dessert - Nestlé Docello
 4. Pastry Showpiece by Pristine
 5. Bread Loaves and Showpiece by Master Baker
 6. Petites Fours, Pralines by Master Baker
 7. Chocolate Carving Showpiece by Seville
 8. Fruit & Vegetable Carving Showpiece by Barakat Quality Plus
 9. Open show Piece
 10. Five-Course Gourmet Dinner Menu by Meat & Live Stock Australia
 11. Four-Course Vegetarian Menu by US Dairy Export Council
 12. Tapas, Finger Food and Canapés by US Dairy Export Council
 - 13.
 14. An Arabian Feast by USAPEEC
 15. Individual Ice Carving
 16. Ice Carving Team Event
 17. Practical Fruit & Vegetable Carving by Barakat Quality Plus
 18. Dressed Lamb - Practical Butchery by Meat & Live Stock Australia
 19. Arabic Mezzeh - Practical Cookery by Rahma
 20. Fish & Seafood - Practical Cookery by MITRAS
 21. Beef - Practical Cookery by Meat & Live Stock Australia
 22. Emirati Cuisine – Practical Cookery – by Anchor by Fonterra
 23. HUG Savoury Creations
 24. HUG Sweet Creations
- The following two classes (25 & 26) are for entry only by those competing for the Young Chef of the Year trophy.
25. Dressed Chicken & Dressed Fish by Anchor by Fonterra
 26. Ovo-Lacto Vegetarian Three-

Course Menu - by. Anchor by Fonterra

27. Chicken - Practical Cookery – by USAPEEC

Practical Pastry

Class 01: Cake Decoration – Practical by Master Baker

1. Two hours duration.
2. Decorate a pre-baked single cake base of the competitor's choice.
3. The Theme for the cake decoration will be "Beauty of Nature"
4. The cake base must be a minimum size of 30cm X 30cm or 30cm Diameter.
5. The cake can be brought already filled without coating – ready to decorate.
6. The cake must be delivered and set up hygienically with cold box or dry ice storage. Not up to hygiene food product will not be judge.
7. All decorating ingredients must be edible and mixed on the spot. (Chocolate/Sugar/Marzipan/Fondant) minimum height is 30cm, it should be able to enhance and harmonize with the overall presentation
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 buffet table is provided for each competitor to work upon.
12. Water, electricity and refrigeration might not be available.
13. The cake will be tasted and cut by the Judges, as part of the judging criteria
14. Ingredients may be supplied by the sponsor these shall be mandatory to be used, information shall be sent to competitors in advance of the competition

Pastry Displays

Class 02: Elegance Stylish Wedding Cake –Three Tier By Pristine

All decorations must be edible and made entirely by hand.

1. Pillars or stands may be inedible but, unless decorated by hand, must be plain and unadorned.
2. Fine, food-quality wiring is allowed for the construction of flowers but must be properly wrapped and covered with flower tape or paste.
3. Royal icing, pastillage, pulled sugar, etc., may be used in the construction, but the finished display must not be dependent on these items.
4. The bottom layer of the cake must be edible. A section of the finished edible cake should be cut for the judges' inspection
5. The cake will be tasted by the judges.
6. Inedible blanks may be used for the two top layers.
7. Typewritten description and recipes are required.
8. Maximum area w60 cm x d75 cm.
9. Maximum height should not exceed 1 meter (including socle/or platforms)
10. Pristine Belgium products are to used the following products cake ingredients, specialized flour, toppings, fruit fillings and glazes shall be made available by the sponsor to those competitors registered. These will be mandatory to be used in the preparation of the wedding cake
11. Points will be deducted for non-compliance

Class 03: Plated Dessert by Nestlé Docello

1. Prepare four different types desserts each for one person.
2. Displayed cold, each portion for



one person, suitable for a la carte service.

- a) **1 x Hot and Cold dessert composition**
- b) **1 x Vegetarian without eggs and animal fat**
- c) **1 x Arabic Dessert Free Style creation**
- d) **1 x Dessert serve in glass**

3. Practical and up-to-date presentation is required.
4. Typewritten description and recipes are required.
5. Tasting will be part of the judging process if deemed necessary to determine quality and authenticity.
6. Maximum area w90 cm x d75 cm
7. Showpieces are allowed but will not be judged.
8. One of the plates must use **Nestlé Docello** as the main ingredient.

Class 04: Pastry Showpiece by Pristine

1. To display a showpiece of either
 - (a) *Chocolate*
 - (b) *marzipan/sugar/pastillage*
 - (c) *dough/bread dough*
 - (d) *Asian dough figurine*

No frames, moulds or wires are allowed. Points will be deducted for non-compliance.

2. Edible media may be used, singly or in mixed media.
3. Written description required.
4. Maximum area w90 x d75cm.
5. Maximum height 90cm (including base or socle).

Class 05: Baked Goods and Baked Bread Showpiece by Master Baker

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

1. A baked bread showpiece.
2. Two types of bread loaves 200-300 grams (competitor's choice) two pieces of each loaf to be displayed.
3. Two types of bread roll 25-40grams (competitor's choice)) three pieces of each roll to be

displayed.

4. Two types of baked sweet breakfast items 25-40grams (competitor's choice) three pieces of each item to be displayed.
5. Two types of baked savoury breakfast items 25-50grams (competitor's choice) three pieces of each item to be displayed.
6. One extra piece of each variety to be displayed on a separate platter for judges' tasting.
7. All breads & dough must bake at own work place as fresh as possible and deliver to the competition venue for judging.
8. Poor hygiene standard of handling bakery products will not be judged.
9. Typewritten products description and recipes are required.
10. Maximum area w90 x d75cm
11. Ingredients may be supplied by the sponsor these shall be mandatory to be used, information shall be sent to competitors in advance of the competition

Class 06:, Petites Four & Pralines by Master Baker

1. Exhibit six varieties.
2. Six pieces of each variety (36 pieces total) plus one extra piece of each variety on a separate small platter for judges' tasting. each piece to weight between 8-12grams)
3. Freestyle presentation and theme
4. Present the exhibit to include a small showpiece.
5. Showpieces should enhance the presentation, and will be judged.
6. Written description mentioning the theme is required.
7. Typewritten products description and recipes are required.
8. Maximum area w90 cm x d75 cm.
9. Ingredients may be supplied by the sponsor these shall be mandatory to be used, information shall be sent to competitors in advance of the competition

Artistic Displays

Class 07: Chocolate Carving

Showpiece by Seville

1. Free-style presentation.
2. Natural colouring and minimal glazing is allowed.
3. No frames, moulds or wires are allowed.
4. Points will be deducted for non-compliance.
5. Maximum area: w80 cm x d75 cm.
6. Maximum height 75cm (including base or socle).
7. Written description mentioning the theme is required

Class 08: Fruit & Vegetable Carving Showpiece by Barakat Quality Plus

1. To bring in already prepared one display of fruit and / or vegetable carving, no visible supports are permitted
2. Freestyle presentation.
3. Light framing is allowed, but the construction of the piece must not depend upon it.
4. Maximum area w60 cm x d75 cm.
5. Maximum height 55 cm (including base or socle).

Class 09: Open Showpiece (Free Style Showpiece)

1. Freestyle presentation.
2. Only showpieces made of edible food material will be accepted for adjudication.
3. Frames and wires support are allowed but must not be exposed.
4. Maximum area w90 cm x d75 cm.
5. Maximum height 75 cm. (including base or socle).
6. **Special note:** To enhance the overall level of competition and to aid competitors to demonstrate superior modeling skills, it is permitted to use, frames and supports .i.e. Styrofoam support must not pre-molded and simply sprayed, a round cylinder to form the base of a body is permitted, under no circumstances will pre-carved detailed Styrofoam of any other media be permitted. If the judging committee deems that the finishing has been aided by



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excessive moulding work it may not be judged.

Gastronomic Creations

Class 10: Five-Course Gourmet Dinner Menu by Meat and Live Stock Australia

1. Present a plated five-course gourmet meal for one person
2. One of the appetisers for the meal must contain Australian Lamb as the main ingredient.
3. The meal to consist of:
 - > **A cold appetiser,**
 - > **A soup,**
 - > **A hot appetiser,**
 - > **A main course with its garnish**
 - > **A dessert.**
4. Hot food presented cold on appropriate plates.
5. Food coated with aspic or clear gelatin for preservation.
6. Total food weight of the 5 plates should be 600/700 gms.
7. Typewritten description and typed recipes required
8. Maximum area w90 cm x d75 cm.

Class 11: Four-Course Vegetarian Menu by US Dairy export council

1. Present a plated four-course vegetarian meal for one person.
2. Suitable for dinner service
3. The meal consist of:
 - > **An appetizer**
 - > **A soup**
 - > **A main course**
 - > **A dessert**
4. To be prepared in advance and displayed cold on appropriate plates.
5. No meat, chicken, seafood or fish to be used, (meat-based gelatin glaze to enhance presentation is accepted).
6. Ovo-Lacto products are allowed.
7. Two types of **US Dairy** cheese only must be used in the creation of the menu.
8. Total food weight of the four plates should be 600/700 gms.
9. Typewritten descriptions and recipes required.
10. Maximum area w75cm x d75cm.

Class 12: Presentation of Tapas, Finger Food and Canapés by US Dairy export council

1. Exhibit eight varieties. Weight Between 15-20 grams per piece
2. Six pieces of each variety (total 48 pieces)
3. Four hot varieties.
4. Four cold varieties.
5. Two types of **US Dairy** cheeses only must be used in the creation of these dishes.
6. Hot food presented cold
7. Food coated with aspic or clear gelatin for preservation
8. Presentation on suitable plate/s or platter/s or receptacles.
9. Eight pieces should correspond to one portion.
10. Name and ingredient list (typed) of each variety required.
11. Maximum area 60cm x 80 cm.

Class 14. An Arabian Feast by USAPEC

1. Present a traditional Arabian wedding feast as it would be served at a five-star hotel in the UAE.
2. Suitable for 10 people.
3. Free-style presentation
4. The presentation to comprise the following dishes (both cold food and hot food presented cold).
5. Six cold mezzeh
6. Three hot mezzeh.
7. A whole Ouzi presented with rice and garnish
8. A US Poultry main course (Emirati Cuisine) US Poultry needs to be used for 1 of the Main Dishes (Chicken, Duck, Turkey) Proof of purchase needs to be brought to the Competition for all the US Poultry Products if proof of purchase is not brought then 50% of the judging marks shall be reduced.
9. A fish main course (Emirati Cuisine)
10. A lamb main course
11. A vegetable dish
12. Three types of kebabs, one of chicken, one of lamb, one of beef, each with appropriate

accompaniments.

13. One hot dessert (presented cold)
14. Three cold desserts.
15. Two of the above desserts (competitors choice) must be typically Emirati
16. Only the above dishes are to be presented, no other dishes are to be added.
17. Maximum available space for presentation is 180 cm x 75 cm.
18. Competitors must ensure their exhibit is presented neatly so as to fit the available space

Practical Artistic

Class 15: Individual Ice Carving

1. Freestyle.
2. 90 minutes duration.
3. Hand carved work from one large block of ice (provided by the organisers).
4. Competitors to use own hand-tools and gloves.
5. A non-slip mat is mandatory.
6. Before the competition starts, competitors will be allowed 30 minutes to arrange and temper the ice block.
7. The use of power tools is forbidden.

Class 16: Ice Carving Team Event

1. Freestyle.
2. Two persons per team
3. 120 minutes duration.
4. Hand-carved work from three large block of ice (provided by the organisers).
5. Competitors to use own hand-tools and gloves.
6. Non-slip mats are mandatory.
7. Great care must be taken with health and safety considerations. If an exhibit becomes in any way unstable or dangerous to competitors or public, it will be dismantled and destroyed by the organizers.
8. The use of power tools is forbidden.

Class 17: Practical Fruit & Vegetable Carving by Barakat



Quality Plus

1. Freestyle.
2. 120 minutes duration.
3. Hand carved work from competitor's own fruit/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.

Class 18: Dressed Lamb - Practical Butchery by MEAT & LIVESTOCK AUSTRALIA

1. Prepare a whole, fresh, dressed lamb carcass into various ready-to-cook joints and pieces, some as required by the organisers, the others to competitor's choice. A training/demonstration will be provided by MLA prior to Salon event
2. Make a presentation of the finished cuts and off-cuts for exhibiting to the judges.
3. Competitors must use the fridges provided to store their finished cuts prior to judging
4. Cuts/joints can be suitable for food service or suitable for a retail butchery display.
5. Organisers will supply the dressed lamb for this class.
6. Each competitor will have one banquet table (supplied by the organisers) on which to work.
7. No power tools permitted.
8. Competitors to supply their own:
 - > **Tools and knives**
 - > **Twine or netting**
 - > **RED cutting boards (this is a municipality requirement and will be strictly enforced)**
 - > **Garnishing**
 - > **Display trays**
 - > **Sundries**
9. Time allowed: two hours
10. All tools and sundries will be inspected to ensure that they are hygienically suitable for food use.

11. Cuts required by the organisers are:
 - a) **Neck slices or Neck boned.**
 - b) **1 x shoulder, boned and rolled, tied or netted ready for roasting.**
 - c) **3 pieces shoulder chops.**
 - d) **Spare ribs.**
 - e) **1 x 8 rib Frenched rack.**
 - f) **Mid-loin chops from a short loin**
 - g) **1 x Eye of Loin.**
 - h) **1 x Tunnel-boned leg tied or netted for roasting.**
 - i) **1 x Seam-boned leg trimmed into its 4 primal cuts plus its bone-in shank.**

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. There is a 5-point penalty deduction for wastage or over-production.
4. Timing is closely monitored.
5. There is a 2-point penalty deduction for each minute that the meal is overdue.
6. All food items must be brought to the Salon in hygienic, chilled containers: Thermo boxes or equivalent.
7. Failure to bring food items in a hygienic manner will result in disqualification.
8. All dishes are to be served in a style equal to today's modern presentation trends.
9. Portion sizes must correspond to a three-course restaurant meal.
10. Dishes must be presented on individual plates with appropriate garnish not exceeding 250g total food

weight excluding sauces.

11. Unless otherwise stated, competitors must supply their own plates/bowls/platters with which to present the food.
12. Competitors must bring with them all necessary mise-en-place prepared according to WACS guidelines in the hot kitchen discipline (www.worldchefs.org).
13. Competitors are to provide their own pots, pans, tools and utensils.
14. All brought appliances and utensils will be checked for suitability. The use of any additional equipment must receive prior approval before the competition from the organisers.
15. The following types of pre-preparation can be made for the practical classes:
EXPLANATION (what foods are permitted to be brought into the kitchen)
 - a) **Salads – cleaned, washed, not mixed or cut.**
 - b) **Vegetables – cleaned, peeled, washed, not cut, must be raw.**
 - c) **Fish may be scaled and filleted and the bones cut up.**
 - d) **Meat may be de-boned and the bones cut up**
 - e) **Stocks – basic stock, not reduced, not seasoned, no additional items (garlic, etc.). Hot and cold samples must be available for the judges.**
 - f) **Pastry sponge, biscuit, meringue, basic dough's – can be brought in but not cut.**
 - g) **Basic pastry recipes can be brought in weighed out but no further processing.**
 - h) **Fruit pulps – fruit purees may be brought in but not as a finished sauce.**
 - i) **Decor elements – 100% must be made in the kitchen.**
16. No pre-cooking, poaching etc. is allowed.
17. No ready-made products are



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allowed.

18. No pork products are allowed.
19. No alcohol is allowed.
20. 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
21. 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.
22. Two copies of the recipes - typewritten - are always required.
23. Submit one copy of the recipe/s to the clerk when registering.
24. Submit one copy of the recipe to the duty marshal at the cooking station.

Practical Cookery

Class 19. Mezzeh – Practical Cookery by Rahma Olive Oil

1. Time allowed: 60 Minutes
2. Prepare and present for four persons: Three types of hot mezzeh and three types of cold mezzeh.
3. Only one (if any) of the following types of mezzeh may be displayed: humus, tabouleh, babaganough, fatouche, moutabel.
4. The mezzeh can be representative of any of the following countries:
 - > **Lebanon**
 - > **Syria**
 - > **Jordan**
 - > **Morocco**
 - > **Egypt**
 - > **Tunisia**
5. Dishes must represent a variety of cooking methods and the use of ingredients as used in the Arabic restaurants of the UAE.
6. Rahma olive oil must be the only olive oil used in the creation of these dishes and will

be available in the competition venue

7. Present the mezzeh in four equal portions.
8. Two portions will be presented and two portions will be presented to the judges.
9. Typewritten recipes are required.

Class 20: Fish & Seafood - Practical Cookery by MITRAS

1. Time allowed 60 minutes
2. Prepare and present four identical main courses using Sponsor Supplied Asian Sea Bass fillets as the main protein item of the dish and no other fish can be used.
3. The Fish will be provided to the competitors at the venue on the competition day and is the only protein item allowed to be used
4. Weight of fish per portion on the plate to be 150grams
5. Present the main courses on individual plates with appropriate garnish and accoutrements.
6. Typewritten recipes are required.

Class 21: Beef - Practical Cookery by Meat and Live Stock Australia

1. Time allowed 60 minutes
2. Prepare and present four identical main courses using Australian Beef as the main protein item.
3. Any cut of beef with the exception of tenderloin, rib eye and sirloin, can be used.
4. Weight of beef per portion on the plate to be 150-170grams
5. Present the main courses on individual plates with appropriate garnish and accoutrements.
6. Typewritten recipes are required.

Class 22: Emirati Cuisine - Practical Cookery - by Anchor by Fonterra

1. This class is designed to ensure that the tradition of Emirati Cuisine is preserved and promoted through professional chefs. Prepare and present two plated portions each of three Emirati dishes according with the following criteria:
2. Prepare and present two plated portions of any one of the following dishes:
 - > **Balalit**
 - > **Kabeesa**
 - > **Assedat Bobal**
3. Also prepare and present two plated portions each of any two of the following dishes:
 - > **Margougat Al Khudar**
 - > **Thareed Laham**
 - > **Margougat Al Dijaj**
 - > **Maleh Biryani**
 - > **Samak Mashwi**
 - > **Machboos Samak**
4. Emirati cuisine with traditional presentation and serving as would be found in a family home of the United Arab Emirates.
5. Competitors must bring their own plates/bowls for presentation and all necessary mise-en-place for the meals
6. The judges will check appliances and utensils for suitability
7. Typewritten description and recipes are required
8. Time allowed 60 minutes to present all three recipes.

Class 23: HUG AG – Savoury Creations

1. This is a static class featuring savoury HUG pastry shells suitable for dinner service.
2. Only savoury HUG pastry shells are to be used.
3. Pastry shells will be supplied by ARAMTEC.
4. Present four different plates, using two savoury HUG shells per plate (i.e. exhibit eight shells in total).
5. To be prepared in advance and displayed cold on appropriate plates and appropriate



garnishes to represent a dish suitable for dinner service in a restaurant ala carte style.

6. Typewritten description and recipes required.
7. Maximum space available: 75cm x 75cm.

Class 24: HUG AG – Sweet Creations

1. This is a static class featuring dessert HUG pastry shells suitable for dinner service.
2. Only dessert HUG pastry shells are to be used.
3. Pastry shells will be supplied by ARAMTEC.
4. Present four different plates, using two dessert HUG shells per plate (i.e. exhibit eight shells in total).
5. To be prepared in advance and displayed cold on appropriate plates and appropriate garnishes to represent a dish suitable for dinner service in a restaurant ala carte style.
6. Typewritten description and recipes required.
7. Maximum space available: 75 cm x 75 cm.

YOUNG CHEF OF THE YEAR ENTRIES

Entrants for The Young Chef of the Year trophy must enter the following classes and no others.

In addition to classes 25 & 26 here below competitors must also enter for class 22 Emirati Cuisine Practical Cookery.

Class 25: Dressed Chicken – Dressed Fish - Supplementary Class: Anchor by Fonterra

1. Practical Butchery Fish and Chicken Class for Young Chef of the Year Trophy.
2. Competitors are to supply their own whole fish and whole chicken **MUST BE USED**, all utensils and chopping boards.

Time allowed 1 hour in 30 minute sections as below:

Chicken:

3. Time allowed 20 minutes
4. Take a whole fresh chicken and prepare from it the following:
5. One breast skinless.
6. One breast skin-on.
7. One whole leg, skin-on, and tunnel-boned, ready for making a ballotine.
8. One thigh boneless.
9. One drumstick.
10. Two wings prepared for pan frying/ grilling.
11. Carcass prepared for stock.

After 20 minutes:

12. 10 minutes to explain to the judges the method of preparation of a classical chicken stock.

Fish:

13. Time allowed 20 minutes.
14. Take a whole fresh Sherry or other sustainable fish species of the Arabian Gulf waters.
15. No imported type of fish is to be used.
16. Gut, clean and fillet the fish.
17. One fillet with skin on.
18. One fillet skinless.
19. Cut each fillet into as many 140gr size servings as possible.

After 20 minutes – 10 minutes to

20. Explain to the judges the usage of any left overs.
21. Explain to the judges the method of preparation of a classical fish stock

Competitors will be marked on knife skills, clean bone work, meat left on carcass, wastage, basic knowledge of questions asked about the preparations of stocks.

Class 26: Ovo-Lacto Vegetarian Three-Course Menu Anchor by Fonterra

1. Present a plated three-course vegetarian ovo-lacto meal for one person.
2. Suitable for dinner service
3. The meal to consist of:
 - a. An appetizer
 - b. A main course
 - c. A dessert
4. To be prepared in advance and displayed cold on appropriate

plates.

5. No meat, chicken, seafood or fish to be used, (meat-based gelatin glaze to enhance presentation is accepted).
6. Total food weight of the four plates should be 600/700 gms.
7. Typewritten descriptions and recipes required.
8. Maximum area w75cm x d75cm.

Class 27: Chicken - Practical Cookery by USAPEC

1. Time allowed 60 minutes
2. Prepare and present four identical main courses using USAPEC Chicken Quarters as the main protein item. Proof of purchase needs to be brought to the Competition for all the USA Poultry Products if proof of purchase is not brought then 50% of the judging marks shall be reduced
3. The carcass of the chicken is to be kept for inspection by judges
4. Present the main courses on individual plates with appropriate garnish and accoutrements.
5. Typewritten recipes are required
6. Weight of chicken per portion on the plate to be 150 grams

ADDENDUM

VENUE & ENTRY FEES:

1. The Emirates Salon Culinaire will be held during the Gulf Food Hotel and Equipment Exhibition from February 21st to 25th 2016.
2. The venue is at the Dubai International Convention & Exhibition Centre
3. The entrance fee for single entries is Dhs.100 (AED. One Hundred) per person per class, unless otherwise stated in the Rules and Regulations or the Class Briefs.
4. The fee for entry to the trophy classes is as follows:
 - i. *Best Cuisinier – The Emirates Salon Culinaire- Dubai 2016* AED:500/- per person
 - ii. *Best Pastry Chef – The Emirates Salon Culinaire- Dubai*

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- 2016 AED:400/- per person
- iii. **Best Artist – The Emirates Salon Culinaire- Dubai 2016** AED:500/- per person
 - iv. **Best Arab National – The Emirates Salon Culinaire- Dubai 2016** AED:300/- per person
 - v. **Young Chef of the Year – The Emirates Salon Culinaire Dubai 2016** AED: 500/- per person

CLOSING DATE:

- 5. Closing date for entries is January 28th 2016 However, many are often fully subscribed and closed well before the closing date.

TROPHY ENTRY:

Entrants to a trophy class must enter and finish in all and only those classes that pertain to the trophy for which they are entering. No other classes may be entered into by a trophy entrant. Trophies are awarded on the highest aggregate points from all three classes.

The required classes are:

BEST CUISINIER:

- i. Class #10. Five-Course Dinner Menu
- ii. Class # 21. Beef Practical Cookery
- iii. Class # 20. Fish & Seafood Practical Cookery

In order to qualify for inclusion in the points tally for Best Cuisinier Trophy a competitor must win three medals, at least one of which must be a gold medal.

BEST PASTRY CHEF

- i. Class # 01. Practical Cake Decoration
- ii. Class # 03. Four Plates of Dessert
- iii. Class # 06. Friandises, Petites Four

In order to qualify for inclusion in the points tally for Best Pastry Chef Trophy a competitor must win at least two medals one of which must be a gold medal.

BEST ARTIST

- i. Class # 07. Chocolate Showpiece
- ii. Class # 09. Open Showpiece
- iii. Class # 15. Individual Ice Carving
- iv. Class # 17. Practical Fruit & Vegetable Carving

In order to qualify for inclusion in the points tally for Best Artist Trophy a competitor must win at least three medals one of which must be a gold medal.

BEST ARAB NATIONAL

- i. Class # 14. An Arabian Feast
- ii. Class # 19. Arabic Mezzeh - Practical Cookery
- iii. Class 22: Emirati Cuisine - Practical Cookery
- iv. In order to qualify for inclusion in the points tally for Best Arab National Trophy a competitor must win at least one medal.

YOUNG CHEF OF THE YEAR By Fonterra

See Classes for Entry Document.

JUDGING AND THE AWARDS SYSTEM

A team of WorldChefs (The World Association of Chefs Societies) approved international Judges will adjudicate at all classes of the competition: using Worldchefs-approved methods, criteria and documents www.worldchefs.org

After each judging session, the judges will hold a debriefing session at which each competitor attending may learn something of the thinking behind the judges' decision.

Competitors will not be competing against each other: rather, they will be striving to reach the best possible standard. The 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 class.

In theory, therefore, everyone in a particular class could be awarded a

gold medal. Conversely, it could be possible that no awards at all are made.

The scaling for awards in all classes is as follows:

Points

100	Gold Medal with Distinction with Certificate.
99 – 90	Gold Medal with Certificate.
89 – 80	Silver Medal with Certificate.
79 – 70	Bronze Medal with Certificate
60 – 69	Certificate of Merit
Thereafter	Certificate of Participation

The corporate and establishment trophies available are:

Best Effort by an Individual Establishment – The Emirates Salon Culinaire

This trophy is awarded to the establishment whose competitors gain the highest total combined points from the medals won from all of their entries.

Best Effort by a Corporation – The Emirates Salon Culinaire

This trophy is awarded to the corporation whose competitors gain the highest total combined points from the medals won from all of their entries.

Point Value of each Medal Won:

Gold Medal with Distinction 6 Points
Gold Medal 5 Points
Silver Medal 3 Points
Bronze Medal 1 Point

Winners where a sponsored trip is awarded are restricted to winning the trip once per life time. In a case where the overall winner has participated in a sponsored trip previously the trip shall be awarded to the 2nd place winner

Rules and Regulations

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/s of this document.

PARTICIPATION:

4. Participation at competition is open to anyone professionally employed in the preparation of food.
5. Unless the organisers specifically mention a class as being a team event, all classes are for entry by a single competitor.
6. Competitors are restricted to one entry per class.
7. With the exception of those entering for the Best Artist trophy, competitors are restricted to entering a maximum of three classes.
8. Competitors entering to win a trophy must participate fully in every class entered in order to qualify.
9. Competitors must attend and participate on the date and at the time allotted to them.

COMPETITION ENTRY:

10. Please note that there are different forms for different types of entry; ensure that the correct form is being used.
11. Complete the entry-form according to the instructions on the form.
12. Completed photocopies of the entry-form are acceptable.
13. Submit the completed form to the organisers along with the requisite fee.
14. Fees must be submitted along with completed entry forms.

15. Fees are payable to:

Bank Name: Mashreq Bank

Account Name: Emirates Chefs Guild FZ LLC

Account Number: 019000017926

IBAN: AE600330000019000017926

SWIFT: BOMLAEAD

Branch: Dubai Internet City

16. Entries are accepted strictly on a first-paid, first-accepted basis
17. No entry is accepted until the appropriate fee has been received.
18. Entry Fees are non-refundable.

CERTIFICATES AND LETTERS OF PARTICIPATION:

19. 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.
20. Any applications for amendments to letters or certificates will necessitate: a) Return of the original certificate b) A written confirmation from the executive chef c) A pre-paid fee of Dhs: 100/- (AED: One-hundred) per certificate.

HYGIENE:

21. A professional food-safety company will oversee all aspects of hygiene practice at the competition.
22. It is quite possible that the Municipality Food Control Section will conduct its own hygiene inspections as and when it sees fit.
23. The organisers have no control over these two entities. Should either raise an objection to the standard of hygiene of any particular person or team, that person or team will not be allowed to compete

THE SECRETARIAT:

24. The Emirates Culinary Guild (ECG) is the body responsible for the creation, organisation and administration of the competition.
25. The competition is governed by and construed according to the

rules of the organisers.

26. The organisers have sole authority to adjudicate on any matters pertaining to the competition.
27. Entrants' acceptances of participation in the competition are construed as confirmation of their undertaking to submit unconditionally to the jurisdiction of the organisers in regard to all aspects of the Emirates Salon Culinaire.
28. The address of the ECG for all correspondence and inquiries referencing culinary competitions is: The Emirates Culinary Guild, PO Box 71963 Dubai, United Arab Emirates. Tel: + (97156) 801 4089. Email: theguild@eim.ae

COMPETITORS AND HELPERS:

29. Each competitor is allowed one helper to assist with carrying equipment. No other help is allowed to a competitor within the preparation area.
30. A helper must be junior in rank to the person he/she is helping.
31. A competitor must wear full; freshly laundered chefs uniform with appropriate headgear and footwear when attending at the exhibition.
32. A competitor's helper must wear full; freshly laundered chefs uniform with appropriate headgear and footwear when attending at the exhibition.
33. Competitors that are incorrectly dressed at a competition will not have their exhibits judged.
34. Helpers that are incorrectly dressed will not be admitted to the exhibition.
35. Logos, marks and identifying colours provided by the organisers must be worn by competitor throughout the competition in the position indicated to them by the organisers at the time of registration.
36. Logos, marks and identifying colours provided by the organisers must be worn by helpers



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SOCIETIES



throughout the competition in the position indicated to them by the organisers at the time of registration.

37. A competitor entered in a practical competition must register at least thirty minutes before the commencement of the competition otherwise the competition slot will be given to a waitlisted competitor.
38. Any competitor not in place and ready to start at least five minutes before the time a competition commences, will be disqualified.
39. Competitors and helpers are forbidden from approaching or speaking with or at a judge without the express permission of the organisers.

EXHIBITS:

40. Each exhibit must be the bona fide work of the entering competitor. It must be solely the work of the competitor and must be certified as such by his Head of Department or General Manager.
41. Each exhibit must be a completely original work, it must not have been displayed previously (in whole or in part) in any competition or exhibition whether private or public.
42. All exhibits must be of edible substance except for framing, socles and stands where they are allowed.
43. It is forbidden to use any living entity whatsoever as part of an exhibit (e.g. tropical fish).
44. It is forbidden to depict religious, nude, semi-nude or political themes in an exhibit.
45. All exhibits must be suitable for presentation as a decorative item in a restaurant or banqueting setting.
46. An exhibit must not carry any logo, label or mark of identification; however, competitors must be able to

identify their exhibit if required.

47. 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.
48. No preparation or finishing of exhibits is allowed in any area except the designated preparation area at the rear of the competition area.
49. Finished exhibits must be placed in the position indicated by the organisers.
50. No interference with an exhibit is allowed once the organisers have deemed it as submitted for judging.
51. Competitors must leave the judging area as soon as their exhibits are in place or when instructed to leave by the marshals, whichever is the sooner.
52. Exhibits may, at the discretion of the organisers, be moved to a separate enclosure, there to remain for part or for the duration of the exhibition.
53. Failure by a competitor to register or exhibit at the specified time could result in disqualification.
54. Exhibits which are removed by competitors without permission of the organisers will not qualify for any kind of award.

COMPETITION MARSHALS:

55. A Marshal-at-arms will be recognisable by a badge displaying the logo of the Emirates Culinary Guild and the legend 'Marshal'.
56. Marshals are charged with ensuring that the rules and regulations of the competition are observed by all concerned.
57. Competitors, helpers and visitors are all obliged to cooperate with the marshals - without question, at all times.

AWARDS:

58. Gold, silver and bronze medals and certificates and certificates of merit are awarded solely at the discretion of the judges.
59. The decision of the judges is final and each competitor is required to abide by it without comment.
60. Medals will normally be presented at 16:00 each day. This may change according to circumstance.
61. Any medal or certificate that is not accepted by the competitor or his/her helper at the presentation ceremony for that day will be forfeit, unless prior arrangements are made with the organisers.
62. A competitor or his/her helper must be correctly dressed as stipulated in the rules when collecting medals or certificates.
63. Incorrectly dressed competitors/helpers will not be allowed access to the awards area.

COPYRIGHT:

64. All exhibitors and competitors assign all rights concerning videos, photographs, menus, recipes, exhibits, sound recordings etc. to the Emirates Culinary Guild.

DISCLAIMER:

65. The organisers are entitled to cancel or postpone the Salon, or to alter the duration, timing or schedule of any event.
66. The organisers reserve the right to cancel any classes or limit the number of entries or extend, modify or revoke any of the rules and conditions without being held liable for any claims for compensation whatsoever.
67. The organisers will not under any circumstances be held liable or responsible for the loss or damage of any exhibit, equipment, goods, persons or personal effects.

**QUERIES:**

68. All queries must be submitted by email to: theguild@eim.ae. The question and answer to each query will be broadcast to all entrants.

Supplementary rules**For Class 2 Wedding cakes**

- As this class is sponsored the following sponsors ingredients must be used in the preparation of the Wedding cake edible bottom layer.
- This document is to read in conjunction with the Brief of Classes for Salon Culinaire 2016.
- Fruit Fillings / Toppings**
Blueberry / Strawberry / Apple
Salted butter caramel Sparkle toppings (gold or silver)
 - Glazes**
Hot Apricot Glaze Cold caramel Glaze
 - Premix**
Chocolate Mousse Aluminium Free baking powder Red velvet cake mix Pristine Belgium Artisanal Sponge mix
- Two ingredients from section A to be used, one ingredient from section B to be used and one or two ingredients in any combination to be used from section C.
- The recipes submitted must reflect these ingredients and points shall be deducted for not using these ingredients.
- The sponsor shall make delivery to each competitor in this Class 2 Wedding cakes the ingredients prior to the competition.
- The ECG office will once all entries received shall send the contact details of the competing chefs and their hotel to the sponsor so as they can deliver the items to the hotel.

For Class 4 Pastry Show piece

- As this class is sponsored the following sponsor's ingredients can be used in the preparation of the
- This document is to read in conjunction with the Brief of

Classes for Salon Culinaire 2016.

- Pristine Marzipan shall be given to competitors to use in the show piece. It is not mandatory to use
- The Guild office shall send communication to all competitors of the class for delivery of marzipan

For Class 14. An Arabian Feast by USAPEEC

- A US Poultry main course (Emirati Cuisine) US Poultry needs to be used for 1 of the Main Dishes (Chicken, Duck, Turkey) Proof of purchase needs to be brought to the Competition for all the US Poultry Products if proof of purchase is not brought then 50% of the judging marks shall be reduced.
- As this class is sponsored the following sponsor's ingredients must be used in the preparation of the Show piece.
- The sponsor shall not supply the ingredients.
- The Guild office shall send supplier details if competitors wish to order from them.

For Class 27: Chicken - Practical Cookery by USAPEEC

- Prepare and present four identical main courses using USAPEEC Chicken Quarters as the main protein item. Proof of purchase needs to be brought to the Competition for all the USA Poultry Products if proof of purchase is not brought then 50% of the judging marks shall be reduced.
- As this class is sponsored the following sponsor's ingredients must be used in the preparation of the
- The sponsor shall not supply the ingredients.
- The Guild office shall send supplier details if competitors wish to order from them.

For Class 21: Beef - Practical Cookery by Meat and Live Stock**Australia**

- Prepare and present four identical main courses using Australian Beef as the main protein item. Proof of purchase needs to be brought to the Competition for all the Australian Meat Products if proof of purchase is not brought then 50% of the judging marks shall be reduced

For Class 12: Presentation of Tapas, Finger Food and Canapés by US Dairy export

- Two types of US Dairy cheeses only must be used in the creation of these dishes. Proof of purchase needs to be brought to the Competition for all the US Dairy Products if proof of purchase is not brought then 50% of the judging marks shall be reduced

For Class 11: Four-Course Vegetarian Menu by US Dairy export council

- Two types of US Dairy cheese only must be used in the creation of the menu. Proof of purchase needs to be brought to the Competition for all the US Dairy Products if proof of purchase is not brought then 50% of the judging marks shall be reduced

For Class 10: Five-Course Gourmet Dinner Menu by Meat and Live Stock Australia

- One of the appetisers for the meal must contain Australian Lamb as the main ingredient. Proof of purchase needs to be brought to the Competition for all the Australian Lamb Products if proof of purchase is not brought then 50% of the judging marks shall be reduced

For Class 07: Chocolate Carving Showpiece by Seville

- Free-style presentation. To be carved from a single block
- Maximum height 30-35cm (including base or socle).

newmembers



Mr. Hani El Kadi, Country Manager, UAE, Boecker receiving Emirates Culinary Guild Membership certificate from ECG President Chef Uwe Mischeel.

Boecker® is the Middle East largest Public Health company, providing a holistic range of products and services in Pest Management, Food Safety and Biosecurity across Lebanon, the United Arab Emirates, Qatar, Saudi Arabia and Jordan.

Since its inception in 1994, Boecker® followed the highest international standards across its pest management services to business and residential clients, as well as Food Safety consultancy, trainings and its signature the Q Platinum Award™ certification, and the Biosecurity services including the Safe ChildCare™ certification.

Boecker® Integrated Pest Management™ services are all assured by the Chartered Institute of Environmental Health – UK – providing the highest international standards that are compliant with all third party audits, are safe and guaranteed.

Boecker®

Boecker® Food Safety services cover both consultancy and trainings within Royal Society for Public Health - RSPH registered centers. The food safety consultancy services look into the delicate aspects of building safe food systems like the HACCP, ISO22000, FSSC, Global Gap, BRC... as well as Boecker® signature Q Platinum Award™ certification that has been tailored to meet the needs of small to medium food establishments, a certification assured by the CIEH - UK.

The food safety training services provide professional learning and in depth knowledge about the statutory and international rules, regulations as well as standards in food safety, HACCP and ISO 22000.

The Biosecurity services ensure an environment protected from microorganisms like viruses, bacteria as well as fungi thanks to the Infection Control Plan™ and a full range of professional disinfectants. Boecker® and the CIEH - UK joined their

expertise to also provide the most specialized and comprehensive certification programme for nurseries, kindergartens and pre-schools that looks into infant & children safety: The Safe ChildCare™.

All Boecker® services are ISO9001:2008 certified and use products that are approved and licensed by local authorities. Boecker® is affiliated to the National Pest Management Association (NPMA), the British Pest Control Association (BPCA), the Chartered Institute of Environment Health (CIEH), Highfield Awarding Body for Compliance (HABC) and the American Biological Safety Association.



Soula Baroudi - Marketing and Supplier Relations Manager receiving Emirates Culinary Guild Membership certificate from ECG President Chef Uwe Micheel.

HORECA is a leading food, beverage and non-food distribution company dedicated entirely to the hospitality sector servicing more than 800 foodservice operators. The company was established as a new start-up in 2003 as the first company to be fully dedicated to the niche sector of foodservice. (The term HORECA stands for Hotels, Restaurants and Cafes/Catering).

In 2005, Bidvest, a global international service, trading and distribution company listed on the Johannesburg Stock Exchange acquired a majority share in



HORECA. Despite this HORECA remains to be operating with full autonomy.

In 2010, HORECA was voted by its customers "Best Food and Beverage supplier in the UAE". In 2014 and 2015

HORECA was awarded "CSR label" by Dubai Chamber for all the efforts and dedication to the community.

Established in 2003, HORECA Trade - a company of Bidvest Group - operates, maintains and develops the foodservice market of the UAE with a main vision in mind - "To be and always be the leading partner to the foodservice channel." By focusing on foodservice, HORECA Trade plays a prominent role in the continuous development of the market and setting the trend that many other players are currently following.



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

Many years of know how and expertise in Europe, facilitated the opening of **Restofair RAK** in the Middle East 10 years ago offering quality services to the HORECA industry. Our latest 600 pages 2016 catalogue with 6000 items ex-stock in UAE related to Chinaware, Glassware, Cutlery, Table Accessories, Buffet, Disposables, Menu & Signage, Barware, Kitchen Utensils, Plug-in Machine, Pastry, Housekeeping & Stewarding, Uniforms, Hotel Apartments, In-Room items etc. All the products are displayed in our 20,000 sq. feet Dubai factory outlet in Al Quoz.

Restofair RAK is a joint venture between RAK Porcelain (sister concern of RAK Ceramics) and ECF Group France which is a € 300 M company with 1300



RESTOFAIR — RAK —

employees, serving 80,000 customers in the HORECA Industry supplying the small equipments and consumables.

Restofair RAK - a worldwide network of professionals serving both the hotel industry and restaurants, is an alliance of two major players in the food service industry: RAK Porcelain UAE and ECF

Group (Ecolat Chomette Favor) ? France.

Restofair is a world leading supplier and equipment distribution network for the hotel and catering trade with presence and offices across Europe, Middle East and Africa, Caribbean and Etc.

With its worldwide network of partners specializing in the distribution of supplies and equipment for all aspects of the hotel and catering trade, Restofair RAK is the ideal answer to all your small equipment and supply requirements. The company's global logistics system helps make real savings in product searches and transport.

To get a free copy of 2016 catalogue contact : restofair@rakrestofair.ae



Bassam Bousaleh, Regional Program Manager UAE, Arab Marketing and Finance Inc. receiving Emirates Culinary Guild Membership certificate from ECG President Chef Uwe Micheel.

The U.S. Meat Export Federation

(USMEF), headquartered in Denver, is a non profit trade association responsible for developing international markets for the U.S. red meat industry. Through its worldwide network of offices and representatives, including the Middle East, USMEF manages to create new opportunities, develop existing international markets and enable U.S. companies and U.S. products to become integral parts of international red meat markets

USMEF shares its local intelligence and more than three decades of experience with U.S. exporters, traders and buyers in addition to foodservice operators, end users and processors in each market.

USMEF's mission is to increase the value and profitability of U.S. beef, pork and lamb industries by enhancing demand for their products in export markets



through a dynamic partnership of all stakeholders.

Market development activities are carried out and fall into several primary areas:

- ♦ Marketing – Creating demand in international markets for U.S. meat through promotions, trade seminars, consumer education, advertising and public relations.
- ♦ Trade Servicing – Working to bring buyer and seller together and by conducting both market and product research.
- ♦ Market Access – Providing the U.S.

government and industry with the market intelligence necessary to secure, maintain and develop fair and reasonable access to international markets.

These activities focus on total Carcass Utilization to maximize export demand for value-added products and "Underutilized" cuts. USMEF also provides trade and HRI services to help its members better identify and reach new market opportunities. Such services include breaking news about the industry, updated lists of trade leads, U.S. suppliers and members, participation in regional and international trade shows, market research and seminars on technical issues as well as chef training and culinary initiatives.

To learn more about USMEF, please visit our website www.usmef.org. For your inquiries, kindly contact info@usmef.org and amfime@cyberia.net.lb.



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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).

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- ▶ 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?

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Telephone Office:

Professional Title:

Fax Office:

Type of Membership Required: (Please tick one)

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Corporate ☐ Senior Renewal ☐

Fax Home:

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Email:

Declaration to be Signed by all Applicants

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

Signed:.....

Proposed By:

Sig:.....

Seconded By:

Sig:.....

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Pin Given.

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Approved

Approved

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

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LIFE IS LIKE A GAME OF POKER

"To live is the rarest thing in the world. Most people exist, that is all." — Oscar Wilde



MORE THAN A CHEF

**ROHIT
BASSI**



A poker hand consists of five cards and for those who play the game, know the highs and lows. Life deals us cards, you only find out what those cards are when you get them

once read a quote which said: Every day is a new beginning. This led me into deep thought until I came across a metaphor for life from Rick Warren, a pastor, who said, life is like a game of poker.

A poker hand consists of five cards and for those who play the game, know the highs and lows. Life deals us cards, you only find out what those cards are when you get them. For some of you the cards are pretty damn good and for the others they could be awful. Yet the only choice you have is to keep play what with what have. So, let's look at these five cards we are dealt with:

1. The card of Biology & Chemistry - You were given a body and you have to live with it. Some may have physical disabilities yet they have to live with it. And as they grow up and awareness sets in, they make a choice to live a healthy life or an unhealthy life.
2. The card of Relationships - You were born and certain relationships were already formed for you (parents, siblings, uncle and aunts i.e. relationships). And as you grow up and awareness sets in, you make a choice to have the friends, lovers or enemies you wish and want.
3. The card of Circumstances - You were born into certain circumstances. You could have been born into a poor family, have minimum access to resources such as education and medical care or even have abusive elders. And as you grow up and awareness sets in, you make a choice to change or create your circumstances or stay within those circumstances.
4. The card of Awareness - You were

born and you had some form of consciousness. With age, education and experience this consciousness or awareness changed. And as you grow up and awareness sets in, you make a choice to do what you believe is right.

5. The card of Choices - You were born and at each stage of your life you were given or led into certain choices. And as you grow up and awareness sets in, you make a choice to live a loving life or fearful life.

It is said that your beliefs and values play a great part in the choices you make. These beliefs and values you learn from your parents, elders, family, schooling, friends and society. You find it difficult to understand why you made some strange and painful choices; it was as if your thoughts strongly believed that the steps you took were the only actions that would allow you get to your outcomes.

It is amazing how thoughts play a magical role in the creation and development of your life. For some these thoughts are simply a curse. Look at your thoughts and remember, "thoughts become things".

What thought would you choose next to play the game of life?

The above points have been inspired and modified from the talks of Oprah and Pastor Rick Warren: Winning the Hand You're Dealt.

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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