

# gulf gourmet

THE DEFINITIVE GUIDE FOR CHEFS  
volume 9, issue 5

## ON THE DOUBLE

Salon Culinaire 2014 catapulted two exceptional chefs into the limelight. Meet this year's Best Arabic Cuisinier Chef **Ibrahim Ayoub** and Best Pastry Chef **Dammika Herath**

### EXCLUSIVE LISTING

Complete listing of rules and classes for the upcoming East Coast Culinary competition this June

### LOOK EAST

Miramar Al Aqah GM **Ashraf Helmy** and Executive Chef **KAC Prasad** on the ongoing preparations for the East Coast Culinary competition

### RELISH IN RED

Kempinski Mall of the Emirates Hotel Pastry Chef **Martua Sakti** teaches us how to create his special dessert



### GOLDEN TOUCH

Young chefs from Radisson Blu Hotel Dubai Deira Creek take up the Nestle Professional Golden Chefs Hat challenge



### GO ORGANIC

Chef **Nicolas Smalberger** and his added responsibility of maintaining an organic vegetable garden





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# president'sstation

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Dear fellow chefs, ladies and gentlemen,

Welcome to the May issue of our Gulf Gourmet. Let me begin by thanking and congratulating our culinary ambassadors who represented us in Singapore. The team led by Andy Cuthbert and K.A.C. Prasad did us proud and we have the details in this magazine.

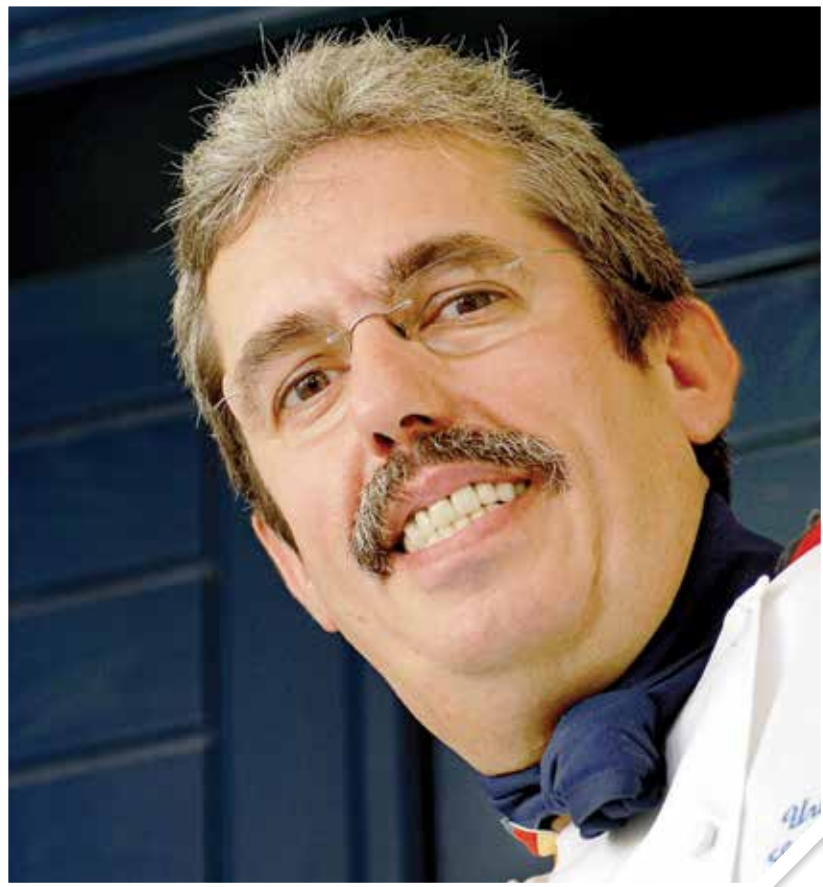
The team is working full time at organising the East Coast Culinary Competition to be held on June 9 in Fujairah. I am sure the competitors are working equally hard. If you have not registered yet, please do so at the earliest. The registration is free. Please see classes, rules and regulations in the this issue as well as on the Emirates Culinary Guild website.

I would like to thank Bassam Bousaleh and the AMFI team for organising our first ever US Lamb workshop both in Dubai and Abu Dhabi. Thank you as well to Chef Arturo Pantino and Chef Peter De Kawe for all the support. We have already planned our next hands-on workshop. So please book June 14-15 for a 2-day event sponsored by the Texas Beef Federation and the US Meat Export Council. We will experience some prime underutilised cuts during these sessions.

This month, we have delegations from UAE, Saudi Arabia and Egypt travelling to Wisconsin and Illinois for an educational trip organised by the US Dairy board, one of our long-time supporters.

Our monthly meeting for June will be on the 16th, the week after the East Coast Salon. On the same day we plan a mini plated competition with our partner the US Beef Export Federation. Details will be finalised on Mr. Bassam's next visit and will be communicated soon. The location for this Event will be in my hotel, the Radisson Blu Hotel Dubai Deira Creek.

I am very pleased to let you know that our team for Stavanger is now made of 31 members. I am sure that we will be one of the biggest delegations at the



Congress. Chef Achala Weeransinghe and Rahil Rathod are in full training for The Global Pastry Chef and the Hans Bueschens Finals respectively.

I urge all members to go onto the Guild website to see what is happening on the calendar at [emiratesculinaryguild.net](http://emiratesculinaryguild.net) and also to visit the WACS Young Chefs Facebook page on [facebook.com/#!/wacsyoungchefs](https://www.facebook.com/wacsyoungchefs) and encourage your young chefs to join that page so they can be in contact with over 4000 chefs across the globe.

Please do not miss the company profile of our corporate members, the long-time

supporters who have renewed their membership, as well the new ones. We really do appreciate your support. Also, do look at the Friends of the Guild pages to check all our supporters.

And finally, a big thank you to Chef Diyan de Silva and my team at Radisson Blu Hotel Dubai Deira Creek for hosting the April meeting.

Culinary Regards,

**Uwe Micheel**

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

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# editor'snote

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It has been de rigueur for us to highlight the winner of the best gastronomist award at top regional events on the cover of this magazine. However, what we haven't done enough is promote the winners of specialist categories that are integral to creating a complete meal.

This is why this month's cover features the sweet and sour tale of two toppers – namely the winners of Best Pastry Chef and Best Arabic Cuisinier – who are vital in making the UAE such a gourmet-centric place to be.

Between the two of them, they cover the entire gamut of a full-course meal, right from starters to desserts. And yet, chefs Dammika Herath and Ibrahim Ayoub couldn't be more different. Read their stories starting page 32.

The new big annual international culinary event emerging in between Salon Culinaire and La Cuisine by SIAL is the East Coast competition. In just its third edition, it has grown from a local culinary event into an event where teams from other countries will be participating. This is the big event many young chefs are preparing for right now and if you haven't already registered, now is the time. The full list of classes and rules are listed in this issue. Ashraf Helmy and KAC Prasad of Miramar speak to us at length about the hard work that's going in to preparing for such a large event. Both interviews begin from page 16.

The UFS Sustainable Kitchens



section this month takes us to the biggest organic farm in this country you'll ever see in the backyard of a hotel. Chef Nicolas Smalberger from the JA Jebel Ali Golf Resort tells us all about the exciting project that is set to become even bigger soon.

This issue has a lot of professional recipes including the innovative dishes for the ongoing Nestle Professional Golden Chef's Hat competition and the step-by-step process of making a gourmet dessert showcased in pictures thanks to Pastry Chef Martua Sakti of the Kempinski Mall of the Emirates Hotel.

As always, please send us your emails as we love receiving your feedback.

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

**Aquin George**  
Editor

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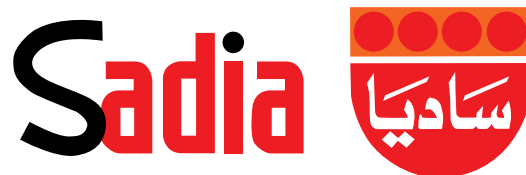
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May 2014 Gulf Gourmet

# friends of the guild



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Department of Tourism and Commerce Marketing







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Honoring the artisanal legacy of the first European immigrant settlers, American cheese makers perfected the art of cheese making and developed a variety of American Original premium cheeses such as monterey jack, colby and cream cheese.

# Enhance your culinary creations... with cheese from the United States



**Cream Cheese: Crafted in the United States, captivating chefs around the world**



"Spiced cream cheese is unbeatable when combined with the natural fat of salmon, the bitterness of arugula and the crispiness of rice paper. The spices and smoked flavors carry our minds to the Orient without ever leaving home."

—Chef Carlos Delos Mozos, Executive Chef,  
Crowne Plaza Dubai, Sheikh Zayed Road

## Oriental-Spiced U.S. Cream Cheese and Salmon Spring Rolls

### Ingredients:

150 g U.S. cream cheese  
½ teaspoon oriental five spice mix  
½ teaspoon tahini (or sesame oil)  
½ tablespoon fresh cilantro, chopped  
Lemon juice, to taste  
Rice paper  
Smoked salmon  
Arugula (rocket)  
Sesame seeds, caramelized  
Salmon roe and dill leaves, as garnish

### Procedure:

Combine U.S. cream cheese with oriental five spice mix, tahini, cilantro and lemon juice and chill for 30 minutes. Soak rice paper in cold water until softened and dry with towel. Spread cheese mixture on each sheet of rice paper, then top with smoked salmon, arugula, sesame seeds, and roll. Refrigerate until 20 minutes before serving, and slice in half. Garnish with salmon roe and dill leaves.

U.S. cheese is already available in your market, check today with your local importer/distributor or contact USDEC for a list of local suppliers:

**USDEC Middle East (AMFI) • Beirut, Lebanon • Email: [amfime@cyberia.net.lb](mailto:amfime@cyberia.net.lb) • Phone: (961-1) 74378, 741223**

The U.S. Dairy Export Council (USDEC) is a free resource to help you find additional information on U.S. cheese applications and distribution channels. We are a non-profit, independent membership organization that represents the global trade interests of U.S. dairy producers, proprietary processors and cooperatives, ingredient suppliers and export traders.



## newsbites

### You can donate or redeem this Ramadan

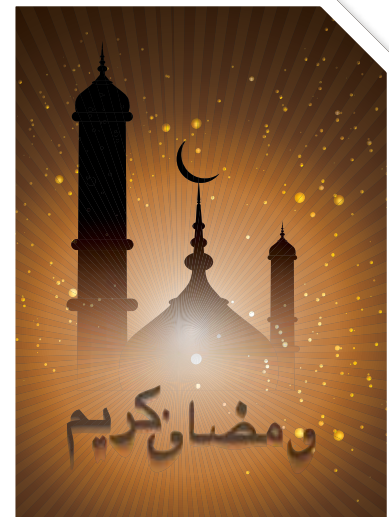
To celebrate Ramadan, and in the spirit of giving, Unilever Food Solutions, the dedicated foodservice business of Unilever, is offering its customers a special promotion. Throughout the Holy Month, UFS will offer every customer who makes a purchase a chance to donate AED 5 to charity – The Red Crescent – or AED 5 cash back.

"This year we decided to mark this important month with a unique promotion, and to create an opportunity for our customers to either give back during this time or boost their business," says Lucas

Dollfuss, Head of Channel Marketing – Middle East, Pakistan & Sri Lanka.

For more details, customers may simply visit the UFS website: [www.unileverfoodsolutions.com](http://www.unileverfoodsolutions.com) and contact a sales representative. "Our sales representatives can provide every customer with all the information they need to take advantage of this special promotion," says Dollfuss.

This special offer is Unilever Food Solutions' way of saying thank you and wishing all its customers Ramadan Kareem.



### Artisan bakery Eric Kayser relaunched

Eric Kayser, the famous Parisian café and boulangerie that has been producing gourmet bread since 1996, has announced the re-launch of its UAE franchise. Leading F&B conglomerate, Think Food Company has taken over the management of the renowned brand, marked by an extensive refurbishment process of the Dubai Mall store and plans for further UAE openings. The refreshed venue allows you to explore a variety of freshly baked breads and other French delicacies.



Founder Eric Kayser is a fourth generation French Boulanger who tirelessly travelled the globe to bring bread into the world of fine dining. Passing on the tradition of French know-how and calling for bread with character and taste, Kayser has managed to attract today's luxury diners to relish in an array of delightful recipes, including sour dough, rye and olive bread specialities. All items are prepared from scratch on a daily basis, with a commitment to the finest ingredients and baking techniques.



### Bagels from NY anyone?

FOR ECA Trade has partnered with Just Bagels to import and distribute its products in UAE.

Just Bagels Manufacturing, Inc is a privately owned baking company headquartered in the Bronx New York, USA. The company produces frozen bagels in a traditional manner using 100% natural ingredients. The bagels contain no oils, fat, cholesterol, preservatives or artificial colors and flavours.

The products available in UAE include plain bagels (4 oz), sesame bagels (4 oz), onion bagels (4 oz), whole wheat bagels (4 oz) and Asiago cheese bagels (4 oz). To know more, you can call them toll free on 8003210.





# GREEN BOX COMPETITION

## TASTE OF IRELAND

On behalf of the organisers of Taste of Ireland Green Box 2013 competition we would like to acknowledge the help and support of the Emirates Culinary Guild and to congratulate all 12 finalists and this year's winner

## Madinat Jumeirah Hotels

Winners of the Taste of Ireland Green Box Competition will visit Ireland for four days, all expenses paid, to experience first-hand what makes food from Ireland taste so special.

### Category winners

<b>Table Setting and decoration</b>	Movenpick Hotel Ibn Battuta Gate
<b>Best starter</b>	Atlantis The Palm Dubai
<b>Best soup</b>	Madinat Jumeirah Hotels
<b>Best Main Course</b>	Madinat Jumeirah Hotels
<b>Best dessert</b>	Burj Al Arab
<b>2nd Runner-up</b>	Burj Al Arab
<b>1st Runner-up</b>	Atlantis The Palm Dubai

### Finalists

Al Maha Luxury Collection Desert Resort & Spa  
Atlantis The Palm, Dubai  
Bonnington Jumeirah Lakes Tower  
Burj Al Arab  
Fairmont Dubai  
Jumeirah Beach Hotel  
Jumeirah Emirates Towers  
Jumeirah Zabeel Saray  
Madinat Jumeirah Hotels  
Movenpick Hotel Ibn Battuta Gate Dubai  
The Emirates Academy of Hospitality Management  
Shangri-la Hotel Dubai

## Bidvest expands in to Oman & Bahrain



Bidvest Middle East has set up operation in both Oman and Bahrain with the objective to increase the footprints of their food service distribution activity. This milestone will enhance its Gulf presence with its current existence in UAE under 'Horeca Trade', and in KSA under 'Diyafa', and now with 'Horeca' in Oman and Bahrain. The move will provide added advantage to its strategic suppliers and regional customers.

With this expansion Bidvest has marked its presence in United Arab Emirates, Saudi Arabia, Turkey, Oman and Bahrain, capitalizing on opportunities to move into markets that are adjacent to where we operate like UAE, a door to Oman, and Saudi a door to Bahrain.

## HMH gives Coral a 'digital makeover'

HMH – Hospitality Management Holdings, unveiled at the Arabian Travel Market, their new corporate identity for Coral Hotels & Resorts. Talking about the need to do so, Laurent A. Voivenel, CEO, HMH, says, "We operate in a highly digitalised world that necessitated the brand overhaul of Coral Hotels & Resorts because of the challenges and opportunities we see as we expand.

"Given the fact that it has been 10 years in operation, we felt it was time to stop and ask ourselves if we have what takes to succeed in the new world that is run by technology."

The new slogan for Coral Hotels & Resorts – 'You are unique for us' – places the



customers at the very heart of the brand. Laurent stressed, "What we cannot overlook is that marketing is very much a sentiment led business. You have to tug at the consumer's hearts to capture their minds.

Great marketing has a balance of both – the art of creativity & inspiration and, the discipline & rigour of science. Consumers want to be understood and listened to rather than the other way round."

To be featured in this section, email your Chef-related news or information relevant to those working in a professional kitchen to [editor@gulfgourmet.net](mailto:editor@gulfgourmet.net)

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# THE EAST COAST BECKONS TOP INTERNATIONAL CHEFS

**Ashraf Helmy**, General Manager, Miramar Al Aqah Beach Resort is gearing up to put on a bigger and better culinary show compared to the previous edition. We speak to him about it

**We're still coming to terms with last year's successful showcase at the East Coast Culinary Competition...**

Last year's competition for me was undoubtedly a great success; more participants, supportive sponsors, high levels of competition. Still cannot believe it began just three years ago when I asked our Executive Chef KAC Prasad to organise an internal competition for our junior kitchen team. Soon we involved the hotels around us. Now we are talking bigger teams and even going international.

**What's going to be the big difference this year?**

It is after all our first international event after two successful events limited to the east coast. None of us thought we could reach this level this fast. It's a humbling challenge in front of us and with my team as well as support from the industry we will put up a great show.

**Doesn't the additional burden of hosting such a fast growing event feel overwhelming?**

On the contrary, I take pride in the fact that we are hosting such a prestigious event in our hotel. I am very thankful to my team, especially the kitchen team headed by Chef Prasad who is taking every effort to ensure we maintain the highest standards. I believe what we have started here will go on forever and one day will attract huge teams from all over the world.

**How will you manage hundreds of chefs**



None of us thought we could reach this level this fast. It's a humbling challenge in front of us and with my team as well as support from the industry we will put up a great show

**competing in your property?**

Our facilities are capable of accommodating the numbers participating and more. We have built a huge new

ballroom called Farha, which means 'happiness'. This room will be used during the competition. Also our hotel is the biggest hotel on the East Coast, so we have no issue with the number of participants.

**Who are the special invitees from your end?**

We are inviting all the heads of the Fujairah Government as well as the GMs of all the hotels in the area. Also we are inviting the heads of the Fujairah Tourism Office.

**Could you tell us a bit more regarding Miramar's involvement in the event?**

I have always told my chef one thing. Don't worry about the logistics. Miramar will do everything in its capacity to make this event successful. Be it supporting with food & beverage, accommodation, logistics, or more. Don't forget the amount of time my team has been putting in as part of their routine jobs over these past four months.

**Talking about your team, how has their reaction been to this event?**

I believe I have a great team that is as passionate as I am (if not more) with this industry. They are very responsible, ambitious and for them dreaming is an action plan.

**Are you happy with the size of this year's event and will you prefer it to remain the same in the coming years?**

Absolutely not. Hopefully the event should get bigger and be more in demand. I am sure one day me and my team will say "Remember, we started it!"



# 'EXPECT A HIGH-CLASS SHOW THIS YEAR'

KAC Prasad, Executive Chef at Miramar Al Aqah Beach Resort and Vice President – East Coast for the Emirates Culinary Guild, takes us through what to expect at this year's East Coast Culinary Competition

## Is it true that you doubled the participation at the East Coast Culinary Competition last year?

That's true. Compared to five hotels in our 1st East Coast Competition in 2012, we had 10 hotels with 130+ participants in 2013. We increased the classes to 11 including three live cooking classes. Our 1st competition only had one live cooking class seven other classes. We even supported our F&B service colleagues to become a part of it as they have very limited opportunities for such events.

Last year we have away 26 gold, 37 silver, 62 bronze medals, certificates and 31 merit certificates for the winners. We had more than 45 marshals who are Executive Chefs and senior chefs from all around UAE plus World Association of Chefs Societies Continental Director Chef Thomas Gugler as our chief judge. We had 10 WACS certified judges from around the UAE. We offered breakfast and lunch for 250 VIPs and senior chefs as well as a cocktail function during the award ceremony.

We had major ECG sponsors as well as other initiated vendors supporting us and in return we gave them the exposure they deserve from running their product video on our mega screens, gold sponsor logos on the chef jackets, all sponsors logos on the banners, trophies with their respective company logos for category winners and the facility to display their products in the arena.

## What's the big difference this year?

It's going to be the 1st ever international culinary event in this region. We have



My team is behind me and is supporting every aspect of this event

increased this year's classes into 14 categories with 04 live cooking events. We are expecting over 100 Executive Chefs and senior chefs to visit and support the event with 1000+ public visitors to this event similar to last year.

Expected hotel numbers are 30-50 around in UAE and over 20 media companies covering the event. So far the enthusiasms from the participants are very high and some of the classes have closed within weeks of being open for submissions. Expect a high-class show this year.

## How many participants are you expecting this year? Where are the additional chefs coming from?

We are expecting 350-400 participants for the 14 categories. And these will be participants from across UAE. We have had good response from Abu Dhabi, RAK and Dubai of course, apart from that four international teams are expected to arrive from Sri Lanka, Saudi Arabia, Oman and Slovenia.

## How many new classes this year? What are these new classes?

We have 04 additional classes including 01 live cooking comparing over last year. The additional classes are, Friandises/

Petit Four/ Pralines & Nougatines, Three tier wedding cake, live cake practical & tapas finger food & canapés.

## Who's judging this time around?

We have 03 international judges, Master Chef Jozef Oseli from Slovenia, skill development and award-winning Artist Chef Dimuthu Kumarasinghe and along with continental director of WACS Chef Thomas Gugler as chief judge. There will be 14-16 judges from UAE who are all WACS certified & recognized by the world body.

## How are you preparing to accommodate the additional crowd that is coming in?

In addition to our newly built Al Farah ballroom with the 500 pax capacity, we have sponsored a huge tent for the beef live cooking which will also be used for supplier products to be displayed.

## Who are the supporters of this year's competition?

We have great support as always from reputed suppliers. That apart I have to specially mention the support and encouragement that we received from ECG President Chef Uwe Micheel, Chairman Andy Cuthbert, General Secretary Alen Thong and the ever hard working Josephine Cuthbert and the team. My hotel Miramar and our GM Ashraf Helmy is a major driver with sponsorship and by giving added support through facilities, ideas, trust and freedom to do this. My team is behind me and is supporting every aspect of this event. Our F&B team, the management team, the East Coast chefs, media, our marketing complete the list.



# 14

We are expecting  
350-400 participants  
for the 14 categories

**Are there spaces available for competitors to apply? When is the last date?**

We had send the entries to hotels and restaurants all over the UAE through the Guild. We also published our entries, rules & regulations and all necessary documents on our ECG website. We even published the rules and regulations in the April issue of this magazine.

The last date for submission of entries is May 10 but we may extend the date by a few weeks to accommodate the overwhelming response.

**Your GM says that this event began as a conversation...**

To be honest this concept is a dialogue that began with my GM three years ago. It's his trust in me and my team that has allowed us to grow this fast without hiccups. I have been working for Miramar for seven years since its opening. The hotel and GM have supported me whole-heartedly to do what I want to do with great sense of trust and freedom. As Vice President - East Coast for ECG it's my responsibility to make sure that the talent within the East Coast culinary world be high and motivated.

This year's Gulfood we had over 100 participants from the East Coast and we won many medals. This was one of our ultimate tasks to be achieved and we reached there and for sure it'll increase more. Today we have strong culinary competitors in this region that can compete anywhere in the world.



May 2014 Gulf Gourmet

brought to you by



# Rathod and Rahman for Radisson

The boys from Radisson Blu Hotel Dubai Deira Creek that are vying to up the ante close on the heels of the spectacular performance by the youngsters from Madinat Jumeirah. Rahil Rathod and Faizur Rahman are this month's competitors for the Nestle Professional Golden Chef's Hat competition



Rahil Rathod



Faizur Rahman

**B**oth in their twenties and with a competitive streak that's ongoing, they have managed to showcase a great way of using the ingredients that were provided as well as adding Nestle some touches above and beyond the requirements.

## Rahil Rathod

If you meet this Commis I working in

the main hot kitchen of the Radisson Blu in Deira, you'll see a well-mannered youngster who has his heart set on progressing in his career. However, those who have known of him for these past couple of years know him as the youngster who's made a culinary mark amongst young chefs.

He is the winner of the Hans Bueschens

World Junior Chefs challenge semi-finals held last year in Namibia. What this means is that he will be competing against 6 other junior chefs from around the world at the WACS Congress in Norway this year for the ultimate junior chef title on the planet.

Last year he even won the coveted BurJuman Junior Chef award and



has been featured on the cover of this magazine for winning two of the biggest Junior competitions in the region back to back.

The lad who hails from Gujarat in India and completed his culinary education at a coveted institute in Goa is pretty excited with his dish for this contest. "Lamb goes well with Nestle products," is what he says when asked to describe his dish. "I've prepared lamb in four ways to make maximum use of the products given. One of these is the lamb smoked with Nescafe coffee; which is basically me experimenting as usual and coming out tops with this one. And yes, I have used more Nestle products than was provided in the list," he says with a smile.

At 23 years of age, he's already defining his future career with exceptional performance.

### Faizur Rahman

It's been well over a year since this lad from Delhi landed in Dubai to join a group of exemplary pastry chefs at the Radisson Blu Deira. The team is coincidentally headed by the person featured on the cover of this issue. The 26-year-old Commis I has been five years in the industry spending a majority of it working across five-star properties in Indian metros.

Raised in a village in Bihar in India, Chef Faizur is the youngest of four siblings and found out about the industry

through his eldest brother who works in Dubai as a restaurant manager. "My brother was the one who advised me to become a chef," he says.

He has competition experience in the UAE and in India and has won a few medals over the years. The aspiring Pastry chef loves all things chocolate and even better if it's something to do with cakes

Talking about his dish for the contest he says, "I used all the ingredients provided plus some more from Nestle for added flavour. The focus was on simplicity because I did not want to modify a well-made product. Instead we tried to make the dessert the natural way and give it a unique twist."



**Nescafe Gold smoked Lamb fillet, roasted lamb rack. Braised Lamb cheeks and curried lamb sweet bread croquettes, coconut mash potatoes and cranberry lamb jus with tomato salsa**

**INGREDIENTS**

**NESCAFE GOLD SMOKED LAMB FILLET**

Lamb fillet	60 g
Nescafe Gold	8 g
Wooden chips	8 g
Dijon mustard	3 g
Chopped English parsley	5 g
Chopped thyme	2 g
Chopped Rosemary	2 g
Salt and pepper	to taste
Ziplock bag	1 no.
Smoking gun	1 no.

**ROASTED LAMB RACK**

Lamb rack (trimmed)	80 g
Salt and pepper	to taste
Olive oil	10g
Thyme	3 g

**SALT CRUST TURNIP**

Turnip (Medium sized)	1 no
Flour	100g
Salt	30 g
Water	70 ml
Clarified Butter	20 g

**HONEY GLAZED PUMPKIN**

Pumpkin	20g
Honey	10g
Butter	8g
Salt Pepper	To taste

**SAUTÉED VEGETABLES**

Baby carrots	10g
Asparagus	10g
Edamame beans	5g
Clarified Butter	10g
Salt and pepper	To taste

**MAGGI COCONUT MASH POTATO**

MAGGI® Coconut Powder	20g
MAGGI® Mashed Potato	60g
Nestle sterilized cream	3tbsp
Milk	180 ml
Chives	20 g
Salt and pepper	To taste

**CHEF DEMI GLACE BRAISED LAMB CHEEKS**

Lamb cheeks	1 no
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Carrots	10 g
Celery	10 g
Leeks	10 g
Onion	5 g
Garlic	5 g
Bayleaf	1 no
Black peppercorn	5 no
Chef® Demi Glace (prepared)	150 ml
Salt and pepper	To taste

**MAGGI CURRIED LAMB SWEETBREAD CROQUETTES**

Lamb Sweet bread	20 g
MAGGI® Curry mix powder	1 tsp
Sweet potato	10 g
Salt and Pepper	To taste
Bread crumbs	5 g
Egg yolk	1 no.
Flour	5 g
MAGGI® Chicken Stock	10 g
Chopped Onion	2 g
Garlic and ginger paste	2 g
Yellow cheddar	5g
Canola oil	5 ml

**TOMATO SALSA**

Tomatoes, diced	50 g
Nestle tomato coulis	20 g
Shallot chopped	3 g
Red chilli chopped	3 g
Coriander chopped	2 g
Lemon juice	2 ml
Olive oil	10 ml
Tobasco	3 drops
Seasoning	to taste

**CRANBERRY JUS**

Reserved jus from Braised cheeks	50 ml
Cranberry crush	8 g
Fresh herbs	5 g
Butter	5g

Salt and pepper	to taste
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**METHOD**

- ◆ Season the lamb fillet with salt, pepper and rosemary. Panfry it till medium. Make a mixture of wooden chips and Nescafe gold put it in a smoking gun. Put the lamb fillet in a zip lock bag and impart smoke inside it with a hose and lock it for five minutes. After five minutes take out the fillet and apply Dijon mustard and coat it with chopped parsley and thyme. Cut it into thick slices.
- ◆ Season the lamb rack with salt, crushed pepper and thyme. Sear the meat in olive oil and then roast it in the oven for about seven minutes at 180 degree Celsius.
- ◆ Make dough out of flour, water and salt. Roll it and encase a turnip into it. Bake it in the oven at 170 degree Celsius for 25 minutes. After baking it, break the cover and take out the baked turnip and cut it into a triangle and sear it on both sides with clarified butter. Season it well.
- ◆ Cut the pumpkin into cubes, blanch it in seasoned water. Glaze it with honey and butter glaze and season it.
- ◆ Blanch all the vegetables in seasoned water. Sauté it in clarified butter and season it.
- ◆ Mix coconut powder with sterilized cream and milk, bring to a boil and turn the heat off. Then whisk in mashed potato powder until thick and creamy. Add butter, season with salt and pepper.
- ◆ Season lamb cheeks and sear it in a pressure cooker. Sauté carrot, celery, leeks, onion, garlic, bay leaf and black

peppercorn with olive oil. Add the cheeks and demi glace (prepared). Cover the lid and cook it in a pressure cooker for 25 minutes. Remove lid after the pressure is down and then strain half of the juice as it will be used as sauce.

- ♦ Peel the sweet potato, boil it till tender and cut it into small cubes. Clean sweet bread and remove the membrane, cut it into small cubes and marinate it with curry mix powder, chicken stock and ginger garlic paste. Heat canola oil in a pan, sauté onion and add in the marinated sweetbread and boiled sweet potato. Mix it well. Make round balls and coat it with flour and egg yolk, crumb fry it.
- ♦ Combine all ingredients with tomato coulis, season with salt and pepper; gently warm the salsa in a small sauce pan.

## Summer Chocolate Delight - Docello mango crème brûlée, Kit Kat chocolate mousse, blueberry panna cotta, almond crumble, berries compote and aero chocolate tulle

### INGREDIENTS

#### DOCELLO MANGO CRÈME BRÛLÉE

Docello® Crème Brûlée	50gms
Milk	200ml
Cream	100ml
Mango puree	100ml

#### MANGO GLAZE

Mango puree	300g
Glucose	200g
Sugar	70 gm
Pectin NH	6g
Gelatin	20 g

#### DOCELLO KIT KAT CHOCOLATE MOUSSE

Docello® Chocolate Mousse	50gms
Milk	10ml
Kit Kat® Mix In	5gms

#### BLUEBERRY PANNA COTTA

Docello® Panna Cotta	60gms
Milk low-fat	200ml
Nestle sterilised cream	200 ml
Blueberry filling	15gms

#### CHOCOLATE SPRAY

Dark chocolate	100gms
Cocoa butter	200gms

#### ALMOND CRUMBLE

Almond powder	100gms
Sugar	100gms
Butter	100gms
Flour	100gms

#### FRESH BERRIES COMPOTE

Fresh mixed berries	50gms
Raspberry puree	5ml
Strawberry puree	5ml
Vanilla bean	as per taste
Brown sugar	4gms

#### NESTLE AERO CHOCOLATE TULLIE

Glucose	20gms
White fondant	30gms
Nestle Aero chocolate	20gms

### METHOD

- ♦ Bring to boil a mix of milk and cream, remove from heat. Add the crème brûlée powder, mango puree and stir well. Bring it back to a boil and set in a round mould. Glaze it with mango glaze.
- ♦ Mix mango puree and glucose, bring to a boil then add pectin and sugar. Stir it well and keep on cooking till you get a thick consistency and add Gelatin.
- ♦ Put the cold milk in a deep bowl. Mix chocolate mousse powder with the milk using a whip until a homogenous mixture

has been obtained. Whip with the help of a mixer for 2 minutes at low speed and 5 minutes at high speed, mix it with Kit Kat. Pour it into a square mould and cool it until it sets. Demould it and spray it with chocolate spray.

- ♦ Boil milk and Nestle sterilised cream, remove from heat add panna cotta powder, blueberry fillings and mix it with a hand whip, then bring it back to a boil. Fill in the tube mould. Refrigerate it till it cools down.
- ♦ Melt the ingredients on a double boiler. Put it in a chocolate spray machine and spray it on the chocolate mousse.
- ♦ Mix all the ingredients together and bake it till golden brown.
- ♦ Mix the purees together along with vanilla bean and brown sugar, bring it to a boil. Cool the mixture down and add in the mixed berries.
- ♦ Bring glucose and white fondant to caramelize and add melted Aero chocolate. Spread it on a silicon mat. Let it set and cool till the above mixture becomes hard. Blend it in a thermo mix. Make a powder out of it and strain it a fine strainer. Put it on a baking paper or on a silicon mat and bake it in the oven for about eight minutes or till it becomes golden brown.



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# REVELLING IN RED

Pastry Chef **Martua Sakti** of the Kempinski Mall of the Emirates hotel tells us about his journey across some of the region's top hotels and shares with our young chefs a special pastry recipe

**C**hef Martua, who is originally from Sumatra in Indonesia, grew up in a small town where his parents owned a small catering business that was run from home. He credits his mom for making him love this business and giving him the passion and motivation to become a chef. "I used to help my mom with cooking every day after school. I really enjoyed this time, she taught me so much about cooking and I was really proud that I could help my mom," he says, explaining his first tryst with cooking.

After graduation from high school, while he wasn't sure what to study next, his parents advised him to follow his dream. "I saw a flyer for a Hotelier School, I applied and was selected to join the Culinary Section (Food Production)," he says. So he studied and started in the hot kitchen and later on developed the skills and knowledge for pastry.

He started off doing a six-month job training in the main kitchen of a five-star resort in Malaysia. He spent most of the time working in the pastry kitchen and when he finished the training he received an offer to work in a five-star hotel in Jakarta (Indonesia) in the pastry kitchen as the commis helper. "I joined the team and learned a lot about pastry and realised that this is my field, I just knew I needed to continue to become a Pastry Chef," he says.

He was promoted to Pastry Commis I



after three years and thereafter had the opportunity to work in Riyadh, Saudi Arabia as Pastry Demi Chef de Partie.

What he calls fortune (and some others may call hard work) did help him grow in his career. He says of his culinary journey, "My Executive Pastry Chef from Jakarta invited me to join him in Dubai at the Burj Al Arab as Pastry Chef de Partie where I worked for three years. Thereafter I moved to Muscat, Oman as a Pastry Junior Sous Chef; but I really missed UAE, so I decided to move back and joined the pre-opening team of Emirates Palace in Abu Dhabi as Assistant Pastry Chef and was promoted to Pastry Chef four years later."

After four years with Emirates Palace,

he received an opportunity in Dubai to join a pre-opening team as an Executive Pastry Chef for Amwaj Rotana Jumeirah Beach Residence. "I was looking for more challenges and to further increase my experience and therefore moved to Doha, Qatar and joined Marriott Renaissance Hotel City Center as their Executive Pastry Chef for its pre-opening."

Dubai once again beckoned and he joined Kempinski Hotel Mall of the Emirates in 2012. Talking of his current stint he says, "Kempinski gives me the freedom to be creative and be innovative in my field, so I feel it is the right place to develop my career. There are a lot of exciting challenges and thinking out of the box is the most enjoyable part of my job. The team is phenomenal and we have a yearly competition called Kempinski Dessert of the Year, which is organised for all Kempinski Pastry Chefs around the world, which I love to take part in."

Ask him if there's an aspect of pastry creation that he loves and he replies, "I actually love all aspects of pastry and I do everything from scratch; producing cakes, finishing, decorating, sugar works, chocolate works, bread baking, special amenities, etc. Most of the time you will find me with my team in the kitchen working together with them. I really enjoy to teach my young pastry chefs and show them the right way of pastry-making as well as motivating them in their daily work. I love my hands to be



dirty and sticky from the pastries."

For our magazine he created a Raspberry Mariage; a combination of raspberry and cassis with mariage chocolate and dulce de leche. "This is a combination that will leave you asking for more," he says with confidence, adding, "I am really proud to create and present this dessert and hope other pastry chefs can enjoy re-creating this dish."

Talking about the Fonterra products he used in the making, he says, "I use Anchor Butter and Cream in my pastry everyday. The butter is very smooth while beating and the cream has a solid texture while whipping. This is something that is very important for us. I am really familiar and satisfied with Anchor, they are a cooperative supplier and make everything easy and their products give a great final result for my pastry products."

His advice to becoming a successful pastry chef is to have a sense of caring for one's work; he or she should be meticulous and skillfull, but equally, should develop a very fine sense of aesthetics. In addition, a creative spirit is equally important.

In the long run says he would like to move back to Indonesia and open his own pastry and chocolate shop; a family business just like my parents had when he grew up. In addition he would like to be a teacher at the hotel school from where he graduated.

## RASPBERRY MARIAGE



## SUGAR PLATE



**Step 1: Pour the sugar**



**Step 2: Spread the sugar**



**Step 3: Mold the sugar**

### INGREDIENTS

Isomalt Sugar	2kg
Red Liquid Coloring	3 drops
Yellow Liquid Coloring	3 drops
Green Liquid Coloring	3 drops

### METHOD

- ◆ Boil the Isomalt sugar in a sauce pan until completely melted
- ◆ Sprinkle the red, yellow and green coloring on to baking paper
- ◆ Pour the sugar on top of the coloring, and let them run through the paper until the sugar mix with the coloring
- ◆ Spread out the liquid sugar with wooden spatula

- ◆ Let the sugar become half set and mould it with the flower plate shaped
- ◆ Spray the sugar with sugar glance spray

## RASPBERRY PATE DE FRUIT



**Step 1: Spread the jelly**



### Step 2: Cut the jelly

#### INGREDIENTS

Raspberry Purée	1kg
Sugar	1.25kg
Liquid Glucose	300gr
Pectin	25gr
Citric Acid	12gr

#### METHOD

- ◆ Boil the raspberry purée with sugar and liquid glucose
- ◆ Add the pectin with a bit of sugar and citric acid
- ◆ Boil the mixture again with for another 30 minute or until simmering
- ◆ Check the mixture with thermometer until it reach 117 degrees celcius to become like a jelly
- ◆ Remove from the fire and spread the mixture on to silpat
- ◆ Let it set and cut the jelly with round cutter

## RASPBERRY CASSIS BISCUIT



### Step 1: Bake the mixture



### Step 2: Cut the biscuit

#### INGREDIENTS

Raspberry Purée	200gr
Cassis Purée	200gr
Anchor Butter	220gr
Egg Yolk	200gr
Egg White	400gr
Sugar	220gr
Flour	120gr
Xanthan Gum	4gr

#### METHOD

- ◆ Heat the cassis purée for 60 degree celcius
- ◆ Add the melted Anchor butter and egg yolk to the purée
- ◆ Make the meringue by mixing the egg white and sugar until fluffy
- ◆ Combine the mixture with the meringue slowly
- ◆ Pour the flour mixed with xanthan gum
- ◆ Put in baking pan and bake it 180 degree celcius for 20 minutes
- ◆ When it baked cut the biscuit with the round cutter

## MARIAGE MOUSSE



### Step 1: Mariage mousse



### Step 2: Dulcey ganache



### Step 3: Raspberry cassis cream



### Step 4: Mariage chocolate balls

#### MARIAGE MOUSSE - INGREDIENTS

Milk Chocolate 40%	1kg
Dulcey Chocolate 32%	250gr
Egg Yolk	300gr
Sugar	150gr
Anchor Fresh Cream	150gr
Anchor Whipping Cream	1kg
Gelatin	35gr

#### METHOD

- ◆ Melt the milk chocolate and dulcey chocolate
- ◆ Whisk the egg yolk with sugar on the double boiler (sabayon)
- ◆ Add the warm Anchor fresh cream to the sabayon and continue whisk until the mixture thick consistency
- ◆ Add the melted chocolates to the mixture together

- ♦ Combine with Anchor whipping cream and melted gelatin

### DULCEY GANACHE - INGREDIENTS

Condensed Milk	1kg
Anchor Butter	100gr
Anchor Cream	150gr
Gelatin	20gr

### METHOD

- ♦ Boil the condense milk with the tin for 6 hours
- ♦ Mix the dulcey with melted Anchor butter and warm Anchor cream
- ♦ Add and mix with gelatin

### RASPBERRY CASSIS CREAM -

#### INGREDIENTS

Raspberry Purée	200gr
Cassis Purée	800gr
Egg yolk	300gr
Eggs	375gr
Sugar	300gr
Gelatin	7gr
Anchor Cream	350gr
Anchor Butter	300gr

### METHOD

- ♦ Mix the egg yolk, egg with sugar with double boiler (sabayon)
- ♦ Add the raspberry and cassis purée to the sabayon
- ♦ Add the melted Anchor butter
- ♦ Combine with semi whip of Anchor cream and melted gelatin

### RED GLAZE



#### Step 1: Red Glaze

#### INGREDIENTS

Water	214gr
Sugar	428gr
Liquid Glucose	428gr
Condense Milk	286gr
White Chocolate	428gr
Gelatin	36gr

Water	180gr
Red Liquid Colo	238gr

### METHOD

- ♦ In sauce pan combine water, sugar, liquid glucose and boil 103 degree celcius
- ♦ Add slowly gelatin, mix and the condense milk
- ♦ Add the white chocolate, water and red food coloring
- ♦ Remove from the heat, mix with hand blender and sieve it

### ALMOND YOGHURT STREUSEL



#### Step 1: Almond yoghurt streusel

#### INGREDIENTS

Anchor Butter	75gr
Sugar	100gr
Flour	100gr
Almond Powder	100gr
Almond Flakes	80gr
Yoghurt Powder	4tsp

### METHOD

- ♦ Mix all the ingredients and spread it in baking tray
- ♦ Bake it at 170 degree celcius for 15 minutes

### SPUN SUGAR BALL



#### Step 1: Molding the sugar

### INGREDIENTS

Isomalt Sugar	500 Gr
Red Liquid Color	3 Drops

### METHOD

- ♦ Boil the Isomat sugar with red color until completely melt
- ♦ Sprinkle the sugar with the fork on to silpat until the sugar become light cotton
- ♦ Mold the sugar by hand become ball shaped

### RASPBERRY FROZEN SPONGE



#### Step 1: Spraying the frozen sponge with Red Velvet Spray

#### INGREDIENTS

Gelatin	9gr
Raspberry Purée	325gr
Water	75gr
Sugar	75gr
Xanthan Gum	1tsp

### METHOD

- ♦ In sauce pan boil raspberry purée, water and sugar
- ♦ Add the melted gelatin and xanthan gum
- ♦ Pour it in to half insert and refrigerate in freezer for 1 hour until the mixtures become light frozen
- ♦ Whip them on the mixing machine until the mixtures become fluffy
- ♦ Keep it back in freezer and cut it cube size while semi frozen



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## EARTHY GARDEN OF EDEN

What started out as one chef's passion for the planet years ago ended up becoming an inspiring example of sustainability. Bursting with chemical-free vegetables and herbs, JA Jebel Ali Golf Resort's organic garden is turning competitors green with envy. Here's why...

Seven years ago, a nature-loving chef took a handful of seeds to an unused patch of land at a popular resort in Dubai. While planting the seeds, the thought that he might be making history didn't even cross his mind. Those seeds were the roots of a one-of-a-kind-in-Dubai organic garden that is fast becoming JA Jebel Ali Golf Resort's calling card across the food industry.

From herbs to vegetables, there's much being produced chemical-free in this garden, which started out as a 50 square metre space and now spans more than 1,000 square metres. "One chef took it up as a hobby. He planted some seeds and the garden evolved over time to what it is today," says Nicolas Smalberger, Cluster Executive Chef at JA Resorts.

Besides ruling the kitchens of the resort, the South Africa-born chef



One chef took it up as a hobby. He planted some seeds and the garden evolved over time to what it is today

ensures his team keeps the garden lush with agricultural produce. "We grow herbs such as rosemary, thyme, chive, basil and vegetables such as cherry tomatoes, capsicum and spring onions there. Recently, we also started doing some microgreens that are quite delicate and fragile."

You'd think that such an elaborate garden would cost the resort a pretty packet to keep going. But the brains behind the operations have found a way to make it self-sustainable. Waste oil from the kitchens of JA Jebel Ali's restaurants is sent to a company that turns it into diesel. Proceeds from the sale of this diesel are used to pay the wages of the employee who looks after the garden full time.

Maximising the returns on the inputs into the garden has been JA Jebel Ali's aim from the very beginning. To this end, the resort introduced aquaponics, a system of fish feeding the plants and the plants feeding the fish. "Through Aquaponics, our garden uses 90 percent less water than conventional gardens. Also, you don't need any soil. We have quite a big aquaponics system set up in the garden," says Chef Nicolas.

He credits Mark Brettworth, a former general manager of what was then Jebel









Ali Golf Resorts and Spa, with taking the initiative to promote this garden.

Chef Nicolas admits that this garden is very different from the others he has ever been involved in. "Everything in this garden is environment-friendly. The only thing that is not biodegradable here is the netting. At the greenhouse, we use recycled material and biodegradable products."

The returns are impressive. Produce from the garden shaves off a few thousand dirhams from the resort's food bill every month. It's also a conversation starter among guests and gives them memories of more than just a stay at the resort. "We have many customers who keep returning. Sometimes, they have children and we take them to the garden and let them plant seeds there. Six months later, when they return, they get to see their plants with their names in little placards under. That's how we even involve our guests in the exercise."

The garden has been receiving awards consistently for its unique ability to produce and sustain quality vegetables. At a recent competition, one of the winning dishes was an amuse-bouche that used 10 kilos of basil grown in the organic garden.

## LEADING THE PLANTER PACK

Born and brought up in Cape Town in South Africa, chef Nicolas was just 15 years old when he began his culinary career with a part-time job at a pizzeria. Hard times had forced him to the streets.

"The job was for my own sustainability," he laughs.

A good Samaritan took chef Nicolas under his wings, providing shelter and education in return for employment in a restaurant. "He paid for my studies for three years. I worked with him for four years, one year just to say thank you."

There was no looking back. Having worked for close to two decades in the culinary industry, chef Nicolas has organised lunches and dinners for the likes of Oprah Winfrey, Princess Caroline of Monaco, Michael Jackson, the prince of Jordan, Charlize Theron and Nelson Mandela.

Today, he heads the kitchen operations of all top properties of JA Resorts. But more notably, he's spearheading the company's efforts to make its organic garden the talk of the UAE. With ambitious plans, Chef Nicolas is working to take the garden to the next level. If his passion and drive are anything to go by, success is just down the corridor.

"The garden contributed to our win!" Like every other feat, the garden too has its share of challenges that its keepers have to overcome, the biggest being the harsh summer of Dubai. "The heat kills everything. So we plant our seeds in October and in one to three months, we start harvesting whatever we have sown."

Enthusiasm about the garden permeates all the kitchens of the resort. Perhaps the biggest enthusiast is Gawdat Ali, an Egyptian chef de partie at the Italian

restaurant La Traviata. "Every day, I spend four extra hours in the garden, coming here in the morning, irrespective of my shift," says chef Ali. According to chef Nicolas, chef Ali brings back seeds and sprouts every time he goes home to Egypt, adding to the ever expanding basket of produce at the garden. The responsibility of the garden is distributed evenly among chefs in teams to involve everyone and avoid overloading any particular chef with too much work.

"We want to do this garden in a much bigger way. In the long term, we want to relocate it to a larger location and have a proper irrigation system and proper greenhouses. Our garden has evolved over time and no professional has ever put his hand in it. But it might be time for us to bring in professional assistance," chef Nicolas says.

As world population and its appetite grow, the food industry is under pressure to adopt sustainable practices before the planet runs out of resources. With as many as 17 years of experience across countries, Chef Nicolas has some pretty strong opinions on the subject. A firm defender of the environment, he has a bone to pick with those who use the term 'sustainability' only as a marketing gimmick and don't make good







on their promises. "People are not doing what they say they are going to do. Take the case of Hammour fish. It's going extinct but many hotels and restaurants are still using it in their menus after making marketing-related noises about how green they are."

On his part, chef Nicolas refuses to use foie gras at the restaurants of JA Jebel Ali because he finds the way it is produced "disgusting" and "shocking". "Also, we source yellow fin tuna from

a company that uses sustainable practices. The traditional way of netting tuna is through large nets that also end up catching many other species that are not supposed to be caught. The company we source it from uses hooks to catch only tuna."

Chef Nicolas urges budding chefs to incorporate sustainable practices in their cooking from the very beginning – reduce wastage, avoid putting endangered species on menus and make optimum

use of ingredients. "Don't be selfish. We have to think of the next generations and ensure that the Earth stays on even after we are gone. The problem is that most people don't care enough."

However, with growing awareness about the need for sustainability, caring about the planet may end up being the only option. Now that JA Jebel Ali's organic garden has planted the seeds of sustainability, it's time others followed suit.

## UNILEVER FOOD SOLUTIONS & SUSTAINABILITY

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Unilever Food Solutions uses about 6% of the world's industrially processed tomatoes, for its Knorr, Bertolli and Ragú sauces. And we work with growers all over the world to promote sustainable farming – by focusing on improving the quality of the soil, wasting less water and using fewer fertilisers and pesticides.

### > Tomatoes - Good for the people

We're also developing new tomato varieties that suit the local environment better, and supplying the seeds directly to the farmers





# THE SWEET AND SOUR TALE OF TWO TOPPERS

They stood out at the Salon Culinaire this year. Between the two of them, they cover the entire gamut of a full-course meal, right from starters to desserts. And yet, chefs **Dammika Herath** and **Ibrahim Ayoub** couldn't be more different...





One's shy, the other expressive. One's for sweet, the other's for sour. On the face of it, Chef Dammika Herath and Chef Ibrahim Ayoub are poles apart, in their personalities and their vocations. But dig a little deeper and you will find the common vein that runs through them both. The two maestros of culinary arts would complement each other perfectly. Bring them together and they will whip up a meal fit for a king, right from the start to the finish.

The two chefs were the headliners at this year's Salon Culinaire. With his sugary deals, Sri Lanka-born chef Dammika teased the judges' sweet tooth, winning the best pastry chef title at the competition. Lebanon-born chef Ibrahim tickled the judges' taste buds with his Arabic culinary thumb, walking with the Arabic cuisiner of the year crown.

Although born in two different parts of the world, the two chefs have much in common – both celebrate their birthdays in October, both love to challenge themselves, both know the value of hard work and gruelling hours, both have magic fingers.

Here's tracing their eventful journeys in the culinary world...

## CHEF DAMMIKA HERATH

**PASTRY CHEF - RADISSON BLU HOTEL,  
DUBAI DEIRA CREEK**

Born and raised in the small town of Bibile in Sri Lanka, chef Dammika had barely stepped out of his teens in 1997 when he lost his father. The seventh of eight siblings, he had to shoulder responsibilities rather early in life.

But this didn't stop the then 20 years old Sri Lankan from realising his true calling. "After my father died, I started working in a restaurant and at the same time, studied in a hotel management school," he recalls. He met the chef in him way earlier, when he saw photos of one of his brothers-in-law, who was a chef at a five-star hotel. "He worked in the cold







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kitchen and I saw the stuff he created. I was fascinated and I knew what I wanted to be."

After training at the Green Woods Holiday Inn hotel in Badulla for two years, chef Dammika got a taste of the five-star life when he joined the Holiday Inn hotel in Colombo in 2000. The 37-year-old chef admits that being a pastry chef came naturally to him. "I liked the way desserts looked. They are a work of art. The beautiful colours and rich flavours make me feel like an artist. I find them more attractive than hot foods."

Two years in Colombo later, chef Dammika found himself in Saudi Arabia for the pre-opening of the Intercontinental hotel in Al Ahasa. A couple of years whizzed by there too, before a yearning to participate in cooking contests brought the chef to Dubai. Joining at the Dubai World Trade Centre, chef Dammika made his debut in a cooking contest in 2004. Unfortunately, he couldn't quite make the cut that year, winning only a merit certificate. That stint, however, was just the start of what later became an annual affair.

"In 2007, I joined Dubai International Hotel, where I learnt a lot. I went there for the pre-opening of a hotel at the international airport. In my four years in that company, I grew very fast."

When the executive pastry chef quit in just a year, chef Dammika got a chance to run the cold kitchen at the airport hotel for three years. He also got an opportunity to go to France and train in sugar craft. "I love to play with sugar and that course really helped. But you need patience to work with sugar."

Later in 2013, chef Dammika joined Radisson Blu as the pastry chef in charge of pastry operations. He hasn't looked back since.

Cake decorations seem to be chef Dammika's strong point. For the past seven years, he has been winning medals at competitions for his sugar craft. At the



All the successful chefs you see have worked very hard. These days, chefs don't want to make any extra effort. They are smart, they have degrees and exposure but you have to learn on the job too

Salon Culinaire 2014, he won two golds and one bronze. "I had to do a four-plated dessert and a live gig. One of the plates I created using a Nestle product was a crème brulee and it turned out very well. I love to draw with chocolate on a plate."

In the near future, he wants to wear the hat of an executive pastry chef. Over the longer term, however, he would like to go back to his home country and help budding chefs there develop their skills. "I want to join hands with other Sri Lankan chefs and teach youngsters. I have trained my junior chefs and it is immensely satisfying when they do well."

He believes that success comes only with hard work, even if someone is born with talent. "All the successful chefs you see have worked very hard. These days, chefs don't want to make any extra effort. They are smart, they have degrees and exposure but you have to learn on the job too."

Chef Dammika agrees that young chefs these days have a better working knowledge of sophisticated techniques. If combined with hard work, these techniques can take them places. "You should also try to create your own dishes. Don't just follow the head chef's instructions blindly and leave it at that. You have to experiment separately to develop your own skills."

Chef Dammika hopes to draw happiness in his old age from the achievements of his protégés. For now, he has his hands

full, not only with plates and pans but also with two young children.

Ask him about his personal life and chef Dammika's inherent shyness creeps into his voice. "I got married after courting my wife for 13 years. I was 17 and she was 13 when we met in my birth town. She's always been very supportive of me."

Today, the couple has two daughters. One is three years old and the other, just two-and-a-half months old.

And they're as sweet as his culinary creations!

## CHEF IBRAHIM AYOUB

### SOUS CHEF – ATLANTIS, THE PALM

Most would say you have beginner's luck if you win one of the most coveted titles at the Salon Culinaire the first time you participate. But with chef Ibrahim, it's hard to not give credit where it is due.

The 33-year-old Lebanese chef sent many competition veterans home, winning the Arabian cuisiner of the year title effortlessly and in his first ever try. Chef Ibrahim is the poster child of Arabian cooking. From Lebanese to Moroccan to Syrian to even Emirati, he has mastered the regional cuisines in his 14-year career.

The son of a boat captain, chef Ibrahim had never thought he would end up in the kitchen. A casual hobby turned into a vocation when he signed up for a hotel management course in Beirut in 1996. "My uncle had a restaurant in the United States and the original idea was to join him. I am the only professional chef in my family," he says.

Although he started training at the Bellvue Palace hotel in Lebanon in 1997, it wasn't before 1999 that chef Ibrahim earned a salary. Three years later, he worked at the Lebanese army's Commander Club. A year went by and then came a job at Le Meridien's Le Commodore Hotel in Beirut. As chef de partie, he handled the cold mezze section at the hotel.

Wanderlust brought chef Ibrahim to Dubai. Instead of jumping the five-star hotel bandwagon, he chose to open his own Lebanese restaurant with a friend. As there were many Iranians working in the area, the restaurant served up an Iranian barbecue too. "We did that for a year and it was a profitable business."

However, one year was enough to teach the chef Ibrahim the nitty-gritty of running a restaurant, experience that would come handy later. "I was a partner there. When you run a restaurant, you work for yourself. Whatever you earn comes into your own pocket. So I worked from 8AM to 2AM daily. It gave me exposure to the various aspects of a restaurant's operations."

His next assignment was the pre-opening of Al Hallab Restaurant at the Dubai Mall. Chef Ibrahim tapped into his legacy to lead the Lebanese section of the restaurant. In 2007, he moved on the Kempinski Hotel Mall of the Emirates, again handling the Lebanese restaurant there for a year.

Next came Atlantis the Palm, which has held chef Ibrahim's attention for as many as six years now.

Admittedly, the experience was very different in the beginning. "Atlantis

has more than 400 chefs. You have to do something special to shine through here. Although I know Italian, French and American cooking, I stuck to Arabian food because I knew that there would be a tendency to hire a chef from those regions for those cuisines."

At Levantine, the Lebanese restaurant of the Atlantis, chef Ibrahim is responsible for a whole lot of operations. From giving inputs for the menu to handling the junior chefs and maintaining quality standards, he is involved in every aspect. Sometimes, he also dabbles in the other functions of the Atlantis such as banquets. Satisfying guests at Levantine is not easy. For one, the expectations run way higher than they would from a local restaurant, given the cost of a meal there. "It's all about giving guests that extra edge in your foods. I make hummus, for example, the traditional way and then add that special ingredient that makes it stand apart."

These special ingredients did make his dishes stand out at the Salon Culinaire. Chef Ibrahim won the gold in all three categories he participated in – Arabic mezze, Emirati cuisine and Arabian feast. "I had helped the participants from the Atlantis before but this time around, I decided to participate. The feedback was very encouraging. I made more than 23 dishes at the contest! When you win, you

feel motivated to do a lot more."

It took chef Ibrahim years of extensive research and innumerable experiments with Emirati spices to get it right. "I first try Emirati dishes at home and get Emiratis to taste them. If they say it tastes like home food, that means I have managed to get it right."

While preparing for the contest, his priority was more timing than flavours and tastes. "I know my cuisines well. The challenge was the time. So I practised for a month to finish my dishes 10-15 minutes early. I would come early and stay back late to practise."

Past glories put behind, chef Ibrahim hopes to open in the future his own restaurant that becomes a mini Middle East. "My dream restaurant will serve all kinds of Arabic cuisines - Moroccan, Lebanese, Syrian, Saudi, Emirati...I also hope to become a competition judge for Arabic food someday."

But that can wait. An immediate plan is to hand over the reins of his home kitchen to a wife.

Chef Ibrahim is refreshingly candid when it comes to discussing his personal life. "I will probably be married by summer," he smiles. The woman he marries will have the tough task of matching his mother, his own favourite chef, in the kitchen.

"My mother calls me sometimes when she wants tips to make something special for guests. I love her simple, home food. That's what I eat when I go home to Lebanon." The big family of four brothers and five sisters is now scattered across Europe and the Middle East.

Chef Ibrahim has some useful advice for budding culinaires. "Like what you do and do what you like. Don't make it about brand names and salaries. Enjoying the job is the most important thing."

That he enjoys his job is evident in every mouthful of any of his creations.







# SMELLS LIKE TEAM SPIRIT

For the first time ever, the UAE sent its national teams to participate in a world event – the Food&HotelAsia2014 in Singapore. Look what they brought home!

It's time to throw a coming-of-age party for the UAE culinary industry. For, our very own talented chefs represented the UAE as two national teams at a top-end event in April, becoming the first culinary flag-bearers of the country.

Just out of the oven they may be, but the young and senior chefs managed to bring home three silver medals as a team and 11 other medals, including three golds, as individuals. And they're only warming up...

Food&HotelAsia2014 Culinary Challenge, held in Singapore between April 8 and 11, will be a special memory for the UAE. The country sent two teams – senior and junior – with more than 12 chefs over to show the world the Emirates' prowess in the kitchen. In the senior team, seasoned chefs Achala Weerasinghe, Thushan Don, Juraj Kalna, Mario Coelho, Roshan Fernando and Anup Pawar competed with experienced chefs from around the globe in various challenges.

"Our senior team was awarded three

silver medals in the 'hot kitchen restaurant of nations' and 'pastry and culinary art cold tables' challenges. This is an excellent result for our team, which was competing for the first time ever at this level," says Andy Cuthbert, the chairman of the Emirates Culinary Guild who accompanied the teams.

Not to be outdone, the junior team of chefs Fodil Bagal, Biljana, Sadam Alexander, Karan Mohan Naik, Supritam Basu and Sagar Khadkikar gave tough competition to teams from Singapore,





Chairman Andy Cuthbert with the UAE National Culinary team



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Macau, Hong Kong and Switzerland in a buffet challenge.

At the event, close to 800 chefs from 23 countries participated in four categories - individual challenge, gourmet team challenge, dream team challenge, and national team challenge. Judging the chefs were 70 seasoned culinary artists from 13 countries.

The UAE teams stood out from the others in their cultural diversity – the chefs were an eclectic mix of French, Sri Lankan, Indian, Serbian and Philippine, among others. The Emirates Culinary Guild too found a mention in the winners' list. It was adjudged the 'best culinary establishment'.

Leading the senior team to its three silvers was chef Juraj Kalna. The team of six competed successfully in the hot kitchen live cooking challenge, a static display of pastry art and a challenge to



Our senior team was awarded three silver medals in the 'hot kitchen restaurant of nations' and 'pastry and culinary art cold tables' challenges

cook up a platter of individual dishes to build one large table.

"In the hot kitchen live cooking, we had to put together a three-course meal for 85 guests. The static display of pastry art was for 32 plates. Most of our displays were custom-made and different from other teams," says chef Juraj.

Despite being up against seasoned

teams such as Singapore, Switzerland and Hong Kong, the UAE senior team managed to hold its own in the cold display challenge. "Our silver medal was at a par with those won by these top three teams. There was no gold medal awarded for this event. So I am very proud of our team," chef Juraj says.

Most of other countries that sent their national teams have experience of 30-40 years in competing in such big-ticket events. The UAE, on the other hand, is just a baby with six months' experience. "Many national teams don't win anything for years or even ever. We can and we will only get smarter and stronger with time and experience. Overall, the UAE finished fourth from among nine national teams. We lost out only because of technicalities, which was due to our inexperience," he says.

The junior team too managed to prove it had what it takes to dominate the world



culinary corridors. The team shined in the cold edible buffet challenge, in which it had 24 hours to whip up meals for as many as 30 people.

"We started at 10 AM and we were supposed to finish by 6 AM the next day," says chef Sagar Khadkikar, the leader of the UAE's junior team. "At first, it looked simple but later when realised the time wasn't enough. We worked really fast and managed to finish on time. By 10 AM the next day, we started setting up the table and by 11 AM, we were ready for the judges."

Despite the exhaustion and the frenzy, the excitement among team members was palpable. They lapped up the bouquets and the brickbats with eagerness. "A few comments from the judges were positive and a few were negative, but we know where we went wrong, mostly in portion size. The Macau team had a fantastic buffet set up," says chef Sagar.

The team won a bronze medal in the challenge, less than it had hoped for but no mean feat for such a new team. "The young chefs were up against all senior teams and they still managed to get a bronze. That was very encouraging," chef Juraj says.

Participating in such a huge event was a matter of pride for the country. Food&HotelAsia is Asia's largest biennial food and hospitality trade show. From the most unique food ingredients and products to food service equipment and technology to hotel amenities to wines and liquors from new and old regions, the show has much to offer. This year around, it attracted a whopping 65,000 odd visitors and participants. As many as 3,213 exhibitors and 63 group pavilions were spread over a sprawling 102,000 square metres.

Among the big winning teams this year were Singapore, Switzerland, Taiwan and Hong Kong.

"The event sees the best teams from



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around the world come and compete and that's why it was so important for the Emirates Culinary Guild to bring its senior and junior national teams to compete against those teams," says Andy Cuthbert. "The learnings we gained as a team and as individuals will help us become stronger when we compete in future events."

Seeing his chefs go up on the stage to receive medals was a reward for him. "It is great recognition for them, the guild and also for the country. Our teams are now ready to compete against the best of the world."

Later this year, the UAE national teams will head for Luxembourg to take on world chefs at the Culinary World Cup. "I want them to bring home the gold someday. The teams are growing and maturing and I would like to see them take their skills to the next level," Cuthbert says.

Started in 1978 as a small trade exhibition in the car park of a hotel, Food&HotelAsia has grown leaps and bounds. Broken down by categories, it has events such as FoodAsia, HotelAsia, Bakery&Pastry, HospitalityStyleAsia and HospitalityTechnology, with

SpecialityCoffee&Tea being the latest event.

This year, there was also a Latte Art Challenge, where baristas could showcase their artistic side. The Asian Pastry Cup and the FHA Barista Challenge were the other highlights of the show.

The UAE chefs admit that the magnitude of the event was daunting in the beginning. However, as they rose up to the challenges, their confidence grew and they learnt from the other, more mature teams around. "When we started practising, everyone was a bit worried as we were unable to decide the dishes but as we went along, it all came together and was looking good," says chef Sagar. He believes his team is well on its way to challenging bigger teams at other competitions in the coming years.

Chef Juraj's team members were happy to get a chance to hone their skills. "We learnt things we could learn only by competing in such a great event," he says.

Food&HotelAsia will return to Singapore next in 2016 between April 12 and 15.

With the UAE teams setting sail in the world competitions sea, 'go for gold' will be their mantra the next time around.







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# THE OPEN EMIRATI KITCHEN

It took years for **Ali Al Neyadi** to indulge in his first love – cooking. Now, with an open Emirati kitchen and a cafeteria, he hopes to bring healthy and nutritious Emirati food to the classes and the masses

Few nations can boast of the eclectic mix of cuisines the UAE offers. From Asia to Europe, chefs from all over the world offer up their specialities here.

However, one thing that seems to be missing largely from the plates of hotels and restaurants in the UAE is Emirati cuisine. Little surprise there.

Traditionally, the local population has considered cooking a menial job and discouraged their young from taking it up as a full-time profession.

Ali Al Neyadi faced a similar dilemma when he was in his teens. Just 15 years old, he found he had a passion for cooking when he would help his mother in the kitchen. But despite the

bug of cooking biting him hard back then, he could not formally train as a chef, instead choosing to do a technical course in oil and chemical treatment.

Today, the now 29-year-old Ali indulges in his true calling with a small cafeteria and an open kitchen, where he whips up healthy local delights. "I loved cooking and I would cook for my friends when I was in college in Abu Dhabi. At that time, there was no formal education in cooking in the UAE. So I made a career in oil treatment," he says.

In 2013, Ali finally opened a cafeteria to serve sandwiches and other snacks, made the healthy way. "I wanted to revisit my passion. I started the cafeteria and also an open kitchen where we take orders for small parties."

At the small kitchen, Ali and his two employees cook up Emirati dishes for parties and events of 50 meals or so. "In a month, we manage to get some three-four party orders. Also, whenever there is a party or get-together in my extended family or friends' circle, I am the one they turn to."

Most of Ali's skills are acquired purely through curiosity. While travelling to different countries, he would try the local foods and try to understand how they are made. "I also ask chefs at hotels and restaurants I visit about the dishes they have made. Some are friendly and they share their knowledge. Others are not and they just say no."





Train young chefs in Emirati cuisine. That's my dream. I also want to make a name for myself in the culinary industry

His own specialisation is something that few chefs in the UAE are good at – Emirati cuisine. Ali believes in healthy foods and so, he uses less oil and fresher, healthier spices and ingredients in his dishes. "Traditionally, Emirati cuisine is very rich. I try to lower the calories without compromising on taste."

A big fan of ingredients such as garlic and onion, Ali says they are good for health. He's also a champion of Nonions pastes for cooking. "It's as good as onions and it reduces the time and the effort involved in cooking with onions. You just have to adjust the quantity according to your dish."

Ali wants to see more Emirati chefs in UAE

## BIRYANI ARABIC TRADITIONAL FOOD

### INGREDIENTS

Chicken 1X8	2 nos
<b>Nonions – Fried Onions</b>	5 table spoon
Oil	3 table spoon
Yogurt	1 cup
Tomato Paste	1 table spoon
Tomatoes Chopped	5 nos
<b>Miraya Garlic Paste</b>	2 tea spoon
Red Pepper Powder	1 tea spoon
Black Pepper Powder	1 tea spoon
Turmeric Powder	1 tea spoon
Emirati Biryani Spice	2 table spoon
Basmati Rice	1.5 kg

### HOW TO PREPARE CHICKEN BIRYANI

- ♦ Mix all the spices (red pepper powder,

black pepper powder, salt) and add the chicken with yogurt and tomato paste. Put the chicken in the oven and Leave on for half an hour until cooked.

- ♦ Boil the rice until 3/4th done, drain and keep aside
- ♦ Heat oil in a pot; add chopped tomatoes and Miraya Garlic Paste cook for few minutes until tomatoes are soft. Add turmeric powder and Emirati Biryani Spice and Nonions Fried Onions and cook for further 10 minutes.
- ♦ Put in cooked chicken, mix and top up with rice. Cover and cook on dum for 10-15 minutes. Remove from fire let it cool down for 20 minutes before opening the lid
- ♦ Prepare the dish and put the rice in it and put the chicken on the middle.

kitchens. "People who visit our country must get a taste of our local cuisine. We need to promote our cuisine." His own favourite is Emirati style chicken biryani.

A father of two daughters and a son, Ali lives in a big joint family that gets to taste his cooking every Friday. Other than

growing his business, what does he want to do in the field of cooking? "Train young chefs in Emirati cuisine. That's my dream. I also want to make a name for myself in the culinary industry," he finishes.

Going by his prowess in the kitchen that should be a cakewalk.

# FOOD SAFETY AND HYGIENE

Ruqya Khan finds out what it takes to keep the food you love safe to eat



Chef Anil Kumar

Food is delicate. It goes beyond being an intricate balance of flavours and tastes that make their way to your plate as there is a lot that happens behind the scenes. Food handling is an industry where there cannot be any scope of negligence. The tiniest of slip-ups can lead to dire consequences. Strict rules have therefore been laid out to ensure that proper safety and hygiene standards are maintained at every point of food processing.

"Health authorities in the region are very particular about food safety and hygiene. All food outlets are expected to follow HACCP standards with Municipality certified PIC and certified training for all food handlers. Specific agencies have been identified by the Food Control department whereby these trainings and certifications can be attained. Further to this a person is deemed qualified to work as a food handler at any level of



Anyone involved in the food preparation should have highest standards of Hygiene & Food safety standards to follow at all times. This in turn reduces the risk of contamination and helps to prevent food poisoning



## Food Hygiene

Food can transmit disease from person to person as well as serve as a growth medium for bacteria that can cause food poisoning. In developed countries there are intricate standards for food preparation, whereas in lesser developed countries the main issue is simply the availability of adequate safe water, which is usually a critical item. In theory, food poisoning is 100% preventable.

**> The five key principles of food hygiene, according to WHO, are:**

1. Prevent contaminating food with pathogens spreading from people, pets, and pests.
2. Separate raw and cooked foods to prevent contaminating the cooked foods.
3. Cook foods for the appropriate length of time and at the appropriate temperature to kill pathogens.
4. Store food at the proper temperature.
5. Do use safe water and cooked materials.

the industry hierarchy," explains Chef Anil Kumar, senior food consultant and owner of Food Wise.

"Food handling is a business of great responsibility. If you compare hotel catering to in-flight catering I would say that because of extensive handling of numerous potentially hazardous foods combined with extended hours from production, storage, dispatch and service, the hygiene & food safety standards for airline catering is utmost crucial. In-house laboratory and kitchen layout supporting physical segregation during storage and preparation with one way flow of food processing are key factors," he added.

"Anyone involved in the food preparation should have highest standards of Hygiene & Food safety standards to follow at all times. This in turn reduces the risk of contamination and helps to prevent food



**Chef Mukhtar Ahmed**

poisoning. In the Food safety matters, I believe that: To Trust is good but not to Trust is better! Constant internal monitoring within the team keeps another ring of checking in force during production and dispensing of food."

True enough, over the years, food safety has evolved as a scientific discipline describing handling, preparation, and storage of food in ways that prevent food

borne illness. This includes a number of routines that should be followed to avoid potentially severe health hazards. The tracks within this line of thought are safety between industry and the market and then between the market and the consumer.

In considering industry to market practices, food safety considerations include the origins of food including the practices relating to food labelling,

food hygiene, food additives and pesticide residues, as well as policies on biotechnology and food and guidelines for the management of governmental import and export inspection and certification systems for foods. In considering market to consumer practices, the usual thought is that food ought to be safe in the market and the concern is safe delivery and preparation of the food for the consumer.

Love Mansukhani, Managing Director of Ribbon Consulting elaborated on the subject. His company delivers a comprehensive suite of restaurant consulting services. He says, "The importance of food safety cannot be underestimated, it is extremely vital to our wellbeing and health. Unsafe food can make people extremely ill or in the worse cases, lead to fatality, especially for populations with a developing or compromised immune system.

"From a business perspective, good food hygiene practices are critical to ensure minimised spoilage and superior food and service quality, which would result in happier customers and fewer complaints. The list of things that can be done to ensure food is kept safe is a mile long but without proper training and understanding the science behind food safety, people hardly see the gravity and take shortcuts, which leads to unwanted incidents."

"The UAE Municipality Food Hygiene Department is among one of the strictest in the region. Their standards are extremely high and as such, they have mandatory requirements such as ensuring that every employee undergoes Basic Food Hygiene training before being completely induced in a food environment.

Additionally, it is also mandatory for a food operation to have a PIC (Person In Charge) in each shift who has undergone advanced and comprehensive food safety training. Dubai Municipality has issued a very detailed manual



**Chef Jose Manuel Morales**

called the 'Food Code' which should be utilised as a guideline for all food safety requirements," he added.

"For Food Safety, the best thing to do is invest in Food Hygiene Training for the entire team. There are many certified training centres that provide Food Hygiene training courses for all levels. Additionally, if your operation is considered a medium to large size enterprise with more critical control

points, it would be prudent to get a HACCP (Hazard Analysis and Critical Control Points) certification."

Chef Mukhtar Ahmed heads the team at Kebab Bistro, a small independent restaurant at Al Wasl Plaza, Jumeirah. He has not only done the Person In Charge training but also a training on food handling and hygiene via Safe Hand Foodtech Consultants. He says, "Often it is the simple things that can

## Industry rules that must be strictly followed here in UAE

- > All ingredients must be inspected before food preparation
- > Any ingredients that are off-colour, have strange odours, show evidence of pest contamination or suspected to be contaminated in any other manner shall be discarded
- > All foods must be properly handled, thawed, separated and refrigerated and used within 48 hours
- > All foods to be served hot shall be served at least 60C
- > Reheated cooked foods must not be re-cooled for further use
- > Food handlers with cuts, wounds or lesions are not allowed to handle food or utensils
- > Food handlers must maintain high level of personal hygiene at all times and wear proper hair and beard nets when necessary.

get overlooked while handling food but these are the most vital. Municipality is very firm when it comes to safety and hygiene. They run random checks at the premises and we as the teams must be at our best deliverance with all the necessary certificates and practices in order. If you slack they first give you a warning and on repeat incompetence you begin to bear the consequences of maybe a heavy fine, shut down for a set period and/or total closure too. There is very close monitoring at all times and so have to be true to your service and yourself."

Adding to this Chef Jose Manuel Morales, Head Chef of Fuego Contemporary Mexican Restaurant says, "Food is the fuel of life. It is our responsibility to give our customers a safe meal that is satisfactory at all levels. Compromise at any stage can mean mishandling of a person's health



Love Mansukhani

and trust. It is easier to correct bad taste of food but to correct the bad taste of an experience is difficult. Once a customer has a complaint it reflects on our reputation and business itself. I therefore ensure that we are clear in the processes and do the best we can to maintain repute.

"Furthermore I feel hygiene is such an important thing that it should be practiced wholly and consciously. Our

team has been trained and certified by Specifico, it is a group specialized in food and personal safety solution that assist food and beverage industries comply with local and international safety rules and regulations. We take our food safety management system very seriously and there is no compromise at any stage. As a team we watch out for each other and thus never flatter. Awareness is indeed equal to assurance."



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## The Guild Meet

The Emirates Culinary Guild's meeting last April was hosted by Chef Uwe Micheel and Chef Diyan de Silva and the team at Radisson Blu Hotel Dubai Deira Creek. The event saw a large turnout including corporate members from the industry. Here are moments captured at the event.

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The Emirates Culinary Guild is a member of the World Association of Chef's Societies



## RESUME OF CLASSES FOR ENTRY

# EAST COAST CULINARY COMPETITION

### Class No. Class Description

1. Three-Course Gourmet Dinner Menu
2. Tapas, Finger Food & Canapés
3. Three – Course Gourmet Arabic Dinner Menu
4. Friandise/Petite Four/Pralines & Nougatines
5. Three Plated of Desserts International
6. Three Plated of Desserts Arabic
7. Bread Loaves & Showpiece
8. Three Tier Wedding Cake
9. Live Practical Cake Decoration
10. Open Showpiece
11. Chocolate Showpiece
12. Vegetable Carving Live
13. Practical Cookery Beef (only US Beef)
14. Cocktail Championship

### Class 01: Three - Course Gourmet Dinner Menu

*Present a plated three-course meal for one person.*

1. Suitable for dinner service
2. The meal consist of:
  - > An appetizer or soup
  - > A main course
  - > A dessert
3. To be prepared in advance and displayed cold on appropriate plates.
4. Total food weight of the three plates should be 420/480 gms.
5. Food coated with aspic or clear gelatin for preservation
6. Typewritten descriptions and recipes required.
7. Maximum area w60cm x d75cm.
8. One participant per entry is allowed.

### Class 02: Presentation of Ta pas, Finger Food and Canapés

1. Produce six varieties.
2. 6 pieces of each variety - total 36 pcs
3. Three hot varieties
4. Three cold varieties
5. Hot food presented cold
6. Food coated with aspic or clear gelatin for preservation
7. Presentation on suitable plate/s or platter/s or receptacles.
8. Six pieces should correspond to one portion.

9. Name and ingredient list (typed) of each variety required.
10. Maximum area 60cm x 75 cm
11. One participant per entry is allowed.

### Class 3: Three Course Arabic Dinner Menu

*Present a plated three-course meal for one person.*

1. Suitable for dinner service
2. The meal consists of:
  - a. An appetizer or soup
  - b. A main course
  - c. A dessert
3. To be prepared in advance and displayed cold on appropriate plates.
4. Food coated with aspic or clear gelatin for preservation.
5. Total food weight of the three plates should be 420/480 gms.
6. Typewritten descriptions and recipes required.
7. Maximum area w60cm x d75cm.
8. One participant per entry is allowed.

### Class 04: Friandises P etites-Four Pralines Nougatines

1. Present the exhibit to include a small showpiece; the showpiece is for effect only and will not be judged as part of the class.
2. Exhibit six varieties.
3. Six pieces of each variety (36 pieces total) plus one extra piece of each variety on a separate small platter for judges' tasting.
4. Freestyle presentation.
5. Written description mentioning the theme is required.
6. Typewritten recipes are required.
7. Maximum area w70 cm x d75 cm.
8. One participant per entry is allowed.

### Class 05: Three Plates of Dessert

1. Prepare three different desserts, each for one person.
2. Each dessert presented singly on an appropriated plate.
3. Total food weight of one plates should be 80/100 gms.
4. Presentation to include one hot

- dessert (presented cold).
5. Typewritten description and recipes are required.
6. Tasting will be part of the judging process if deemed necessary to determine quality and authenticity.
7. Maximum area w70 cm x d75 cm.
8. One participant per entry is allowed.

### Class 06: Three Plates of Dessert (Arabic)

1. Prepare three different Arabic desserts, each for one person.
2. Each dessert presented singly on an appropriated plate.
3. Total food weight of one plate should be 100 /120 gm's.
4. Presentation to include one hot dessert (presented cold).
5. Typewritten description and recipes are required.
6. Tasting will be part of the judging process if deemed necessary to determine quality and authenticity.
7. Maximum area w90 cm x d75 cm.
8. One participant per entry is allowed.

### Class 07: Bread Loaf & Bakery Showpiece

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

1. Bread is to be displayed with a baked bread showpiece.
2. Four types of bread loaves (competitor's choice) minimum of two pieces of each loaf to be displayed.
3. Four types of bread roll (competitor's choice) minimum four pieces of each roll to be displayed.
4. Four types of baked sweet breakfast items (competitor's choice) minimum four pieces of each item to be displayed.
5. Four types of baked savoury/salt breakfast items (competitor's choice) minimum four pieces of each item to be displayed.
6. Doughs prepared and breads baked at place of work and brought to the competition for judging.



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7. Tasting will be part of the judging criteria & Type written recipes are required.
8. Maximum area w70 x d75cm
9. One participant per entry is allowed.

### Class 08: Three-Tier Wedding Cake

1. All decorations must be edible and made entirely made by hand.
2. Pillars or stands may be inedible but, unless decorated by hand, must be plain and unadorned.
3. Fine, food-quality wiring is allowed for the construction of flowers and the like, but must be properly wrapped and covered with flower tape or paste.
4. Royal icing, pastillage, pulled sugar, etc., may be used in the construction, but the finished display must not be dependent on these items.
5. The cake will be tasted by the judges.
6. The bottom layer of the cake must be edible.
7. Inedible blanks may be used for the two top layers.
8. Typewritten description and recipes are required.
9. Maximum area w60 cm x d75 cm.
10. Maximum height 75cm (including socle or platforms)
11. One participant per entry is allowed.

### Class 09: Cake Decoration - Practical

1. Decorate a pre-baked single cake base of the competitor's choice.
2. Two hours duration.
3. Free-style shapes
4. All decorating ingredients must be edible and mixed on the spot.
5. No pre-modeled garnish permitted.
6. Chocolate and royal icing can be pre-prepared to the basic level.
7. Competitors must provide all ingredients, cake base, utensils, and small equipment required.
8. The cake base must a minimum size of 30cm X 30cm or 30cm Diameter.
9. A standard work table with a 13 amp power socket is provided for each competitor to work upon.
10. Water and refrigeration will not be available.

11. The cake will be tasted as part of judging.
12. The Judges will cut the cake.

### Class 10: Open Showpiece

1. Freestyle presentation.
2. Only showpieces made of edible food material will be accepted for adjudication.
3. Maximum area w60 cm x d75 cm.
4. Maximum height 75 cm. (including base or socle).
5. One participant per entry is allowed.

### Class 11: Chocolate Carving Showpiece

1. Free-style presentation.
2. No frames or supports.
3. Natural colouring is allowed.
4. Minimal glazing is allowed.
5. No molded work.
6. Maximum area: w60 cm x d75 cm.
7. Maximum height 75cm (including base or socle).
8. One participant per entry is allowed.

### Class 12: Practical Fru it & Vegetable Carving

1. Freestyle.
2. 120 minutes duration. {02 hrs}
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.
8. One participant per entry is allowed.

### Class 13: Beef Or Chicken Practical Cookery

1. Time allowed for 40 minutes.
2. Prepare and present two {02} identical main courses using Beef as the main protein item.
3. Only US beef with can be use accept tenderloin. Need to write in the recipe card supplier & the badge number.
4. Present the main courses on

- individual plates with appropriate garnish and accompaniments.
5. Typewritten recipes are required.
6. One participant per entry is allowed.

### Class 14: Cocktail of the day

1. 02 identical cocktails & mocktails to be present with in 20 min.
2. Competitor should bring his/her own alcohol, juices, liqueur, etc.. & the Judges live his/her preparation.
3. Hygiene practices will highly inspect by the hygiene auditors.
4. One participant per entry is allowed.

## NOTES ON THE PRACTICAL COOKERY CLASSES

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

Due to the fact that only 45 min. is given to complete the competition; competitors are allowed to bring with them an extensive mise-en-place; however, there are restrictions on how much pre-preparation the judges will tolerate. In all cases, the preparation, production and cooking skills of each competitor must be demonstrated during her/his time in the kitchen.

1. All food items must be brought to the Salon in hygienic, chilled containers: Thermo boxes or equivalent. Failure to bring food items chilled will result in disqualification.
2. All dishes are to be served in a style equal to today's modern presentation trends.
3. Portion sizes must correspond to a three-course restaurant meal.
4. Dishes must be presented on individual plates with appropriate garnish not exceeding 250g total food weight excluding sauces.
5. Unless otherwise stated, competitors must supply their own plates/bowls/platters with which to present the food.
6. Competitors must bring with them all necessary mise-en-place prepared according to WACS



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guidelines in the hot kitchen discipline ([www.wacs2000.org](http://www.wacs2000.org)).

7. Competitors are to provide their own pots, pans, tools and utensils.
8. All brought appliances and utensils will be checked for suitability.
9. The following types of pre-preparation can be made for the practical classes:
  - > Vegetables/fungi/fruits; washed & peeled – but not cut up or shaped. Potatoes washed and peeled – but not cut up or shaped.
  - > Onions peeled but not cut up
  - Basic dough can be pre-prepared.
  - Basic stocks can be pre-prepared.
  - > Basic ingredients may be pre-weighed or measured out ready for use. Fish may be scaled and filleted and the bones cut up.
  - > Meat may be de-boned and the bones cut up.
10. No pre-cooking, poaching etc. is allowed.
11. No ready-made products are allowed.
12. No pork products are allowed.
13. No alcohol is allowed.
14. 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.
15. 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.
16. Two copies of the recipes typewritten are always required.
17. Submit one copy of the recipe/s to the clerk when registering.
18. Submit one copy of the recipe to the duty marshal at the cooking station.

## RULES AND REGULATIONS

Organized by Miramar Al Aqah Beach Resort - With Advice & Guidance of Emirates Culinary Guild

### NB:

1. Please read the following regulations carefully. The

instructions contained herein are mandatory. Non-compliance with any of the points mentioned could lead to loss of marks or complete disqualification.

2. The Briefs of the Classes for Entry document also forms part of these Rules and Regulations and must be read in conjunction with this document.
3. Other regulations relevant to a particular competition would appear on the last page of this document.

### PARTICIPATION:

4. Participation at competition is open to anyone professionally employed in the preparation of food within UAE and Internationally.
5. Unless the organizers 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. Competitors are restricted to entering a maximum of three classes.
8. Competitors entering to win must participate fully in every class entered in order to qualify.
9. Competitors must attend and participate on the time allotted to them.
12. Completed photocopies of the entry form are acceptable.
13. Submit the completed form to the organizer **15th of May** before the event.

### CERTIFICATES AND LETTERS OF PARTICIPATION

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

### HYGIENE

15. Competitors must bring their items in a high standard of

hygiene.

16. As the event will be held in the Al Farha Ballroom of the organizer, official Hygiene Officer will judge all the live cooking participants with points and award a special award for highest points achieved chef as best hygiene practice chef award in the presentation ceremony. Organizer has the right to inspect and give **black points** for any objection.

### THE SECRETARIAT:

17. Iberotel Miramar Al Aqah Beach Resort & Emirates Culinary Guild is the soul responsible for the organization and administration of the competition. For the final calculation of the event will be admin by minimum of secretarial personals from 03 different hotels to make the calculation more transparent.
18. The competition is governed by construed according to the rules of the organizer.
19. Competitors acceptance of participation in the competition will mean as confirmation of their undertaking to submit unconditionally to the jurisdiction of the organizer.

### EXHIBITS:

20. Each exhibits must be completely original work, it must not have been displayed previously.
21. All exhibits must be of edible substance except for framing and stands.
22. It is forbidden to use any living entity, depict religious, nude, seminude or political themes in an exhibit.
23. All exhibits must be suitable to presentation as a decorative item in a restaurant.
24. An exhibit must not carry any logo or mark of identification however; they should identify their own work, if needed.
25. Competitors are responsible for their exhibits and should ensure





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that they are available in their proper place for judging on the day and time specified.

26. No preparation or finishing of exhibits is allowed in any area except designated preparation area.
27. Finished exhibits must be placed in the position indicated by the organizer. It has submitted for judging.
28. Competitors must leave the judging area as soon as their exhibit is in place or when instructed to leave.
29. Failure by competitor to register at the specific time could result in disqualification.
30. Exhibit which is removed by competitors without permission by the organizer will not qualify for any awards.

#### COMPETITION MARSHALS:

31. A Marshall at arm will recognize by the badge displaying the logo of the organizer.
32. Marshalls are charged with the ensuring that the rules and regulations of the competition are observed by all concerned.
33. Competitors, helpers and visitors are all obliged to cooperate with the marshals.

#### AWARD:

34. Gold, silver and bronze medals and certificates are awarded solely at the discretion of the judges.
35. The decision of the judges is final and each competitor is required to abide.
36. The medals will be present at the end of the competition. Certificates will be present after the event. This will communicate with concern ex. Chef of the property by the organizer.
37. Special awards will be given to all category winners. Special award to be given for highest points achieve the live cooking fish/seafood category.

#### DISCLAIMER:

38. The organizers are entitled to cancel or postpone the East Coast Culinary

- Competition or alter the duration, timing or schedule of any event.
39. The organizer reserved the right to cancel any classes or limit the number of entries or extend.
40. The organizer will not under any circumstances be held liable or responsible for the loss, Damaged of any exhibit, equipment, goods or personal affects.

To continually raise the standards of UAE's East Coast Culinary excellence and to promote camaraderie and educational opportunities among culinary experts and Professionals.

To act as a staging area for development of culinary concepts by:

- A) *Encouraging new and innovative styles in culinary.*
- B) *Bringing the traditional styles up to date.*
- C) *Nurturing the creativity of individuals by encouraging their participation.*
- D) *Providing a showcase for individual skills, techniques and styles.*
- E) *Providing example and inspiration for young or beginning professionals.*
- F) *Providing recognition from fellow professionals.*

Allowing the public to observe the current "sate of the art". This insight and learning experience of the public is of great importance because new trends, styles, techniques and philosophies progress with public acceptance, by promoting a greater understanding of sound culinary philosophies. Competitors provide an excellent forum for the public's education.

#### Judging Guidelines and Awarding System

A team of WACS Approved Judges will adjudicate at all the classes of competition using WACS-approved method led by chef Thomas Gugler continental director WACS middle east africa, criteria and documents.

After each judging session, the judges will hold a debriefing sessions at which each decision.

Competitors will not be competing

against each other rather they will be striving to reach the best possible standard. Judges will then apportion marks that accord with their perception of the standard reached. The competitor will then receive an award commensurate with his/her points tally for the classes.

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

#### The scaling for awarding all classes is as follows:

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

70 – 50 - Certificate of merit

#### Awards

1. Best Gastronomy award will be given to the highest points earned in Two Classes; **Three-Course Gourmet Dinner Menu and Beef Live Cooking.**
2. Best Arabic Chef award will be given to the highest points earned in Two Classes; **Three-Course Gourmet Arabic Main Course Dinner menu and Three plated of Desserts Arabic.**
3. Best Pastry Chef award will be given to the highest points earned in Two Classes; **Three plated of desserts internationally and Live Practical Cake Decoration.**
4. Best Kitchen Artist award will be given to the highest points earned in Three Classes; **Open Showpiece, Chocolate Showpiece and Vegetable Live Cooking.**
5. Best Bartender Award will be given to the highest points earned in Cocktail Championship Entry.
6. Best Hygiene Award will be given to the highest points earned in Beef Live Cooking Entry.
7. East Coast Culinary Champion Trophy will be given to the Establishment who got the highest Medal Points.



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Day / Date	Class No	Class Description	Reg	Start	Judging Start	Clear Time	No of Entries Max. Can Participate	Sponsored Supplier
<b>Day</b>		<b>STATIC DISPLAYS</b>	<b>Time</b>					
<b>Monday 09th June</b>								
	01	Three -Course Gourmet Dinner Menu	0700	0900	1200	1700	30	
	02	Tapas, Finger Food and Canapes	0700	0900	1200	1700	20	
	03	Three -Course Gourmet Arabic Main Course Dinner Menu	0700	0900	1200	1700	30	
	04	Friandises/Petit Four/ Pralines & Nougatines	0700	0900	1200	1700	20	Sponsored By Iffco
							<b>100</b>	
		<b>PASTRY CLASS STATIC / PRACTICAL /</b>						
	05	Three Plated Of Desserts International	0700	0900	1200	1700	30	Sponsored By Nestle
	06	Three Plated Of Desserts Arabic	0700	0900	1200	1700	30	
	07	Bread Loaves & Showpiece	0700	0900	1200	1700	15	Sponsored By Master Baker
	08	Three Tier Wedding Cake	0700	0900	1200	1700	15	
	09	Live Practical Cake Decoration	0700	0800	0900	1700	40	
							<b>130</b>	
		<b>ARTISTIC CLASS / PRACTICAL</b>						
	10	Open / Pastry Show Piece	0800	0900	1100	0900	1700	
	11	Chocolate Showpiece	0800	0900	1100	0900	1700	
	12	Vegetable Carving Live	0800	0800	0900	1700	1700	Sponsored By Barakat
							<b>100</b>	
		<b>PRACTICAL LIVE COOKING CLASS</b>						
	13	Beef Practical Cookery	0700	0800	0900	1115	30	Sponsored By Us Beef Any cut accept tenderloin / need the supplier & Badge num. to be mentioned in the recipe card.
		<b>BAR &amp; COCKTAIL</b>						
	14	Cocktail Championship	0700	0800	0830	1700	40	
<b>Total Expected Participation</b>							<b>400</b>	Hyg. Class Sponsored By Sealedair
		<b>GRAND AWARDS CEREMONY</b>				<b>1730 hrs</b>		

# 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.

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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

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# THE EMIRATES CULINARY GUILD



## APPLICATION FOR MEMBERSHIP

Date of Application:

Family Name: (Mr./Ms./Mrs.)

First Name/s:

Nationality:

Civil Status:

Date of Birth: dd/mm/yy

Name of Employer:

Address in Home Country:

Work Address:

Tel:

Web Address:

Email:

Telephone Office:

Professional Title:

Fax Office:

Type of Membership Required: (Please tick one)

Tel. Home:

Corporate ☐ Senior Renewal ☐

Fax Home:

Senior ☐ Young Chef ☐  
(under 25 yrs below)

Email:

Declaration to be Signed by all Applicants

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

Signed:.....

Proposed By:

Sig:.....

Seconded By:

Sig:.....

### FOR OFFICIAL USE ONLY

Remarks:

Payment received?

Certificate Given.

Pin Given.

Medal & Collar Given

Approved

Approved

President.....

Chairman.....

Fees:

Young Member: Junior members will receive a certificate.

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

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

150/=per year thereafter.

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

Corporate Member Dhs. 20,000 per year



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\*Based on Hellmann's Mayonnaise Brand Study, US, 2011



## WHEN YOUR GET UP AND GO HAS GOT UP AND GONE

### You know they don't want you anymore when:

Your heart rate rises each time you see HR walk past.

You come to work one morning and find a newcomer and he has Senior added to the designation you hold, like Senior Manager or Senior Director or Senior Accountant and all you can do is grin and bear it.

You are asked to open an important new section called Special Projects which does nothing at all.

You are given a fancy designation and no power. The boss's secretary does not even look up when you enter.

You create power point presentations that never get screened.

Even when you are at a company meeting yours is the last presentation and the boss says, okay, we'll keep it for next time except next time never comes.

You are never told to delay your vacation because the workload is heavy.

All your letters of appeal, requests and applications have a habit of simply disappearing.

You threaten to resign unless...and no one stops you.

The boss meets you in a lift and asks you what exactly it is that you do in the office.

At the official annual dinner you are not on the main table any more.

You subconsciously fish out your CV and discover you are updating it.

You don't want to hear what they are saying about you in the washroom...or anywhere else.

You don't get the new furniture or the new computer

### You know they don't want you anymore when:

Your best friends start asking you if 'everything is fine'.

People spring apart in the corridors of power when you come past.

A consultant is brought from 17,000 miles away to advise you on how to spruce up your department.

The teaboy takes his own sweet time to bring you tea.

None of the 'confidential' papers come past your desk.

Your secretary is no longer one of the first to know what's cooking and where?

You ask for a loan and the accounts section can hardly stop laughing.

You time your departure to coincide with the boss so you can score a point.

Those who were once junior to you and you taught them are now whizzing past you and you want to say, 'hello, hello, I am here' and no one listens.

You keep getting shortlisted for the big opening but never get it.

They start calling you the 'old warhorse' or the 'great survivor' and they begin to respect your age which drives you round

the bend. Someone junior is posted to your department and it was an oversight no one told you about it, so sorry and all that, don't make an issue of it.

You see your career wrapped around a pole like a car in an accident but you hang in there because there are bills to pay and commitments to keep and suddenly, the windmills have gone and you know the only battles you'll fight are to maintain position.

Your get up and go has got up and gone.

The chief tells you he has this terrific new assignment for you which is just up your street and you should be really thankful, and you know you have just been shafted even though he is trying to set it to music.

They give you a challenging task.

You are late to work and it hasn't made any difference, no one even questions it.

The office diary you get at the end of the year hasn't got your name embossed on it.

You find you are calculating your gratuity.

### You know they don't want you anymore when:

You call the boss several times and the secretary says he is in a meeting and can't be disturbed.

*Bikram Vohra has been the Editor of 11 newspapers including Gulf News, Khaleej Times, Bahrain Tribune, Emirates Evening Post and helped in setting up Gulf Today*



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