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## gourmet

THE MAGAZINE CHEFS LOVE TO READ  
volume 10, issue 8**YOUNG CHEFS**

Arjaan by Rotana are this month's challengers at the Golden Chefs Hat competition

**EAST COAST**

Images from the East Coast Culinary Competition held at the Miramar Al Aqah Beach Resort

**GUIDING LIGHT**

Meet Swiss-Australian Chef **Thomas Haller**, one of UAE's few visionary leaders and a true guide to our culinary industry

**BEYOND LUCK**

First look at all the action behind the scenes for the winners of the million dirham scholarship

**IT'S SATURN!**

We asked for an out-of-the-world recipe. Multi-award winning Pastry Chef Chandana delivers it

**DILMAH HIGH TEA**

The world's best competitors in the art of making tea were in Sri Lanka. Read our special report







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Dear fellow chefs, ladies and gentlemen,

Welcome to the October issue of our Gulf Gourmet. Here's a quick insight into all that's been happening at the Guild.

We had a very busy start after the summer break. Chef Rahil Rathod competed in the Commis Rotisseurs World Final in Budapest and did very well. This was the first time that the UAE was part of this great event, which will next be hosted in Manchester in 2015. Hope to have the opportunity to join then as well. Chef David Hiltbrunner from ICCA was on the panel of judges and he confirmed to me that the standard this year was very high.

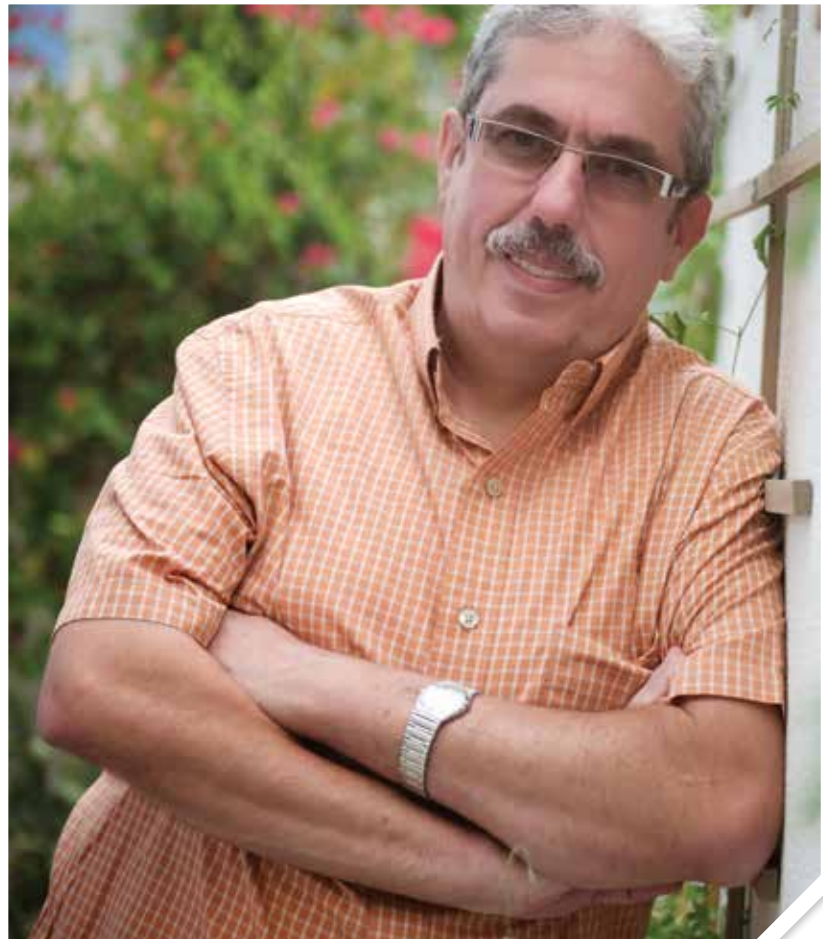
Our Young Chefs team, led by our Chairman Andy Cuthbert was taking part of the competition in Malaysia and represented us proudly. And in another part of the world, our Continental Director Thomas Gugler and I are in Namibia to judge the Africa Cup and be part of the MEA Continental WACS Congress.

You will find all the details from Malaysia and Namibia in our next issue.

We are working in full swing with the preparation for the Pastry World Championship in Milan which takes place this month between the 23rd and 27th. Our Team Manager for this event will be our Honorary Vice President Andreas Kurfurst and our Pastry Team is made up of Achala Weerasinghe from Madinat Jumeirah, Kapila Aramatunga from Sheraton Dubai Deira Creek, Dammika from Radisson Blu Hotel Dubai Deira Creek, and Rohita Kumara Kasthuriarchchi from Burj Al Arab.

The classes, rules and regulations for the La Cuisine Du Sial in Abu Dhabi, which will be hosted at ADNEC from 7th to 9th December, have been released and the registration is now open. Some classes are already booked. Register now.

The next WACS Congress will now be in



September 2016 in Greece. I recommend members to start saving small amounts of money now and to join us in Greece. If you have missed any of our previous issues of Gulf Gourmet please visit [www.gulfgourmet.net](http://www.gulfgourmet.net).

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](http://facebook.com/wacsyoungchefs) and encourage your young chefs to join that page so they can be in contact with over 4,000 chefs across the globe.

Please do not miss the company profile of our corporate members. We really do appreciate your support. Also do look at the Friends of the Guild pages to check out all our supporters.

A final thank you to Chef Youssef and his team from Jood Palace Hotel for hosting the September 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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**T**he GCC is a region where chefs are constantly moving. Take a look at our news bites section starting page 12 and within it you'll see a slew of new appointments even at the highest levels across professional kitchens. Yet, there are some chefs who are here to stay and grow, and in the process help others grow as well.

Our cover story this month is one such example. Chef Thomas Haller is the Food Business Manager of Nestle Professional with a wide portfolio under his belt and an equally wide geographic terrain for him to manage. Yet, he finds time to work extra hours towards the upliftment of the culinary industry.

I spent over an hour interviewing him for the article and was left speechless learning about the extent of work he manages to get done each day. I was once again reminded of this during the process of putting the articles together for this issue. He's everywhere, from teaching underprivileged chefs as part of the culinary scholarship from ICCA to promoting the

Emirates Culinary Guild in his capacity as Chairman for Dubai. Read about his extraordinary journey starting page 16.

Talking about the million-dirham culinary scholarship instituted by ICCA, we've learnt that the initiative has taken off to start that's better than we had expected. Imagine 30 young underprivileged chefs who are exceptional at the job even without getting a culinary education. Now imagine them being personally trained by the biggest chefs from the UAE and around the world. We have all the details starting page 32.

And finally, do not miss our Pastry Power section by Fonterra. We asked for an out-of-the-world recipe and that's literally what multi-award winning Pastry Chef Chandana Nishanta of Kempinski Hotel Ajman gave us.

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

**Aquin George**  
Editor

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# friends of the guild



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# newsbites



## Three Times World Pizza Champion in town

Chef Danilo Sangrigoli, recognised three-times World Pizza Champion and the only competitor to ever win both the acrobatic and baking sections of the Italian Pizza Championship, will be at Anantara, The Palm Dubai Resort from October 15-21. He will be serving up a

special pizza menu at The Beach House, where the fun-loving Italian will wow guests with his acrobatic displays of dough twirling and high velocity pizza creation. Danilo is also the current Guinness World Record holder for speed pizza making, having made a whopping 540 pizzas in 103 minutes.

## HORECA wins CSR label again

HORECA Trade has won the CSR label by Dubai Chamber for the second consecutive year. It has received the Dubai Chamber Corporate Social Responsibility Label in recognition of its efforts and contribution to excellence in various areas of society needs, protection of environment, workplace and marketplace. The Label is awarded to companies that foster sustainable business practices and are dedicated to spreading the importance of CSR objectives across the community.

Sixteen companies won the award this year. The Label award was presented by His Excellency Hamad Buamim— President & CEO Dubai Chamber of Commerce & Industry to Soula Baroudi – Marketing & Supplier relations Manager, who received the award on behalf of the company.

## Sheraton Grand Dubai gets Styles

Hugh Styles has been appointed as the new executive chef at the Sheraton Grand Hotel in Dubai. In his new role, Styles will lead a hand-picked team of over 50 chefs and 25 stewards from more than 20 nationalities. Styles, who has worked across hotels in Germany, Hong Kong and Singapore, moved to Dubai six years ago, cooking up a storm in various five-star hotels along Sheikh Zayed Road, not to mention also having cooked for American Presidents and catered for the G8 summit

## Martial made Honorary Member



During his recent trip to the UAE, Martial Rolland, the Deputy Executive Vice President for Nestle S.A., was conferred with the title of honorary member of the Emirates Culinary Guild. Seen here are (from left to right) Jeroen Pluijmers, President, Asia Oceania Africa; Chef Uwe Micheel, President, Emirates Culinary Guild; Thomas Haller, Food Business Manager, Nestle Professional; Roger Frei, Country Business Manager, Nestle Professional; and Martial Rolland, Deputy Executive Vice President, Nestle S.A.





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# Seahorse Workshop on Hamachi Fish & Mixer

The Seahorse Workshop on Hamachi Fish was held at the Radisson Blu Hotel, Deira Creek, Dubai, as part of its masterplan to create a platform for the Chefs in UAE to understand the trends in Fish & Fresh Seafood processing, handling & cooking. The event saw a packed attendance of pre-registered chefs from various hotels in Dubai and the Guild President Chef Uwe Micheel.

Chef Tetsuya Inomata from the

Hyoshoku Co, Japan showcased the Hamachi fish and the same was demonstrated to the attendees. Chef Tetsuya presented the filleting and portioning of the Hamachi fish, followed by preparation of Sashimi, Tataki & The Buri Bowl with Rice. The fresh delicate & buttery character of the Ocean harvested Hamachi fish (Yellow Tail) with delectable flavor was well explained by the visiting Chef from Japan.

The show was compered by Chef Anil

Kumar, the brand's culinary ambassador, and the participants were awarded certificates for participation.

The evening witnessed a massive turnout of Senior Chefs from UAE, for the Seahorse Mixer II showcasing the best in seafood. Chef Uwe released Seahorse's collector's edition book "The Grand Cru of the Sea-French Oysters" written by Mrs Inge Bruijnnooge, and the brand Chef Anil Kumar presented every chef with a copy of the book.

## Meet the Seniors

Emirates Culinary Guild in Abu Dhabi has inducted a select few as senior chef members of the Guild. They were awarded the certificates by the Guild leadership in Abu Dhabi including Raghu Pillai, Alen Pedge and Peter De Kauwe.



## Jay Williams is complex executive chef

Chef Jay Williams has been appointed as the Complex Executive Chef for The Westin Dubai and Le Meridien Mina Seyahi Beach Resort and Marina. The chef has been with the hotel since 2008 when he joined as Sous Chef. He has been integral to the growth of the hotel's substantial F&B offering and securing multiple award wins including Best Italian – Bussola, Best Brunch – Bubbalicious and Best Bar – Barasti.

Born in New Zealand he started in the kitchens by accident, washing dishes, peeling potatoes and cutting onions in a friend's kitchen over summer as a favour. The busy kitchen gave Jay an insight into a chefs world and so after six months on the pot wash, he moved to the grill and the rest as they say is history.



## St. Regis Doha gets new Executive Chef

The St. Regis Doha, has appointed Jean-Luc Morcellet as its new Executive Chef. The French culinarian brings more than 20 years of international gourmet experience to his role.

In addition to France, his prior work experience has taken him to the United Arab Emirates, the United Kingdom,

the United States and Zimbabwe.

In his new role, he will oversee all culinary aspects of the hotel's various restaurant's including the Astor Grill, Jazz at Lincoln Center, Oyster Bay, Sarab Lounge, Al Sultan Brahim and Vine. Morcellet will also be in charge of coordinating menus for banquets and external outside catering.

To get your chef or company related news featured in this section, email [editor@gulfgourmet.net](mailto:editor@gulfgourmet.net)



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# A MAN FOR ALL SEASONS

**Thomas Haller** is a true-blue nomad. From one country to another, from the kitchen to the board room, there's little he hasn't explored. Today, the food business manager of Nestle Professional is busy exploring different kitchens to offer solutions to his favourite people – chefs. He's not stopping there. The chairman of the Emirates Culinary Guild's Dubai chapter is among the building blocks of the UAE culinary industry...



He's not stopping there. The chairman of the Emirates Culinary Guild's Dubai chapter is among the building blocks of the UAE culinary industry...

In 1974, the world population hit 4 billion, Stephen King published his first novel, Watergate scandal claimed Richard Nixon's US presidency and Hungarian professor Erno Rubik invented the Rubik's Cube.

An 11-year-old boy in Switzerland couldn't care less. All his attention was focused on convincing his father to buy him a bicycle.

He couldn't. And so, he was forced to take up a summer job.

The job won Thomas Haller not just a set of wheels to zip around in his picturesque Swiss village but also wings to fly across the world. And he did.

In the forty odd years since, Chef Thomas has gone from Europe to Australia to the Indian subcontinent to Africa to the Middle East, moving from the kitchen to management to marketing and product development. If that's not illustrious enough a career to impress you, he's also the chairman of the Dubai chapter of the Emirates Culinary Guild.

The journey is far from over. At some point, Chef Thomas would like it to end the way it began – with a simple restaurant, this time his own. But that will have to wait another 10-12 years.

For now, chefs need him and he's determined to be there for them. Developing products to meet the basic needs of the kitchen and improve consistency and quality of dishes, Chef Thomas is currently focusing on expanding Nestle's gamut of offerings for chefs under brands such as Docello, Maggi, Chef and Nescafe.

The son of a corporate executive father



A young chef can learn a lot by being a part of the guild. The talent pool here is amazing. I hope it gets more traction and I wish more companies like ours would get involved with the guild

and an interior decorator mother, Chef Thomas started his summer job in a small lake-side restaurant, sorting glass bottles to be returned to beverage companies. "A week later, I was 'promoted' to peeling potatoes. I had to peel potatoes all afternoon sitting outside and the chef would come from time to time to check if I was doing it right." The third week was about cutting potatoes for french fries. A young Chef Thomas didn't mind. "After work, there would always be something nice to eat and drink." And yes, he made enough to buy the bike.

Having found a way to take care of his wants, little Thomas worked for the next two summers too. "The third summer, the restaurant owner asked me casually if I wanted to be a chef. I had two years left to decide if I wanted to pursue academics or do an apprenticeship."

Chef Thomas "tossed the idea around" his head and decided he wanted to be in the kitchen. "My father was non-committal, my mother said 'yes' but the strongest reaction came from my grandparents – a 100 percent 'no'. They felt a chef led a frivolous life and it was an unhealthy lifestyle full of parties and night shifts," he laughs.

His mother argued on his behalf, convincing his grandparents that

hospitality had many aspects other than cooking, like management. The restaurant owner pulled a few strings for Chef Thomas and got him into the best restaurant-hotel in his Swiss state, Aargau. "The hotel had only 50 rooms but for Switzerland, that was pretty big. It had a top-class, all-day a-la carte dining restaurant and a banquet hall for 1,000 people."

Three years went by in apprenticeship, with Chef Thomas securing second place in his state after the exams. "During apprenticeship, I was in a hotel that followed a four-season calendar for fruits, vegetables, meats, everything. So I learnt about different meats and ingredients." Guest chefs were also a regular feature of the restaurant, which gave Chef Thomas an opportunity to make contacts in the industry. Some of the guest chefs he later worked with for a while.

"I finished my hotel management and my compulsory time in the army. Then, the travel bug bit me." Chef Thomas worked in Germany in a butchery, in France in a small restaurant and then went to the United States. But all those stints were short ones.

Then, Australia happened. "My uncle was there and Australia is where I started my 'real' career."

Twenty seven years old at the time, Chef Thomas secured a job at the Hilton in Perth, from where he moved to Brisbane. "I was unmarried at the time, so wherever there was a restaurant or a hotel to be opened and I was asked to go, I went." India was the next destination and a life-changing decision. The Swiss chef met his Indian wife there and also got opportunities to go to Sudan for opening a Hilton property and to work in Kenya.

From Hilton, Chef Thomas worked for a bit with Movenpick but left that job to join the Sheraton group in Dubai in 2000. "My first stay in Dubai lasted just a year. I went to Pakistan from there, where I spent six years."



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Pakistan proved to be a career changer for Chef Thomas. He got into operations and even handled the food and beverage, sales and promotions for several top hotels, including Marriott and Pearl-Continental properties. An assignment with the Royal Palm Golf and Country Club in Islamabad further honed Chef Thomas's operations and management skills.

An Egyptian sojourn thereafter did not prove so attractive. "My wife wanted to return to India. I went to India to open a hotel, which is yet to open." When things didn't move, Chef Thomas took up a marketing role with Andy Mannhart AG, a Swiss supplier of kitchen equipment, buffet and utensils. Nearly four years later, Nestle found him.

Being a chef helps Chef Thomas in developing and marketing Nestle products to other chefs. "I have to present our products in a way that

the community sees value in them. As the industry grapples with high attrition, Nestle products help maintain consistency and quality." Chef Thomas points to many restaurants losing momentum after a spectacular start only because they cannot deal with consistency and quality issues.

"The chefs change, they get other jobs, other opportunities. And every chef is different. Some of us like a little more salt and some of us like a little more sweet. We have to find a balance for the customer."

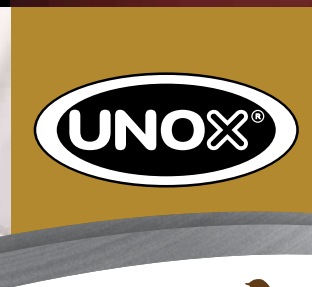
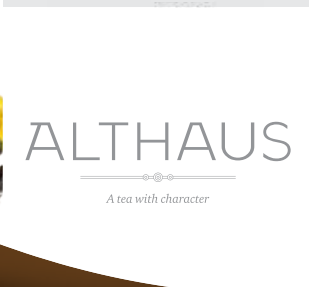
But with the latest wave of going 'back-to-basics', doesn't it become harder for Nestle to position its products? "I am a big believer in getting your basics right. But the question to ask is - are kitchens today equipped for this? Are restaurant and hotel owners these days willing to have one person only make stock, use more electricity and take the time

required? Stock can't be made in one or two hours. It takes time."

Back in the days when he was an apprentice, there were designated "stock and soup kitchens". "Those kitchens would have three-four chefs making all the sauces, all the stock, all the soups for the entire hotel and restaurants. You don't find that anymore. I know just one place around here that has this."

With most chefs these days learning skills on the job rather than doing a full-fledged apprenticeship, it is not feasible to make things from scratch, says Chef Thomas. "Two years ago, when we introduced Docello dessert mixes, we were making videos of some chefs making crème brulee and panacotta from scratch and then make them with our products. Some of the chefs couldn't even make chocolate mousse from scratch! That was a bit of an eye-opener for me. We felt that we





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should give chefs the base with which they can experiment."

To be fair, cooking is a tough profession and not for everyone. You need life-long passion and a lot of patience. Gruelling hours, stressful environment and constantly changing needs of customers make hospitality a challenging career. "When the world is celebrating, you are working harder than usual. But if a guest's smile after a good meal gives you satisfaction, then you are the right person for this profession."

Those who do want to succeed must be patient, advises Chef Thomas. Trying to become the executive sous chef at 23 will only prevent you from developing valuable skills. "Pay your tributes first. Money is not everything. Find a good mentor who has enough confidence in you and good connections and reputation."

Being the tough job that it is, hospitality loses a lot of graduates to other industries. "When I graduated from a hotel management school, there were 45 pass outs in that batch. You know how many stayed in the profession? One. Three others are doing related jobs and the rest are all doing something that has nothing to do with hospitality."

Personally, Chef Thomas has absolutely no plans of quitting the industry. A life-long lover of food, he hopes to slow down later with his own "food truck" or limited-menu restaurant someday. "It will be like a blank board menu. Whatever I find in the market I will put on the menu. I may operate it just a few days in a week. Maybe have just three-four dishes and three-four drinks. Or maybe even a small restaurant with 20 seats."

Time and again, Chef Thomas was tempted between jobs to follow through on this dream. But lack of resources in terms of manpower and the thought of limited time for his young son dissuaded him. "A business is not a one-person job. Also, I have friends who run restaurants and I have seen their children grow up



A business is not a one-person job. Also, I have friends who run restaurants and I have seen their children grow up without parents. I don't want to be that person when my son is young

without parents. I don't want to be that person when my son is young."

The concept of a revolving menu restaurant is definitely interesting. Many other concept restaurants are mushrooming in the Emirates. But Chef Thomas rues the fact that these restaurants fail to stick to the script a few months down the line. "They start off really well but deviate on the way."

"One concept I really like in all countries I have worked is local cuisine. In the UAE, the Emirati cuisine can and must be projected better."

His own favourite cuisine is French classic, the first ever cuisine he learnt.

Chef Thomas admits to missing the action in the kitchen. "There are times when I wish I had stayed in the kitchen. There's high tension and stress but only for a certain period in the day. Once everything is done, there is relief unlike in my current role, where it is an ongoing thing. At the end of the day, people just look at the numbers." He believes that "cooking is the most creative and the most beautiful profession in the world". "We can make people happy in what we do."

In his career, moving out of the kitchen and into management and marketing wasn't the only challenge Chef Thomas overcame. A bigger challenge was

adapting to different cultures, especially at the workplace. "In Germany and Switzerland, things are very straight forward and everyone forgets issues once they go out of the kitchen. People in some other cultures are very offended and hurt if you say anything to them. So you have to be very soft in your approach."

But then, there were those moments that make every challenge seem so small. For Chef Thomas, one of those big moments was organising banquet for 10,000 people at the rugby world cup in Australia. Then, there was this elaborate banquet in India. "I was the director of food and beverage for Hilton in India. We had to cater to 30,000 people daily in the 15-day banquet to commemorate a Chinese event. We were half dead by the time it was over. But afterwards, my team was invited to Beijing and honoured for a job well done."

Building on his experiences, Chef Thomas wants to use his association with the Emirates Culinary Guild to promote the profession and those who have chosen to be a part of it. He considers the Emirates Culinary Guild to be "one of the best guilds in the world". That's probably why he's been with it for 15 long years. "A young chef can learn a lot by being a part of the guild. The talent pool here is amazing. I hope it gets more traction and I wish more companies like ours would get involved with the guild." He feels Dubai should command more attention as an international culinary hub, mainly with help from locals. "We need to get the local people involved. There needs to be greater emphasis on that."

Talking about young chefs, can we expect more of them from the Haller stable? "I doubt it. My 11-year-old son is obsessed with cricket and he wants to study sports."

We guess that's quite alright. After all, Chef Thomas has contributed much more to the culinary world than whole families do. And he's just warming up.



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# PASTRY AND PASSION

Art and heart, Chef **Chandana Dilruck Nishantha** puts both on your plate. The pastry chef of Kempinski Hotel, Ajman, has perfected the skill of teasing dessertarians' sweet tooth...

**D**esserts are like songs, the best ones can make you dance. If what celebrity chef Edward Lee said is true, Chandana Dilruck Nishantha is one hell of a musician.

The oven is his guitar, the bakeware his keyboard and the frosting pen, his harmonica. With each of his 'menubusters', the pastry chef of Kempinski Hotel, Ajman, whips up dessertarians into a frenzy.

What is today Chef Chandana's passion was not even a thought when he was younger. The Sri Lanka-born chef studied

business management and wanted to pursue academics in a university. Tough competition and low scores, however, steered him into a different direction, a diversion he does not regret today.

"Back then, I had no idea I was going to be a chef," recalls the now 39-year-old chef. "I took entrance exams for university twice but could not get enough points. Maybe my heart really wasn't in it. I was still wondering what path to take when a friend asked me to join his electronic appliances business."

Initially, there was some excitement

for Chef Chandana but the job failed to hold his interest beyond three months. Sensing his restlessness, his uncle advised Chef Chandana to think about a career in hospitality. "My uncle is a well-known chef in Sri Lanka and he suggested I join a hospitality school, which I did." Just as he started at the school near Colombo, Chef Chandana got a chance to come to Dubai with a job at the Le Meridien.

It was a steward's job, not a glamorous position, but it took Chef Chandana just a year to convince his bosses he belonged in the pastry kitchen. In his





Set short-term goals for yourself if you want to keep improving. Every year, I set myself a different goal and achieve it. That keeps me motivated and also interested in my work

eight years at Le Meridien, he climbed to chef de partie.

The year 2007 was a year of changes for Chef Chandana. A colleague joined Raffles Dubai and offered him a job. Chef Chandana took it up, only to return to Le Meridien in just three months. "The pastry chef at Le Meridien resigned. So they called me back as the assistant pastry chef."

Chef Chandana's second stint with Le Meridien was also long. For five years, he handled the dessert menus of 21 international restaurants and banquet. Three years ago, Kempinski happened.

In the pastry kitchen, Chef Chandana loves to experiment with exotic fruit purees for desserts because very few chefs try these things. "Right now, I am experimenting with yuzu. It's an east Asian citrus fruit. Its puree is expensive because the fruit is not available here. Costs some 250 dirhams per litre. But it's different and creates a fantastic dessert."

Chef Chandana admits he had never imagined he would leave the confines of his small island nation to join the eclectic hospitality crowd of Dubai. He even trained at a popular restaurant in France, the dessert capital of the world. Along the way, Chef Chandana has won quite a few medals at culinary competitions, including several bronze at the Salon Culinaire for plated desserts



and live cakes and a gold at the Junior Chef of the Year for petit fours.

"I credit my uncle with my success. He pushed me to join the industry. The chief steward of Le Meridien, who is also a relative, also encouraged me a lot. It's because of these two that I am here today."

Of course, his journey is far from over. Someday, he hopes to be an executive pastry chef. "I know a lot of pastry chefs prefer starting their own businesses like opening pastry shops or bakery but that's not my thing at all. I tried my hand at business and I did not enjoy it."

Chef Chandana advises budding chefs

to work hard throughout their careers. "Set short-term goals for yourself if you want to keep improving. Every year, I set myself a different goal and achieve it. That keeps me motivated and also interested in my work."

He believes Dubai presents a lot of opportunities for chefs. "You get so many great products, all kinds of ingredients are easily available here. Chefs here are spoilt for choice and you should take advantage of that to learn as much as you can and experiment with different ideas."

That's what Chef Chandana does best. Whip up one plate after another of rare goodies.



## SATURN

### YUZU CURD

Yuzu Puree	750 ml
Sugar	450 gr
Egg yolks	375 gr
Whole eggs	475 gr
Anchor Butter	450 gr
Gelatin	6 leaves

### BLOOD ORANGE JELLY

Blood orange	1ltr
Sugar	100 gr
Gelatin	10 leaves
Agar-agar	5 gr

### VANILLA CHANTILLY

Anchor whipped cream	500ml
Vanilla beans	2 beans
Icing sugar	75 gr

### ALMOND CRUMBLE

Almond powder	400gr
Flour	100gr
Sugar	500gr
Anchor butter	250gr

#### Prepare the Yuzu curd

1. Boil yuzu puree
2. Mix together eggs, egg yolk and sugar
3. Add the mixture into boiling yuzu puree
4. Cook until the mixture gets thick and then remove from the fire

5. Add butter to the mixture
6. Keep the Yuzu curd in the fridge for a couple of hours, until it gets cold.
7. Make the chocolate dome, by adding melted chocolate into the silicone mold
8. Once the chocolate is set, fill both sides of the chocolate domes with Yuzu curd from inside
9. Place a chocolate disk in between of the 2 chocolate domes as a "Saturn"

#### Make the crumble

10. Mix together almond powder, sugar, butter and flour by using your hands
11. Place the crumble into the oven for 10 minutes on 180C

#### Prepare Vanilla Chantilly:

12. Add vanilla and icing sugar to the anchor cream

13. Whip until the mixture becomes thick

#### Prepare Blood Orange Jelly:

14. Boil blood orange with sugar
15. Remove the mixture from fire, add gelatin and agar-agar
16. Place gelatin into the fridge until it sets
17. Remove gelatin from the fridge and cut into small cubes
18. Arrange Vanilla Chantilly, fresh berries, almond crumble, "Saturn" and raspberry sauce on the plate.







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## DREAMING BIG

This month, two young chefs from Arjaan by Rotana at Dubai Media City take up the Nestlé Professional Golden Chefs Hat Challenge

**O**ur challengers this month at the ongoing Nestlé Professional Golden Chefs Hat Challenge – Season 3 are Chef Baber Ali from Pakistan and Chef Karna from Nepal.

### Chef Baber Ali

As a young child in Rawalpindi, Pakistan,

he grew up watching his mom and aunt cook their family meals and he took every opportunity he found to help them in the kitchen. The interest grew stronger as he grew older.

After completing his studies, he decided to pursue his passion for cooking by taking up his first job at a local Pakistani

restaurant famous for its authentic biryani, korma and butter chicken.

With a year of experience gained, Baber decided he wanted to learn more and what better way than some international exposure. His dream came true when he landed a job at Shangri La Abu Dhabi. The stint in Shangri La not just

gave him the opportunity to learn world cuisines, he also got a chance to train under Michelin-star Chef Mansour Memarian.

Last year, he got an opportunity to work at Rotana and he grabbed it. As Commis I, his current job involves working on the hotel's international cuisine's Theme Nights. In the future he wishes to focus on his interest in Italian cooking, something he is passionate about. He believes that working in the kitchen you need to have the passion, be resilient and willing to work hard. During his free time he enjoys a game of cricket and meeting people from different countries.

### Chef Karna

Chef de Partie Karna hails from Kathmandu in Nepal and experimenting with chocolates is his biggest passion. His fascination began when he was much younger. He would not just relish special chocolate treats he got, he would want to make them from scratch. Today, the smell of chocolates brings back childhood memories. For him, making desserts is nothing less than living a fantasy. His personal favourite is the Chocolate Fudge cake, simple and satisfying. Kara's started his career at the Sheraton Jumeirah Beach and stayed on for several years before joining Arjaan by Rotana, Dubai. Over the past 8 years, he has been trying to perfect the art of pastry making and would love to try his hands at classic French sweets.

During his free time he enjoys walking and fishing and he believes that with hard work comes success.



Chef Karna



Chef Baber



## NESTLE CHOCOLATE MOUSSE

### Step 1 - Chocolate Base

Butter	40 gm
Sugar	80 gm
Egg	1
Baking soda	1 t/s
Flour	50 gm
Cocoa	13 gm
Milk	30 ml
Cream	30 ml

### Directions

- ◆ Combine sugar and butter in mixer and stir well.

- ◆ Add egg and mix well, after add flour, cocoa powder and baking soda; blend fully.
- ◆ Pour milk and cream, one after the other and mix thoroughly.
- ◆ Pour into 16cm round ring and bake at 180 degrees for 30 minutes.
- ◆ Set aside for cooling in blast chiller

### Step 2 - Nestle Chocolate Mousse

Smarties® Mini Mix In Quick	100 gm
milk	100 ml
gelatin	1 p/s
Kit Kat® Mix In	4 t/s

### Directions

- ◆ Combine chocolate powder and milk.
- ◆ Mix in slow pace for 1 minute then mix fast for 4-5 minutes until smooth until it becomes a mousse.
- ◆ Then add gelatin and crushed Kit Kat. Set aside.

### Step 3

- ◆ Take the baked chocolate base in the cake ring and fill the top part with mousse.
- ◆ Place in freezer for 3 hours for setting.
- ◆ Once it is set, take it out from the freezer remove the cake ring and place it in a room temperature environment for 30 minutes and then it is ready to eat.





## HERB CRUSTED LAMB RACK WITH MASHED POTATO AND RATATOUILLE

### For Mashed Potato

Water	1 cup
Nestle® Sweet condensed milk	½ cup
Nestle® Fresh Cream	½ cup
MAGGI® Mashed Potato	1/3 cup
Butter	2 tbsp
Nutmeg powder	Pinch of
Salt	to taste

### For Ratatouille

Olive oil	2 tbsp
Small diced onion	1 cup
Garlic paste	1 tbsp
Small diced eggplant	1 cup
Small diced red bell pepper	1 cup
Small diced green bell pepper	1 cup
Small diced zucchini	1 cup
MAGGI® Tomato Coulis	1.5 cup
Oregano	1 tsp
Chopped rosemary	1 tsp
Chopped basil	1 tsp
MAGGI® Chicken Cubes	1 tsp
Salt and pepper	2 tsp

### For Lamb Rack

Lamb Rack	1000 gm
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Dijon Mustard	50 gm
Salt and pepper	½ tsp
Sunflower oil	2 tbsp

### For Herb Crushed

Fine chopped rosemary	1 tbsp
Fine chopped basil leaves	1tbsp
Fine chopped mint leaves	1 tbsp
Fine chopped parsley	2 tbsp
Bread crumbs	2 tbsp

### Side Vegetables

Fresh grilled Asparagus	50 gm
Fresh yellow zucchini	50 gm

### For Mint Sauce

Chef® Veal Stock	1 cup
Fine chopped onion	1 small
Garlic paste	1 tsp
Sunflower oil	1 tbsp
Nestle® Fresh cream	¼ cup
Fine chopped fresh mint	2 tbsp

### For Mashed Potato

- ◆ Heat a medium non-stick pot boil 1 cup water then add ½ cup condensed milk. Add 1/3 cup mashed potato powder mix nicely.
- ◆ Add 1/2 cup fresh cream and 2 tbsp butter, pinch of nutmeg powder and salt than mix well continue till done. Set aside.

### For Ratatouille

- ◆ Heat olive oil in non-stick pan, sauté garlic paste and add diced onion until they turn golden brown. Add diced green and red bell pepper, sauté for 2 minutes. Then add small zucchini and small eggplant, diced. Mix well.
- ◆ Add tomato coulis, oregano, rosemary, basil, nestle chicken cubes, salt and pepper to taste cook until done.

### For Lamb Rack

- ◆ Marinate the lamb rack with Dijon mustard, salt, pepper and sunflower oil.
- ◆ Mix fine chopped rosemary, basil leaves, mint leaves, parsley and bread crumb in a bowl.
- ◆ Put the mixture around in lamb rack and cook in oven 180 oC for 12 minutes.

### Side Vegetables

- ◆ Boil water in a small pot and blanch fresh asparagus and yellow zucchini, keep in iced water.
- ◆ Grill both vegetables until done.

### For Mint Sauce

- ◆ Heat pan and sauté garlic and finely chopped onion until golden brown. Add finely chopped fresh mint and mix together.
- ◆ Add liquid veal stock. Bring to a boil then add fresh cream. Mix until done.

# FIRST CLASS

Thirty students, a million dirhams, a zillion dreams... The Emirates' most exciting culinary scholarship programme has started off with a bang... These 30 students have already receiving free hands-on education at the ICCA from the biggest chefs from around the world. And this is just the first leg of the training!

**P**assion and potential won a lucky 30 budding chefs a place in the starting batch of the International Centre for Culinary Arts (ICCA) Continuing Education Award earlier this year.

The 1-million-dirham, first-of-its-kind scholarship programme aims to ready aspiring chefs for the world platform with an intensive 52-week training with some of the biggest names in the Emirates' culinary industry.

The programme, backed by the City and Guilds London, the Emirates Culinary

Guild and the World Association of Chefs Societies (WACS), has already run the young chefs through several weeks of ground training. Once they graduate, the scholars will be eligible for WACS certified professional cook certificate, under the World Chefs Global Certification Scheme.

Their adventure began on May 12, when they were inducted into the programme by Andy Cuthbert, the chairman of Worldchefs Young Chef Development and the Emirates Culinary Guild (ECG), along with ECG President Uwe Micheel and ICCA Dubai Director and Chief

Executive Officer Sunjeh Raja.

With much emphasis on going 'back to basics' these days, the students began their training with a session on June 4 on preparing stocks and sauces. Chef Thomas Haller, the food business manager of Nestle Professional for the Middle East, ran the students through the fundamentals of making white, brown and fish stock, the base on which many a wonderful meal stands.

A good sauce can make or break a dish. Chef Christophe Prud'homme, the director of kitchens at Al Marooj







& Al Bustan-Rotana, drove home this fact with the nitty-gritties of popular sauces such as hollandaise to mornay. A few days later, Chef Sebastian Nohse, the director of culinary at JW Marriott Marquis Hotel Dubai, topped their knowledge up with more sauces – tomato, provencal and Portuguese, veloute, mushroom and normande.

The same day, Chef Christian Gradnitzer, corporate director culinary at Jumeirah Restaurant Group JRG Dubai, added to the list with espagnole and demi-glace sauces and also threw in cold soups such as Bordelaise, Vichyssoise, gazpacho and chilled apricot soup into the students' recipe books.

The next week was all about purees and soups. On June 16, Chef Harald Oberender, the director of culinary, event and hospitality services at DWTC, elaborated on the methods of making purees of pumpkin, lentil, potage bonne femme and seafood soups such as chowder and bisque. Chef Harald went a step ahead of teaching and also gifted the students his signature recipe book on Emirati cuisine!

In the afternoon, it was Chef Sascha Triemer's turn to teach the class about cream soups such as mushroom, broccoli, tomato and asparagus. The vice president of culinary at Atlantis, the Palm, carried with him varieties of exotic

mushrooms to give the students a taste of what's available on the world menu.

Up ahead the next week were lessons in clear soups. Chef Patrick Bischoff, the manager of production quality operations for food service at Cleveland Clinic in Abu Dhabi, cleared the air on consomme and its variations. More action awaited the young chefs in the afternoon, when Chef Michael Kitts, the director of culinary arts at the Emirates Academy of Hospitality Management, showed them the finer points of broths such as minestrone, scotch broth, spicy tortilla soup and chicken corn chowder.

Eight weeks of hands-on training meant





it was time for tough love...and a test. The students were assessed on the skills learnt and given tips on what they needed to improve on.

A good chef is not just a good cook, he's also a good kitchen keeper. July was the month to reinforce that. Varun Asser, portfolio lead of kitchen care from Diversey Sealed Air, gave the chefs useful information about cleaning chemicals used in the kitchen.

September brought salads and sandwiches to the students' plates. Chef Thomas Haller was back in the classroom teaching vinaigrette-based salads, from basic ones like Greek, nicoise, rocket and

fennel to fancier ones such as red radish with berry vinaigrette, roast vegetable with grain mustard dressing, peach and rocket leaf with crumbled blue cheese and balsamic drizzle. Chef Marco Torasso, culinary director of Le Royal Meridien Beach Resort, Grosvenor House and Luxury Collection Hotel, threw in mayonnaise-based salads into the mix – waldorf, russian, potato and dill, Caesar and seafood salad in cocktail sauce.

Chef K A C Prasad, the director of culinary at Miramar, Al Aqah Beach, Fujairah took it upon himself to show the students what good sandwiches are made of. On the menu were conventional, club, book maker and

pinwheel sandwiches. Chef Nugraha Wardhana, executive chef at the Banyan Tree, embellished the list with Danish open and submarine sandwiches and canapes.

Some other big names rounded off the chefs' educational journey so far - celebrity chef and author Gary Rhodes, Terry Styles of The Conrad Dubai, Michael Kitts of the Emirates Academy, celebrity chef Osama El Sayed, Bobby Krishna of the Dubai Municipality, Michael Wunsch of Barakat, Emiliano Bernsconi of the Armani Hotel Dubai and Tarek Ibrahim, Master Chef, MLA – Australia.

If sessions with top industry experts were not enough, Nestle Professional Middle East even donated 47 boxes of premium hospitality books from around the world to the ICCA and the students. Handing over these tools of wisdom was Roger Frei, the country business manager of Nestle Professional.

Even with plenty covered in just five months, the students have much to look forward to until May next year.

With ICCA's chef instructors Daniel Hiltbrunner, Aziz Rajab, Vinod Radhakrishnan, Ashwini Kumar and Marco J Morana, the batch of 30 is now set to enter the second leg of its journey.

Watch this space for what's served up next.









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# A TEA-LICIOUS ADVENTURE

Colas come and colas go, but this heady brew stays on. After centuries of being the world's most loved drink, tea made inroads into other parts of the culinary stage with the Dilmah High Tea Challenge...

When during the Tang Dynasty, the Chinese brewed their first cup of tea, little did they realise that they were in fact starting a revolution.

Eight years ago, Dilmah tea company started another revolution – one that sought to highlight all the roles that this miracle leaf plays in our modern lives. They searched the globe, sorting through more than 700 teams to shortlist 21 teams from 14 countries for chefs talented enough for the Dilmah High Tea Challenge.

The effort wasn't wasted.

In a glittering grand finale between July 1 and 3 at the Hilton Colombo Residences in Sri Lanka, the team from Museum Art Hotel New Zealand scooped the most coveted 'Leaf and Artisan Trophy', proving that it could 'tea'se every palate with a heady brew.

The 21 teams had just 35 minutes to serve six dishes – two tea-infused creations, two food and tea pairings, two tea cocktails and one perfect cup of



black tea – to impress the judges. And impress they did.

Judges Bernd Uber, recipient of the Sidney Taylor Memorial Black Hat Award; Dilhan C. Fernando, the director of Dilmah School of Tea and the force behind Dilmah Tea Gastronomy; Simon Gault, judge on the popular TV show 'MasterChef New Zealand'; and award-winning chef and restaurateur Peter

Kuruvila later even picked their personal favourites from the bunch.

Museum Art Hotel New Zealand's theme, 'Meeting of the Senses', turned out to be the hot favourite of one and all, tantalising as it did the senses of sight, smell, taste, touch and sound. The team's silver jubilee Ceylon ginger, honey and mint tea consomme and confit duck leg tortellini wowed with subtlety

of flavour, while its vivid gentle minty green tea with Clevedon buffalo milk feta espuma, macadamia nougatine and fresh cucumber took it a step closer to top billing. The traditional crepe suzette live pairing with silver jubilee almond infused Ceylon pekoe digestive then sealed the deal for the team.

Coming a close second, the Hong Kong Cricket Club team celebrated Hong Kong's return to China after 150 years with its table setting complete with flags and elements of modern day Hong Kong. But what clinched the runner-up crown was its apple Welsh cakes - paired with nuwara eliya afternoon tea - in honour of the Welsh guard, the last official army to live in Hong Kong. If judge Peter had his way, the Welsh cakes would replace scones in high tea everywhere!

Nipping at Hong Kong Cricket Club team's heels was Cafe Turri from Chile, the second runner-up. The Chilean team's winning offering was its Dilmah earl grey beer. Also its empanada pairing with Dilmah Ceylon original breakfast tea mocktail was the "best empanadas" judge Peter ever had.

When it comes to culinary challenges, could the UAE be far behind? Three teams from the Emirates - the Radisson Blu Hotel Dubai Deira Creek, the Shangri-La Barr Al Jissah Resort and Spa, and the Emirates Academy of Hospitality Management - trumped hundred others to enter the finals.

Chef Dammika Herath and Chef Ronaldo Sadiz from Radisson Blu Hotel Dubai Deira Creek introduced the judges to the Emirates' multicultural life with dishes from Arabic, Indian and Asian cuisines, winning a bronze for their effort.

Oman-based Shangri-La Barr Al Jissah Resort and Spa's chefs Alpesh Dias and Sunil Kumar Puzhakkaldam Kulapura took the judges on a culinary voyage aboard the Sultana from Oman to New York, complete with an edible return ticket. This creative sojourn won the







team a silver medal and judge Dilhan's personal favourite title.

The Emirates Academy of Hospitality Management's Chef Maximilian Rauch and Chef Michael Kitts sprung a pleasant surprise with lamb kofta, spiced tomato compote with mint tea crumpet paired with Dilmah mint green tea, bagging a gold medal in the process and firmly establishing the UAE's growing importance in the culinary world.

Some other teams also stood out in different categories.

While the Netherlands-based Restaurant

Vermeer's carrot bullion with Dilmah springtime oolong ginger and garden pea dumpling was the 'best tea-inspired food', Australia's Stamford Plaza Brisbane came up with the 'best non-alcoholic cocktail', tea affogato using Dilmah yata watte tea.

Cocktails with alcohol had a new leader - 'New Age Old Fashioned', made by Singapore's Tess Bar and Kitchen, mixing Dilmah blueberry tea with homemade bitters infusion of Dilmah blood orange and eucalyptus tea.

When it came to tea pairings, Australia's Qantas Lounges by Pullman was the clear winner with its 'Tower

of Terroir' tea tasting board, sporting Dilmah silver jubilee Ceylon original breakfast tea, Dilmah silver jubilee Ceylon tea with strawberry and Dilmah vivid minty green tea.

The Leaf & Artisan Sustainability Award for effective integration of respect for humanity and nature in relation to food went to Chef Selvana Chelvanaigum and Chef Ian Jones from Australia.

But it was Malaysia's Shangri-La Kuala Lumpur that bagged the 'most innovative use of tea' award for giving all 30 teas a place in butters, marmalades, jams and other condiments in its high tea presentation.

Some tea-ple, however, just want the perfect cuppa with no frills. The Institut Paul Bocuse from France wrote an ode to these tea-ple by brewing the perfect cup.

With so much on offer, the judges couldn't help but have their personal favourites. For judge Bernd, the Hong Kong Cricket Club team was the chosen one, while judge Simon handed his award to the Cafe Turri team. Qantas Lounges by Pullman team proudly sported the 'Judge Peter's Favourite' badge.

Hearty congratulations to all the 'tea'msters!









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# PHILIPPINES CULINARY CUP

Chef Uwe Micheel had the honour of being a member of the great jury team at the Philippines Culinary Cup in Manila last month. Our friends, Chef J, James and Fernando and their teams put up a great show. Here are some of the moments captured at the event.









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## EAST COAST MOMENTS

The East Coast Culinary Competition was held over two days at the Miramar Al Aqah Beach Resort in Fujairah last June. The event saw a healthy turnout of chefs from all over the country. The competitions were fierce and the camaraderie thereafter was all fun. Here are some of the images captured during the event.









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**4th East Coast Culinary Event 2015 – Entry by Hotels** (June 8th & 9th, 2015)

No.	Company Name	GOLD	SILVER	BRONZE	MERIT	POINTS	Total Entries
1	Radisson Blu Hotel DDc	10	5	6	0	1804.75	25
2	Iberotel Miramar Beach Resort	6	8	12	14	1767.7	40
3	Al Jawaher Reception & Convention Centre	1	4	5	1	728.83	11
4	JW Marriott Marquis Hotel Dubai	1	4	2	9	576.55	18
5	Sharjah Ladies Club	2	1	4	3	566.6	14
6	Le Meridien Al Aqah Beach Resort	1	1	4	5	463	22
7	Radisson Blu Fujairah	0	1	4	2	376	10
8	The Address Montgomerie	1	2	1	6	329	11
9	Emirates Flight Catering	1	1	2	0	316.3	4
10	Lotus Hospitality	0	0	4	7	291.93	13
11	Chefs Guild of Lanka	0	3	0	1	251.5	4
12	Hilton Dubai Jumeirah Resort	0	2	1	1	241.75	4
13	The Ajman Palace	1	0	2	4	237.6	7
14	Grand Hotel Adriatic Opatija (Croatia)	0	2	1	0	237	3
15	Oceanic Khorfakkan Resort	0	1	2	2	232	10
16	Coral Beach Resort Sharjah	0	0	3	2	225.5	5
17	Madinat Jumeirah Al Qasr Hotel	0	0	3	0	212	3
18	Al Mashfa KSA	2	0	0	0	188	2
19	Atlantis the Palm	1	0	1	0	165	2
20	Hilton Al Hamra beach & golf	0	2	0	0	163	4
21	Waldorf Astoria, RAK	0	1	1	8	152	14
22	Centro Barsha by Rotana	1	0	0	0	95	1
23	Millennium Hotel Fujairah	0	1	0	0	80	4
24	RIXOS THE PALM DUBAI	0	0	1	3	72	7
25	Hab Al Rumman Restaurant	0	0	1	0	71.7	1
26	PALAIS NAMASKAR	0	0	1	0	71.5	2
27	Kempinski Ajman	0	0	1	0	71	1
28	MEDIA ONE HOTEL	0	0	0	6	0	7
29	Sofitel Dubai Downtown	0	0	0	2	0	2
30	Balinzora	0	0	0	1	0	1

**BEST KITCHEN ARTIST Trophy** (Class#11- Open Showpiece; Class#12- Vegetable Carving Live)

HOTEL	Competitor Full Name	Total Points/Medal		POINTS
		Class#11	Class#12	
Lotus Hospitality	Prasanth Prabhakaran	70.6	78	109.6
Radisson blu Hotel	Rovart Cagayat	88	83	129.5
The Ajman Palace	Losaka Luminda Wellage	70.8	76	108.8
Oceanic Khorfakkan Resort	Sumith Asanka Herath	89	71	124.5
Iberotel Miramar Beach Resort	Varuna Harshana Guruge	93	82	134

**BEST ARABIC CUSINIER Trophy** (Class#3- Three Course Gourmet Dinner Arabic Menu; Class#14- Arabic Mezzeh Practical Cookery)

HOTEL	Competitor Full Name	Total Points/Medal		POINTS
		Class#11	Class#12	
Lotus Hospitality	YASSER MAJIED	0	63	63
Le Meridien Al Aqah Beach Resort	Mohamed Ragab Morsy Mohamed El Abd			No show
Iberotel Miramar Al aqah Beach Resort	Feras Al Hamadi	75	71.3	146.3

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#### 4th East Coast Cocktail Event 2015 – Entry by Hotels (June 8th & 9th, 2015)

No.	Company Name	GOLD	SILVER	BRONZE	MERIT	POINTS	Total Entries
1	Iberotel Miramar Al Aqah Beach Resort	2	2	1	0	5	5
2	Le Meridien Al Aqah Beach Resort	1	0	0	3	1	4
3	Rotana Fujairah	0	1	0	2	1	4
4	Radisson Blu Fujairah	0	0	1	2	1	4
5	Media One Hotel	1	0	0	0	1	1
6	Hilton RAK	0	0	1	1	1	2
7	Waldorf Astoria	0	0	1	1	1	2
8	Grand Hyatt Dubai	0	0	1	0	1	1
9	Oceanic Khorfakan	0	0	0	2	0	3
10	Millenium Hotel	0	0	0	1	0	2
11	Jumeirah Creek	0	0	0	1	0	1
12	Hilton Fujairah	0	0	0	1	0	1

#### BEST PASTRY CHEF Trophy (Class#05- Friandises/Petit Four/Pralines & Nougatines; Class#10- Live Practical cake Decoration)

HOTEL	Competitor Full Name	Total Points/Medal		POINTS
		Class#11	Class#12	
Al Jawaher Reception & Convention Centre	Dinum Sankalpa	89.33	79	128.83
Lotus Hospitality	Hashan Pushpaka DSS	72.33	66	105.33
Radisson blu Hotel	Sudath Jayasantha Rodrigo Bastian Koralege	97	94	144
Le Meridien Al Aqah Beach Resort	Anhettige Shanaka Dilum Perera	66	64	98
Iberotel Miramar Al aqah Beach Resort	Kusal Samarasinghe	83	68	117



## UAE in Commis Rotisseurs World Final

Chef Rahil Rathod competed in the Commis Rotisseurs World Final in Budapest and did very well last month. This was the first time that the UAE was part of this great event, which will next be hosted in Manchester in 2015. Chef David Hiltbrunner from ICCA was on the panel of judges and he said that the standard this year was very high. We bring you some images of the competition held at the regional finals.





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## THE GUILD MEET

Last month's Guild meeting following the two-month summer break was held at the Jood Palace Hotel (formerly Taj Palace) in Dubai. It was hosted by Chef Youssef and his team and the event saw a huge turnout of both chefs and corporate members of the Guild. In addition to the usual networking, there was a minute's silence in honour of Chef Alen Thong who had passed away a couple of weeks earlier. Here are some images from the meet.





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## LA CUISINE BY SIAL 2015

### Briefs of the Classes for Entry

#### Class No. - Class Description

1. Cake Decoration - Practical
2. Elegance Stylish Wedding Cake –Three Tier
3. Four Plates of Dessert by Nestle Docello
4. Pastry Showpiece
5. Baked Bread Showpiece by AGTHIA
6. Friandises Petites Four Pralines Nougatines
7. Chocolate Carving Showpiece
8. Fruit & Vegetable Carving Showpiece by Barakat
9. Open Showpiece
10. Australian Lamb Five-Course Gourmet Dinner Menu by MLA
11. Tapas, Finger Food and Canapés by Grand Mills Bakeries
12. Individual Ice Carving
13. Ice Carving Team Event
14. Practical Fruit & Vegetable Carving by Barakat
15. Sustainable Fish & Seafood - Practical Cookery by J.M Foods
16. Australian Beef - Practical Cookery by MLA
17. Mezzeh – Practical Cookery by Boody's
18. Emirati Cuisine - Practical Cookery -
19. A Medley of Mocktails by AGTHIA
20. Etihad In flight meal sponsored by Etihad Airways
21. Ovo-Lacto Vegetarian Four-Course Menu by Egg Station
22. Dressed Lamb – Practical Butchery by Meat and Livestock Australia

### Practical Pastry (Patisserie)

#### Class 01: Cake Decoration

1. Two hours duration.
2. Decorate a pre-baked single cake base of the competitor's choice.
3. The Theme for the cake decoration will be "Beauty of Nature"
4. The cake base must be a

minimum size of 30cm X 30cm or 30cm Diameter.

5. The cake can be brought already filled without coating – ready to decorate.
6. The cake must be delivered and set up hygienically with cold box or dry ice storage. Not up to hygiene food product will not be judge.
7. All decorating ingredients must be edible and mixed on the spot. (Chocolate/Sugar/Marzipan/Fondant) minimum height is 30cm, it should be able to enhance and harmonize with the overall presentation
8. No pre-modelled garnish permitted.
9. Chocolate and royal icing can be pre-prepared to the basic level,
10. Competitors must provide all ingredients, cake base, utensils, and small equipment required.
11. A standard buffet table is provided for each competitor to work upon.
12. Water, electricity and refrigeration might not be available.
13. The cake will be tasted and cut by the Judges, as part of the judging criteria

### Pastry Displays

#### Class 02: Elegance Stylish Wedding Cake –Three Tier

All decorations must be edible and made entirely by hand.

1. Pillars or stands may be inedible but, unless decorated by hand, must be plain and unadorned.
2. Fine, food-quality wiring is allowed for the construction of flowers but must be properly wrapped and covered with flower tape or paste.
3. Royal icing, pastillage, pulled sugar, etc., may be used in the construction, but the finished display must not be dependent on these items.
4. The bottom layer of the cake must be edible. A section of the finished

edible cake should be cut for the judges' inspection

5. The cake will be tasted by the judges.
6. Inedible blanks may be used for the two top layers.
7. Typewritten description and recipes are required.
8. Maximum area w60 cm x d75 cm.
9. Maximum height should not exceed 1 meter (including socle platforms)
10. Points will be deducted for non-compliance.

#### Class 03: Plated Dessert by Nestle Docello

1. Prepare four different types desserts each for one person.
2. Displayed cold, each portion for one person, suitable for a la carte service.
  - a) 1 x Hot and Cold dessert composition
  - b) 1 x Vegetarian without eggs and animal fat
  - c) 1 x Arabic Dessert Free Style creation
  - d) 1 x Dessert serve in glass
3. Practical and up-to-date presentation is required.
4. Typewritten description and recipes are required.
5. Tasting will be part of the judging process if deemed necessary to determine quality and authenticity.
6. Maximum area w90 cm x d75 cm
7. Showpieces are allowed but will not be judged.
8. One of the plates must use Docello by Nestle as the main ingredient.

#### Class 04: Pastry Showpiece

1. To display a showpiece of either
  - a) Chocolate
  - b) marzipan/sugar / pastillage
  - c) dough/bread dough
  - d) Asian dough figurine
2. No frames, moulds or wires are allowed. Points will be deducted





for non-compliance.

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

### Class 05: Baked Goods and Baked Bread Showpiece

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

1. A baked bread showpiece.
2. Two types of bread loaves 200-300 grams (competitor's choice) two pieces of each loaf to be displayed.
3. Two types of bread roll 25-40grams (competitor's choice)) three pieces of each roll to be displayed.
4. Two types of baked sweet breakfast items 25-40grams (competitor's choice) three pieces of each item to be displayed.
5. Two types of baked savoury breakfast items 25-50grams (competitor's choice) three pieces of each item to be displayed.
6. One extra piece of each variety to be displayed on a separate platter for judges' tasting.
7. All breads & dough must bake at own work place as fresh as possible and deliver to the competition venue for judging.
8. Poor hygiene standard of handling bakery products will not be judged.
9. Typewritten products description and recipes are required.
10. Maximum area w90 x d75cm

### Class 06: Petites Four & Pralines

1. Exhibit six varieties.
2. Six pieces of each variety (36 pieces total) plus one extra piece of each variety on a separate small platter for judges' tasting. each piece to weight between 8-12grams)
3. Freestyle presentation and theme
4. Present the exhibit to include a

small showpiece.

5. Showpieces should enhance the presentation, and will be judged.
6. Written description mentioning the theme is required.
7. Typewritten products description and recipes are required.
8. Maximum area w90 cm x d75 cm.

### Artistic Displays

#### Class 07: Chocolate Carving Showpiece

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

#### Class 08: Fruit & Vegetable Carving Showpiece by Barakat

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

#### Class 09: Open Showpiece (Free Style Showpiece)

1. Freestyle presentation.
2. Only showpieces made of edible food material will be accepted for adjudication.
3. Frames and wires support are allowed but must not be exposed.
4. Maximum area w90 cm x d75 cm.
5. Maximum height 75 cm. (including base or socle).
6. Special note: To enhance the overall level of competition and to aid competitors to demonstrate superior modeling skills, it is permitted to use, frames and

supports

.i.e. Styrofoam support must not pre-molded and simply sprayed, a round cylinder to form the base of a body is permitted, and under no circumstances will pre-carved detailed Styrofoam of any other media be permitted. If the judging committee deems that the finishing has been aided by excessive moulding work it may not be judged.

### Class 10: Five-Course Australian Lamb Gourmet Dinner Menu by MLA

1. Present a plated five-course gourmet meal for one person
2. One of the appetisers for the meal must contain Australian Lamb as the main ingredient.
3. The meal to consist of:
  - > A cold appetiser,
  - > A soup,
  - > A hot appetiser,
  - > A main course with its garnish
  - > A dessert.
4. Hot food presented cold on appropriate plates.
5. Food coated with aspic or clear gelatin for preservation.
6. Total food weight of the 5 plates should be 600/700 gms.
7. Typewritten description and typed recipes required
8. If Australian Lamb is not used then 5 points shall be deducted from the judging
9. Maximum area w90 cm x d75 cm.

### Class 11: Presentation of Tapas, Finger Food and Canapés by Grand Mills Bakeries

1. Exhibit eight varieties. Weight between 15-20 grams per piece
2. Six pieces of each variety (total 48 pieces)
3. Four hot varieties.
4. Four cold varieties.
5. 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. Eight pieces should correspond to one portion.
9. 2 of the cold items must use selected bread supplied from Grand Mills bakeries in their composition as a base.
10. Sponsored Bread Items will be given to competitors prior to the event and a list of varieties.
11. Name and ingredient list (typed) of each variety required.
12. Maximum area 60cm x 80 cm.

### Practical Artistic Class 12: Individual Ice Carving

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

### Class 13: Ice Carving Team Event

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

### Class 14: Practical Fruit & Vegetable Carving by Barakat Fruit and Vegetables

1. Freestyle.
2. 120 minutes duration.
3. Hand carved work from competitor's own fruit\vegetables.
4. Competitors to use own hand-tools and equipment.
5. No power tools permitted.
6. Pre-cleaned, peeled material is allowed, but pre-sliced/carved will result in disqualification
7. Each competitor will be supplied with a standard buffet table on which to work.

### Practical Cookery

#### Class 15: Sustainable Fish & Seafood - Practical Cookery by J.M Foods

1. Time allowed 60 minutes
2. Prepare and present four identical main courses using the following Fish and seafood provided by the sponsor as the main protein item of the dish and no other fish can be used, Sturgeon, Irish Oysters 8 pieces, Caviar 25 grams
3. Weight of fish per portion on the plate to be 150 grams
4. Present the main courses on individual plates with appropriate garnish and accoutrements.
5. Failure to use all three sponsors items will result in a 5 point reduction of judging points
6. Typewritten recipes are required.

#### Class 16: Beef - Practical Cookery by Meat and Live Stock Australia

1. Time allowed 60 minutes
2. Prepare and present four identical main courses using Australian Beef as the main protein item.
3. Any cut of beef with the exception of tenderloin, rib eye and sirloin, can be used.
4. Weight of beef per portion on the plate to be 150-170grams
5. Present the main courses on individual plates with appropriate garnish and accoutrements.
6. Typewritten recipes are required.
7. If Australian beef is not used then 5 points shall be deducted from the judging points, competitors

must bring with them proof of purchase of Australian beef.

### Class 17: Mezzeh – Practical Cookery by Boodys

1. Time allowed: 60 Minutes
2. Prepare and present for four persons: Three types of hot mezzeh and three types of cold mezzeh.
3. Only one (if any) of the following types of mezzeh may be displayed: humus, tabouleh, babaganough, fatouche, moutabel.
4. The mezzeh can be representative of any of the following countries:
  - > **Lebanon**
  - > **Syria**
  - > **Jordan**
  - > **Morocco**
  - > **Egypt**
  - > **Tunisia**
5. Dishes must represent a variety of cooking methods and the use of ingredients as used in the Arabic restaurants of the UAE.
6. Boodys olive oil and Tahina must be the only olive oil and Tahina used in the creation of these dishes and will be available in the competition venue for use in the kitchens
7. Present the mezzeh in four equal portions.
8. Two portions will be presented and two portions will be presented to the judges.
9. If Boodys products are not used then 5 points shall be deducted from the judging
10. Typewritten recipes are required.

### Class 18: Emirati Cuisine - Practical Cookery

1. This class is designed to ensure that the tradition of Emirati Cuisine is preserved and promoted through professional chefs.
2. Prepare and present two plated portions each of three Emirati dishes according with the following criteria:
3. Prepare and present two plated





portions of any one of the following dishes:

- > **Balalit**
- > **Kabeesa**
- > **Assedat Bobal**

4. Also prepare and present two plated portions each of any two of the following dishes:
  - > **Margougat Al Khudar**
  - > **Thareed Laham**
  - > **Margougat Al Dijaj**
  - > **Maleh Biryani**
  - > **Samak Mashwi**
  - > **Machboos Samak**
5. Emirati cuisine with traditional presentation and serving as would be found in a family home of the United Arab Emirates.
6. Competitors must bring their own plates/bowls for presentation and all necessary mise-en-place for the meals
7. The judges will check appliances and utensils for suitability
8. Typewritten description and recipes are required
9. Time allowed 60 minutes to present all three recipes

### Class 19: A Medley of Mocktails by AGTHIA

AGTHIA will supply juices to entrants in this class.

Display three portions each of three different alcohol-free cocktails using any combination of the following Al Ain Fresh juices:

- > **Orange**
- > **Watermelon**
- > **Pinapple**
- > **Grapefruit**
- > **Strawberry**
- > **Lemonade**
- > **Carrot**
- > **Green Apple**
- > **Mango**
- > **Cocktail**
- > **Guava**
- > **Kiwi**
- > **Pomegranate**
- > **Mint Lemonade**
- > **Lemon Concentrate**

1. Competitors are allowed to use a maximum of two other

ingredients per mocktail.

2. Ice, Salt, Pepper, Spices and Herbs used as seasoning are not counted as ingredients.
3. Competitors are to bring their own equipment, glasses, receptacles, etc.
4. Contact the organisers for juice samples after payment of entry fee.
5. The mocktails must be made entirely on-site; no pre-mixes or pre-mixing is allowed.
6. Garnishes, which can be made from any edible substance, must be prepared, cut and shaped entirely on-site.
7. The competition will begin with a close pre-inspection by the judges to ensure that no pre-preparation has taken place.
8. Time allowed 30 minutes to include garnish preparation.
9. Recipes required.

### NOTES TO AID COMPETITORS

Judging Points:

**TASTE** - 60 - The highest percentage point possibility is given for a good tasting mocktail.

**PRESENTATION** - 30 - The preparation and use of the garnish, the type of glass used the overall look of the mocktail.

**WORKING METHOD** - 05 - Clean, hygienic and safe work methods.

**INNOVATION** - 05 - New thinking as to glassware, decoration or presentation.

### Class No 20: In Flight Meal by Etihad

1. Create a lunch/dinner menu for business class passengers flying ETIHAD airline on Abu Dhabi/ London sector. A economy class ticket to home country for the winner of this class shall be awarded as a prize.
2. Menu must be practically reproducible for two hundred covers. All food items to be Western cuisine no Arabic food is required to be presented.
3. Durable enough for in-flight

service (i.e. suitable for chilling and re-heating without deterioration in quality).

4. Meal must be totally acceptable to Muslims.
5. One portion of the main-course will be re-heated and tasted as part of the judging process.
6. Menu to comprise: A choice of 2 hors d'oeuvre (each approx 90grams), One salad with a choice of 2 dressings, A choice of two main courses, one to be vegetarian (each approx. 280gr inclusive), One cold dessert (approx. 90g).
7. The Main courses must be suitable to be able to be reheated and served within 12 minutes.
8. Prepare and exhibit three portions of each dish. One for display as per pre-service set up in foils, one set for display as per service to guest (glazed), one set complete appetizers and main course for judges tasting this portion to be kept chilled ready for reheating once judges request. An oven shall be provided.
9. A written menu is required.
10. Typed recipes are required.
11. The organizers will provide the dishes for presenting the in-flight meals.
12. The main-course used for presentation purposes can be glazed with aspic to keep a good appearance.
13. The main-course used for reheating and tasting, must be covered with the foil provided.
14. All competitors shall be sent a guideline for the plating and portion sizes, these guidelines must be followed. Also a recipe sheet and photograph to be provided as per sample specification sheet provided.
15. Competitors will be provided with the dishes as soon as possible after receipt of their entry-forms and fees. Maximum area 120cm x 75cm

### Class 21: Ovo-Lacto



### Vegetarian Four-Course Menu by Egg Station

1. Present a plated three-course vegetarian ovo-lacto meal for one person.
2. Suitable for dinner service
3. The meal to consist of:
4. An appetizer containing EGG STATION egg product
5. A soup
6. A main course
7. A dessert
8. To be prepared in advance and displayed cold on appropriate plates.
9. No meat, chicken, seafood or fish to be used, (meat-based gelatin glaze to enhance presentation is accepted).
10. The appetizer can either be cold or hot presented cold to contain a minimum of 60% egg product from EGG STATION as the main ingredient of the dish. Egg Station product will be made available to all competitors as required.
11. Total food weight of the four plates should be 600/700 gms.
12. Typewritten descriptions and recipes required.
13. Maximum area w75cm x d75cm

### Class 22: Dressed Lamb - Practical Butchery by Meat and Livestock Australia

1. Prepare a whole, fresh, dressed lamb carcass into various ready-to-cook joints and pieces, some as required by the organisers, the others to competitor's choice. A training/ demonstration will be provided by MLA prior to Salon event
2. Make a presentation of the finished cuts and off-cuts for exhibiting to the judges.
3. Competitors must use the fridges provided to store their finished cuts prior to judging
4. Cuts/joints can be suitable for foodservice or suitable for a retail butchery display.
5. Organisers will supply the dressed lamb for this class.

6. Each competitor will have one banquet table (supplied by the organisers) on which to work.
7. No power tools permitted.
8. Competitors to supply their own:
  - > **Tools and knives**
  - > **Twine or netting**
  - > **RED cutting boards (this is a municipality requirement and will be strictly enforced)**
  - > **Garnishing**
  - > **Display trays**
  - > **Sundries**
9. Time allowed: two hours
10. All tools and sundries will be inspected to ensure that they are hygienically suitable for food use. 11. Cuts required by the organisers are:
  - a) **Neck slices or Neck boned.**
  - b) **1 x shoulder, boned and rolled, tied or netted ready for roasting.**
  - c) **3 pieces shoulder chops.**
  - d) **Spare ribs.**
  - e) **1 x 8 rib Frenched rack.**
  - f) **Mid-loin chops from a short loin**
  - g) **1 x Eye of Loin.**
  - h) **1 x Tunnel-boned leg tied or netted for roasting.**
  - i) **1 x Seam-boned leg trimmed into its 4 primal cuts plus its bone-in shank.**

### VENUE & ENTRY FEES

1. La Sial will be held during the La Sial Middleeast Exhibition from December 7th to 9th 2015.
2. The venue is at the Abu Dhabi National Exhibition Centre
3. The entrance fee for single entries is Dhs.100 (AED. One Hundred) per person per class, unless otherwise stated in the Rules and Regulations or the Class Briefs.
4. The fee for entry to the trophy classes is as follows:
  - i. **Best Cuisinier - La Sial Abu Dhabi 2015 - AED:500/-per person**
  - ii. **Best Pastry Chef -**

- La Sial Abu Dhabi 2015 - AED:400/- per person
- iii. **Best Artist -**
- La Sial Abu Dhabi 2015 - AED:500/- per person
- iv **Best Arab National - La Sial Abu Dhabi 2015 - AED:300/- per person**

### CLOSING DATE

5. Closing date for entries is December 1st 2015 However, many are often fully subscribed and closed well before the closing date.

### TROPHY ENTRY

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

The required classes are:

### BEST CUISINIER

- i. **Class #10. Five-Course Dinner Menu**
- ii. **Class # 16. Beef Practical**
- iii. **Class # 15. Fish & Seafood Practical Cookery**

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

### BEST PASTRY CHEF

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

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

### BEST ARTIST

- i. **Class #10. Five-Course Dinner Menu**





- ii. *Class # 17 Arabic Mezzeh - Practical Cooker.*
- iii. *Class # 18 Emirati Cuisine – Practical Cookery*
- iv. *In order to qualify for inclusion in the points tally for Best Arab National Trophy a competitor must win at least one medal.*

### BEST ARAB NATIONAL

- i. *Class # 07. Chocolate Showpiece*
- ii. *Class # 09. Open Showpiece*
- iii. *Class # 12. Individual Ice Carvin*

### HYGIENE AWARD

A special hygiene shall be commissioned with a trophy from the Hygiene partner of La Sial. The award shall be presented to the chef showing the highest standard of food safety and hygiene in the practical classes in the kitchen. A special hygiene jury shall be present.

### IMPORTANT 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.

### WASTAGE and EXCESS MISE-EN-PLACE

1. Mise-en-place and brought materials will be checked at the time of arrival to the kitchen,
2. There will be a penalty deduction of up to five points for excess mise-en-place production.
3. Wastage will be calculated during and after the class.
4. There will be a penalty deduction of up to five points for excess wastage.
5. Due to the fact that only one hour 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.

6. 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.
7. All dishes are to be served in a style equal to today's modern presentation trends.
8. Portion sizes must correspond to a three-course restaurant meal.
9. Dishes must be presented on individual plates with appropriate garnish not exceeding 250g total food weight excluding sauces.
10. Unless otherwise stated, competitors must supply their own plates/bowls/platters with which to present the food.
11. Competitors must bring with them all necessary mise-en-place prepared according to WACS guidelines in the hot kitchen discipline ([www.worldchefs.org](http://www.worldchefs.org)).
12. Competitors are to provide their own pots, pans, tools and utensils.
13. All brought appliances and utensils will be checked for suitability.
14. The following types of pre-preparation can be made for the practical classes:
  - > *Vegetable / Fungi / Fruits; washed and 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-weight or measured out ready for use*
  - > *Fish may be scaled, gutted, de-finned and de-gilled, but must otherwise be brought to the competition whole.*
  - > *Meat may be de-boned and portioned and the bones cut*

up.

- > *No pre-cooking, poaching etc. is allowed*
- > *No ready-made products are allowed.*
- > *No pork products are allowed.*
- > No alcohol is allowed.
- 15. 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
- 16. No help is allowed to be given to the competitor once the competition starts; the coaching of a competitor from the sidelines will result in the competitor being disqualified.
- 17. 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.
- 18. Two copies of the recipes typewritten are always required.
- 19. Submit one copy of the recipes to the clerk when registering
- 20. Submit one copy of the recipe to the duty marshal at the cooking station

### Rules and Regulations NB

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

### PARTICIPATION

4. Participation at competition is open to anyone professionally employed in the preparation of food.



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

### COMPETITION ENTRY

10. Please note that there are different forms for different types of entry; ensure that the correct form is being used. Competition runs 7th -9th December 2015
11. Complete the entry-form according to the instructions on the form.
12. Completed photocopies of the entry-form are acceptable.
13. Submit the completed form to the organisers along with the requisite fee.
14. Fees must be submitted along with completed entry forms.
15. Fees are payable to:  
**Bank Name:** Mashreq Bank  
**Account Name:** Emirates Chefs Guild FZ LLC  
**Account Number:** 0190000017926  
**IBAN:** AE600330000019000017926  
**SWIFT:** BOMLAHAD  
**Branch:** Dubai Internet City
16. Entries are accepted strictly on a first-paid, first-accepted basis
17. No entry is accepted until the appropriate fee has been received.
18. Entry Fees are non-refundable.

### CERTIFICATES AND LETTERS OF PARTICIPATION

19. Ensure that your name (clearly written in block capitals) appears on your entry-form exactly as you would wish it to appear on any certificate, letter of participation or posting of results.
20. Any applications for amendments to letters or certificates will necessitate: a) Return of the original certificate b) A written confirmation from the executive chef c) A pre-paid fee of Dhs: 100/- (AED: One-hundred) per certificate.

### HYGIENE

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

### THE SECRETARIAT

24. The Emirates Culinary Guild (ECG) is the body responsible for the creation, organisation and administration of the competition.
25. The competition is governed by and construed according to the rules of the organisers.
26. The organisers have sole authority to adjudicate on any matters pertaining to the competition.
27. Entrants' acceptances of participation in the competition are construed as confirmation of their undertaking to the jurisdiction of the organisers in regard to all aspects of the Emirates Salon Culinare.

28. The address of the ECG for all correspondence and inquiries referencing culinary competitions is: The Emirates Culinary Guild, PO Box 454922 Dubai, United Arab Emirates. Tel: + (97156) 8014089.

**Email:** [theguild@eim.ae](mailto:theguild@eim.ae)

### COMPETITORS AND HELPERS

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





competition slot will be given to a waitlisted competitor.

38. Any competitor not in place and ready to start at least five minutes before the time a competition commences, will be disqualified.
39. Competitors and helpers are forbidden from approaching or speaking with or at a judge without the express permission of the organisers.

## EXHIBITS

40. Each exhibit must be the bona fide work of the entering competitor. It must be solely the work of the competitor and must be certified as such by his Head of Department or General Manager.
41. Each exhibit must be a completely original work, it must not have been displayed previously (in whole or in part) in any competition or exhibition whether private or public.
42. All exhibits must be of edible substance except for framing, socles and stands where they are allowed.
43. It is forbidden to use any living entity whatsoever as part of an exhibit (e.g. tropical fish).
44. It is forbidden to depict religious, nude, semi-nude or political themes in an exhibit.
45. All exhibits must be suitable for presentation as a decorative item in a restaurant or banqueting setting.
46. An exhibit must not carry any logo, label or mark of identification; however, competitors must be able to identify their exhibit if required.
47. Competitors are responsible for their exhibits and should ensure that they are available in their proper place for judging on the day and time specified.
48. No preparation or finishing of exhibits is allowed in any area except the designated preparation area at the rear of the

competition area.

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

## COMPETITION MARSHALS

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

## AWARDS

58. Gold, silver and bronze medals and certificates and certificates of merit are awarded solely at the discretion of the judges.
59. The decision of the judges is final and each competitor is required to abide by it without comment.
60. Medals will normally be presented at 18:00 each day. This may change according to circumstance.
61. Any medal or certificate that is not accepted by the competitor or

his/her helper at the presentation ceremony for that day will be forfeit, unless prior arrangements are made with the organisers.

62. A competitor or his/her helper must be correctly dressed as stipulated in the rules when collecting medals or certificates.
63. Incorrectly dressed competitors/helpers will not be allowed access to the awards area.

## COPYRIGHT:

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

## DISCLAIMER

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

## QUERIES

68. All queries must be submitted by email to: [theguild@eim.ae](mailto:theguild@eim.ae). The question and answer to each query will be broadcast to all entrants.
69. La Cuisine by SIAL will take place during SIAL Middle East at the Abu Dhabi National Exhibition Centre in hall 7
70. Access to the Exhibition Centre is through loading gate 3
71. Access to the halls is through hall door 7.1
72. La Cuisine will run December 7th – 9th 2015.

October 2015 Gulf Gourmet

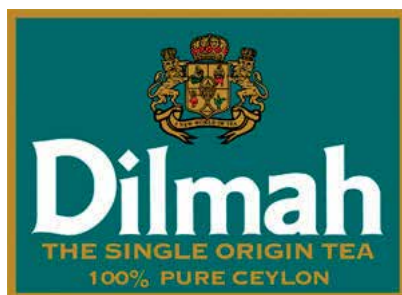
# newmembers



Merrill J. Fernando - Founder of Dilmah Tea, Ragnar Fridriksson - Office Manager / Directeur de Bureau - WACS - World Association of Chefs Societies and Dilhan C. Fernando - Founder's Son of Dilmah Tea / Director Marketing receiving Emirates Culinary Guild Membership certificate from ECG President Chef Uwe Micheel.

Sri Lankan family tea company **Dilmah**, founded by Merrill J. Fernando, today the world's most experienced teamaker, has championed quality, authenticity and variety in tea. Dilmah pioneered the concept of Single Origin Tea in 1988 when the family company went against industry trends to declare its commitment to authenticity. Garden fresh, unblended tea is a hallmark of Dilmah and offers a unique taste of unblended Ceylon tea packed at source - where it is grown.

Our range includes traditional Speciality Gourmet and Premium Tea, Herbal Infusions, pure Green Tea and Fun flavoured Teas, Spiced Chais, Organic Tea, the Dilmah Exceptional range with its contemporary selection of teas, our boutique Wattle and t-Series teas, the exclusive Teamaker's Private



Reserve teas and the latest Dilmah 25th Anniversary Silver Jubilee Gourmet range and the vibrant and exciting Vivid tea selection.

Dilmah takes the lead in bringing innovation to a global tea category that has suffered decline as a result of commoditisation. Signature events such as the Chefs & the Teamaker and Real High Tea are innovations that

seek to educate and inspire hospitality professionals to offer their guests a completely new tea experience. The events foster greater respect for this healthy, natural and versatile beverage.

The Dilmah School of Tea seeks to inspire passion in tea through knowledge of the artisanal aspects of tea amongst hospitality professionals, tea aficionados and consumers. The emphasis is on the importance of Real Tea and the versatility of this natural herb in tea gastronomy, food pairing and tea mixology. [www.schooloftea.org](http://www.schooloftea.org)

Dilmah is Ethical Tea, in that all packaging profits are retained in Sri Lanka and fund the MJF Charitable Foundation and Dilmah Conservation. We believe that Business is a Matter of Human Service. [www.mjffoundation.org](http://www.mjffoundation.org)





Fadi Hijazi, Sales Manager at Sparrow receiving Emirates Culinary Guild Membership certificate from ECG President Chef Uwe Micheel.

In the UAE, Sparrow International is a major player in the HoReCa sector, with an emphasis on quality products and services.

Armed with renowned international brands and professional partners, Sparrow provides turn-key solutions for any F&B business.

From small coffee shops to major hotel chains, Sparrow has the expertise and products to offer the best required options.

Onwards to Saudi Arabia



We are pleased to announce our expansion to the Kingdom of Saudi Arabia, where we will present our quality products and services. Sparrow international will cover the entire Kingdom's territory and will also be present to cover technical recommendation, consultancy and professional staff training.

A showroom will take place in KSA to display the variety of our products and provide professional demonstration.

Professional Barista training

Sparrow International is the ideal training partner to learn all about coffee. We are providing advanced training for employees, professionals and managers from the hospitality and catering sectors, as well as for coffee enthusiasts, in our campaign to spread information about correct Espresso Coffee preparation.

# 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.

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

### Now you do the maths.

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

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

Gulf Gourmet is the only magazine endorsed by the ECG.

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REACH

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## ABOUT GULF GOURMET

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

## WHO READS IT?

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

## REACH BY COUNTRY

▶ United Arab Emirates	71%
▶ Kingdom of Saudi Arabia	18%
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▶ Kuwait	1%
▶ Bahrain	2%
▶ United Kingdom	1%
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## MARKET SEGMENTATION

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



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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 ☐ Junior ☐

Email:

Declaration to be Signed by all Applicants

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

Signed:.....

Proposed By:

Sig:.....

Seconded By:

Sig:.....

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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

# SEVEN SECRET SPICES OF BODY LANGUAGE

*"Good cooking is an art as well as a form of intense pleasure... A recipe is only a theme, which an intelligent cook can play each time with a variation" — Madame Jehane Benoit, Chef*

To create a successful dish it takes determination, inspiration, and certainly the right ingredients. Similarly, for you to be successful you need to be an effective communicator thus you need to be aware of the ingredients called voice, words and body language. In this article we will be tackling body language.

Your attitude is very easily projected through the voice and words you use. Many a times you can play around with these two but it is very difficult to hide your body language. Your body language is a visual give away that cannot be ignored and plays a critical part in the dish called success.

The five core elements of body language being your:

- ♦ Posture
- ♦ Facial expressions
- ♦ Gestures
- ♦ Head motion
- ♦ Eyes

So, please be aware of these seven secret spices of body language:

1. Your facial expressions can make a world of difference when you are communicating with others. Be careful how you express with your mouth,



- eyes and eyebrows. Do you want the eyebrow raise action of the Rock?
2. A smile is the easiest way to communicate with another individual. Generally speaking, people who smile tend to come across as happy. This makes it easier to communicate with them. Smiling is a great way to establish a rapport. In certain cultures please be aware of who to smile at.
3. With your eye contact you can build trust, however, staring at the other person to death may just do the opposite. Many people believe that our eyes reveal our thoughts and feelings thus creating a bond, which means you are more likely to pay attention.
4. In many cultures speaking with your hands can be very helpful while in others you have to be conservative with your hand movement. Use your hands to draw someone's attention to an important point, count using your fingers, and if need be use your whole arm to emphasize certain feelings.
5. Ensure you are in a positive state of

mind. This will allow you to appear sincere and comfortable with your own body language.

6. By placing your hands in your pockets when communicating with someone may come across as being impolite or rude. Furthermore, fiddling with an object, or making obscene gestures during a conversation can be extremely off putting.
7. When you see someone with a good body posture you get a sense of confidence from them. Your body posture reveals how much you care about yourself.

Good communication is the natural sweetness of a fruitful relationship. The skill to know and use your body language is an influential tool. It assists you in bonding with others and develops relationships.

"My father taught me things about body language that psychologists have been catching up with ever since. He always knew when I was lying, because my posture was all wrong." — Richard Griffiths

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## STAND OUT FROM THE CROWD

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Certified Master Chef  
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# THE SAME PREFERRED RECIPE WITH A NEW LOOK



## Benefits of the New Packaging:

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- User-friendly
- Sustainable
- Longer Freshness
- Reusable
- Microwave and dishwasher safe
- Heatproof/Waterproof