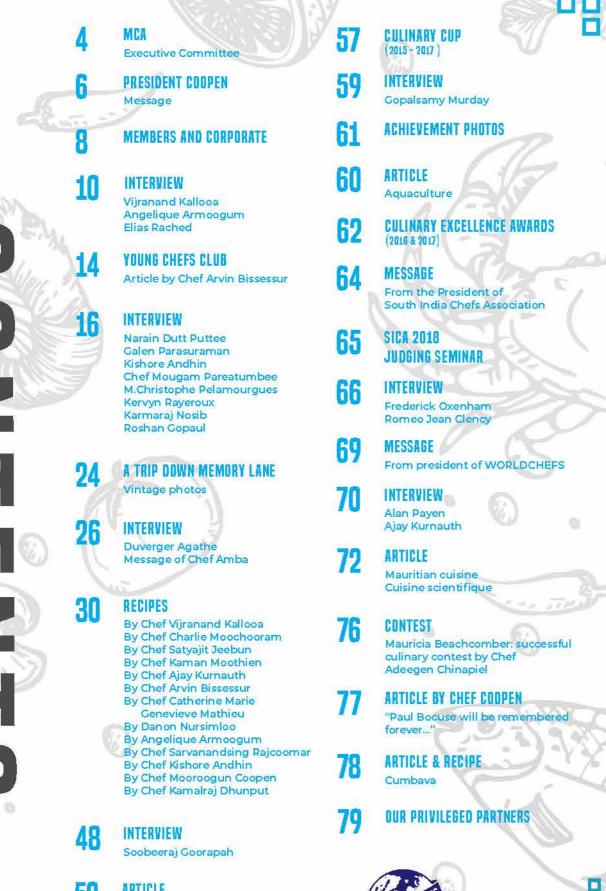


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Palm heart

Food hygiene and safety

Les Moulins De La Concorde

Smoked marlin in Mauritian cuisine

(Ashvina Hanma) **Annual General Meeting**



Resident MOOROOGUN **COOPEN** The Mauritian Chef's Association is celebrating its 20th anniversary this year. To commemorate this event, we have launched a souvenir magazine which will contribute to heighten awareness about our organisation both locally and internationally.

MESSAGE FROM THE PRESIDENT OF THE MAURITIUS CHEFS ASSOCIATION

Our association stands out as the largest platform bringing together chefs throughout Africa and the Middle-East. The Mauritian Chef's Association is also highly esteemed on the international stage as we have been admitted as a member of the prestigious World Association of Chefs' Societies, a global network of chefs' associations founded in 1928.

We are humbly pursuing our mission of promoting excellence in culinary art. We contribute to further the skills and enhance the experience of our members through conferences and seminars, exchanges and participations in both national and international competitions.

In addition, we offer vocational training and apprenticeship opportunities to the younger generation wishing to join our profession. Recently, we have awarded scholarships to two deserving school leavers so that they follow culinary courses at the prestigious Escoffier Institute which has been launched in Mauritius.

This professional approach of the Mauritian Chef's Association has attracted strong support from an increasing number of corporates and chefs, enabling us to extend the range of our activities.

Our association has also evolved over time. During these last years, we have responded to the changes in the lifestyle of our guests and the craze for healthier eating.

In our fast-changing world, our association has strived hard to understand the 'why' and 'how' of the latest trends and techniques in cooking to be proactive, match the continuously changing expectations and tastes of our customers while caring for their health.

Our ultimate wish is to offer a unique and memorable food experience that will be most enjoyable. Our aim as chefs is to have a truly positive impact on the heart and mind of our guests through innovation and creativity in the preparation of platters.

Travellers around the world want to discover the culture of a country through its traditional dishes. In the future, we can expect gastronomic tourism to become a major revenue generator of the travel and hospitality industry of Mauritius. The chefs, particularly those belonging to our association, have acquired the expertise and passion to unite through food, the tourists coming to Mauritius.

To end, I would like to encourage the youth of Mauritius to join our profession, commit themselves to attain perfection in their future endeavours so that in the future, the Mauritian cuisine becomes a reference all over the world.





Our awesome Members and Corporate

AMBRE

- 1. Vijranand Kallooa
- Prem Chowdhoory
- 3. Pillay Coussiga
- 4. Avinash Cheenatur
- Bruno L'eveille
- Vir Abhimanyu
- 7. Vikash Deelah
- 8. Roshan Gopaul
- 9. Charlie
- 10. Parwez
- 11. Satyajit Jeebun
- 12. Kaman
- 13. Raj Bookul
- 14. Beegun Swaraz
- 15. Meghna Bhudaye
- 16. Reetoo Gavrau
- 17. Maywah Rekhangkun
- 18. Kenny Churrun
- 19. Fugain L'introuvable
- 20. Sandrine Lafleur
- 21. Pascale Lebrasse
- 22. Satyam Rughoonundun
- 23. Hare Bole-Buljeon Tejasveer
- 24. Darshini cunniapen (New)

- 25. Vissaven Veerasawmy
- 26. Sanone Munisamy (New)
- 27. Indrasen Arekion (New)

- 33. Nooriah Ghurbir
- 34. Khadun Krishnanad
- 35. Preety Mohun

PCL BEACHCOMBER

- 1. Yannick Cecile
- 2. Michael How

ST REGIS

- Maneeram
- 2. Raj Gungaram
- 3. Sooklall Sandeep
- Balloo Mahadeo
- Yannick Tuyou
- 6. Gyani Segobin
- Burzoo Christelle
- 8. Nitishay Raujee
- 9. Adarsh Rawjee

- 28. Indrasen Arekion (New
- 29. Kamalhassen Curpen (New)
- 30. Rajeev Gopal (New)
- 31. Kannaya Ravindra (New)
- 32. Rajiv Rambeesoon
 - Marooday Shivam
 - Jeebun Kailash

 - 11. Sarvanandsing Rajcoomar

 - 12. Bholah Mamade

 - 19. Lin Chin (New)

 - 21. Emilie (New)
 - 22. Bhavna (New)
 - 23. Dilesh Seenondon
 - 24. Nunkoo Vicky

- **CANNONIER**
- 1. Coopen
- 2. Kurnath Ravindranat
- Boodan Vinit
- Dhunput Komalraj
- Bertrand Jean Pascal
- Palaram Muneth

- Arvin Kumar Bisessur
- 10. Catherine Genevieve

- 13. Gokhoola Kumar
- 14. Vidiaprakash Kawol
- 15. Pokhun Kavirajsing
- 16. Ramjin
- 17. Rutnah Roshan
- 18. Mungur Dischan
- 20. Alexandre (New)

- 25. Fabrice theodore
- 26. Agnesh puresh

- 27. Bhavish Jugdawoo
- 28. Laurant Demarais
- 29. Vikash Judha
- 30. Appadoo Lovishwanada
- 31. Bryan Charles
- 32. Karouven (New)
- 33. Meenakshi (New)
- 34. Dorothee (New)
- 35. Koushal Donookdhare (New)
- 36. Khousheeta Chuttoo (New)
- 37. Sebastien Brauneau (New)
- 38. Dhooky Balmick (New)
- 39. Mestry Piragarsen (New)
- 40. David Douce (New)

MAURICIA

- Adeegen Chinapiel
- Westley Chowrimootoo
- Pachee Roubini
- Meeniandee Dinessen
- Lememe Fabrice
- Dhoopnarain Pooshan
- Gohee Kishore
- Moosun Kunal
- 10. Masilamanee Kaviren (New) 11. Ramachundren Yoven

Pachee Ganesha

- 12. Bundhoo Manave (New)
- 13. Byravadoo Pallavi (New)
- 14. Gungadoss Reshaw (New)
- 15. Gungadoss Keshave (New)
- 16. Damien Munso (New) 17. Koolwant Sawan (New)
- 18. Seblin Donovan (New) 19. Josephe Jean Marie

EHSGD

- 1. Sheena Bhikoo
- 2. Angelique 3. A.Acharaz
- 4. Amerally Reyaz
- Seegobin Vanshraj
- 6. Jenny Monty (New)
- 7. Kavita Bussooa (New)

SHANDRANI

- 1. Veeren Pillay
- Vim Rayapen
- Gerard Pyneeandee **Govind Ramon**

Darmendra Bachu

Sandiren Curthan Carlo Matambee

SOFITEL

- 1. Kishore Andhin
- 2. Darren Armoogum
- Vicky Gangoosirdar
- 4. Ezekiel Rene Veemul Bhiwoo
- Nausheen Bauhadoor
- Bertrand Rose
- Sharonne Joson
- 9. Billy Dowlet
- 10. Jushvin Kutwaroo
- 11. Vickram Taukoor 12. David Skulason

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- Fortress Adapro
- Surat

9. Archemics

- 7. Reve Holdings 8. Amigo
- 11. Scott 12. Hassen Taher

10. Margarine Industries

- 13. Fine foods
- 14. IBL 15. Veerapen
- 16. Gourmet Emporium
- 17. La Dorade
- 18. Esprit D'hotel
- 19. Moroil Nestle
- 20. Escofier
- 21. PAI 22. Proxifresh
- 23. Cugs ltd
- 24. Inter Union
- 26. Sik Yuen

27. QualiBre **OTHERS**

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- 2. Shaheel Luckmun

25. Dale Hospitality

- Ravi Gokoola Jerry Bastiaan
- (victoria)
- 6. Rucha Doomun Arjun Bawcharaw

Vikash Ramtohul

- Zulfikar
- 9. Molaye B

- 10. Akilesh Catooa
- 11. Bastien Ludovic 12. Veerapen

Magazine souvenir 9 MCA 20 years Magazine souvenir 8 MCA 20 years

atalkwith

Vijranand Kallooa, the Executive Chef with golden fingers.

He is not only Executive Chef at Ambre Resort & Spa but also, the treasurer of the Mauritian Chef's Association since its foundation in 1998. He is a perfectionist with a sharp eye for details.

He has been working for Sun Resorts since September 1975. Despite all the time that has elapsed, his passion for fine cuisine has remained intact. A passion transmitted by his father who was a 'bandari'. He used to prepare traditional foods in Hindu weddings. Vijranand was only 17 years old when he took employment at the St Geran Hotel, preparing tea and coffee in the stay room for quests. A year later, he started working in the kitchen as a helper, peeling carrots, potatoes, cucumbers...before his manager, Paul Jones gave him the opportunity to follow a certificate course at the Hotel School of Mauritius. "During six months, I attended the classes from 8 to 16h, then, I went back to work at the hotel up to 23h", he recalls.

In 1982, Paul Jones few countries." sensing his potential and his desire to achieve further progress, sent him to work in a restaurant in Milan for three months. "He told me that this trip would change my life". Vijranand Kallooa remembers that two buses full of friends and relatives accompanied him to the airport on the day of his departure to Italy. "I didn't know a single word of Italian. Paul Jones told me to buy a Linguaphone kit which consisted of 4 audio cassettes and three books to learn how to speak the Italian language.

Today, after my stay in Italy, I

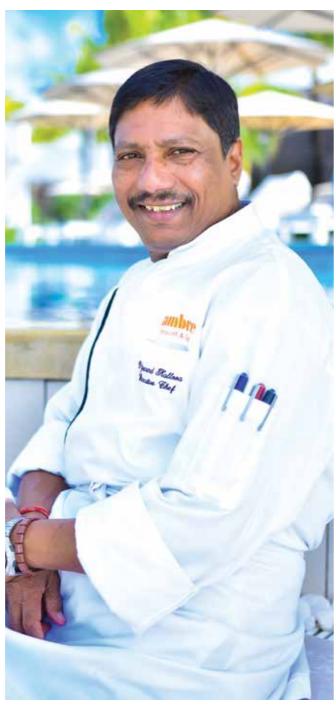
can speak Italian fluently."

He made his mark by taking part in the food competitions organised for the hotel cooks, winning the greatest number job rotation and moved up the hierarchical ladder.

He became the Chef's assistant after 21 years of dedicated service at the St Geran Hotel. He was then promoted as Chef at the Coco Beach Hotel where he stayed during 13 years before heading to the restaurants of Sugar Beach Hotel for 2 years and the Long Beach Hotel for 1 year. He is now the Executive Chef of Ambre Resort & Spa. "I discovered the world thanks to my job", he cheers up. "I have worked and shared insights with Chefs in Hong Kong, Singapore, Australia, France, the United States, Maldives...to name a

To the members of his team, he repeatedly says to them that "it is up to you to make the difference. You must ensure the quality of the ingredients you use, that your platter tastes great and is well presented. I always try my level best to satisfy the customers. After all these years of experience, my fingers have developed a refined touch and feel that contribute to make the dishes I prepare to stand out. Cooking is an art!"

"It is a job that requires a great deal of patience but above all, passion", unveils Vijranand Kallooa.



Angelique Armoogum

(Vice President of the Mauritian Chef's Association)



Mrs Angelique Armoogum, Vice President of the Mauritian Chef's Association. handles the training files of the association.

Among her main achievements during the last two years, the strengthening of the links between the students of the Sir Gaetan Duval Hotel School following cooking courses and the companies specialized in food production. "We regularly organise visits of

groups of 15 students so as to make them discover different aspects of the food industry such as the preparation of foodstuffs, the health, hygiene and safety dimensions", said Mrs Angelique Armoogum.

"We have visited Margarine Industries Limited, Phoenix Beverages, Panagora as well as small enterprises manufacturing spices and bio food stuffs. The objective behind these educational tours is to broaden the students'

perspectives and enhance their interest in the subject matter. Instead of stavina cloistered within the four walls of a classroom, it is far much interesting for them to discover practical things. Since that the students are already working, these visits make the courses livelier. When I teach them pastry, a visit at the Moulins de la Concorde is far more instructive."

The Vice President of the Mauritian Chef's Association

considers training as crucial to prepare the ground for the next generation chefs who will take over in the future.

runacross

THE YOUNGSTERS WILL BE REPLACING THOSE WHO WILL **RETIRE DURING THE NEXT YEARS AND** THIS SUCCESSION **PLANNING WILL ENABLE OUR** ASSOCIATION TO **CONTINUE TO** MOVE FORWARD.

She also drives the organisation of the culinary competitions staged by the association. The chefs of the hotel restaurants are invited to participate so that they can always aim higher in their never ending quest for excellence. The African Young Chef Challenge is opened to emerging chefs aged 18 to 25 years old and the other competitions are all held in the premises of the Hotel School since its kitchen can accommodate up to 12 teams.

Last but not least, since 2014, the Mauritian Chef's Association makes it a point of honour to participate in the Young Chef Africa competition, rivaling with six countries of the African continent. It is worth nothing that this event took place in Mauritius last year at the invitation of the Mauritian Chef's Association, highlighting the major role played by the association in the promotion of culinary excellence in our island and beyond.

snapshot



topquality

Elias Rached

(Regional Director of sales for the Middle East & Africa of MKN)

Modernity in cuisine

Elias Rached has more than 20 years of experience as a chef. After completing his studies in hotel management in 1999 in Lebanon, his home country, he worked in restaurants in the capital city, Beirut. He learned the techniques of bulk-cooking. Then, he moved to the United Arab Emirates where he joined the in-flight catering services of Emirates Airline group which provide meal packs to over 130 aviation companies landing and taking off at Dubai International Airport.

Since 2008, he is working for MKN, a German company specialised in the manufacture of professional thermal cooking equipment. He travels regularly to Mauritius, on average, more than 3 times a year, not only to present kitchenware to potential buyers but also to deliver equipment-training courses to the Mauritian chefs and their teams so that they can make an optimum use.

Elias Rached stresses on the fact that "everybody can produce equipment but our products are of a higher standard. We ensure availability of our spare parts for a longer time to build the loyalty of our customers and enable them to maximise their investment over a prolonged period. We also offer support in terms of training, regular visits for face-to-face interactions and an efficient after-sales service. If you buy the best equipment in the world but you don't get the accompanying service with it, it is useless."

He also gives advice on how to save energy and water, how to comply with international environmental norms and other issues. Among his best-sellers, the horizontal hotline for commercial restaurants, the Flexi Chef industrial pressure

bratt pan for catering and bulk-cooking as well as the Flexicombi multifunction oven.

"The Flexi Chef works on a pressure of only 0.8 bar, enabling the cooking to be completed three times faster compared to any traditional oven and two times quicker than when using a pressure bratt pan. In addition, it is equipped with an automatic cleaning system. After only two minutes and without the use of chemicals, it is ready for use again."

Describing briefly the Flexicombi oven, Elias explained to us that it has two separate cooking chambers. "This allows chefs to prepare two complete menus in parallel. The food is cooked under pressure in a closed chamber and all the vitamins and minerals inside are reserved. There is no loss of flavour. Shape wise, it will remain the same, without any shrinking", stated Elias.

He asserts that savings are achieved in the long run, making MKN kitchenware financially worthwhile. If any piece of equipment needs to be replaced, the spare part is readily available to minimise any kitchen downtime and loss of revenue.

He makes it a point of



honour to emphasise that "even after 12 years, there is no need to replace an MKN kitchenware because we can arrange for spare parts availability up to 13 years. That is something that nobody else can do. They will keep them in stock for about 5 years."

Last but not least, Elias Rached has set as key objectives this year to support the Mauritian Chef's Association by sharing with them as much knowledge as he can and make them aware of the latest international trends.

66

MY SECOND MISSION IS TO SHOWCASE TO MORE HOTELS OF THE ISLAND OUR PRODUCTS AND MAKE THEM AVAILABLE TO ANY CHEF.

About MKN

MKN was founded in Germany in 1946 by an engineer, Kurt Neubauer. Initially, it manufactured agricultural machinery. Over the years, due to evolving market conditions, the company channelled all its resources in producing professional kitchenware and built a strong reputation as a provider of high quality equipment.

Today, its manufacturing plant in the town of Wolfenbüttel covers a surface area of 80 000 square metres. MKN kitchen cooking equipment is used around the world in hotels, restaurants, corporate canteens as well as on luxury cruise ships.

Magazine souvenir 12 MCA 20 years Magazine souvenir 13 MCA 20 years



recipes, to learn from your mistakes, to be fearless and above all to have fun while cooking.

Arvin Bissessur,

Chef at Canonnier Beachcomber | Mentor of Young Chefs Club

SUCCESS

Narain Dutt Puttee, an advocate of lifelong learning

Narain Dutt Puttee joined Le Saint Geran Hotel 43 years ago. Coming from a family of 11 siblings it was impossible for him to further his studies due to financial constraints. He began his career as a waiter. He is proud and open about it. However this did not stop him from pursuing his studies, locally as well as Internationally. He obtained his Bachelor Degree in International Hotel Management 3 years ago at 59 years old. He has no intention of slowing down his passion for his job. He

learns more and more each day. On the occasion of the 20th anniversary of the Mauritian Chef's Association, he says that "the organization has grown strongly due to the dedication and passion of its members.

MCA has every reason to be proud because they have represented Mauritius globally. I take this opportunity to wish the Mauritian Chef's Association all the very best for the future and all of you have made Mauritians as well as the Hospitality Business very proud."





interview

Taste the finest seafood at the restaurant Le Rêve d'R

In the village of Petit Raffray in the North of Mauritius, nestled in a green setting with coconut and mango trees, lies a restaurant bearing the French name of Le Rêve d'R (in English: The dream of R').

"My brother and I opened it in 2010 in honour of our late father, Rajoo", explains Galen Parasuraman, the director of the restaurant which forms part of the Bella Amigo Green Leisure Park.

Rajoo, who was in the business of importing and distributing seafood in the beginning of the 1970s, always dreamed of owning a restaurant. However, he was not able to accomplish his wish but fortunately, his sons turned it into reality.

"When we first opened our

restaurant in a residential area of the village of Cap Malheureux, we had to cut down 10 coconut and 3 mango trees. We asked nature to forgive us and pledged that one day if we succeed in becoming a renowned restaurant, we will plant ten times more. Later, when we moved to our current location in Petit Raffray, we returned to nature what we previously took from it".

Le Rêve d'R with its terrace opening on a swimming pool and a vast green park, can serve up to 400 covers in





buffet style, 100 in case of a menu 'à la carte' and it can easily accommodate 120 guests for a set menu option. Furthermore, the restaurant has an air-conditioned banqueting marquee with a seating capacity of 400 guests. It is the ideal setting to host weddings and other business or family events.

The restaurant has built a reputation for serving a selection of the finest seafood, ranging from living crabs to lobsters and giant tiger prawns. "All the herbs and spices that season our dishes, are sourced from our vegetable garden", points out Galen Parasuraman.

In the vicinity of Le Rêve d'R, an ISO 22 000 and HACCP certified factory which processes and stores seafood sourced directly from traditional coastal and deep sea-fishermen but also imported from the Seychelles, Dubai, Tanzania... with a focus on quality.

Magazine souvenir 16 MCA 20 years Magazine souvenir 17 MCA 20 years

chatwith:

ishore Andhin, who is not only the chef of the highly reputed Sofitel Hotel but also a member of the interview panel selecting students at the Sir Gaetan Duval Hotel School of Mauritius.

He also acts as a member of the jury during the practical examinations. "For the NC3 course, the student is evaluated on his or her ability to handle the knife, to cut or dice vegetables and to prepare delicious sauces", he told us. "While for the NC4 level, the student is assessed on his or her mastery of cooking techniques."

Kishore is proud to be a member of the Mauritian Chef's Association since 2002.

"I have participated in several competitions in Mauritius and abroad. The most memorable one dates back to year 2002 when the association set up a team to take part in the Food Asia competition in Singapore. It is an event held every two years and I would very much like that the association considers renewing that initiative for the benefit of all our members. We could have a team of 4 or 6 members to showcase the diversity and richness of the Mauritian cuisine."

The TEWF in colaboration with the Mauritian Chef's Association has honored Chef Kishore Andhin with the culinary excellence in appreaciation of his contribution world thoughout his career. "I got bronze medals in the FHA 2010 GOURMET TEAM CHALLENGE and the FHA 2012 GOURMET TEAM CHALLENGE I GOT BRONZE MEDAL. All this is with my team Le Toque."



Kishore Andhin. Chef at Sofitel Hotel

interview

Astro Food, a new concept of healthy eating

Have you heard about Astro Food? It is a technique specific to each individual. for achieving good health by eating the most appropriate food based on the five elements (earth, water, fire, wind and space), the nine astrological planets and the six tastes. Astro Food has recently introduced in Mauritius by the well-known Chef Mougam Pareatumbee, one of the founder members of the Mauritian Chef's Association.

After an impressive career of more than 40 years in cooking, Chef Mougam

Pareatumbee has embarked in a new adventure. "What I have learned during all those years about nutrition and classical cuisine, now I am throwing everything in the bin". he stated. His vision has changed after coming across Dr Madhu Kartheesh, a qualified doctor in siddha medicine, the traditional and ancient branch of medicine in India.

"Cooking has evolved and now, most people are looking for health food. Mauritians are suffering from diabetes, cholesterol, hyper tension... I don't believe in the benefits of decreasing caloric intake.

You can measure the number of calories you are putting in a plate but when you eat, how many calories are you digesting? What is the absorption capability of your stomach?", are some of the issues he raised during the interview, leading him to be attracted by Astro Food. "What is food for if it is not to contribute for a good health? If in the long run, the food is not benefitting the health of the person, what is it for?"

According to Chef Mougam Pareatumbee, Astro Food takes care of the health and eliminates the need for



chemical medicine. "In addition. vou will continue to enjoy the traditional features we look for in a dish: the food texture, taste and presentation."

He is working in close collaboration with Dr Madhu Kartheesh who travels regularly to Mauritius, once a month on average. This ayurvedic doctor will check the person's pulse, study his body constitution before matching them with the five elements (earth, water, fire, wind and space), the nine astrological planets and the six tastes (astringent, pungent, sweet, sour, spicy...).

"The doctor will then recommend you the ingredients that will correct the root problem of your health", explains Chef Mougam Pareatumbee. The ultimate objective of Astro Food is to help achieve both physical and mental well-being.

The different ingredients are sourced from India. They consist of millets, grains, herbs and spices. The Chefs all over Mauritius will be able to purchase them so as to prepare the dishes that will suit the health requirements of their customers.

Furthermore, Chef Mougam Pareatumbee will make a series of recipes available to all on his website www.chefmougam.com.



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M. Christophe Pelamourgues

(Chef et propriétaire de deux restaurants à Paris)

"Donner plus d'importance aux chefs cuisiniers et aux sous-chefs, les impliquer dans les réunions et les prises de décision."

M. Christophe Pelamourgues est propriétaire de deux restaurants à Paris notamment Le Bistrot de la Renaissance et Les Coulisses. Ce Français de 48 ans n'est pas né avec une cuillère en argent dans la bouche. Il a réussi à force de dur labeur et de rigueur.

Le restaurateur français recommande "de donner plus d'importance aux chefs cuisiniers et aux sous-chefs, les impliquer dans les réunions et les prises de décision pour tout ce qui a trait au bon fonctionnement de la salle. Moi, en France, je ne lâche rien en salle. Il faut garder une certaine distance avec le personnel mais faire aussi preuve de souplesse. La réussite d'un restaurant, c'est pouvoir maintenir la pression en salle! La riqueur est essentielle. Il faut aussi avoir l'oeil au moindre détail et être constant dans la qualité du service."

M. Christophe Pelamourgues devait poursuivre son argumentation en faisant ressortir que "le touriste français ou européen pourra retrouver le même cadre dans votre pays, aux Seychelles ou aux Maldives, mais c'est la diversité de la cuisine d'ici et le service personnalisé aux clients dans les restaurants, qui feront la différence."

Pour lui, ce qui fait le caractère unique de la cuisine mauricienne, c'est la diversité de ses plats. "Les chefs à l'île Maurice vont piocher à droite et à gauche, trouver des ingrédients dans la mer ou dans d'autres horizons comme les épices de l'Inde. J'apprécie beaucoup le piment vert écrasé, assaisonné d'ail, qui agrémente merveilleusement les plats. Certains poissons sont



uniques à cette partie de l'océan Indien. Vous savez tous les midis, je commande une assiette de marlin fumé à midi et le soi du, capaccio de marlin fumé. Le saumon fumé à côté, ça ne vaut rien!"

ça ne vaut rien!"
Abordant la nouvelle
génération de chefs
mauriciens, M. Christophe
Pelamourgues pré-voit qu'elle
va modifier beaucoup de plats
et inventer d'autres cuisines. Il
devait aussi exprimer le vœu
que "les anciens jouent un rôle
capital dans la transmission
du savoir en étant présents
au côtés des jeunes et en
agissant comme des 'coaches'."

Un parcours atypique

Ses parents possédaient un petit resto en banlieue et la cuisine l'a toujours passionné depuis sa plus tendre enfance. "l'étais mauvais à l'école. D'ailleurs, je n'ai pas eu le Bac. A 14 ans, j'ai suivi un Certificat d'Aptitude Professionnelle de boucherie, puis, à 15 ans, un CAP de cuisine." M. Christophe Pelamourques a travaillé dans de grands groupes, devenant chef de partie, chef de cuisine, responsable de bar, puis, responsable de salle. "Aujourd'hui, j'ai 48 ans. Deux ans de cela, après avoir ramassé mon capital, j'ai fait l'acquisition

IMPLIQUER DANS LES
RÉUNIONS ET LES PRISES
DE DÉCISION POUR TOUT
CE QUI A TRAIT AU BON
FONCTIONNEMENT
DE LA SALLE.

du Bistrot de la Renaissance
qui se trouve à l'angle de deux
rues dans le 10°

IL FAUT DONNER

PLUS D'IMPORTANCE

AUX CHEFS CUISINIERS

ET AUX SOUS-CHEFS, LES

du Bistrot de la Renaissance qui se trouve à l'angle de deux rues dans le 10° arrondissement à Paris. J'ai 19 employés sous ma responsabilité et nous avons servi jusqu'à 318 couverts. Puis, lorsque le restaurant Les Coulisses était mis en vente, je l'ai acheté. C'est un plus petit établissement très convivial qui compte 9 employés et nous avons récemment servi un record de 289 couverts un soir."

friendlytalk



Kervyn Rayeroux, General Manager of Canonnier Beachcomber golf resort & spa

Kervyn Rayeroux defines himself as a pure product of the Beachcomber Group. He started at the Paradis Beachcomber golf resort & spa 25 years ago as a F&B management trainee after his university studies in business management at UCT (University of Cape Town) and a brief internship at Shandrani Beachcomber Resort.

"This on-the job training enabled me to gain a strong command of the different aspects of the kitchen and of restaurant service. I did three years of cooking overall during my trainee", he recalls.

The experience he acquired in the restaurants of Paradis Beachcomber golf resort & spa served as stepping stones in furthering his career. The

Beachcomber Group supported Kervyn by giving him the opportunity to follow cooking courses at Cordon Bleu in France and to obtain work placements in the most prestigious hotels and restaurants of Paris such as the 'Plaza Athénée'. Later on, Kervyn successfully completed his courses at Cornell University, New York and a MSc from the University of Birmingham and which was fully funded by his employer. He now holds the post of General Manager at Canonnier Beachcomber golf resort & spa.

"Customers not only look for the comfort of rooms and the activities offered but also, for the quality of the plates", he points out. "We must be very attentive to their expectations. It is a bit complex because we have visitors of different nationalities and we must go the extra mile to please the greatest number of guests. We adjust our culinary offerings by following closely the comments of our customers. Between 50 to 60% of our guests fill in our feedback form on line and every day, the management of the hotel scrutinizes their comments."

The Beachcomber Group is dedicated to the continuous professional development of its chefs. In the case of Canonnier Beachcomber golf resort & spa its Executive Chef, Mooroogun Coopen, has been able to enrich his skills by attending culinary fairs and participate in international competitions and workshops. Concerning the Mauritian

Chef's Association, Kervyn said that the Beachcomber Group is highly honoured to "have our chef as president of the association. We support the association because it is important that the young generation benefits from the expertise of their elders and obtain scholarships to pursue their studies in the field of cooking." Compared to the mindset that was predominant when he first joined the hotel industry 25 years back, he rejoices that today, "working in the kitchen is more than a job, it's a passion. Previously, youngsters took a job as cook by default, because they didn't find a job. Nowadays, it's a choice and the young generation not only wants to cook but aims at becoming great Chefs!"

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conversation

Our strong partnership with the Sir Gaetan Duval Hotel School

The Mauritian Chef's Association has established and nurtured over the years a strong and mutually beneficial partnership with the Sir Gaetan Duval Hotel School.

Mr Karmaraj Nosib, the acting Training Centre
Manager, points out that the President of the association participates actively in the management committee of the Sir Gaetan Duval Hotel School, formulating judicious suggestions about the training needs of the hotels and restaurants of our island.

This close collaboration results in the perfect matching between the content of the courses and skills developed by the students with the specific requirements of the Mauritian hospitality industry.

The Mauritian Chef's
Association also rewards
the best students having
successfully completed
their National Certificate
Level 4 course in food
preparation. They receive a
prize in recognition of their
efforts, motivating them to
pursue further studies.

Moreover, the Hotel School provides its support to the Mauritian Chef's Association by making available its infrastructure so as to host the culinary competitions organised by the association such as the yearly Young Chef Challenge and those intended for the chefs of the different hotels.

"In addition, we are honoured that one of our training officers in food production, Mrs Anelique Armoogum serves the association as its vice President", says the acting Training Centre Manager.

With regards to the future, Mr Karmaraj Nosib expresses the wish to reinforce the working relationships between the Sir Gaetan Duval Hotel School and the Mauritian Chef's Association.

"The association could invite foreign experts in new culinary techniques such as in the field of vacuum cooking, to travel to Mauritius and share their experience during short, intensive courses which could be held at the Hotel School. Such a laudable initiative will contribute to the capacity building of our students and to the continuous professional development of the Mauritian chefs", adds Mr Karmaraj Nosib.

Currently, the Sir Gaetan Duval Hotel School of Mauritius offers three levels of courses in cookery. There is the basic one-year National Certificate Level 3 (NC3) for school leavers having studied up to Form IV or V. They spend a single day per week learning the theoretical aspects and the five remaining days acquiring practical experience through internships in hotels. The NC4, National Certificate Level 4, is a more advanced course of one year duration to enable NC3 holders with relevant experience to become kitchen supervisors. Finally, the Higher National Diploma in Hospitality Management awarded by UK's Pearson Education, is a full-time course aimed at those who have just finished their Higher School Certificate.



discover

Roshan Gopaul, Chief Steward

The smooth running of the kitchen of a restaurant depends to a great extent on the Chef and his team but there may also be a key person, the Chief Steward who remains in the shadow. In a hotel, the Chief Steward plays a decisive role in ensuring that the cooking equipment are always cleaned up and the food moving out of the kitchen as well as the accompanying cutlery are of an impeccable cleanliness.

Roshan Gopaul is one of them. He monitors a team of 29 employees working round the clock on three shifts, disseminated in the three restaurants and two bars of the Ambre Resort & Spa.

Furthermore, Roshan also acts on a voluntary basis as



the secretary of the Mauritian Chef's Association (MCA). "I would like to thank all the individual and corporate members, especially those who joined MCA in 2018. Without their support, it would have been difficult to run the association. Furthermore, the members of the Executive Committee also need to be commended. They find time to organize events despite their busy schedules."

Roshan holds a diploma in Hotel Management from the Hotel School of Mauritius as well as an Advanced Diploma in Hotel Management from Australia where he acquired one year of training in the different facets of a restaurant kitchen.

"When I returned to
Mauritius more than ten years
ago, I was recruited as a trainee
in the management field. I
have pursued my career in this
domain. I would like to move
to the kitchen department of
the hotel as I am tempted to
become a chef. My accounting
background will be very useful
in establishing the costing
of the food items and stock
control", he confided.



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A TRIP DOWN LANE















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encounter



Duverger Agathe

(President of Rodrigues Chef's Association/ Partner of Mauritian Chef's Association)

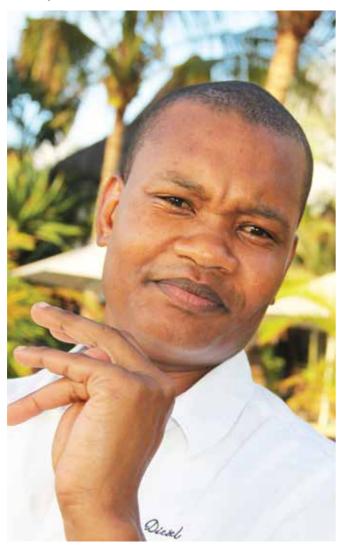
The out of the ordinary career path of Duverger Agathe

The career track of Duverger Agathe is a vibrant example of how the passion for cooking can contribute to reach the top.

From his humble beginnings, he has moved forward in life to become today at only 36 years, the Executive Chef of 3 hotels belonging to the Trimetys Group.

Duverger Agathe was brought up in Rodrigues with his 9 brothers and sisters. After completing his secondary studies, he took employment in the accounting department of a company but left after only 2 months as he felt that working with numbers was boring. He left his homeland and tried his luck by travelling to Mauritius, becoming an assistant mason, then, an operative in a macaroni factory before attending a NC 3 course at the Hotel School of Mauritius from 2002 to 2004.

"There, I learned the basics, how to prepare sauces, the different designations of foodstuffs and in parallel to my studies, I acquired practical experience through internships in a small restaurant located in Cassis and at Kart Loisirs before meetina Nizam Peeroo. the Chef of the Labourdonnais Waterfront Hotel. He changed my destiny and triggered in me a real passion for fine cuisine. He stands out as a mentor from whom I have developed the mastery of cooking techniques, the creativity in the presentation of platters but I have also, learned how to manage a team and the stock of meats and vegetables."



Duverger worked at Labourdonnais Waterfront Hotel for 4 yeas. He then signed an 8-month contract on board a cruise ship with the aim of discovering new culinary horizons. Although the vessel casts its anchor in Mexico, in Alaska and in several Mediterranean countries, he was disappointed of his experience on board the Princess Cruise liner. "It was not up to my expectations. Either you made salads or you cut vegetables during the whole duration of your contract. You don't broaden your knowledge."

Afterwards, Duverger
Agathe was appointed as
chef of Mourouk Ebony
Hotel in Rodrigues Island
where he stayed during
2 years with a short spell
spent in two restaurants
of London, the Trinity and
the Claridge's thanks to
the recommendation of a
customer he befriended with
at Mourouk Ebony Hotel.

His quest to climb the ladder motivated him to apply for a job at Coral Strand, a four-star hotel in Seychelles and he was selected. In April 2013, the Trimetys Group poached him. "I was recruited as Chef of the Tekoma Hotel in Rodrigues and six months later. I was promoted to Executive Chef. I am currently in charge of the restaurants of 3 hotels namely Sakoa and Be Cozy at Trou aux Biches and of the Tekoma. I lead a team of 28 employees including two Chefs. In Rodrigues I use typical ingredients of the island and I do some fusion cooking using Rodriguan aromas. For the Mauritian hotels. I propose to the auests a fusion cuisine with Mauritian dishes and seasonal products."

ONE OF MY MOST
TREASURED PROJECTS
IS TO MAKE THE ISLAND
OF RODRIGUES KNOWN
WORLDWIDE THROUGH
MY DISHES.
IT'S MY GOAL!

conversation



I have been in the industry for more than 25 years and have run high level kitchens in some of the best hotels across the globe.

Talented, skilled and passionate cooks just don't walk through the door every day, so I have been able to work with great Chefs and being the President of the Mauritian Chef's Association. MCA has contributed enormously in developing eager students into passionate and talented cooks. MCA, doesn't paint an unreal picture of this industry, they facilitate the learning process through various innovative workshops and culinary competitions that are organised on a yearly basis. They don't glorify the industry, they keep it real, and make sure the students, and young chefs understand what they have signed up for.

MCA founded in 1998, with a strong back bones that have continuously kept the momentum for innovation. Sincere gratitude to this wonderful team. MCA has a successful story and has proven to have a strong leadership skill to drive his team towards achievement both nationally and internationally. I might be far from Mauritius but my heart will remain close to the food lovers in my country.

I look forward to continuing my relationship with MCA, as it strives on creating the best foundation of our future great chefs.

'Food brings people together on many different levels. It's nourishment of the soul and body; it's truly love.' Giada De Laurentiis.

Chef Amba,Past President of MCA

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Diviseuse bouleuse automatique Eris A





Eris SA

Farineur motorisé

BONGARD

BONGARD: s'adapter à vos besoins est notre credo.

Europain 2018 sera le salon des nouveautés pour BONGARD. permet de réaliser une découpe nette de la pâte. sans aucun collage Boreal : la nouvelle pâte. sans aucun collage

En effet, pour la première fois, le stand BONGARD sur Europain sera entièrement dédié aux nouveautés. Nouveaux looks, nouvelles technologies, nouveaux produits, BONGARD sera très clairement tourné vers le futur.

Présentation des nouveautés qui équiperont le stand BONGARD sur Europain 2018.

 Nouveau Spiral EvO : favoriser une meilleure oxygénation de la pâte tout en limitant son échauffement.

Les évolutions de la gamme de pétrin Spiral EvO ont été conçues dans l'objectif de garantir une qualité élevée et constante du résultat de pétrissage à ses utilisateurs. Grâce à l'élargissement du diamètre interne de la cuve, l'espace entre les parois et l'outil diviseur est augmenté, l'échauffement et le stress transmis à la pâte sont fortement réduits. Il en résulte une plus grande stabilité dans le process de pétrissage. Un même et unique programme peut être appliqué, quelle que soit la quantité de pâte à pétrir, pour un résultat final de qualité.

Les pétrins de la gamme Spiral EvO peuvent également être dotés en option d'une nouvelle sonde infra rouge qui mesure en continu la température en surface de la pâte. L'utilisateur bénéficie ainsi de la possibilité de définir un seuil maximum de température au-delà duquel le pétrin s'arrête automatiquement. Il contrôle ainsi très sereinement la précision de son pétrissage sans la nécessité de surveiller son pétrin.

La nouvelle commande électronique qui équipe la gamme de pétrin, regroupe toutes les fonctionnalités nécessaires à la gestion du pétrin : programmation des temps de pétrissage en 1ère et 2ème vitesse, possibilité d'inversion du sens de rotation de la cuve pendant le frasage ou pendant le décuvage et, bien évidemment, le paramétrage de la nouvelle sonde infrarouge. Un nouveau mode de travail «Paneotrad» a par ailleurs été spécialement développé pour programmer des temps de repos entre chaque phase de pétrissage.

• La nouvelle gamme de diviseuses bouleuses Eris : gain de temps et confort de travail.

A l'heure où le marché du burger est en forte croissance, Bongard propose sa toute nouvelle gamme de diviseuses bouleuses Eris qui permet de confectionner, très

facilement et rapidement, des pâtons ronds pour des pâtes allant jusqu' à un taux d'hydratation de 65%. Disponible en version semi-automatique, automatique et full automatique, les diviseuses Eris permettent de réaliser de 14 à 52 pâtons ronds, selon le modèle, avec un gain de temps de travail estimé à 50% pour l'utilisateur, comparé à un boulage à la main.

Par ailleurs, l'opération de boulage manuel est particulièrement répétitive et contraignante pour le boulanger. Dès la réalisation de plusieurs dizaines de pâtons boulés, la fatigue et la douleur peuvent rapidement se faire ressentir. La nouvelle gamme Eris, très facile d'utilisation, propose une solution à cette problématique.

Eris semi-automatique se manipule à l'aide de 3 leviers qui gèrent respectivement la presse, la division et le lancement du cycle automatique de boulage. Avec Eris automatique, les opérations de presse et de division sont initiées via des boutons sur le panneau de commande. Le "must" du confort de travail est atteint avec Eris full automatique, modèle doté d'une interface électronique. Après avoir positionné le pâton à diviser, l'utilisateur programme les temps de presse et de boulage souhaités, abaisse le couvercle de protection et n'a plus qu'à lancer le cycle de travail.

• Rhéa : performance, ergonomie et design.

La nouvelle gamme de laminoirs Rhéa est composée de 7 modèles différents, allant du format le plus compact «à poser» sur table, au plus gros modèle équipé d'un socle et d'un bloc découpoir, afin de répondre aux différents besoins des boulangers et pâtissiers.

Les laminoirs Rhéa offrent un laminage de qualité sans aucune déchirure, à épaisseur régulière, quelle que soit le type de pâte à travailler : pâte à foncer, pâte à pizza, pâte à quiche, pâte d'amande, etc. Le bloc découpoir qui équipe le plus gros modèle

Une attention particulière a été évidemment portée à l'ergonomie d'utilisation et à la facilité de nettoyage des équipements

Ainsi, les laminoirs sont dotés de rouleaux spéciaux «easy pass» situés aux deux extrémités de la grille qui permettent d'accompagner l'introduction du pâton sans l'abîmer et sans avoir à soulever la grille manuellement. Les modèles sur socles sont également équipés en standard d'une double commande «mains et pieds» ainsi que d'un bac récupérateur de farine situé sous le bloc découpoir. Enfin, son look résolument moderne, noir et inox, saura parfaitement trouver sa place au sein du

• Nouveau farineur motorisé Paneodust : toujours une longueur d'avance.

Si la solution du farineur mécanique permet de largement résoudre les problématiques de farinage irrégulier et de propagation intempestive de farine dans l'air générées par un fleurage manuel, son ergonomie de travail peut encore être améliorée. Sur ces points précis, Paneodust devrait ravir les utilisateurs de Paneotrad.

Le farineur motorisé Paneodust bénéficie d'une conception simple et robuste. L'utilisateur approche le bac de découpe à l'entrée du farineur pour enclencher le farinage. Lorsque le bac arrive en butée, le farinage est terminé. Paneodust délivre ainsi la juste quantité de farine nécessaire, sur toute la surface du bac, afin d'éviter tout collage du pâton dans Paneotrad. Le tamis étant amovible, l'opération de nettoyage du réservoir de farine devient un jeu d'enfant.

La notion de juste quantité de farine n'est pas secondaire lorsqu'on compare la solution Paneotrad à un process de travail utilisant une diviseuse hydraulique. En effet, Paneodust étant posé sur une surface plane, l'éventuel surplus de farine est facilement récupéré. A contrario, sur un poste de diviseuse, la perte de farine au sol est toujours très importante. En considérant un gaspillage de 2 kg de farine par jour, on peut traduire une estimation du manque à gagner pour le boulanger d'environ 3000 baguettes tradition par an.

• Boreal : la nouvelle gamme de chambre

BONGARD présente Boreal, sa toute nouvelle gamme de chambre de conservation: les chambres Boreal positive et Boreal négative sont spécialement conçues pour la conservation des matières premières.

La gamme Boreal Paneotrad est, quant à elle, dédiée plus spécifiquement à la conservation des pâtes froides. Elle se décline sur plus de 145 modèles de chambres pour répondre aux différents besoins des clients en termes de capacité de stockage des chariots et agencement des chambres.

La gamme Boreal Paneotrad bénéficie d'une technologie double flux particulièrement adaptée pour une conservation optimale de la pâte froide. Ce dispositif crée un flux d'air doux et naturel qui garantit un équilibre constant entre l'humidité relative à l'intérieur de la chambre et l'homogénéité parfaite de la température, supprimant totalement le risque de dessèchement des nâtons.

Par ailleurs, les chambres Boreal se différencient également par la robustesse des matériaux qui constituent ses panneaux. En effet, ces derniers, réalisés "à façon" dans nos usines, présentent des performances bien supérieures en termes de résistance au choc et à la rayure comparativement aux standards du marché.

• Orion EvO, la nouvelle génération de four à soles électrique BONGARD.

BONGARD présentera, en exclusivité sur son stand Europain, le dernier né de sa gamme de four à soles électrique : Orion EvO. Orion EvO s'inscrit dans la continuité de l'évolution opérée par Bongard depuis plusieurs années : un four toujours plus performant, à la pointe de la technologie avec sa nouvelle commande tactile capacitive, et également innovant grâce à sa nouvelle conception de bouche (brevet en cours).

En premier lieu, Bongard s'est adapté aux évolutions des pratiques des boulangers qui tendent, bien naturellement, à toujours gagner en productivité. Produire plus



Laminoir à poser Rhéa



Nouvelle gamme de pétrins à spirale Spiral EvO

de pain sur une durée plus courte ou une surface de cuisson plus petite.

L'entreprise a relevé ce défi en analysant cette problématique en profondeur. Il en résulte une gamme de four Orion EvO entièrement redimensionnée du point de vue de sa capacité de cuisson tout en restant adaptable aux besoins réels des utilisateurs.

La nouvelle commande tactile Intuitiv 2, qui équipera la gamme Orion EvO, sera de nature à surprendre ses utilisateurs. Conviviale et rapide, de nouveaux outils y sont proposés, toujours dans l'objectif de mieux accompagner le boulanger dans la conduite de son four.

Les évolutions relatives au confort de travail du boulanger sont également de mise : les opérations de nettoyage autant que celles d'enfournement et de défournement bénéficient toutes de nouvelles améliorations qui raviront les utilisateurs.

Côté design, BONGARD joue sur l'alliance de l'inox et du verre noir pour faire du nouvel Orion EvO, un four élégant, aux lignes sobres et épurées.

Venez découvrir notre tout nouveau fournil BONGARD sur Europain, du 3 au 6 Février 2018, Hall 6, Allee C, Stand 114 et 120.

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Magazine souvenir 29 MCA 20 years

recipe

Pork Charsiu With Pink Pear

By Chef Vijranand Kallooa



Association of pork ribs & porkloin with sweet potato, pink pear, roast vegetables with barbecue sauce and sesame seeds

Portion/ Quantity produced: 1

INGREDIENTS

200 grams pork ribs 175 grams porkloin 3 grams sesame seeds white 3 grams sesame seeds black 30 milliliters barbecue sauce 1 gram salt (refined) 1 gram black pepper powder 25 milliliters cooking oil rani 60 milliliters char sui sauce 5 grams garlic chopped 5 grams ginger chopped 20 milliliters mauritian rhum 20 grams bok choy 15 grams carrot 16 grams cherry tomato 15 grams chayotte 50 milliliters white wine cordon 20 grams gombos (lalo) 25 grams leek 3 grams thym 184 grams pear 5 grams white sugar 90 grams sweet potato 100 milliliters red wine cordon

METHOD

Clean and cut pork rib according to portion size.

Marinate porkloin with salt, chopped garlic, chopped ginger and charsiu sauce. Grill in plancha. Finish cooking in oven. Peel and cook pear in red wine for 10

Cook marinated ribs at about 180 degrees celcius for 30 minutes. Display in a plate with roasted fresh vegetables, sweet potato and pear cooked in red wine with sesame seeds. Add cooked ribs and slice of echine with sesame seeds on top.

Decorate with fresh thym and add some barbecue sauce.

Serve hot.





Panfried Red Snapper

By Chef Charlie Moochooram

Panfried red snapper with "Fleur de sel" anchovy potato puree with young vegetables from local market, Jaffran cream. Portion/ Quantity produced: 1



INGREDIENTS

300 grams fresh red snapper (viel rouge) 100 grams potato 80 grams carrot 30 grams gombos (lalo) 25 grams turnip (rave blanche) 10 grams anchovy in oil 2 grams fresh basilic 25 grams yellow lemon 5 grams saffron (jafran) 3 grams salt (refined) 1 gram black pepper powder 30 milliliters whipping cream (Milliac 20 milliliters white wine cordon 1 gram garlic chopped 1 gram fleur de sel salt 20 grams pumpkin 25 grams unsalted butter

METHOD

Realisation of red snapper

Marinate red snapper fish with fleur de sel and grill a little bit. Finish cooking in the oven at 180 degrees celcius for 7

Cook pumpkin and crush into puree. Sauté the young vegetables with garlic and display on the plate In the center of a plate, put pumpkin puree sauted vegetables, potato mash with anchovy and carrot puree. Add jaffran creamy sauce on plate in a small dish then add sliced lemon. On top of fish add fried basil.

Realisation of jaffran cream

In a pan add some chopped onions, butter and deglaze with white wine. Add cream and jaffran. Add 10 grams of butter unsalted. Lastly, add refined salt and serve hot.



Red Tuna Fish Gravelax

By Chef Satyajit Jeebun



Red tuna gravelax, avocado puree with fresh herbs, spicy mango vinaigrette, parmesan cheese tuile and raita riped papaya Portion/ Quantity produced: 1

INGREDIENTS

60 grams fresh red tuna 40 grams avocado puree 10 grams mesclun 40 grams papaya (ripe) 20 grams parmesan cheese (tin) 40 milliliters olive oil coricelli 20 grams mango puree 1 gram salt (refine) 1 gram black pepper powder 10 grams vellow lemon 1 gram dry aneth 2 grams red cabbage (Julienne) 2 grams carrot (Julienne) 2 grams white radish or turnip (Julienne) 200 grams sugar (white) 1 gram paprika 200 grams rock salt 1 gram mustard paste 2 grams balsamic reduction 3 grams chop onions for raita 2 grams fresh mint for raita

METHOD

Realisation of red tuna fish gravelax

Clean and marinate red fresh tuna in rock salt and sugar one day before. Then remove from salt, add olive oil and dry aneth to the red tuna fish. Cut slice of tuna rectangularly into four pieces.

Add avocado puree in a white plate with a spoon.

Put papaya raita in a ring in the middle of avocado puree.

Cook one parmesan cheese tuile or crispy for 5 minutes, roll when it is still hot with paprika on it.

Display fish tuna in the plate with vegetables julienne crispy on top. Add young heart of mesclun and rucolla into the parmesan cheese tuile. Add mango spicy dressing and balsamic reduction (three of each with a small spoon).

Realisation of tuile parmesan

Add 20 grams of parmesan cheese in a baking tray with a ruler put in oven for 1 minute at 180 degrees celcius. Then roll while its still hot.

Realisation papaya raita

Cut riped papaya in small dices then add plain yogurt, chopped mint, chopped onion, salt and mix slowly.

Realisation spicy mango vinaigrette

In a bowl add 2 spoons of mango puree, mustard, salt, 3 spoons of olive oil and 2 spoons of thai chilli. Whisk well.

tasteful

Chicken Salmis With Red Wine

By Chef Kaman Moothien

Chicken salmis from Alteo farm with local spices and red wine samos. Portion/ Quantity produced: 1 This preparation can also be done with duck, lamb, octopus, rabbit and wild bore or pork.

INGREDIENTS

115 grams chicken (diced) 30 grams fresh coriander

45 milliliters oil moroil

45 grams onions

3 grams thym 10 grams garlic paste

10 grams ginger paste

45 grams fresh tomato diced

3 grams green chilli

200 milliliters chicken stock/ water

2 grams salt (refined)

2 grams black pepper

25 grams spring onions

50 milliliters red wine

1 piece farata

1 piece appalam

2 grams cinnamon stick

10 grams dry chilli

2 grams cardamon whole

5 grams cloves

80 grams plain rice (cooked)

METHOD

In a large pot, sauté the onions, garlic and ginger together with some oil over medium heat.

Once the garlic begins to golden, add the chicken pieces and fry, add tomatoes at last. Cook for 2 minutes.

Afterwards, add cinnamon, cloves, thym, dry chilli, black pepper and wine. Mix well and add salmis paste. Let it cook for a few minutes then simmer for 20 minutes covered.

Add some water and salt and let it simmer for another 25 minutes over low heat then taste and adjust seasoning if necessary. Some soya sauce can be added for colouring (optional). Once taken off the heat, sprinkle with chopped coriander and let rest for 10 minutes before serving with white rice. Salade of lettuce and cucumber or any pickle can be accompanied. For salmis paste: Mix cinnamon, onions, dry chilli, garlic, ginger, cloves, onions

with some water and oil.



tropicaltaste

Caramelised pineapple with rum

By Chef Ajay Kurnauth



Caramelised pineapple with rum chamarel, crispy coconut, vanilla Preparation for 8 persons.

INGREDIENTS

Vanilla espuma

250 milliliters milk 5 egg yolks 50 grams sugar 1 gram vanilla stick 2 grams gelatine 250 grams cooking cream

Crispy coconut

90 grams melted butter 3 egg whites 150 grams icing sugar 90 grams flour 15 grams coconut powder

Coconut candy

300 grams sugar 150 grams water 180 grams fresh grated coconut

Caramélise pineapple

2 kilograms pineapple 200 grams sugar 15 centiliters rhum chamarel 25 grams butter



METHOD

Realisation of vanilla cream

Split the vanilla stick, add to milk and cooking cream and bring to boil. Cream the egg yolks and sugar in a bowl then slowly add in the cream mixture, while stirring continuously. Cook over low heat. When ready, add soaked gelatine leaves, sieve and cool down in ice water bath.

Realisation of crispy coconut

Mix flour with icing sugar and coconut powder.

Whip egg white with 50 grams of icing sugar and then add melted butter. Store in cold room.

Spread on a silicon mat in a rectangular form and mould in a cylinder form after cooking.

Realisation of coconut candy

Mix sugar and water, let it cook at 130 degrees celcius until it becomes a syrup. Mix fresh grated coconut and cook for 5 minutes more.

Mould in quenelles form.

Realisation of caramelised pineapple with rum

Peel and cut pineapple into a rectangular shape. Sear the pineapple with butter and add

Cook until golden brown and flame with





Gratinated crab meat

By Chef Arvin Bissessur



Crab meat, dholl pita, palm heart fricasse, black beans brocoli and pumkin fricasee. Preparation for 10 persons

INGREDIENTS

1.5 kilograms crab meat 3 pieces palm heart 100 milliliters olive oil 200 grams tomato cherry 100 grams black beans 300 grams dholl 100 grams mascarpone 200 grams onion 200 grams tomato 500 grams carrot 500 grams turnip 50 grams garlic 25 grams parsley 100 milliliters fresh cream 25 grams ginger 200 grams thyme 1 packet pasta lasagna 200 grams broccoli 20 grams starch powder 200 grams coriander Salt and pepper as per taste

METHOD

Preparation of crab meat

Heat oil in a sauce pan, add onion, thyme, garlic, crab meat. Then add mascarpone cheese, fresh cream and let it simmer for 10 minutes. Add salt and pepper and garnish with chopped parsley.

Preparation of gratinated palm heart

Clean the outer layer of the palm heart and dice it.

Heat olive oil in a pan, add onion, garlic, thyme, diced palm heart and let it cook for a while. Then add tomato and let cook for 10 minutes

Add salt and pepper then garnish with chopped coriander.

Preparation of dholl pita

Blanch the pasta lasagna. In a hot pan add garlic, ginger, onion, thyme, tomato, dholl, salt and pepper.

Then pour some fresh cream and let it simmer for 10 minutes. Do the dressing.

Preparation of vegetables

Fry tomato cherry, carrot, turnip, onion, garlic and parsley gently with olive oil. Suet the broccoli with black beans then add onion, salt and pepper and pour some starch powder. Let it cook, then garnish with parsley.

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localtaste

Fish Soup

By Chef Catherine Marie Genevieve Mathieu Preparation for 10 persons

INGREDIENTS

3 kilograms fish
25 grams ginger
50 grams coriander
100 milliliters oil
200 grams onion
10 grams garlic
5 grams green chilli
2 grams curry leaves
Salt as per taste
20 grams pepper
20 grams tomato
5 grams thym



METHOD

Preparation of fresh fish

Scale and stripe the fresh fish, add seasoning.

Heat oil in a pan and stir fry the fish, strain and keep aside.

Preparation of ingredients

Clean and wash garlic, ginger, onion, tomato, curry leaves, green chilli and make a paste. Dice the onion and add bunches of thym.

Preparation of fish soup

Heat oil in a pan, add onion dices, bunches of thym and let it cook for a while

Then add the paste and cook until it becomes golden brown.

Add water and let it boil for 5 minutes. Afterwards, add fry fish and let it simmer for 8 minutes in low heat. Add salt and pepper.

Garnishing

Garnish with fresh chopped corriander.

recipe

Poutou Rice Cakes

By Danon Nursimloo

The most preferred Mauritian desert

Preparation for 10 persons

INGREDIENTS

500 grams rice 250 grams sugar 100 grams dry coconut 1 tablespoon vanilla essence

METHOD

Soak rice for 3 hours then drain. Grind the rice into smooth powder then

After steaming proceed to grind again. Then add sugar and vanilla essence. Fill the metal cylinder with the mixture and steam it for 10 to 15 minutes. Remove from the cylinder and sprinkle with coconut powder before cutting into identical pieces.

Serve hot or cold with vanilla cream.





Quatre-quatre breadfruit

By Angelique Armoogum

Preparation for 4 persons



INGREDIENTS

500 grams breadfruit 100 grams onions 15 grams garlic 15 grams ginger 5 cloves

1 cinnamon 100 grams tomatoes

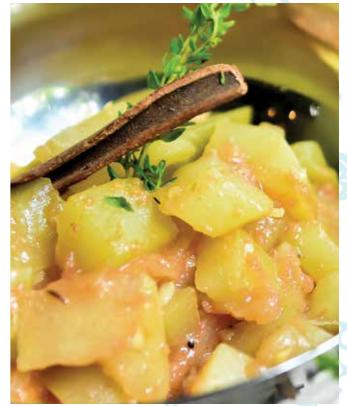


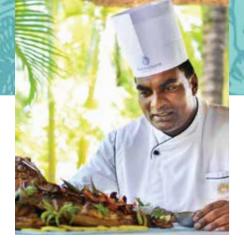
Cut breadfruit in quarters, then peel skin with a chef knife. (It is recommended to wear a pair of gloves when doing so as your hand can get sticky with the liquid coming out). Cut the breadfruit flesh in cube of 7-8 square cm. Dice fresh ginger, garlic and onion.

Cut fresh tomatoes into small pieces. Pour a little oil in a pan, add the diced garlic, ginger and onion

Add the cubes of breadfruit.

Add a stick of cinnamon, some cloves and pepper. Add salt and pour water half the level of breadfruit. Simmer until breadfruit is nearly cooked. Add the fresh tomatoes cut into pieces. Cook until breadfruit can be crushed easily with





Unicorn Fish Fry

By Chef Sarvanandsing Rajcoomar

Fry unicorn, local vegetables and tamarind sauce. Preparation for 10 persons



INGREDIENTS

2 kilograms fish unicorn 300 grams onion 15 grams gralic 10 grams thyme leaves 5 grams curry leaves 200 grams lady finger 200 grams eggplants 200 grams green chili 20 grams turmeric 4 pieces lemon 200 grams tomato 1 packet of tamarind 50 grams sugar 3 liters oil

Salt and pepper as per taste

METHOD

Fresh unicorn fish preparation

Scale the fish, stripe, cut then add seasoning salt and pepper. Marinate with the fish marinade then let it rest for half an hour in cold room.

Fish marinade

Clean and wash garlic, onion, thym then grind all the ingredients together while adding the tumeric powder to make a paste.

Tamarind sauce preparation

Heat oil in a sauce pan on low heat then add onion, garlic, tomato and sugar. Then deglaze with tamarind and lastly, add water and let it thicken.

Preparation of vegetables

Clean and wash eggplant, lady finger, green chilli and onion then cut into shape as recommended. Add seasoning and deep fry the curry leaves then garnish the fish with lemon.

Method of cooking

Heat oil in a sauce pan to fry the fish, then let it strain. Finish cooking in the oven at 180 degrees celcius for 10 minutes.



Magazine souvenir

Chef Kishore Andhin's favorite recipe:

Smoked Marlin Log With Pickled Palmheart

INGREDIENTS

800 grams fine slices of smoked marlin

200 grams palm heart

1 piece lemon

50 grams saffron powder (turmeric)

50 grams mustard paste

20 grams garlic

1 piece red pepper

1 piece green pepper

10 centiliters cooking cream

50 grams butter

10 grams onions

10 centiliters olive oil

5 centiliters white vinegar

5 grams dark chocolate 70%

1 gram salt "fleur de Sel"

Salt and pepper as per taste

METHOD

Make a mousse as follows: Put in the mixer the smoked marlin then

add butter, cooking cream, 'fleur de sel' salt, pepper and the dark chocolate. Mix thoroughly.

Cut the palm heart in cubes in a bowl of lemon water.

In a pan, heat some oil then add the sliced onion and garlic. Afterwards, add the turmeric powder and mustard paste and leave to cook for 2 minutes. Add the palm heart and white vinegar. Place the slices of smoked marlin side by side and cover with the pickled palm heart along with the cubes of red and green palm heart.

Roll the mixture in the form of a log. Top the smoked marlin roll with the mousse and slice like a log. Bon Appétit!







INGREDIENTS

4 kilograms fish 200 grams onion 30 grams garlic 5 grams fresh chilli 1 packet curry powder 75 grams coriander seeds 50 grams cumin seeds 10 grams fenugreek seeds 5 grams curry leaves 100 grams tomato 50 grams coriander leaves 25 milliliters oil 1 packet of tamarind Salt and pepper as per taste

METHOD

Preparation of fresh fish

Scale and stripe the fresh fish and remove the filet. Cut into cubes, add seasoning and curry powder. Heat oil in a pan, stir fry and strain and keep aside.

Preparation of ingredients

Heat pan, add coriander seeds, chilli, cumins seeds, curry leaves. Let it roast for 5 minutes then add and grind all the ingredients.

Clean and wash onion, garlic, coriander leaves, chilli. Then, grind all the ingredients to make a paste.

Preparation of fish curry

Heat oil in a sauce pan using low heat. Add fenugreek seeds, curry leaves, and onion.

Let it cook for 5 minutes then add curry paste and tomato.

Deglaze with tamarind, add salt, pepper, fry fish. Let it simmer for 5 to 10 minutes.

Garnishing

Wash and chop corriander leaves, spring onion then garnish the fish curry and do the dressing.

Venison Salmi

By Chef Komalraj Dhunput

Preparation for 10 persons



INGREDIENTS

3 kilograms venison 300 grams onion 20 grams ginger 10 grams garlic 5 grams thyme 100 grams tomato 50 grams leek 50 grams celery 10 grams coriander 100 grams carrot 50 milliliters red wine 10 milliliters oil 5 grams cloves 10 grams cinnamon Salt and pepper as per taste

METHOD

Preparation of venison meat

Clean and remove all unwanted fats from the meat.

Dice the meat and add cinnamon, cloves, red wine.

Garnish bouquet as carrot, leek, celery, thyme.

Add seasoning let it simmer for 24 hours.

Preparation of the paste

Clean and wash onion, garlic, ginger, coriander. Grind them together to make a paste.

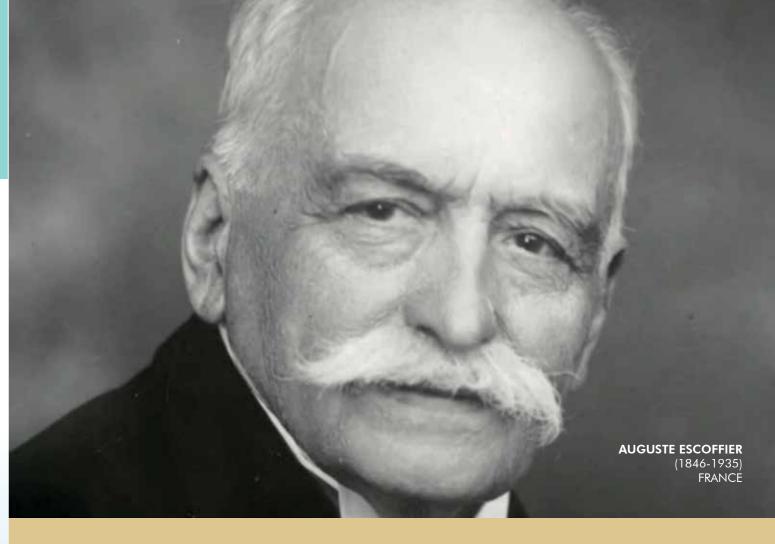
Chop the tomato.

Preparation of the venison salmi

After 24 hours remove the meat, put into a strainer and let it strain for a while. Heat oil in a pan, suet the meat until

Add the paste and seared for a while then add little water, let it simmer for 10 minutes. At last, add tomato.

Check seasoning and garnish with fresh chopped coriander.



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Rendra, Precint House No.3, St. Pierre, Moka, Mauritius







freshtaste

Marisa

By Narain Dutt Puttee

Spicy and refreshing and can be served anytime. Glassware: Hurricane

INGREDIENTS

- 2 centiliters vodka
- 2 centiliters fresh grape juice
- 2 centiliers lemon grass syrup
- 3 centiliters sparkling wine

METHOD

Realisation of Citrus spice mojito

In a mixing glass put vodka, fresh grapefruit juice and the lemon grass syrup & shake vigorously. Pour in a chill Hurricane glass and top up with sparkling wine. Serve with ice.

Garnishing

PHOTOS

LZUZ

Stick of lemon grass.











fellowship

Strong partnership between the Tourism Employees Welfare Fund and our association

The Tourism Employees Welfare Fund (TEWF) has been set up to promote the welfare of employees of the tourism enterprises and their families. The TEWF also supports the training of the chefs working in the tourism industry by refunding 40% of their educational fees (up to Rs 10 000) at the Hotel School of Mauritius.

Moreover, in August, the TWEF will remit its annual 'Culinary Long Service Award' to 10 chefs having worked for more than 20 years in the hotels and restaurants serving the tourism industry. A highly laudable initiative to thank them for their contribution.

The nominations will be effected by the Executive



Committee of Mauritian Chef's Association before being validated by the TEWF. The strong partnership between the TWEF and the

MCA started 8 years ago with the latter sponsoring our culinary competitions such as the 'Young Chef Challenge'. Nowadays, in October of each

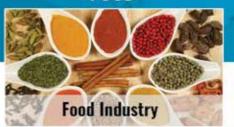
year, the TEWF organises 'The Mauritius Chefs' Competition' with the support of our association, in view of enhancing the skills of local cooks.

"When we launched the competition 4 years ago, it attracted 10 participants and last year, we registered 24 participants. This year, we are expecting the participation of a team from Rodrigues as well as one from the Seychelles", stated Soobeeraj Goorapah, Secretary of the Tourism Employees Welfare Fund.

The Mauritian Chef's Association provides its expertise as members of the jury to evaluate the technical aspects of the culinary competition.

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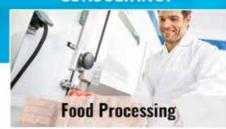
- · Natural Sausage Casings
- · Equipment

LOGISTICS



- · Rental & Sale of Refrigerated Container
- Chill/ Cold & Blast Rooms
- · Refrigerated Truck Box & condensing unit
- · Repair & Maintenance

CONSULTANCY



- · R&D for processing of meat & meat products
- Block-test, Yield and Recipe
- · Lean Management program for productivity
- OMS For Internal Audit (CAR / CAP)











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Magazine souvenir 48 MCA 20 years

Magazine souvenir 49 MCA 20 years

The importance of Food hygiene & safety in the kitchen



Food hygiene in kitchen is always said to be important. What is the meaning of food hygiene? Well, Food hygiene can be defined as the conditions and necessary measures taken in order to ensure the safety of food from production to consumption. When it comes to food preparation, food hygiene plays an important role in ensuring its safety.

Poor food hygiene knowledge and frequent unsafe manipulation of food often give rise to food poisoning and foodborne illnesses. In the age of 24/7 news coverage, foodborne illness outbreaks fall quickly under the spotlight of public awareness. Previous cases pointed out that the most common factors associated with food borne illness outbreak, food safety hazards and allergen incidents were due to bad hygiene and safety practices, low knowledge on hygiene and safety of food, bad communication of food and low training of employee in the hotel sectors. Other critical aspects that we need to take into consideration are preparation and storage of food during handling of food in order to reduce the risk of foodborne diseases.

In addition, low level of food hygiene knowledge and practices such as lack of hand washing, kitchen tools and lack of personnel hygiene are factors that can result in increasing the risk to spread diseases. The hand remained the main vector for transmitting harmful bacteria and is responsible for several foodborne disease outbreaks in the world because of poor personnel hygiene and cross contamination. Although food handlers know the importance of hand washing in food industries, the compliance rates remain low.

Moreover, food handlers can also be a carrier of harmful microorganisms such as Salmonella spp. Hepatitis A virus or staphylococci in their nares and skins. Therefore, good personal and hand hygiene as well as good handling practices are important to minimize the risk of transmitting pathogens from personnel to consumer.

Ashvina Hanma,

Senior Clerk at Canonnier Beachcomber Golf Resort & Spa.

The 5 keys to safer food- Simple steps to produce safer food

FIVE KEYS TO SAFER FOOD



KEEP CLEAN







COOK THOROUGHLY

KEEP FOOD AT







SEPARATE RAW





SAFE TEMPERATURE





USE SAFE WATER

OS MARQUES A DECOUVRIR NOTRE MISSION: Etre le partenaire incontesté des artisans boulangers - pâtissiers.

NOTRE SOCIETE: Nous distribuons des **produits de qualité** qui se prêtent aux usages les plus multiples dans l'HORECA et les services traiteur.

NOTRE EQUIPE: Forts de leurs **connaissances**, nos conseillers techniques et commerciaux visent à établir un contact constructif et personnel avec chacun de nos clients. Ils sont à votre entière disposition pour effectuer une visite, répondre à toutes vos questions techniques et commerciales ou prendre vos commandes.

CUISINE DE DEMONSTRATION Notre **Baking Center** se situe dans les locaux de Central Distributors Company Limited, à **Trianon**. Outre des journées de formation, nous y organisons des **dégustations** de produits et offrons des conseils pratiques sur nos nouveaux produits afin de vous aider à approfondir vos connaissances professionnelles.



ELECTION DU CHEF

Destinés essentiellement à la cuisson, les produits Sélection du **Chef** se déclinent en margarines de pâtisserie et de cuisson, en huiles pour friture de **qualité supérieure** et en beurres. L'artisan ou le professionnel trouvera dans notre gamme des margarines et beurres locaux, des produits frais spécialement élaborés pour eux.

NANDEMOORTELE

Les trois marques de Vandemoortele notamment. Bake'Up, Banquet d'Or et The **Originals** vous font gagner du temps et aident à réduire vos coûts de production!

Nos produits sont toujours fournis surgelés pour une préparation facile. Ils viennent soit crus, pré-éprouvés, précuits ou prêts à décongeler - vous décidez.

BAKE'UP est la technologie unique de Vandemoortele pour les produits de pâtisserie qui sont jusqu'à 60% plus petits que les produits pré-prouvés. En conséquence, vous économisez jusqu'à 60% en frais de stockage et de logistique.

BANQUET D'OR combine un assortiment de produits de boulangerie de haute qualité et une facilité d'utilisation indéniable. Vous choisissez les produits qui vous conviennent: non cuits, précuits ou prêts à l'emploi, en fonction de vos besoins.

La marque **The Originals** contient une gamme de **donuts** fait avec d'authentiques recettes américaines à savourer à tout moment de la journée! Faites dégeler, glacez selo vos besoins et c'est prêt.



Nous nous appuyons sur l'expertise mondiale du Groupe CSM ainsi que sur notre savoir-faire local pour pouvoir vous aider à exercer votre métier et exprimer votre créativité au maximum. Grâce à l'expertise reconnue de nos marques emblématiques -Marguerite et Artisal - vous disposez d'une sélection unique d'ingrédients répondant à vos exigences de qualité, d'authenticité et de confort d'utilisation.

Artisal propose une gamme complète d'avant-produits et d'ingrédients de pâtisserie dans lesquels les artisans peuvent avoir toute confiance.

Marguerite propose une gamme complète de pâtes d'amandes, de pralines, de fondants, de glaçages, de crèmes pâtissières et de fruits secs spécialement conçus pour le boulanger et pâtissier professionnel.

XESAFFRE

Lesaffre a élaboré une offre globale de solutions de **panification** à destination des artisans et des industriels de la **boulangerie**. Composée de ferments (levures, levains) et d'ingrédients de panification (améliorants, mixes, blends, correcteurs de meunerie etc.). elle s'est adapte à tous types de procédés de fabrication.

Notre équipe à votre écoute!



A contacter: Stéphane Koowaree, Responsable HORECA et Business Development - E: s.koowaree@cdco.mu • M: 5936 5421 Service clientèle - E: customer.service@cdco.mu • T: 650 9090



Annual General Meeting

The Annual General Meeting of the Mauritian Chef's Association was held on the 12th of June 2018 at Ambre Hotel, Coastal Road Palmar. The Meeting started at 15hrs with an opening speech from the actual President, Mooroogun Coopen followed by achievement on a monthly basis. The last President's report was read by the Secretary, Roshan Gopaul followed by the Treasurer's report from Vijranand Kallooa. The new logo of the association was revealed to the audience and the new organigram was proposed with positive response. Election of the new committee where there were 21 candidates who wanted to be part of the Executive Committee was held. We proceeded to the voting where only the first 14 were selected and named as follows:



Annual General Meeting Executive Committee (2018-2020)

Savoury

Smoked marlin in Mauritian cuisine

The marlin is a delicious fish that lives in the warm seas of the globe. This fish is similar to swordfish. Smoked marlin is considered to be a ready-to-eat fish which is very common in the Mauritian cuisine. Smoked marlin can be used in almost all categories of dishes, whether in pasta such as smoked marlin in penne pasta or spaghetti, in quiche which is a classic with no doubt, in toasted bread or even salad, smoked marlin remained the main ingredient in all those dishes.

An original recipe of where the smoked marlin is used in typical Mauritian cuisine is the: Smoked marlin marinated on a bed of calabash and christophina. In this recipe, only the vegetables are blanched and cut into pieces. The smoked marlin can be then marinated with olive oil, lemon juice, thyme, pepper and so much more.





On special occasion, cocktail dinners or evenings, it is often served in smoked slices on bread, mini sandwiches as snack (Mauritians being the pros in this subject), steak with a good marinade honey or extravagant dishes that we often find in hotels around the island.

As health benefits, smoked marlin is a wild fish and like all the wild fish, it is one of the healthiest foods on earth. It is rich in important nutrients, such as protein and vitamin D. Fish is also as the world's best source of omega-3 fatty acids, which are extremely important for your body and brain. Fish can reduce your risk of heart attacks and strokes. Fish has the capacity of increasing gray matter in the brain and protect it from age-related deterioration. Fish helps to prevent and treat depression, and make you happier!



festival

Les moulins de la concorde

Event of I ♥ La Fête du Pain

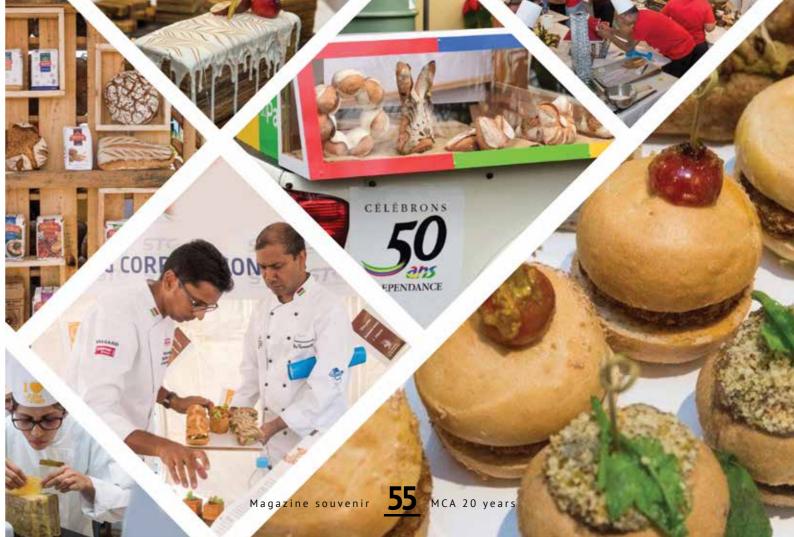
La Fête du Pain, à l'initiative des Moulins de la Concorde (LMLC), se positionne depuis plus de 20 ans comme un rendez vous annuel pour les professionnels de la boulangerie et les consommateurs de pain. Elle souligne les tendances gustatives et nutritionnelles et donne un "coup de pouce" à certaines consommations, notamment la farine brune. Elle permet de découvrir des produits nouveaux, portés par l'évolution des modes de vie et de retrouver des produits traditionnels.

Pour le cinquantenaire de l'indépendance, une caravane a sillonné l'ile pour aller à la rencontre de la population, avant le traditionnel rendezvous au Caudan. Le thème, "Nu Leritaz, nu L'Avenir", a permis d'illustrer le chemin parcouru en 50 ans par la boulangerie, avec un tournant marqué par l'apparition de farines produites localement, lors de l'entrée en opération des Moulins de la Concorde.

L'avenir est illustré par les talents de professionnels, invités à se rencontrer dans des activités qui stimulent leur créativité et leur savoir-faire et rehaussent le niveau de la boulangerie mauricienne.

Dépassant son rôle de fournisseur fiable de farine pour soutenir le développement de la boulangerie à Maurice, LMLC s'honore d'avoir conduit une équipe mauricienne de boulangerie à des concours internationaux renommés, comprenant la Coupe du Monde de la Boulangerie et les Masters de la Boulangerie, avec la réalisation d'une pièce artistique par Maneeram Santaram. LMLC assure des formations ponctuelles

aux professionnels. Pour concrétiser davantage son engagement, LMLC lance une formation diplômante en boulangerie au niveau NC3. Elle apportera aux apprentis de solides bases théoriques, doublées d'un apprentissage en hôtel et grande surface commerciale. Les jeunes pourront ainsi développer leur motivation et acquérir les bases indispensables à une carrière enrichissante, dans un secteur demandeur de personnel qualifié.



authentic

Palm heart

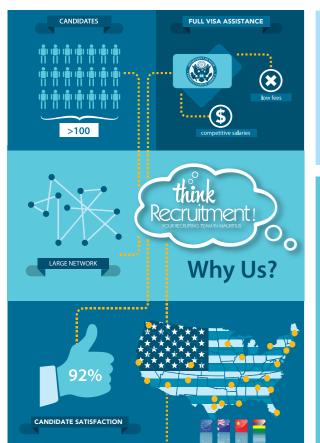
Palm heart also known as 'Chou palmist' has been used in Mauritian cuisine for more than decades. Although it is consumed as a vegetable, the palm heart is actually the inner part of several palm trees that grow in the tropical temperature. The palm heart has a sweet flavour and its flesh is very tender. Its taste is reminiscent of artichoke hearts. The heart of palm is the central part of the strip

of palms. It mainly includes the leaves of leaves (palms) not yet emerged surrounding the terminal meri-stem. It consists of whitish-colored plant tissues, soft but fairly firm, perfectly edible. In the Mauritian cuisine it is mainly used in salads because of its soft, mellow and crunchy texture. The latter can be used in as a vegan salad or it is often accompanied by smoked marlin.

Health benefits

The palm heart is a very light vegetable: it contains only about 45 calories and is a good source of fiber.







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YOUR RECRUITING

<u>culinarycup</u>

MAURITIUS TEAM-AFRICA CULINARY CUP 2017



MAURITIUS TEAM- AFRICA CULINARY CUP-2016



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TOUTE L'INSPIRATION FRANÇAISE DANS SON AUTHENTICITÉ





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presidency

Gopalsamy Murday

(Past President of Mauritian Chef's Association)



It is by accident upon a visit at 'Le Morne Brabant hotel' that I felt in the arena of the hospitality industry. I was impressed by the presentation and decors that was on that buffet for dinner, customers were taking pictures instead of dishing their food. I decided to enroll for the culinary arts instead of my dreams being an agronome for the love of plants and nature.

It was not an easy task to get through as there were hundreds of candidates but I made my way through that selection out of the best twelve students. After a year of full time course I got my C.A.P

and started at La Pirogue Hotel in 1978. Despite of a very mean salary I was not bothered as I knew I would make it through with my first mentor, Chef Steven Periera of Portuguese/ Indian origin and I felt familiar with him as I come from an Indian/pondicherie origin too.

I also learnt more of culinary arts with my second mentor David Lowe who gave me the opportunity to climb the ladders. My best memories during my career was when I was elected chef of the year in Mauritius in 1983 and 1989. Having served during my career, prestigious personalities like president Francois Mitterrand,

Nelson Mandela, Narendra Modi and numerous state dinners and lunches, I feel like I have imparted my knowledge to an authentic, exotic and fusion cuisine.

Later I was called to take the responsibility of the Galawa hotel and casino, part of the Sun International Group, in the Comores island as Executive Chef. I was called upon for the opening of the Coco Beach and Sugar Beach Hotels respectively and back to La Pirogue when I retired after 40 years of loyal service. When I launched the Mauritian Chef's Association in 1998, I was the President for 12 years. During my term of office

as President, lots of acitivites were organised such as, salon culinaire, Asian Pacific forum in 2002, competition in Singapore for Mauritian team, organising seminars and competition for meat livestock Australia (MLA black box competition), fund raising dinners and young chefs competition.

Attending congress in japan, Dubai, China and Australia.

During my career, I have experienced the basics of culinary methods compared to the actual lifestyle. Whatever the challenge is, we will have to stick to the fundamental of basic cooking.

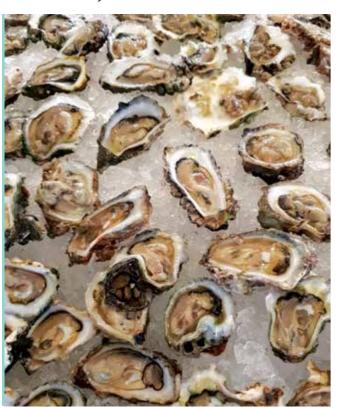
aquaculture

Persand Royal Co Ltd is a small enterprise, supplying fresh seafood products on the local market. It has expanded its activities and moved to shellfish farming in September 2015 after the director, Khemraj Persand has won the Success.mu, Young Entrepreneur Award in 2013 and the JCI Creative Young Entrepreneur Award in 2014.

"We operate our farming activities at Petit Barachois Poudre d'Or, in the north of the island. We promote sustainable aquaculture development and cultivate a wide range of local seafood products such as oysters, mud crabs, crabs, clams and sea snails, which are being served as delicacies in hotels and restaurants. We aim at offering high quality products and services. It is very important that from harvesting stage till degustation, all our products should retain their freshness, nutritive values and flavour.

Persand Royal Co Ltd strives for the qualitative standard of its products. Tourists are usually great connoisseurs of seafoods because they travel a lot and they can distinguish the distinctive quality of our local seafood products. Khemraj says: "Our oysters might be relatively smaller compared to the pacific oysters but they are juicy and tasty as well."

"To meet the objectives of the company and to cater for the needs of our customers, Persand Royal Co Ltd has integrated scientific research in its farming approach. We adopt strict scientific measures to make sure our water is not contaminated by pollutants and pathogens, that are detrimental to the health. For instance, oysters and clams are fielter feeders, removing phytoplankton, microalgae and organic particles from seawater as it passes over the gills. They can be considered as





ecosystem engineers as they are capable of modifying the quality of water, in which they live and hence, positively impact their habitats. In contrast, the bioaccumulation of heavy metals, chemicals and pesticides in any fielter feeder represents a major threat to health. Therefore, Persand Royal Co Ltd leaves no stone unturned when it comes to health and safety requirements. Most importantly, besides quality water or breeding, depuration, safe seafood handling and storage, all our products are being regularly tested in appropriate laboratories to quarantee high quality products.

In addition, Persand Royal Co Ltd employs technologically advanced equipment and materials for its operation. The cages consist of a photoactive

release coating that protects them from UV dearadation and reduces biofouling. A small boat serves to control the proliferation of parasites like barnacles, which drill into the shells of oysters and consequently, kill them. The boat is also very useful during harvesting to transport cages to shore. Furthermore, the site is equipped with surveillance cameras, fencing and a control room in order to reinforce security. For example, any accidental spilling of petrol in water might affect an entire broodstock. As Khemraj puts it: "The market is becoming more and more competitive with other big businesses and foreign investors, we cannot take any risk when it comes to health and safety requirements."

By Vidya Persand

ACHIEVEMENT PHOTOS











excellence



(Culinary excellence award 2016)

Culinary excellence award 2016

Angelique Armoogum Noel Chelvan Jacqueline Dalais Pawan Coomar Murday Gopalsamy Vijranand Kallooa Ajay Kurnauth Paul Ng Mougam Pareatumbee Nizam Peeroo Mooroogun Coopen Late Chef Nastilli Amba Thungabelu

Culinary excellence award 2017

Chef Veeren Pillay Chef Pillay Coussiga Chef Nived Puresh Chef Laval Sophie Chef Josian Troubat Chef Francois Lan Kai Chef S.Y Jaunoo Chef Kishore Andhin Chef Premchand Chowdhoory Chef Laval Cylandrie

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compliments

Message from the President of South India Chefs Association

Dear Chef Coopen, I am very happy to hear the news that your annual magazine has completed twenty years. Hereby I am writing this to you and to the entire Mauritian Chef's Association to congratulate all of you on this achievement . We, the Chefs of South India Chefs Association are very glad to hear that your magazine has reached to this position. I still remember when I received the same on my visit to Mauritius in 2006.

This only could be achieved by the hard work and talent of chefs of MCA who worked beyond the expectation of money for the magazine. We are really proud of you as you have the ability to make impossible

to possible. You all almost started with nothing and then reached to such a great achievement.

I hope your annual magazine performs even well in future. I, on behalf of South India Chefs Association, once again congratulate all the Chefs of MCA.

Culinary regards Jugesh Arora President of South India Chefs Association Proud Member IFCA & WACS



A to Z of FRUITS & V



AtoZ offers the widest range of fruits and vegetables in the market. All fruits and vegetables are packed and processed in modern temperature-controlled HACCP certified facilities and are distributed using temperature-controlled vehicles.

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AtoZ fruits and vegetables can be found in all major supermarkets and leading stores. Eat AtoZ, know your fruits and vegetables.



SICA 2018



JUDGING SEMINAR



contentment

encounter

Frederick Oxenham

(Director at Oxenham & Cie Ltee and CEO of SIP Co Ltd, MCA's honorary member)

"Above all, we aspire to assist chefs and ease the way..."

For 10 years Oxenham has been MCA's partner. Tell us more about your enterprise and its interest in the association.

SIP is an import and distribution company specialised in upmarket products – coffee, juice, vinegars, gelato – and fine foods, namely organic snacks, chocolates and high-end confectionery. Oxenham, on the other hand, focuses on wines and spirits. Our offers cater for both private individuals and businesses. We additionally provide catering services and have three coffee shops.

Our partnership with the MCA goes back to a decade ago. Alan Payen, MCA's former President, approached us and offered a seat as one of the two external members on the Executive Committee. Supporting the association was the right thing to do; it was our own way of giving back to the community. SIP and Oxenham flourished thanks to hoteliers' trust in us. To better address their needs and ensure that each happening is a success, we kept closely in touch with them. Sometimes, chefs have trouble finding specific ingredients on the local market. And we, as suppliers, do our utmost to assist them.

You were appointed as honorary member in 2016. What are the implications?

This nomination highlights the quality of the collaborative climate between us. We owe much to Jude Yagapen, who acts as our representative on the council. Jude is deeply involved

in the association, and through him we actively take part in all MCA's decisions.

To say the truth, beyond our sense of duty towards the chefs, this long-standing relationship is largely due to the respect they give rise to. Like Chef Executive Mooroogun Coopen, MCA's President, who is a very dynamic and motivated individual, chefs strive for the advancement and strengthening of their art. The commitment that goes into achieving these results is truly awe-inspiring.

First and foremost, we are facilitators, here to help implement the association's decisions. They are passionate about what they do, and know what is best suited to put forth their culinary art. We take great pride in helping them achieve their goals.

Any project of particular importance to you?

There are quite a few. Oxenham is quite sensitive to the MCA's investment in training and skills development. We fully agree on the fact that young professionals should have the necessary mentorina. This is the only way to ensure that we maintain the highest standards here in Mauritius.

It should also be noted that the partnership works both ways. We work closely together for the Foire de l'hôtellerie, held every two years. For each of our Illy Mauritius Barista Competitions, we call upon 1 or 2 chefs to act as members of the jury. They play an important role as they remain impartial and are not associated with any



particular hotel establishments We also put together educational tours of our factory so as to allow young chefs to get acquainted with local products and better integrate them in their work.

All anniversary calls for wishes. What are your hopes for the association?

There are two main values that we would wish the association to nurture: Openness and Dynamism. Over the last few years, we have noted the extent to which Openness has been beneficial.

for instance during occurrences such as the African Culinary Cup 2017, an important first locally. With on the one hand, geographic opening with exchange initiatives between professionals on a regional and international level, and on the other, exposure to the various generations of chefs, rookies have the opportunity to work alongside leading figures. This exposure is vital to their development. The level of effort and commitment made by the association urges us to engage ourselves even more.

Romeo Jean Clency

Romeo Jean Clency is actually the General Manager of Ambre Resorts and Spa & Kanuhura Maldives. He has many dreams and plans for the tourism sector.

"After climbing the ladder of success for many remarkable years in the hotel industry, I am proud to be a Mauritian who holds this position. I love what I do and I believe in team spirit.

Food and beverage has offered a lot to the Mauritian Gastronomy. I wish to express my sincere gratitude towards the top management of Sun Resorts. Mauritian Chef's Association has always valued

all the Mauritian chefs. This association is recognised internationally and has qualified members of the jury. Some of the members have even been invited abroad to act as jury which can be considered as a major step forward.

I had the chance to work with different chefs of different nationalities but as a Mauritian I have great pride and respect for the Mauritian culture and the Mauritian chefs. As a General Manager, I have continuously supported the Mauritius Chef's Association in their activities and will continue to do so."











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Dear President Coopen Moorougen, the entire board of the MCA (Mauritius Chef's Association) and to all the members.

For me as the WORLDCHEFS President with our 12 million members around the globe it is a great pleasure to write some greeting and congratulation words to the Mauritius Chef's Association and their "20 Years Anniversary".

With great pleasure and warm heart feelings I am writing these lines as Mauritius, its culinary field, the stunning location, a unique landscape, lovely amazing people and amazing products from the country and not to forget the blue Mauritius Stamp.

After so many years traveling the world and visiting Mauritius several times it comes with a very special feeling. What you all achieved due to establishing the Mauritius Chef's Association and all the previous Presidents and Board Members involved in it, is remarkable. Seeing the development of the country and the region as an outsider, taking all the information's from the media and the local colleagues, it is stunning to see the growth of knowledge in the industry and this is what makes me proud to visit you again and

The enthusiasm of the Mauritian Chefs from the area and their will to learn, to show case their ability and the drive for improvement is amazing. Now it comes.

For me it is a must that every young and motivated chef from Mauritius, will be part of this noble "Mauritius Chef's Association" as the success story must and will continue.

Additionally to the culinary events, which you are always organizing, I am so proud, that the numbers of participants are continuously are growing and Mauritian chefs are taking part in the Global Competitions.

Congratulation for this as well remarkable efforts and results. As well I like to highlight your involvement in World Chefs Without Borders with Past President Alan Payen. Humanitarian work is very important and essential in our hospitality field.

I am wishing you an amazing evening to celebrate the "20 Years Anniversary of the Mauritius Chef's Association" and many more years to come. A small side note as well for your competitions, were I would like to give my 5 cents as a simple and easy advice:

All the participants should cook well, and not to forget the seasoning and especially the salt in the soup. Cook as well as you do it on your daily work, don't experiment and don't forget about the basics of good cooking. Work clean and with good hygienic standards, take care of the given timings and as well respect the lovely and beautiful ingredients you will work with.

I am wishing on behalf of the entire Executive Committee and Board of Directors of WORLDCHEFS all of you very big luck, great success and a excellent learning platform.

Keep up cooking and "Lets Rock & Cook the Chefs World" with good amazing Creole Food.

Best culinary regards and wishes

THOMAS A. GUGER **PRESIDENT** WORLDCHEFS

meeting

interview

Alan Payen

(Past President of Mauritian Chef's Association)



After his studies at the St. Joseph College, Alan started a 2 years course at the Ecole Hotelière in Curepipe where he obtained Diplomas in Cookery, Restaurant, Reception and House Keeping Operations.

In 1992, he opened his restaurant - Le Bon Choix in Quatre Bornes - as Director/Executive Chef which he managed until 2016. He became a member of the Mauritian Chef's Association (MCA) in 1998 and was elected PRO of the association since then up to

During these 12 years Alan founded the Association Cuisine and Wine in 2005 as a result of a strong demand for knowledge of wine pairing. He also held office as President

of the Restaurant Commission of AHRIM for two years, became Disciple of Auguste Escoffier in 2005 and Toque Blanche in Cannes in 2008. In 2010 to 2012, he was elected as President of the MCA.

During his time of office at the MCA together with his Executive Committee, he enlarged the scopes of the association allowing other pertinent stakeholders of the Industry such as Oxenham, Panagora, Air Mauritius and Ecole Hotelière Sir Gaetan Duval to participate as members of the executive committee. At the same time, he was part of the Board of directors of the EHSGD sharing his experience for the benefits of training.

With the approval of his Executive Committee, he

dispensed free culinary trainings at the Rehabilitation Youth Centre (Boys & Girls) and the drugs addicts of Terre Rouge centre. This initiative led him to become the Ambassador of Chefs Without Borders from World Association of Chefs Societies. He is currently still an active member of same and has been involved in many charity events around the world (Madagascar, Nepal, South Africa and India).

With his Executive Committee, he successfully organised the Middle East and North Africa congress in Mauritius while holding office at the MCA as well as organized several culinary competitions around the island. Chef Alan is now a recognised Member of Jury

having officiated on national level but more widely in international competitions from 2004 till now. He is officially a WACS Culinary Judge and has been appointed recently as special advisor for Africa for Cultural Heritage.

In 2011, he became "commandeur de la commanderie des Cordons Bleu de France". After such fruitful and bold undertakings. Chef Alan, however, wants to accomplish another milestone with the help of his fellow Chefs Counterparts and partners of the industry: 'My dream today after such an extensive experience is to have a national dish for our country. Wherever I travel, I experience the pride of Chefs showcasing their national dish. To my disappointment is that so far we as Chefs, we have not gathered our expertise together to sit down with the authorities to establish a national Mauritian dish to represent our country. Another issue to underline is that we are gradually losing our traditional arandma's taste in todav's cooking. Too much modern cuisine is overtaking our culinary roots which sometimes do not tally at all with our original taste.

To conclude I would say that if we put our efforts together, we would have a great culinary interaction with all the parties concerned as today people are not only attracted with our beaches or hospitality. They also come for our gastronomy traditions, where they find themselves connected to our dish and they would share with others in their countries."

Ajay Kurnauth

(Pastry Chef at Canonnier Beachcomber Hotel)

"...an artistic profession that requires rigour, patience and discipline but above all, the willingness to always achieve perfection."

Ajay Kurnauth is Head pastry chef at Canonnier Beachcomber Hotel Resort & Spa where he credits the success of his career with his unwavering passion for his craft.

The chef insisted that "to be able to do somethina good, you must be passionate about it".

Since his childhood, he wanted to follow the same footstep of his uncle who was the head pastry chef at Club Med. "During my school holidays when I was still in form V (School Certificate), I was used to work as a trainee in the kitchen of Club Med. I was inspired by his work. After completed my School Certificate, I was employed as an assistant pastry at Club Med. By that time, I realised that I wanted to gain more International experiences and more exposure in various facets of the design, preparation, and presentation of pastries".

"After working for one year in Mauritius, I seized the opportunity to move to the Club Med found in Israel to enhance my knowledge and skills. I was very fortunate to learn from Pastry Chefs coming from America, Belgium, France and more others during my stav in Israel. It was an artistic profession that requires rigour, patience and discipline but above all, the willingness to always achieve perfection".

At the end of his contract in Israel, the hotel offered him the possibility of pursuing his

career in Morocco, however, he refused this proposal because he wanted to share his knowledge and know-how to the youngsters of Mauritius. He started over in Mauritius by working at Novotel Hotel and after one year, he was recruited by the Canonnier Beachcomber Hotel & Spa where he was able to achieve his best potential. He was promoted to Pastry Chef in 1998.

Furthermore, for his personal development, Ajay has followed a one-month course at the "Prestigious Ecole Lenôtre" in Paris followed by an internship at "Le Grand Hôtel des Thermes" which was a five star hotel in Brittany region of France.

He proudly represents Mauritius in France and Russia. The 2 golds won during the SICA culinary competition in India are among his most cherished memories.

OUR TROPICAL FRUITS-BASED **DESSERTS WERE** UNIQUE!

Ajay Kurnauth is proud to have coached several youngsters in the pastry field where most of them had the opportunity to work in Canadian and Japanese hotels and restaurants as Pastry Chefs.



Magazine souvenir / MCA 20 years

localdelish

Mauritian cuisine



The cuisine is part of the heritage of Mauritius where East and West and the rich culinary influence from the outside world have merged to offer a beautiful Mauritian cuisine.

Our population, like colours of the rainbow, rich in its diversity, consists of Creoles

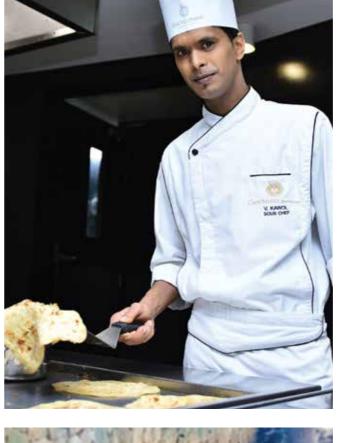
from slave ancestors coming from African lands, "Coolies", Indian and Muslim labourers from India, Chinese traders from the provinces of China and also European settlers who brought from their homelands the recipes of their ancestors in this small Island. We find today with happiness

these typical dishes full of flavours and spices that we Mauritians know how to compose and which make the happiness of our daily life. Easy-to-make recipes that have captivated us with their unique flavours and subtle blends of spice and tradition.

All these dishes have

rocked our childhood and continue to delight our palate and find their origins in these countries of settlement. India- Farata, Dholl puris, Chatinis, Achards (pickles) and Kutchas..... China - Boulettes, noodles,

chop suey, foo yang... Middle east - Briani, Halim





This tasty cuisine of yesteryear was prepared on fire or embers revived by a 'poukni'. The dry grains (lentils, dholl, butter beans, red beans or white beans) were always present and simmered gently on a fire of embers long hours and accompanied the rice and curry. The clever mix of spices and batter for the curries were prepared on the 'roche carris' that any good housewife had in her kitchen or in the back yard of the house.

Pickles and 'kutchas' were prepared with the fruit grown in the garden or yard of each family; the fruit of cythera, mango, bilimbi are always mixed with spices to make delicious and very spicy 'kutchas'.

These dishes were often accompanied by local 'rum', a drink that flows freely at every event and party, or the 'Alouda' prepared with milk and the seeds of 'toukmaria' (basil) which delight our throats during the hot weather of the Mauritian.

One of our national dishes is undoubtedly briani, from India and skilfully prepared

in 'Decks'. This rice is mixed with chicken or beef or fish, vegetables and spices, cleverly prepared by the Muslims.

Another favourite of Mauritians is the fried or boiled mines, with vegetables and chicken or meat, the Chinese dumplings sold in Chinese restaurants.

'Vindaye', 'dhall puri', 'rougaille', 'daube', 'halim, 'tilarou', and the inevitable curries called 'cari' in Mauritius.

Meals are often accompanied by peppers comfit, mazavarou (chili paste), coconut 'chatini', tomato or 'achards' of vegetables or fruits are in the garden of the Mauritian family.

The appetizers are not left behind. Sold at every street corner or in the markets or at the fair, there are very many such cakes cooked in oil and they are commonly called: 'gateux piments', 'sammousas', 'badjas', 'chanapuris' ... which Mauritians love and do not hesitate to consume despite the heavy calorie load in these cakes.

The Mauritian cuisine, a real treat!

By Chef Kishore from Sofitel & Chef Vinit Boodans from Canonnier Beachcomber





innovation

Cuisine scientique

Viva la Revolution !!!



L'équipe Scientifique et Culinaire de QUALI'BRÉ accompagne depuis 25 ans la révolution des techniques culinaires.

Tous les suiets sont étudiés d'un point de vue scientifique, pour mieux comprendre la substance du PLAISIR alimentaire et apporter à chaque brigade de cuisine les informations simples nécessaires à l'expression de la créativité.

Leaders en matière de connaissances actuelles des procédés de Cuissons Basses Températures, Cuissons Sous Vide et d'innovations, l'équipe QUALI'BRÉ partage ses découvertes au travers de formations internationales, adapte sa pédagogie l'organisation et à la culture des restaurants.

Les découvertes récentes en physiologie des aliments, issues de nos recherches en 'gastronomie moléculaire', ont ouvert de nouveaux champs d'explorations valorisant la qualité des produits et des techniques pour tendre vers cette quête absolue : le GOUT, le PLAISIR et l'ÉMOTION

Accompagner les hommes et les techniques dans cette révolution continue, est l'objectif permanent des équipes de QUALI'BRÉ Formations professionnelles, mais aussi du bureau d'études OUALI'BRÉ travaillant sur les concepts de restauration.

Au travers de plus d'une vingtaine de formations thématiques, QUALI'BRÉ Formations apporte un éclairage simple et scientifique sur les procédés de transformations culinaires: 1. Perfectionnement en matière de Cuissons Basses Températures 2. Dernières découvertes sur les Cuissons Sous Vide

Sous Vide et estimation mathématique des durées de vie

4. Stratégies de Cuissons 5. Textures alimentaires : créativités

6. Nouveaux ingrédients et innovations

7. Les essentiels et nouvelles découvertes en Cuisine Moléculaire

8. Accompagnement des hommes dans la maitrise des matériels et des techniques culinaires....

9. Maitrise de la Sécurité des Aliments et protocoles associés ...etc... sur mesure La cuisine avance à très grande vitesse... QUALI'BRÉ vous accompagne dans cette révolution....

....Viva la Revolution!

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Nicholas Bré (Directeur Qualibré)

AHRIM Depuis 45 ans, l'AHRIM s'emploie à créer pour les acteurs de l'hôtellerie et de la restauration le meilleur environnement possible afin qu'ils puissent offrir à nos visiteurs

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3. Maitrise des Cuissons

victorious

Mauricia Beachcomber: a third successful edition of the culinary contest

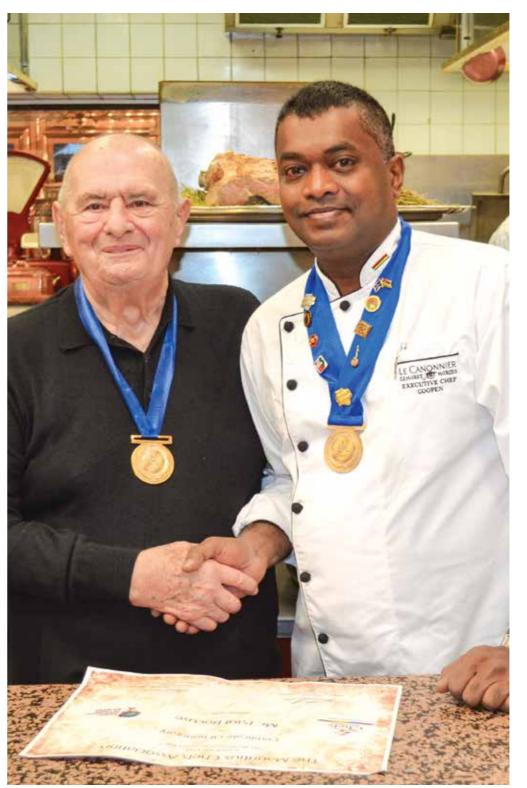
The 2018 culinary contest of Mauricia Beachcomber held on the 9th June saw the participation of fifteen Artisan from the hotel's kitchen team, including five former trainees from the PEJ (Young Employment Project). They competed by teams of three and had to prepare recipes with local products while valuing Mauritian cuisine. They were assessed by a jury panel made up of chefs from the Royal Palm Beachcomber Luxury, Victoria Beachcomber, Trou aux Biches Beachcomber and Canonnier Beachcomber. Chef Adeegen Chinapiel, Executive Chef at Mauricia Beachcomber confided that "this event [...] aims at encouraging and motivating young people who are beginning their career in cooking. They are the future Mauritian Chefs. This has been a success! There was much creativity and a good mastering of the techniques."





keepsake

Paul Bocuse will be remembered forever...



While he was attending an exhibition in France, Chef Mooroogun Coopen, the President of the Mauritian Chefs Association, had the great honour of meeting Paul Bocuse, the icon of the French gastronomy who passed away in January 2018.

"I met him on the 29th January 2007", recalls Chef Coopen. "It turned out to be a wonderful birthday gift. I remember that I went to dine in his restaurant situated in Lyon and expressed to his staff my wish of meeting Paul Bocuse. I was given an appointment with the legendary chef early in the morning of the following day in his restaurant. At 8 o'clock sharp, I had the pleasure of eating breakfast with him. He then made me visit his restaurant. Since then, we developed fruitful exchanges. He sent his pastry chef to Mauritius so as to share his cutting-edge knowledge and experience with the chefs of several hotels of our island. I was impressed by Paul Bocuse's personality; calmness and sense of accuracy. He always cooks as an exact science without any room for approximation. He talked about everything with great passion. He was the guardian of the millenary traditions of French cuisine". Chef Mooroogun Coopen also remains grateful to Paul Bocuse for enabling him to get in contact with a French culinary scientist. "He has visited our island thrice and his recommendations have led to deep changes in the cooking techniques of the local chefs. My greatest wish would be to invite the Executive Chef to come to Mauritius to deliver a training session. I also intend to ask La Maison Bocuse to welcome one of our chefs for a period of one month to be fully exposed to their techniques", added Chef Coopen.

fragrant

Cumbava

Cumbava alternatively known as cumbawa, makrut, kaffir lime or combera is a citrus fruit that has the ability to energize all your dishes!

Cumbava is a funny type of lime! It resembles a small lemon, however it's skin is thick and blistered. It comes straight from Indonesia but has adapted very well to the Mediterranean as well as the tropical climate of Reunion and Mauritius islands.

It is very used in asian cuisine. Its taste is much more marked than that of lime and is subtly similar to that of lemongrass. Also, this citrus fruit does not make much juice and it hides most of its scent in its leaves and in its very thick skin. Therefore cumbava is mostly used to embellish the taste of dishes.

The fruit cumbava itself is not well known in Mauritius. But somehow, we can find it in some part of the Mauritian cuisine. For example, one of the most popular recipe of cumbava known in Canonnier

Beachcomber is the cumbava cake created by Chef Neran recently in May 2018 during a competition.

The benefits of cumbava includes a lot of properties

- 1. Anti-inflammatory: having the same properties as lemon, it is a good anti-inflammatory due to its high content of vitamin C. It is a very good antioxidant for the body.
- 2. Facilitates digestion: it stimulates digestion.
- 3. Soothing: from this fruit, the oil can be harvested, which provides a very powerful aroma. The vapour inhale from the oil help to soothed and reduces anxiety, stress in the body as well as helping the body to fight insomnia.
- 4. Antibacterial & antiseptic: the cumbawa can stimulate the immune system, prevent infections and bacteria. It can prevent various gastrointestinal diseases thanks to its antioxidant



Creamy coconut, pineapple and cumbava compotes



INGREDIENTS

Coconut creamy

500 milliliters coconut milk 150 grams sugar 5 pieces gelatine leaves 300 milliliters whipped cream 15 milliliters malibu

Pineapple and cumbava compote

250 grams pineapple 50 grams sugar 5 grams pectine 1/2 cumbava 300 milliliters malibu

METHOD

Preparation of venison meat

Soak gelatine leaves in cold water, boil coconut milk with sugar, remove pan from heat. Add soaked gelatine leaves and allow to cool down till 35 degrees then mix gently with whipped cream. Pipe coconut in a spherifical moulds to one third, add pineapple and cumbava compote and pipe one more layer of coconut cream and allow to set in fridge. Cook diced pineapple with sugar, grated peeled cumbava, add pectine, cook for 3 to 5 minutes on medium heat and allow to cool down.

Our priviledge partners





































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