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THE MAGAZINE CHEFS LOVE TO READ

volume 14, issue 9



CHOCOLATE KING

From winning medals at global culinary competitions to having a signature chocolate named after his daughter, Chef **Aravinda Leelarathna** is just getting started

THINK HEALTH

Nutritional training program to enrich the knowledge of young chefs takes off in Dubai



TASTE OF ITALY

Exclusive interview with **Wladimiro Gadioli**, the executive chef at Al Ain Rotana Hotel



YOUNG CHAMPS

UAE Junior National Culinary Team retains the Africa Young Chefs Culinary Cup in Cairo





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president's station

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Dear fellow chefs, ladies and gentlemen,

Welcome to the November issue of our Gulf Gourmet.

Starting this month, things are going to get busy. The holiday season and big events across the country will combine with good programs for educational and social events.

Young chefs will visit the East Fish premises to get a close look at the seafood trade. Our friend and partner, Nestle Professional, have two nutritional seminars planned in the coming days. I attended the seminar last September and I highly recommend this course for young chefs that want to learn. It is even great for seniors as a refresher course.

Konstantina Bouman has a masterclass of European food products – rice, fruits and juices on November 10, 13 and 14 respectively.

We are working in full swing for World of Food Abu Dhabi, SIAL Abu Dhabi and the planning of ExpoCulinaire with our Salon Culinaire from March 3-5, 2020.

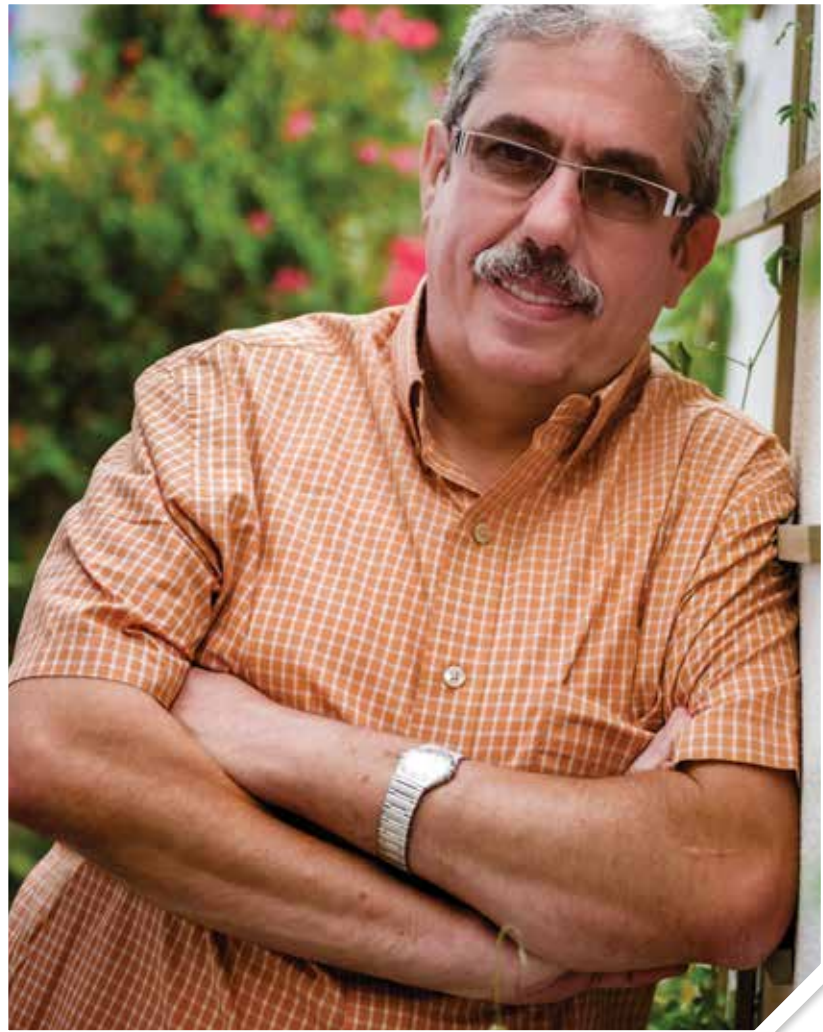
World of Food Abu Dhabi will feature celebrity chefs from different countries presenting their signature dishes on stage as well as wild street food dishes in their respective stations.

The main event will be the attempt to break the Guinness World Record. We are still open for partners to help us with the desserts. The plan is to prepare and display 2,500 different desserts, which will then be consumed by the public in the Mother of Nation Park in Abu Dhabi. Contact me if you are interested at uwe.micheel@radissonblu.com

The registration for La Cuisine Du SIAL is open. We have spaces in all classes. The live classes are filling up, so register soon.

See you all in in Abu Dhabi!

- ♦ World of Food Abu Dhabi – December 5-9



- ♦ SIAL Abu Dhabi – December 9-11

Please visit gulfgourmet.net to browse through previous issues of this magazine. Visit emiratesculinaryguild.net to see our upcoming events calendar. And visit [facebook.com/wacsyoungchefs](https://www.facebook.com/wacsyoungchefs) for young chefs to be in contact with over 4,000 chefs worldwide.

Please do not miss the company profile of our corporate members. We really do appreciate your support. Also do look at

the Friends of the Guild pages to check all our supporters.

Thank you to Chef Claud Obied and the Two Seasons Hotel & Apartments for hosting the October meeting.

Culinary Regards,
Uwe Micheel

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

editor'snote

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The impact that quality of ingredients can have on a dish is simply astounding. This is an open secret that every chef and his customer knows. Therefore, I can only imagine how much of a struggle it must be for you when negotiating with management on costing and trying to put forth the case for spending on high quality ingredients.

It is not easy to explain how short-term gains can impact long-term growth and repeat footfall. Especially in a market where operational costs are on the rise and the propensity to eat out is growing less. Or perhaps it feels that way given the never-ending rise in competition within the restaurant scene in the Arabian Gulf.

Personally, I am beginning to see consumer behaviour change in favour of high-quality ingredients. Even within restaurants that are economical. People today literally discuss a lot more than just plating and taste. The real discussion these days in the living room – when recommending a restaurant – is how a person feels hours after leaving the restaurant. If you don't feel too thirsty or bloated after 7-8 hours, you will see people returning for more.

The real challenge lies in getting to that point within a price range that does not put off the customer.

Talking of ingredients, here's an anecdote I'd like to share. My parents, who recently became septuagenarians, spent their retirement days building a new home in our village. I guess it has something to do with going back to their roots.

Last week, I visited them to see the house that they've built, and as is customary looked forward to eating my mom's food. My first reaction was to ask my mom if she had changed her recipe, because the dishes had so much more flavour to it.



He answer was no.

Just the fact that we were using ingredients that were farm fresh growing in our backyard changed the dynamics of simple dishes. The oil, the milk, the vegetables, it all came together like a symphony of flavours, elevating what for me was already very good dishes.

My point is that, as chefs, it is your responsibility to encourage high quality ingredients in your dishes even if it means having to stand your ground. With growing competition, there is no way your restaurant will succeed by offering customers dishes made with poor quality ingredients camouflaged with butter and salt. And there is no way you can expect high quality ingredients at a low price. There will always be a catch.

Make sure you do the right thing.

This issue has a lot of stories and images from events around the country and various parts of the world.

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

Aquin George
Editor

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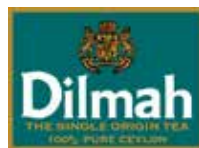
November 2019 Gulf Gourmet

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newsbites



Marriott International joins hands with Culinary Diplomacy Project

Five celebrity chefs and five hotel teams got together to share and showcase recipes for a charitable food festival in Amman.

The street food festival saw American celebrity chefs – Amanda Freitag, Duff Goldman, Art Smith, Marc Murphy and Mary Sue Milliken – paired up with Marriott's local chefs to create a culinary experience for 500

guests. 'Feast of Five' raised approximately \$14,000 for a cancer foundation.

Chef Art Smith focused on classic American fare, Chef Amanda Freitag worked on Mediterranean delights, Chef Mary Sue Milliken prepared authentic Mexican dishes, Chef Marc Murphy worked on Italian favorites, and Chef Duff Goldman baked pastries, cookies and cakes.



Chris Naylor at Anantara The Palm

Michelin-starred chef Chris Robert Naylor will be in Dubai on November 7 creating a culinary experience for guests at Anantara The Palm Dubai Resort. The British chef carved a name for himself by learning as a young cook inside the kitchens run by the likes of Albert Roux and Robert Kranenborg.

Chef Naylor's own restaurants include Le Cirque, La Rive and Vossius – all of which have Michelin stars. His creative yet quirky dishes are known to show great respect for seasonal produce. No wonder he was named Best Vegetable Chef in 2018 by French restaurant guide, Gault & Millau.



Le Du pops-up at Tresind

Chef Thitid Tassanakajohn, known for his modern Thai cuisine at the Michelin-starred Bangkok restaurant Le Du, will be showcasing a pop-up at the Dubai-based Tresind Studio on November 8 and 9. Popularly known as Chef Ton, his cuisine has ensured the restaurant got voted #20 on Asia's 50 Best Restaurants

list. Le Du is known for working with local farmers and for its modern cooking techniques.

The pop-up will see chef Ton work with Tresind's chef Himanshu Saini on a modern interpretation of Indian and Thai ingredients for a first-of-a-kind experience in the region. We don't doubt that at all.



Emirati Chef Collaboration at DIFC

An event called 'Off the Menu – The Emirati Edition' will see its fourth and final installment take place at Mina Brasserie with Head Chef Michael Mina collaborating with Emirati Chef, Sahar Parham to produce an Emirati fusion of brasserie style cuisine. This will run until November 16.

Dubai International Financial Centre (DIFC) is celebrating the origins of Emirati cuisine with a curated dining experience that sees local flavors in a fine-dining setting. Something

that Chef Uwe and his team have been doing really well at Aseelah, the Emirati fine-dining concept housed inside the Radisson Blu Hotel Dubai Deira Creek.

Coming back to Off the Menu, the Emirati-brasserie four course meal offers pastrami-cured seabream with salona spice, crispy rice and pickled lime, farmer's bone marrow crème brulee with a toasted baguette, black lime marinated lamb chops, and kahwa tiramisu with hazelnut meringue. The menu is priced at AED 275 per person.

Taste of California in Riyadh

Chef Wolfgang Puck has brought the authentic taste of Beverly Hills to the Saudi capital through a pop-up for the Los Angeles restaurant Spago.

"Saudis from royal family members



to business people always come during summertime and Ramadan to Spago," chef Wolfgang Puck told Arab News explaining his reasoning for the pop-up

The restaurant, located at Al-Murabaa zone, offers Puck's signature dishes, such as haute cuisine pizzas topped with smoked salmon and caviar, and sea bass in puff pastry, in addition to the traditional Austrian dessert Kaiserschmarrn with macerated strawberries.

"One of the reasons we came here was we thought maybe we would find a place for a permanent restaurant here," said Puck.

"We have had our restaurant in Bahrain for four years now, and it is doing very well at the Four Seasons, so when we received the invitation to come here we thought it was a good chance to come and discover the city.



Silvena Rowe has another Dubai restaurant

After Omnia Gourmet, the Masterchef Bulgaria judge will open a Mediterranean restaurant at the Jumeirah Golf Estates called Nassau. The concept wants to focus on locally sourced Mediterranean food given that Chef Silvena's is said to have European-Arabian heritage. The menu will offer sugar and gluten-free options.

Dishes on the menu will include ottoman style wagyu beef skewers, black truffle labneh with seasoned baby vegetables, shoulder of lamb slow cooked for 48-hours, and wagyu bolognese conchiglioni.



Izu Ani has a new offering

After Gaia, Carine, and The Lighthouse, Izu Ani, the chef with the infectious smile has opened a new restaurant named Fika at the Jumeirah Beach Hotel. The dishes we hear are keeping in line with the trend for healthy food with a focus on fresh produce and responsibly sourced ingredients.



Grand Hyatt Muscat has a new executive chef

Greek-born chef Ilias Doulamis has been appointed as the executive chef at the Grand Hyatt Muscat. He brings with him the experience of working in seven countries over a period of 18 years. This includes Michelin-starred restaurants such as L'Astrance, Texture, and Le Meurice. Prior to joining Grand Hyatt

Muscat, Doulamis was executive sous chef at Grand Hyatt Doha Hotel & Villas.

Doulamis describes his cooking style as being modern European with a Mediterranean twist, and is tasked with developing new concepts within Grand Hyatt Muscat's diverse restaurants

Balbi coming to Bahrain

Chef Agustin Balbi, the recipient of the Best Chef Awards Top 100 for 2019, will cook at Mahonia in Bahrain for a four-hands dinner. The executive chef of Haku Hong Kong will team up with the Mahonia team for two nights only (November 7 and 8) to create a 10-course menu paired with selection from their cellar.

Mahonia has had a few four-hands dinners this year to improve the culinary scene in Bahrain. Previous indulgences included Mauro Colagreco, the Argentinian chef behind Mirazur.



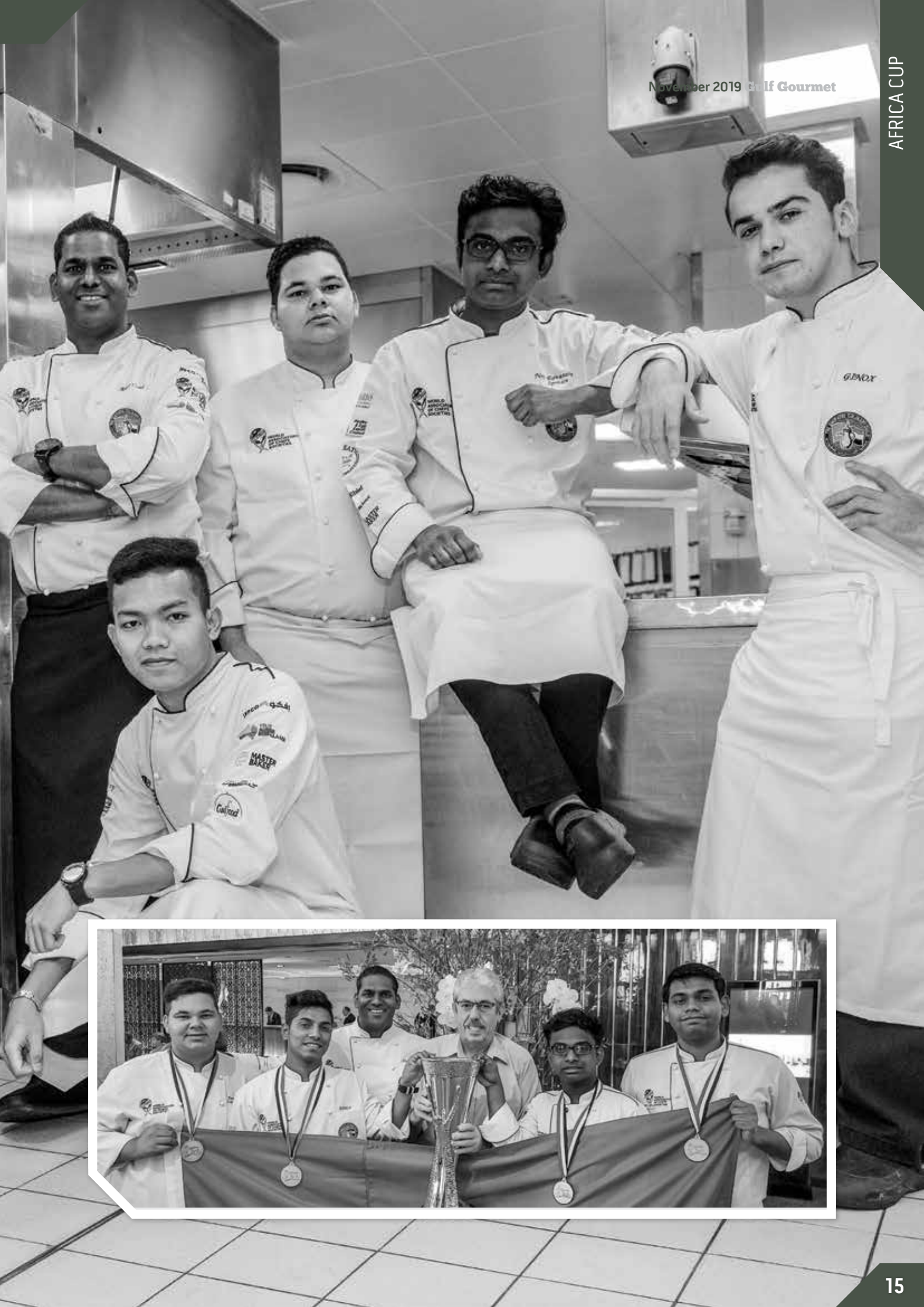
Westin appoints new 'Chef de Cuisine'

The Westin Group has announced the appointment of Esteban Guevara as Chef de Cuisine for one of its Latin American outlets. Esteban has 15 years of experience and has worked at iconic restaurants throughout the Gulf region as Head Chef. He developed a strong foundation and innovative skills and keeps up to date with new trends, particularly in Latin American cuisine and all types of meat grills.

He says, "I am working on launching new concepts that are totally new and prepared with the finest ingredients."



**WE WON THE
AFRICA CUP
AGAIN!**



Meet the Emirates Culinary Guild's Junior National Culinary Team that held the UAE flag high in Cairo last month

The Emirates Culinary Guild sponsored UAE Junior National Culinary team was in Egypt last month-end for the Africa Young Chefs Culinary Cup. And they did so well, they won the Cup for UAE. Again! The biennial event was previously held in 2017.

At that time too, the junior team comprising a different set of chefs had won the inaugural competition open to Africa and Middle East countries.

Uwe Micheel, President of the Guild and Director of Kitchens at Radisson

Blu Dubai Deira Creek, said, "We are immensely proud of these four young men who represented the country against the best in the region and flew the flag high for the United Arab Emirates. They have proven that our adopted home is one of the strongest in the culinary world and is being recognized as an international force in culinary competitions."

Andy Cuthbert, Chairman of the Guild and General Manager of Jumeirah Creekside Hotel and Madinat C&E and Jumeirah Hospitality, added, "Without the help of a team of senior chefs and

helpers who worked to prepare the team, and also friends from the Egypt Chefs Association, the organizers of the competition this year, we would not have been as successful. The Guild thanks Hossam Soliman, President of the Egypt Chefs Association."

The junior national culinary team was trained by Chef Mario Coelho, Executive Sous Chef at Madinat Jumeirah C&E and Chef Alannah Francesca from the confectionary firm Savarin. The next big international event for the chefs is the Culinary Olympics 2020 in Germany.





Chef Sai Prasanna

Caesars Palace

The 24-year-old from Hyderabad works at Gordon Ramsay's Hell's Kitchen in Dubai. The Commis I completed his Hotel Management degree and got his first job at Five Palm Jumeirah prior to his current role. He won a silver at Salon Culinaire and La Cuisine du SIAL and approached Chef Uwe to make him a part of the junior national culinary team. He got a call a few weeks later and says, "Chef Mario is very good. As our team manager he teaches us how to improve our skills and gives daily feedback."



Chef Joshua Jonathan

Jebel Ali Resorts

JA Resorts is the first employer for the 21-year-old Chef de Partie from South Africa, who got the opportunity to come here through the help of another senior South African chef. He was spotted at a local culinary competition and was spotted by Chef Uwe for his promising talent.

He says, "Working with the team has been good as we bond very well and are learning together in the kitchen because we are very new, this is our first competition together as a team."



Chef Leon Rozario

Jumeirah Creekside Hotel

The 22-year-old from Goa was born and raised in Dubai and has dabbled in culinary creativity since his childhood. While completing his business degree at the Emirates Academy of Hospitality Management, Leon began enjoying the kitchen-related studies and projects. He has previously represented UAE at the Hans Bueshkens semi-finals and won a bronze. He says, "Joining the culinary team is nice because you learn a lot more than what you do in a hotel."



Chef Tharindu Lakshan

Sheraton Hotel and Towers Dubai

The 23-year-old from Sri Lanka works as a Demi Chef de Partie in Pastry. Prior to his current role he worked with chef Uwe and won a fully paid culinary scholarship at the ICCA.

He was Chef Mario's assistant at Global Chef competition in South Africa earlier this year and has seen first-hand what it takes to be the best. In 2018 he was at the culinary world cup representing the UAE junior national culinary team and was also assistant for the global pastry chef challenge taken up by Chef Dammika.

He says, "This is my 5th international competition, I don't think I'm nervous. We are a team so we have to help each other." They sure did.



A TOUCH OF ITALY

Walk like an Egyptian, cook like an Italian. Especially if that Italian is **Wladimiro Gadioli**. The executive chef of Al Ain Rotana brings combines the goodness of Italian home cooking with the varied flavours of international cultures. A walk down his rather colourful path to success...

“No one is born a great chef, one learns by doing,” says celebrity chef Julia Child.

Wladimiro Gadioli did not get the memo. He was born a great chef. You see, he was born to a family that made it its business to reach people's hearts through their stomachs. That's not a surprise though. His Italian roots come bundled with a special relationship to food. Today, the executive chef of Al Ain Rotana uses this relationship to spread joy among his guests.

Officially, Chef Wladimiro has been in the hospitality industry for nearly two decades. Unofficially, though, it's been as long as he has lived. “You can say that I was born in the kitchen. My family ran a small hotel in Borno, a small village in Italy,” says the 39-year-old chef.

The picturesque village in Lombardy near the northern Italian Alps attracts skiing enthusiasts every year. From childhood, Chef Wladimiro waited tables and assisted his mother in the hotel kitchen. “She is still in the same kitchen. My grandfather had built this hotel and my mother is passionate about cooking and hosting people. That's where I get it from.”

His younger sister, Raino, stayed behind to help the family while Chef Wladimiro



You can say that I was born in the kitchen. My family ran a small hotel in Borno, a small village in Italy

decided to do some exploration before returning to the family business fold.

Getting a hotel management degree, he secured an internship at a 3-Michelin star restaurant near his hometown for a few months with noted chef Gualtiero Marchesi. “At that time, everything was new to me. Everything had the ‘wow’ factor. It was of international standards, there were so many different, exotic ingredients and it was markedly different from my mom's kitchen. I tasted the reality of a high-end professional kitchen early on.” It was a preview of what was to come. Understanding the need for commitment and endurance, Chef Wladimiro took great pains to get his basics right on the job. Later, these learnings came in handy when he joined the NH Collection hotel in Milan.

Although the experience with the high-end large-format hotel was exciting, the Italian chef wanted to experience other cultures. He took up a job in Lugano, a city in southern Switzerland's Italian-speaking Ticino region, but then decided to explore areas outside Europe. By then, he already had experience of four years in his home country under his belt.

"I got an opportunity to go to India in 2005 to work for Hyatt. My parents were initially hesitant but they eventually agreed." Based in New Delhi, Chef Wladimiro was given charge of the Italian restaurant at the Hyatt as head chef. "Although it was an Italian restaurant, the approach was quite international, infused with heavy Indian influences. Language was also a big barrier for me. My English was rudimentary at the time." Chef Wladimiro struggled to communicate with his colleagues and

teams. Initially, he managed with the help of an Italian executive sous chef and then learnt the language quickly as the job necessitated it.

Seeing the world outside Italy opened his eyes to the possibilities. Chef Wladimiro enjoyed the friendly culture too. "People were warm and they were interested in learning. They were especially fascinated by the Italian ways and wanted to absorb as much as they could from me." After an eventful stint, Chef Wladimiro left India in 2008. In these three years, he also got married to his girlfriend, Valentina. "She lived with me in India for a year and then we moved to the UAE."

Upon his move, he joined the Jumeirah Beach Hotel in Dubai. The same story from India repeated itself. "Again, it was an Italian restaurant with a

completely different approach from how things are done in Italy."

At the time, the UAE was just recovering from a recession. Demand was returning and so were opportunities. "After a year at Jumeirah, I joined this Italian company Cipriani, which was opening the Yas club in Abu Dhabi. I joined them as executive sous chef in Milan."

Chef Wladimiro subsequently became the sous chef at Cipriani, helping open a Japanese restaurant and a lounge. However, things at Cipriani did not quite go the way he had expected them to and so, he moved back to Dubai, this time with a contract at Sofitel in Jumeirah Beach Residence. "I managed the Italian restaurant and was then promoted to executive chef. I stayed at Sofitel for nearly five years, growing steadily in my career." Moving to Abu Dhabi, he then took up an assignment at the TDIC Food and Beverage Division as corporate executive chef, before making his way to Al Ain Rotana. "TDIC is a semi-government company with multiple outlets including four restaurants. It was an experience different from working for big hospitality entities."

In his current role at Al Ain Rotana, Chef Wladimiro oversees all the six



Nowadays, customers want a full experience, not just meals. Also, their preferences change too quickly and this makes it hard for restaurants to keep up with such instant changes

outlets of the hotel - Zest, Trader Vic's, Min Zaman, Aquarius, Atrium and Moodz. He is also responsible for room service, private dining services and catering operations at the hotel, a responsibility he quite enjoys.

Over his decade in the UAE, Chef Wladimiro has witnessed massive changes in customer tastes and behaviours. "The food industry in general is undergoing a sea change; that's something we cannot deny. Nowadays, customers want a full experience, not just meals. Also, their preferences change too quickly and this makes it hard for restaurants to keep up with such instant changes." According to him, creation of new concepts and constant innovation can give restaurants a competitive edge in such a scenario.

In comparison to pure-play restaurants, hotels do have the advantage of being able to generate revenues also from events. These events provide a fertile ground for testing new concepts. "We do banquets, we do weddings. Of course, people have their traditional ideas on how they want these events to be but if a new idea is not too fancy, then they are willing to try it out."

It's true that guests want more bang for their buck these days. "If they feel satisfied after a good meal, they will come to you again. That has not changed and probably never will."

Having survived the demands and gruelling schedules of the hospitality industry, Chef Wladimiro warns professionals against becoming chefs with expectations of quick success. "It's not an ordinary 9-to-5 job. You need to have the passion for it. You also need to go through all the career steps patiently, jumping steps won't help you in the long run. The reality of our job is not what you see on TV. There's a lot of dedication, a lot of hours and a lot of stress involved. You work when other people are enjoying a day off...and on weekends and during holidays. Come into this profession only



Young chefs these days are just looking for the next higher position and the next fatter paycheck. It doesn't work like that if you want sustained success over your entire career

if you have the mental strength required for it and the passion to do it."

Given that hospitality is a people industry, human relationships are extremely important in this line of business. Learning from others and supporting colleagues and peers can go a long way in stimulating your own growth. "Young chefs these days are just looking for the next higher position and the next fatter paycheck. It doesn't work like that if you want sustained success over your entire career." If you chase the craft, the money will automatically follow, believes Chef Wladimiro.

Strong personal relationships are also

important to cope with the challenges of the profession. Luckily for Chef Wladimiro, his wife has been by his side throughout it all. "We were engaged when I left for India and instead of trying to prevent me from going, she said our relationship was strong enough to endure the distance." Earlier, she was not so keen on coming to India but when she did, she loved it after the initial shock wore off. "My wife cried when we left India. The places are incidental. It's always about the people you meet." His wife is also a pastry chef, having worked in Milan in a pastry shop. However, she is now a full-time mommy.

The Gadiolis have two children together – a six-year-old daughter Sofia and a five-year-old son Alexandro. The family enjoys living in Al Ain, a family-friendly city. Valentina uses her training sometimes to make cakes and other goodies for friends and birthday parties.

At the moment, Chef Wladimiro is content with his life in the UAE. The thought of returning to Italy is buried somewhere in the back of his mind. "My father is retired and he uses his time to do farming of vegetables and fruits and raise honey bees for the hotel business. It's a fascinating occupation. Maybe someday I will follow the same route."

For our sake and the sake of all gastronomes in the UAE, let's hope that is some time away.



CHOCOLATE KING

A life in the military, fighting on the frontlines. That is what he had envisioned right from the time he could think independently about his career. But Lady Luck knew Chef **Aravinda Leelarathna** belonged in the pastry kitchen. How else can you explain his phenomenal rise? Winner of several medals at international competitions, the executive sous chef from Al Jawaher Reception and Convention Centre even has a signature chocolate named after his daughter. A look into his remarkable journey...

Discipline was at the centre of what he wanted to do. It remains at the centre of what he does, even if the path has diverged considerably.

Chef Aravinda Leelarathna's career road was supposed to lead to the army. Instead, it ended at the pastry kitchen.

On the face of it, it's quite a divergence. But if you look closely, the traits required in military are the very same characteristics that make a winning chef – determination, discipline and passion. A gold medallist at the prestigious Culinary Olympics, Chef Aravinda is the pride of Al Jawaher Reception and Convention Centre (JRCC), where he is executive sous chef.

It's his laser focus and self-imbibed



You can say that my culinary career was born out of disappointment

motivation that make him such a good contender at any contest. In July 2020, the Sri Lankan chef will represent the UAE at the Global Chefs Challenge in St. Petersburg, Russia.

Exciting times await him. But the glory has roots in adversity. "You can say that my culinary career was born out of disappointment," he says today, without

an iota of regret in his voice. Raised in Colombo, Chef Aravinda long nursed a dream of being an army man. He even trained meticulously for it, from the time he turned a teenager. "I did athletics, camping, shooting, whatever it took to make me physically strong and resilient for a military life." Such dedication did not go unrewarded. When the time came for trials to join the army, Chef Aravinda qualified with flying colours. Unfortunately, it was not meant to be. "Sri Lanka was at war at the time. There were 10-15 military men dying daily and my mother was getting increasingly uncomfortable with the idea of me joining the army."

His girlfriend, who is now his wife, also started voicing concerns about his career plans. "I had to eventually abandon my plan because I could not





I did athletics, camping, shooting, whatever it took to make me physically strong and resilient for a military life



put the two most important people in my life through constant fear.”

Without a backup plan, Chef Aravinda felt a bit lost for a while. He dabbled in insurance sales for a few years. Even though he was successful and earning rather well, there was admittedly a lack of the real motivation that makes someone look forward to going to office. “Maybe it was just destiny. My brother-in-law, who worked in Dubai, asked me if I was interested in moving. It was June 2009 and I was 23. I decided to experiment with the hospitality industry and became a commis chef in pastry.” Interestingly, it was the second offer from his brother-in-law. The first time around, Chef Aravinda had turned down a chance to go to Dubai because he was unsure of making such a commitment.

Even if belated, the move was the beginning of something big, albeit the start was rather insignificant and even bumpy. “The salary wasn’t big and it was a challenging and hectic job. But I’m not a quitter, so I stuck around patiently.” His wife was a big support, both monetarily and emotionally. Chef Aravinda plunged headlong into learning the basics and the specifics of cooking, putting in whatever extra hours were required daily. “When I joined, all I knew was to make tea!” A couple of years went by before motivation and passion for the profession came to him. Chef Aravinda decided he was going to put all his energies into becoming a successful pastry chef, a famous one. “At the time, I decided I will participate in the Culinary Olympics in 10 years. I reached that goal in just six years. I’m proud of that achievement.”

When he moved to Intercontinental Hotel in Dubai Festival City in 2011, he had graduated to chef de partie. Next came Abu Dhabi Royal Catering, a five-star catering company where he joined as junior pastry sous chef and left as pastry sous chef. Five years ago, Chef Aravinda moved to JRCC when it was opening. He has been here since.



If you set a goal, you have a much better chance of achieving it. What you need is single-minded focus

“It was the turning point for me. I went to Culinary Olympics as a participant in 2016, four years before the target year. And I have the management of JRCC to thank for their constant support and faith in me.” His plated desserts and petit fours were an instant hit at the Olympics, a result of hours and hours of hard work and single-minded dedication.

Right from childhood, Chef Aravinda has been a great fan of setting targets, which he says as imperative for success. “If you set a goal, you have a much better chance of achieving it. What you need is single-minded focus.” A growth mindset also helps. According to the chef, one should never hesitate to take constructive feedback from others and learn from experts whenever an opportunity presents itself. “Learn from the negative comments too. They are much more valuable because they help you grow and improve. In the end, praise has limited feel-good value.” Chef Aravinda makes it a point to ask judges for their feedback, especially on what he did wrong, when he goes for competitions. “I don’t want to repeat mistakes. I have to know where I fell short.”

His humility and hardworking mindset has invited appreciation from others too. There have been times when Chef Aravinda doubted his own abilities but his seniors didn’t. “Around 2017, I was being asked to enter this chocolate training contest. I kept saying I am not ready for it but my senior chef said that

I had to give it a try. Just a day before the deadline, I sent in my application and I was accepted.” Going to Malaysia and Switzerland for training, he subsequently entered a competition at the Chocolate Academy Centre of Dubai. One thing led to another and he made it to the World Chocolate Masters finals in Paris in 2018. The sponsor of the competition, Cacao Berry, has even put a dark chocolate bar created by Chef Aravinda on its products list. “The 65 percent dark chocolate bar is called Ananya after my daughter. I created it on April 13, 2018, the same day that my daughter was born.” Later that year, he even participated in the World Chocolate Masters white chocolate contest, making it to the top 20 list.

Overall, 2018 was an eventful year. In November, Chef Aravinda went for the Culinary World Cup with the UAE National Culinary Team, winning two silver medals.

Going for international competitions is almost always an eye-opening experience. “Given the scale of these events, there are so many different ingredients, myriad different techniques and plenty of surprises, not all of them pleasant. Understanding the rules and the equipment that international chefs work with can be challenging.”

Chef Aravinda sees yet another thing that is of paramount importance in the kitchen is teamwork. “You have to work as a family and watch out for each other. Here, if our pastry section is busy, then chefs from other sections come around to help us and we return the favour when they need us. Hospitality is a challenging field but not when you have supportive and helpful colleagues.”

This also means sharing your ideas and talents with others, be it a budding chef or a peer. According to Chef Aravinda, social media has made it easy for young chefs to find recipes and copy ideas. The trick, however, lies in adding your





own creative flavour to the delicacies. "Making a cake and creating a cake are two different things. Know the difference if you want to stand apart from the crowd." Giving up is never a good option. There will be hits and there will be misses. What's important is tenacity. "Very few people succeed at the first attempt. Just learn from your failures and keep trying until you achieve what you want. That's how I have lived and it has worked well so far."

His obsession with perfection has borne fruit for Chef Aravinda. However, it has come at a personal cost – less time with family. "My wife does complain because I am away a lot and I have to spend a lot of time training for competitions. It's not just my limitation. Most chefs struggle with work-life balance. That's just the nature of our job." His daughter is just a year and a half old and so, she is too young to complain about his absence. However, little Ananya does wait for

her dad to come home everyday. Chef Aravinda is grateful for all the support that his wife, Dilini Subodha, has given him all these years. Dilini is also a chef, an expert in cake decoration.

Some of her sense of aesthetics has rubbed off on Chef Aravinda. "She doesn't shy away from giving me negative feedback on my work when it is warranted. Wherever I am today, is largely because of her. All my successes are hers too."



Someday in the future, he hopes to make up for all these personal sacrifices she has had to make for his successes. While he still has a lot to do within the hospitality industry, a long-term plan is to start a small culinary school. "Maybe in the UAE, maybe in Sri Lanka. I haven't zoomed in on the place yet but it's a cherished dream." The 31-year-old chef believes he has a lot to impart in terms of knowledge and it would be a shame not to train future generations in his art.

A book is also on the cards. "I am working on my cookbook. It won't be published today or tomorrow or even day after. I want to ensure it's so good that whoever reads it, goes 'wow!'. If it takes time to get to that level, then so be it."

Having mastered the art of bending chocolate to his whims, Chef Aravinda wants to turn his attention to sugar. "I am planning to go for one more training in France for sugar. There are high expenses

but I see them as investments into my professional future." Most people think a pastry chef specialises in all sweet things. "That's not true. Chocolate and sugar are two different roads. If you can make these roads converge, more power to you!"

If there is anyone who can make sure the twain meet, it is Chef Aravinda.

Delicious promises from a talented chocolatier. What more could you wish for?



Nestlé
Golden
Chef's Hat
Award



FIRE AND ICE

This month's dynamic duo competing for the Nestlé Golden Chef's Hat Award crown are from Barrel 12 restaurant on Palm Jumeirah. Chefs **Mark Ven M** and **Asanka Pushpa Kumara** are ready to fire up your senses with their delish offerings...

MARK VEN M

What are teenagers interested in? Fashion, social media, crushes, music, sports... Mark Ven M was interested in molecular gastronomy!

When he was 15, he bought a small molecular gastronomy toolkit online and surprised his parents with some exotic

dishes. This was a teaser of what Chef Mark would do for the rest of his life. Today, as the junior sous chef at Nakheel Palm Jumeirah, he experiments daily with new ideas and concepts to bring his gastronomic offerings to the next level.

The 27-year-old chef, who hails from Manila, is in charge of the kitchen

at Barrel 12, the British sports bar at Nakheel Palm Jumeirah. If you ask him what made him choose cooking as a profession, there is no epiphanic reply forthcoming. "Because everyone around me was a great cook," says the Philippine chef simply.

To formalise his passion, he attended a



**Mark Ven M****Asanka Pushpa Kumara**

hotel management school, majoring in culinary and interning at a five-star hotel called Best Western Premier F1 Hotel in the Philippines. "I enjoyed it a lot because it was the first time I saw a professional kitchen." With oodles of talent and some luck, he bagged a job in Dubai at the Jumeirah Zabeel Saray. "I was so excited that I followed my senior chef around," Chef Mark laughs at the memory. His dedication to learning, however, did impress the senior chef, who ensured that the newbie got a chance to learn across kitchens. "I learnt Asian, Indian, Turkish, French and Arabic cuisines."

About a couple of years later, Chef Mark moved to Pacha Ibiza in Souq Madinat Jumeirah Dubai. In the Asian kitchen, where he worked, he tried to bring molecular gastronomy to the dishes. Six months later, he was promoted to demi chef de partie. Although the restaurant did well initially, it shut down eventually and Chef Mark moved to Cocoa Kitchen, owned by Meraas Holding. "All the dishes had chocolate infusion. It was a one-of-a-kind concept. I learnt the different aspects of chocolate." He also worked at Pots Pans and Boards by Tom Aikens, owned by Meraas, before moving to Barrel 12.

Chef Mark is no stranger to culinary competitions. Earlier in his student years, Chef Mark had participated in the Philippines Culinary World Cup, where students from some Asian countries show off their skills. Last year, he won a silver and a bronze at the Gulf Food Emirates Salon Culinaire for beef and fish live cooking, respectively. "It was my

very first big international competition and the wins were encouraging."

For the Nestle Golden Chef Hat Award contest, he is making a slow-cooked duck breast with sweet potato puree and honey roasted vegetables. "It's a simple but flavourful dish. I like only one ingredient to be the star of the plate, which in this case is duck."

In the future, Chef Mark would like to launch his own restaurant with a modern Asian concept. "Something that combines traditional with modern techniques to create dishes you won't find anywhere else." Forward and upward, that is his motto.

ASANKA PUSHPA KUMARA

Dessert will be Chef Asanka Pushpa Kumara's responsibility. The 24-year-old Sri Lankan is the demi chef de partie at Nakheel.

Interestingly, Chef Asanka works in the hot kitchen but he's participating for pastry. "I am learning pastry for a well-rounded training as a chef," he explains, adding that he had actually started his career off in the pastry kitchen.

While growing up in a village in Sri Lanka, Chef Asanka observed his mother's techniques in the kitchen. At some point, he started making his own dishes and serving them to friends and family. "They liked it and that motivated me to keep experimenting."

Chef Asanka got by on talent alone, he has no formal training in hospitality. "When

my sister got married and moved to Dubai, I came along and then got a job here."

It began with a casual visit to a professional kitchen. "I worked alongside a chef for a couple of hours. After that, he offered me a job." The year was 2015 and Chef Asanka joined the Reform Social and Grill in Dubai as a commis chef.

In the beginning, he was assigned to the hot kitchen. But mindful of his interest in pastry, the head chef also allowed Chef Asanka to work often in pastry. There were teething troubles. Once he ended up giving a customer uncooked meat and got a massive scolding for it. "Lessons were learnt the hard way."

After a couple of years at Reform, Chef Asanka moved to Nakheel Hospitality's Jebel Ali Club. A year later, he joined the Jebel Ali seafood kitchen. "My expertise is in British cuisine, although I can also do Japanese, Chinese and Asian."

This is his first culinary competition. Is he scared? "Not at all. I am young and I want to learn. Competitions are the best way."

For the Nestle contest, he is making a cheesecake. "It's not baked, it's chilled. I put Kit-Kat crumble below and topped it with Nestle chocolate mousse. There's also honey syrup on it."

A distant dream is the executive chef's hat. Dream big and work hard for it, believes Chef Asanka. That attitude is already half the battle won.



SLOW COOKED DUCK BREAST W/ HONEY ROASTED HAZELNUT VEGETABLES, SWEET POTATO PUREE, CANDIED KUMQUAT. CLEMENTINE DUCK JUS

Ingredients

Duck Breast	700g
Orange zest	5g
Thyme	5g
Garlic	3g
Butter	10g
Sweet potato	200g
Garlic	5g
Thyme	5g
White wine non-alcoholic	50g
Heirloom baby carrots	200g
Baby leeks	60g
Baby bok choy	80g
Pearl onion	10g
Hazelnut	10g

Honey	10g
Thyme	5g
Butter	5g
Kumquat	200g
Sugar	50g
Glucose	50g
Duck Bones	1kg
Chef Demi-glacé	500ml
Clementine	200g
Carrots	100g
Brown Onion	1kg
Celery	100g
Fennel	100g
Leeks	100g
Tomato paste	80g
Red wine non-alcoholic	300g

Method

- ◆ Clean the duck breast and score it.
- ◆ Pre-heat the pan for searing until smoking hot.
- ◆ Sear both sides till it browns.
- ◆ Add garlic thyme butter and baste the duck breast. Cool it down, then rub the zest and add salt and pepper.
- ◆ Sous vide for 1hr 30mins at 54°C.

- ◆ Place it all in an aluminum foil shaped like a bag and roast in the oven at 190°C for 45mins until tender.
- ◆ Scrape the flesh and blend into a smooth puree. Pass the puree through a sieve.
- ◆ Peel and clean baby carrots.
- ◆ Wash and clean baby leeks, baby bok choy.
- ◆ Blanch them before pan roasting.
- ◆ Add butter and honey.
- ◆ Slice the kumquat very thin. Add sugar and glucose and water. Reduce until it reaches 105°C. Cool it down.

For the sauce

- ◆ Roast the duck bones and the mirepoix before placing it in a pot. Pour water and reduce until half over 12hrs.
- ◆ Dilute demi-glacé mix with water and clementine juice and infuse it.
- ◆ Strain the duck stock.
- ◆ Sauté some mirepoix and add tomato paste when it's fragrant and with color.
- ◆ Add the n.a. red wine and reduce.
- ◆ Then add the duck stock reduce until half and add the demi glaze clementine.



HONEY CHEESECAKE WITH WHITE CHOCOLATE COCONUT MOUSSE, HONEY CAVIAR AND GOLDEN HONEY

Ingredients

Cream cheese	350g
Whipping cream	150g
Caster sugar	125g
Honey	30g
Vanilla pod	5g
Flour	100g
Butter	25g
Honey	10g
Maldon Salt	5g
Cream	330g
Yolk	80g
Caster sugar	25g
White chocolate	275g
Maggi Coconut powder	100g
Soft whip cream	250g

HONEY CAVIAR

Honey	200g
-------	------

Water	100g
Sodium alginate	5g
Water	1kg
Calcium lactate	2g

HONEY GOLD GLAZE

Honey	100g
Gold dust	10g

Method

- ◆ Beat whipping cream to a stiff consistency
- ◆ Beat the cream cheese in a separate bowl. When it is soft, mix sugar until dissolves before adding the vanilla.
- ◆ Mix until incorporated before folding the whipping cream into the cream cheese. Then place it in a mold.
- ◆ Mix flour and butter to form a dough. Cook in the oven at 170°C for 15-20 mins. Keep mixing in between. Add honey while still warm and mix with maldon salt.
- ◆ Set aside to cool down.
- ◆ Make the cream hot. Do not let it boil.
- ◆ Mix sugar and egg till the sugar dissolves.

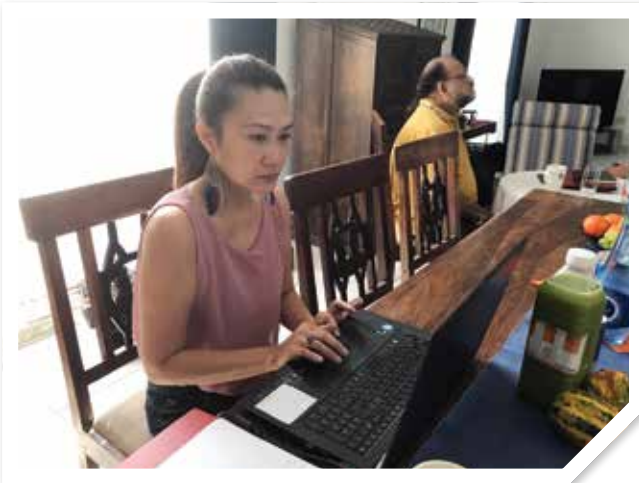
- ◆ Melt the white chocolate.
- ◆ Make the anglaise. Pour the cream little by little into the yolk mix until all the cream is mixed without cooking the egg.
- ◆ Add coconut powder and mix it until it dissolves.
- ◆ Put it on the stove at a low flame and keep stirring to avoid coagulation. When the texture reaches a custard-like consistency, remove from the heat and cool it down a bit.
- ◆ Add white chocolate and fold soft whip cream into it.
- ◆ Set it aside in the chiller.
- ◆ With a hand blender, mix the sodium alginate and water and set aside until it becomes clear.
- ◆ Mix honey and water and calcium lactate.
- ◆ Make droplets of honey mixture to Sodium mixture then strain the caviar. And rinse with fresh water.
- ◆ Mix honey and gold dust.

November 2019 **Gulf Gourmet**

Guild Leadership Meet

The leadership team of the Emirates Culinary Guild came together from across the country to have their annual meeting and to discuss the year gone by and to shape the plans for 2020. We ae told the meeting lasted over six hours with discussions that were intense yet fruitful. Here are images from the meet.





US\$ 3 billion

what's your GCC market share?

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

There are over 7,000 independent restaurants in the UAE.
Each restaurant has a Head Chef.
Each Head Chef has an annual budget.
It ranges from AED 100,000 - US\$ 1 million.

Now you do the maths.

The largest body that speaks for this group of Chefs is The Emirates Culinary Guild (ECG).
ECG organises Salon Culinaire at Gulfood Dubai, La Cuisine by SIAL in Abu Dhabi and world-record breaking food events in the city.

Gulf Gourmet is the only magazine endorsed by the ECG.
It also influences non-ECG Chefs across the GCC and is distributed at World Association of Chefs Societies events around the globe.

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ABOUT GULF GOURMET

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

WHO READS IT?

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November 2019 Gulf Gourmet



Nestlé Professional Celebrates International Chefs Day

How healthy food works explained to kids in the UAE, in partnership with WorldChefs, the Emirates Culinary Guild and ICCA Dubai



Last month, Nestlé Professional and WorldChefs, the world association of chefs societies, teamed up for International Chefs Day to promote healthier eating for children all over the world. An elaborate cooking event was held at the ICCA Dubai under the theme of 'How Healthy Food Works', which was in line with the 'Nestlé for Healthier Kids' global ambition to help 50 million children live healthier lives by 2030.

The day was organized in partnership with the Emirates Culinary Guild, and children got the chance to learn about cooking with specific foods and their related benefits. Other events in the Middle East are planned to include over four hundred kids in similar sessions in Jordan, Lebanon, Egypt, Morocco, Saudi Arabia, Kuwait and Tunisia.

"Our theme this year is How Healthy



Food Works. We want to show how food affects our body internally, building on the themes of the last two years - Healthy Foods for Growing up and Healthy Foods for Heroes - and going into more depth on different foods and why our bodies need them," said International Chefs Day Chair, Chef Joanna Ochniak.

The eight fruits and vegetables selected for emphasis as cooking ingredients to children this year are: Apples and Oranges for their vitamin C benefits that support developing immune systems; Bananas for their variety of vitamins and minerals that include manganese, magnesium and B-vitamins which are important for strong growth and development; Broccoli for their fiber which helps with digestion; Carrots and Spinach for their vitamin A which contributes to healthy vision; Cucumbers because they are 95% water which helps the body stay hydrated; Mangos as a source of



potassium which contributes to normal muscle function.

"We are very proud to be partnering with WorldChefs in bringing the message of healthy eating to children around the world," said Roger Frei, Business Executive Officer at Nestlé Professional, Middle East & North Africa. "In collaboration with chefs, we aim to increase awareness of the important

and increasingly vital role that cooking plays in providing healthier meals to children, helping them to eat better, firmly establishing healthy food habits and diets as they grow up."

A recent evaluation of the impact of 2016 International Chefs Day children-gear cooking workshops confirmed their positive effect on children's salad liking across a selection of countries worldwide.



Report from Calgary

First person account from Chef Aprian Herlambang of Atlantis, The Palm about his experience competing at the World Finals of the Chaine des Rottisseurs competition in Canada

I had a very interesting stay in Calgary, Canada, which hosted the biggest ever finale for a Chaine des Rottisseurs competition. Calgary is a sophisticated city in the west of Canada that balances the modern and the traditional with pioneering charm.

We had the opportunity to learn about farming cows, and how they are fed during winters when the city is covered in snow. We learned about Canadian beef including black angus during a butchery class.

Learning about traditional Big Rock Brewery with different types of brews from local and German barley to make different flavors was fun. Understanding how they check the quality, temperature control, and fermentation, was nice.

We visited The Tufa Mounds of Big Hill Spring Park followed by lunch in the lap of nature.

The only thing that was a letdown for me was not making it to the top three. Darnell Mark Banman, who works in Canada at the Winnipeg Squash Raquet Club won the competition.



Here are the comments I received for my dishes:

Appetizer: Quite flavourful and the vegetables were very well cooked. The sauce was better than the other competitors. However, portion size was too big for a starter. Everything else was fine include balance nutrition.

Main Course: Combination of flavors was quite good, vegetables were cooked

well, puree was a bit rough (because my hand blender did not work at full power. Canada has 110 voltage and my 210-240V hand blender struggled), the sauce and braised beluga lentils were good. I lost points for not using a quail. A miscommunication of sorts that affected at least five other competitors. Even though we were told 50% mandatory items to be used, the judges wanted all the mandatory items to be used.

Dessert

Fondant was better than the other competitors, but my peach dome was hard. Perhaps due to too much gelatine or agar on it. Overall, the texture and balance was good and even the sauce they said went very well with the fondant. I used creme anglaise.

Preparation

They said I was well-organised including labeling, managing and storing items I had left over because the equipment given was so big. My recipes were for 4 portions but I was given 2 litre sauce pans, and 5 pans that could cook huge portions for many people at once.

I found it difficult to cook small amounts. I may sound like I'm giving



excuses but there was similar feedback from other competitors as well. I look forward to using all of the judges feedback and this experience in our UAE young chefs competition.

My feedback to other competitors going on international competitions is this:

- ◆ Double check the voltage in every to ensure your electric tools work well.
- ◆ Understand mandatory clauses where 50% means half of quantity given and not half of choices provided.
- ◆ Always have a plan B or C. Some competitors were unable to use their ice cream machine and tools.
- ◆ Organize well including storing, labeling and managing.
- ◆ Do the best to avoid food wastage.
- ◆ You have to be ready to work in a new kitchen and new situation the very first time.
- ◆ Be ready to work with any equipment as you may get a size you are not expecting.

Well, I'm happy with the experience and the learning you get when going to a different country. The chance to eat in so many good restaurants with it 7-10 courses and pairing during gala dinner make for lasting memories.



Chef Aprian Herlambang with Chef Daniel Hiltbrunner



November 2019 Gulf Gourmet



Free Nutritional Training with International Accreditation



In line with Nestlé's purpose of 'Enhancing Quality of Life and Contributing to a Healthier Future', Nestlé Professional conducted the first ever 'Specialized Nutritional Training' program. The program has been specifically designed and developed to educate and enrich the knowledge of young chefs and to support them in offering more nutritious and healthier dishes. It shows how they as Chefs can positively impact the out-of-home environment and help improve the health of individuals in the Middle East region.

The specialized course is being implemented and delivered to Chefs in collaboration with Tathqeef Health Treatment Organization Undertaking Services. The course not only allows the Chefs to learn and refresh their nutritional knowledge, but it is also an accredited course by two bodies, the Department of Health (DoH) granting each certified Chef 5.75 CME hours and



by Highfields University in UK for its international accreditation.

The program was split into a three-module theoretical session led by Joumana Dabbagh, Market Nutritionist of Nestlé Middle East. She took the Chefs through an in-depth learning on Nutrition basics and practical techniques they could employ in their everyday work to provide healthier food choices. This was then followed by a practical session conducted by Nestlé Professional Senior Advisory Chef, Mohammed Al Ghazzaoui that included multiple tasting exercises and ending with a cooking competition, allowing the Chefs to experiment hands-on implementation of the techniques demonstrated in the theoretical session.

This course is just in the beginning of its path, there will be several sessions executed by Nestlé Professional in the coming months to empower and equip a greater number of young chefs in the UAE with Nutrition knowledge leading to positively changing the out-of-home environment.



If you would like to participate in the next program, and receive accreditation from Department of Health (DoH) granting each certified Chef 5.75 CME hours and by Highfields University in UK, please contact the Emirates Culinary Guild or alternatively contact this magazine at amaresh@gulfgourmet.net.



Radisson Deira Creek Win Chefs Table Competition

Radisson Blu Hotel, Dubai Deira Creek emerged Overall Champion at the recently concluded Chefs Table competition held in Dubai. Eleven teams participated in the second edition of the event that took place during the Hotel Show Dubai. Each team, comprising seven participants, were judged on hygiene, kitchen skills, creativity, cooking skills, and taste while recreating the complete experience that a diner has from the moment he or she steps into a restaurant.

The competition had four gold and seven silver medal winners. "We had a fantastic competition this year. The four gold medal winners were only a point and a half apart from each other and overall the teams this year were neck and neck", says Chef Uwe Micheel, President of the Emirates Culinary Guild.



Best Kitchen was claimed by voco Dubai, JW Marriott Marquis won Best Service and Best Bar was secured by Caesars Palace Bluewaters Dubai.

Here are images from the competition.







Main sponsor



LA CUISINE BY SIAL 2019

Briefs of the Classes for Entry

Class No. - Class Description

1. Cake Decoration – Practical by Master Baker Egg Station
2. Elegance Stylish Wedding Cake –Three Tier
3. Four Plates of Dessert
4. Pastry Showpiece
5. Baked Bread Showpiece by Master Baker
6. Friandises Petites Four Pralines Nougatines
7. Chocolate Carving Showpiece
8. Fruit & Vegetable Carving Showpiece by Barakat Quality plus
9. Open Showpiece
10. Lamb Five-Course Gourmet Dinner Menu
11. Tapas, Finger Food and Canapés
12. Individual Ice Carving
13. Ice Carving Team Event
14. Practical Fruit & Vegetable Carving
15. Sustainable Fish & Seafood - Practical Cookery by The Deep Seafood Company
16. Beef - Practical Cookery by
17. Mezzeh – Practical Cookery by Boody's
18. Emirati Cuisine - Practical Cookery -
19. A Medley of Mocktails by Barakat Quality Plus
20. Arabian Feast Edible Buffet see separate brief document by USAPEEC
21. Vegetarian Four-Course Menu
22. Blank
23. Chicken - Practical Cookery by USAPEEC
24. Blank
25. Blank
26. Blank

Practical Pastry (Patisserie)

Class 01: Cake Decoration by

Master Baker Egg Station

1. Two hours duration.
2. Decorate a pre-baked single cake base of the competitor's choice.
3. The Theme for the cake decoration will be "Abu Dhabi"
4. The cake base must be a minimum size of 25cm X 25cm or 25cm Diameter.
5. The cake can be brought already filled without coating – ready to decorate.
6. The cake must be delivered and set up hygienically with cold box or dry ice storage. Not up to hygiene food product will not be judge.
7. All decorating ingredients must be edible and mixed on the spot. (Chocolate/ Sugar/Marzipan/Fondant) minimum height is 30cm, it should be able to enhance and harmonize with the overall presentation 8. For practical cake category the sponsor shall provide the following ingredients that must be used, Liquid eggs to make the sponge with Dawn sponge cake mix and Dawn fruit Fillings and use Candia dairy cream 35% in the preparation of the cake.
9. No pre-modelled garnish permitted.
10. Chocolate and royal icing can be pre-prepared to the basic level, i.e chocolate tempered
11. Competitors must provide all ingredients, cake base, utensils, and small equipment required.
12. A standard buffet table is provided for each competitor to work upon.
13. Water, electricity and refrigeration might not be available.

14. The cake will be tasted and cut by the Judges, as part of the judging criteria

Pastry Displays

Class 02: Elegance Stylish Wedding Cake –Three Tier

All decorations must be edible and made entirely by hand.

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

Class 03: Plated Dessert

1. Prepare four different types desserts each for one person.
2. Displayed cold, each portion for one person, suitable for a la carte service.
 - a) 1 x Hot and Cold dessert composition



b) 1 x Vegetarian without eggs and animal fat

c) 1 x Arabic Dessert Free Style creation

d) 1 x Dessert serve in glass

- Practical and up-to-date presentation is required.
- Typewritten description and recipes are required.
- Tasting will be part of the judging process if deemed necessary to determine quality and authenticity.
- Maximum area w90 cm x d75 cm
- Showpieces are allowed but will not be judged.

Class 04: Pastry Showpiece

- To display a showpiece of either
 - Chocolate
 - marzipan/sugar / pastillage
 - dough/bread dough
 - Asian dough figurine
- No frames, moulds or wires are allowed. Points will be deducted for non-compliance.
- Edible media may be used, singly or in mixed media.
- Written description required.
- Maximum area w90 x d75cm.
- Maximum height 90cm (including base or socle).

Class 05: Baked Goods and Baked Bread Showpiece

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

- A baked bread showpiece.
- Two types of bread loaves 200-300 grams (competitor's choice) two pieces of each loaf to be displayed.
- Two types of bread roll 25-40grams (competitor's choice)) three pieces of each roll to be displayed.
- Two types of baked sweet breakfast items 25-40grams (competitor's choice) three pieces of each item to be displayed.
- Two types of baked savoury breakfast items 25-50grams (competitor's choice) three

pieces of each item to be displayed. 6. For the bread display competitors must use the sponsors products that will be supplied, use Schapfen Muhle T55 , Vx2t bread improver and incorporate a healthy bread using Pro Protein and Beta Hafer Gold 50%(Oats bread mix). The participants doing laminated products need to use the Candia Extra tourage Butter 82%.

- One extra piece of each variety to be displayed on a separate platter for judges' tasting.
- All breads & dough must bake at own work place as fresh as possible and deliver to the competition venue for judging.
- Poor hygiene standard of handling bakery products will not be judged.
- Typewritten products description and recipes are required.
- Maximum area w90 x d75cm

Class 06: Petites Four & Pralines

- Exhibit six varieties.
- Six pieces of each variety (36 pieces total) plus one extra piece of each variety on a separate small platter for judges' tasting. each piece to weight between 8-14grams.
- Freestyle presentation and theme
- Present the exhibit to include a small showpiece.
- Showpieces should enhance the presentation, and will be judged.
- Written description mentioning the theme is required.
- Typewritten products description and recipes are required.
- Maximum area w90 cm x d75 cm.

Artistic Displays

Class 07: Chocolate Carving Showpiece

- Free-style presentation. To be carved from a single block
- Natural colouring and minimal glazing is allowed.
- No frames, moulds or wires are allowed.
- Points will be deducted for non-compliance.
- Maximum area: w60 cm x d75 cm.
- Maximum height 30-35cm (including base or socle).
- Written description mentioning the theme is required

Class 08: Fruit & Vegetable Carving Showpiece

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

Class 09: Open Showpiece (Free Style Showpiece)

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



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other media be permitted. If the judging committee deems that the finishing has been aided by excessive moulding work it may not be judged.

Class 10: Five-Course Lamb Gourmet Dinner Menu by

1. Present a plated five-course gourmet meal for one person
2. One of the appetisers for the meal must contain XXXX as the main ingredient. Proof of purchase must be supplied
3. The meal to consist of:
 - > *A cold appetiser,*
 - > *A soup,*
 - > *A hot appetiser,*
 - > *A main course with its garnish*
 - > *A dessert.*
4. Hot food presented cold on appropriate plates.
5. Food coated with aspic or clear gelatin for preservation.
6. Total food weight of the 5 plates should be 400-500 gms.
7. Typewritten description and typed recipes required
8. Maximum area w90 cm x d75 cm.

Class 11: Presentation of Tapas, Finger Food and Canapés

1. Exhibit six varieties. Weight between 10-20 grams per piece
2. Six pieces of each variety (total 36 pieces)
3. Three hot varieties.
4. Three cold varieties.
5. Hot food presented cold
6. Food coated with aspic or clear gelatin for preservation
7. Presentation on suitable plate/s or platter/s or receptacles.
8. Six pieces should correspond to one portion.
9. Name and ingredient list (typed) of each variety required.
10. Minimum two cress supplied

by the sponsor xxxx must be used not only for garnish but also in the preparation

11. Maximum area 60cm x 80 cm.

Practical Artistic

Class 12: Individual Ice Carving

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

Class 13: Ice Carving Team Event

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

Class 14: Practical Fruit & Vegetable Carving

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

7. Each competitor will be supplied with a standard buffet table on which to work.

Practical Cookery

Class 15: Sustainable Fish & Seafood by the Deep Seafood Company - Practical Cookery

1. Time allowed 60 minutes
2. Prepare and present three identical main courses using Gulf waters sustainable Fish and seafood
3. Weight of fish per portion on the plate to be 150 grams
4. Present the main courses on individual plates with appropriate garnish and accoutrements.
5. Failure to use gulf water sustainable fish will result in a 50 point reduction of judging points
6. Typewritten recipes are required.

Class 16: Beef - Practical Cookery by

1. Time allowed 60 minutes
2. Prepare and present three identical main courses using XXX Beef as the main protein item.
3. Competitors cannot use tenderloin, rib eye and sirloin , any other cut of beef is allowed.
4. Weight of beef per portion on the plate to be 150 grams
5. Present the main courses on individual plates with appropriate garnish and accoutrements.
6. Typewritten recipes are required.
7. If XXXX beef is not used then 50 points shall be deducted from the judging points, competitors must bring with them proof of purchase of Australian beef.

Class 17: Mezzeh – Practical Cookery by Boodys



1. Time allowed: 60 Minutes
2. Prepare and present for four persons: Three types of hot mezzeh and three types of cold mezzeh.
3. Only one (if any) of the following types of mezzeh may be displayed: humus, tabouleh, babaganough, fatouche, moutabel.
4. The mezzeh can be representative of any of the following countries:
 - a. *Lebanon*
 - b. *Syria*
 - c. *Jordan*
 - d. *Morocco*
 - e. *Egypt*
 - f. *Tunisia*
5. Dishes must represent a variety of cooking methods and the use of ingredients as used in the Arabic restaurants of the UAE.
6. Boodys olive oil and Tahina must be the only olive oil and Tahina used in the creation of these dishes and will be available in the competition venue for use in the kitchens
7. If Boodys products are not used then 50 points shall be deducted from the judging
8. Present the mezzeh in four equal portions.
9. Two portions will be presented and two portions will be presented to the judges.
10. Typewritten recipes are required.

Class 18: Emirati Cuisine - Practical Cookery

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

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

Class 19: A Medley of Mocktails

Barakat Quality plus will supply juices to entrants in this class. Display three portions each of three different alcohol-free cocktails using any combination of the following Fresh juices:

- > **Orange**
 - > **Watermelon**
 - > **Pinapple**
 - > **Grapefruit**
 - > **Strawberry**
 - > **Lemonade**
 - > **Carrot**
 - > **Green Apple**
 - > **Mango**
 - > **Cocktail**
 - > **Guava**
 - > **Kiwi**
 - > **Pomegranate**
 - > **Mint Lemonade**
 - > **Lemon Concentrate**
1. Competitors are allowed to use a maximum of two other ingredients per mocktail.
 2. Ice, Salt, Pepper, Spices and

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

NOTES TO AID COMPETITORS

Judging Points:

TASTE- 60

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

PRESENTATION- 30

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

WORKING METHOD- 05

- > *Clean, hygienic and safe work methods.*

INNOVATION - 05

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

Class No 20: An Arabian Feast Edible buffet by USAPEEC

In line with the Emirates Culinary Guild's constitution to ensure the enhancement of Emirati Cuisine this class is designed to show case the Arabian Hospitality and cuisine of the United Arab Emirates.

There is no entry fee for this class.

1. Present a traditional Arabian wedding feast as it would be served at a five-star hotel in the UAE.



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2. Suitable for 20 people.
3. Free-style presentation
4. A team of two chefs and 1 helper are permitted. For buffet set up of decoration and equipment placement and kitchen preparation, 4 additional helpers are permitted, but no more than a total of 7 people. The 2 chefs and 1 helper are only permitted from 11am onwards in the kitchen and for placement of food on the buffets.
5. The presentation to comprise the following dishes, cold food cold and hot food served hot
6. Six cold mezzeh
7. Three hot mezzeh.
8. Two Emirati salads, one with chicken
9. Bread and accompaniments
10. A whole baby Lamb 6-8 KG maximum raw weight presented with rice and garnish cooked Ouzi style
11. A US Poultry main course (Emirati Cuisine) US Chicken needs to be used for 1 of the Main Dishes . Proof of purchase needs to be brought to the Competition for all the US Poultry Products if proof of purchase is not brought then 50% of the judging marks shall be reduced.10 Kg of the chicken shall be supplied by the organizers to the team
12. A fish main course (Emirati Cuisine)
13. A lamb main course
14. A vegetable dish (Emirati Cuisine)
15. Three types of kebabs, one of chicken, one of lamb, one of beef, each with appropriate accompaniments.
16. One hot dessert
17. Three cold desserts.
18. Two of the above desserts (competitors choice) must be typically Emirati
19. Only the above dishes are to

be presented, no other dishes are to be added.

20. Competitors must ensure their exhibit is presented neatly so as to fit the available space
21. Limited to 10 teams on a first paid basis

THE BUFFET SET UP

- > The organizers will provide one 3m x 4m table covered with plain white cloth; height approx. 79.2 cm. Table is to be used for the hot, cold buffet and for the dessert buffet.
- > No tables other than those provided are allowed to be used.
- > Updated 09092019 V3
- > The team must use the table cloths provided but can enhance the buffet table with top cloths and decorations as required. All buffet risers, chaffing dishes and equipment needed for the buffet is to be provided by the competitors, no equipment will be supplied by the organizers except for the service cutlery and service equipment. Chaffing dishes to have sterno (subject to Venue regulations). No more than a standard ½ gastronorm 60mm of each hot food per dish is to be provided. Hot mezzeh can be served either in chaffing dishes or under heat lamps, however only two 13amp socket per buffet table shall be made available.
- > Access to the venue is from 0900 each day (although access time on day one can be problematic due to the need for Dubai police to make a full security check-up before the official opening). All timings are subject to change, please check with organizers.
- > Dressing of buffet table may begin at 0900 for buffet risers and buffet equipment placement etc.

- > All food for the buffet must to be transported to the venue in refrigerated vehicles. Hot food above 65oc and cold food below 4oc, the temperatures will be monitored on arrival and if deemed unacceptable the team may not be allowed to present their food for judging.
- > A kitchen for finishing off will be provided for 1 hour only, from 11.30am till 12.30 noon each day for the team to use to reheat and finish off dishes, however dishes need to be ready and brought to the venue like an outside catering ready to place on the buffet.
- > The menu must include appropriate dressings, sauces and condiments.
- > The kitchen must be cleaned and vacated by 13.00 as it will be used for other competitors, competitors to bring their own stewards to clean.
- > NO aspic to be used.
- > NO alcohol to be used.
- > NO pork products to be used.
- > The organizers shall supply to each team 10kg of USA Chicken leg quarters prior to the competition
- > All food items must be prepared in the team's respective Hotel – based establishment as close to the serving time as possible. There will be no charcoal grilling allowed on site at the venue for kebab
- > The teams should treat the buffet class as an outside catering operation as they would from their hotel.
- > The buffet food set-up CANNOT begin before 11.30 and the food set-up must be finished by 12.30
- > Guests will be invited to sit down and eat from 13.00 till 14.30 .
- > Set-up time is restricted so as to maintain the highest



standard of hygiene and food freshness for guests' consumption.

- > Competitors have freedom of choice of serving methods either all portions in one large receptacle, or set out in a number of smaller receptacles, however competitors are reminded this is to be practical.
- > All buffet items for the stipulated 20 persons are to be set on the table at one time, as a complete buffet.
- > No replenishment of the buffet is allowed.
- > An additional 4 portions of each of the cold and cold dessert buffet items are to be kept refrigerated and hot food and hot dessert will be taken from the buffet for the tasting by judges
- > A copy of the buffet menu and buffet tags must be placed on the table.
- > The buffet menu placement is mandatory, but the menu itself is not judged.
- > Typed recipes for all dishes are to be provided to the judges An additional 4 sets of menu and typed recipes to be given to the judges.
- > Ticket-holders for the lunch are allowed to consume any item from any team competing on that day from the buffets.
- > The organisers will provide service staff to manage the buffets and serve guests at the dining tables.
- > The Team must be present during the guest service time to explain the food to the guests.

THE SERVICE ELEMENT (Provided by the organisers)

- > Waiters to wear appropriate uniform
- > Waiters to welcome and seat guests as they would in their hotel
- > All linen, and operating equipment for both table and

buffet service, this is to include but not limited to cutlery, chinaware and glasses and any other service utensil shall be supplied. Enough for 60 people each day.

- > The overall service, although not judged, will play an important part of the operation.
- > Waiters are allowed to assist the culinary team with buffet set up also if required.
- > Water and tea coffee service from the organizer
- > 60 chairs and chair covers, 6 round tables 180 Dia with table cloth
- > Napkins for guests on the buffet with rolled cutlery

Class 21: Vegetarian Four-Course Menu by

1. Present a plated four-course vegetarian meal for one person.
2. Suitable for dinner service
3. The meal to consist of:
4. An appetizer
5. A soup
6. A main course
7. A dessert
8. To be prepared in advance and displayed cold on appropriate plates.
9. No meat, chicken, seafood or fish to be used, (meat-based gelatin glaze to enhance presentation is accepted).
10. Total food weight of the four plates should 500/600 gms.
11. Typewritten descriptions and recipes required.
12. Maximum area w75cm x d75cm

Class 22: Blank

Class 23 Chicken - Practical Cookery by USAPEEC

1. Time allowed 60 minutes
2. Prepare and present three identical main courses using Chicken as the main protein item. USA Chicken leg quarters will be supplied

to the competitors on the competition day at the venue. No other chicken can be used.

3. Present the main courses on individual plates with appropriate garnish and accoutrements.
4. Typewritten recipes are required
5. Weight of chicken per portion on the plate to be 150 grams

Class 24: Blank

Class 25 Blank

Class 26 Blank

LA SIAL 2019

VENUE & ENTRY FEES

1. La Sial will be held during the La Sial Middle East Exhibition from December 9th to 11th 2019.
2. The venue is at the Abu Dhabi National Exhibition Centre
3. The entrance fee for single entries is Dhs.100 (AED. One Hundred) per person per class, unless otherwise stated in the Rules and Regulations or the Class Briefs.
4. The fee for entry to the trophy classes is as follows:
 - i. **Best Cuisinier – La Sial Abu Dhabi 2019**
AED:200/- per person
 - ii. **Best Pastry Chef – La Sial Abu Dhabi 2019**
AED:200/- per person
 - iii. **Best Artist – La Sial Abu Dhabi 2019**
AED:200/- per person
 - iv. **Best Arab National – La Sial Abu Dhabi 2019**
AED:200/- per person

CLOSING DATE

5. Closing date for entries is December 1st 2019
However, many are often fully subscribed and closed well before the closing date.

TROPHY ENTRY

Entrants to a trophy class must enter and finish in all and only those



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classes that pertain to the trophy for which they are entering. No other classes may be entered into by a trophy entrant. Trophies are awarded on the highest aggregate points from all three classes.

The required classes are:

BEST CUISINIER

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

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

BEST PASTRY CHEF

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

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

BEST ARTIST

- i. *Class # 07. Chocolate Showpiece*
- ii. *Class # 09. Open Showpiece*
- iii. *Class # 12. Individual Ice Carving*
- iv. *Class # 14. Practical Fruit & Vegetable Carving*

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

BEST ARAB NATIONAL

- i. *Class #10. Five-Course Dinner Menu*
- ii. *Class # 17 Arabic Mezzeh - Practical Cooker.*
- iii. *Class # 18 Emirati Cuisine –*

Practical Cookery

- iv. *In order to qualify for inclusion in the points tally for Best Arab National Trophy a competitor must win at least one medal. The chef must be an Arab national*

HYGIENE AWARD

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

IMPORTANT NOTES ON THE PRACTICAL COOKERY CLASSES

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

WASTAGE and EXCESS MISE-EN-PLACE

1. Mise-en-place and brought materials will be checked at the time of arrival to the kitchen,
2. There will be a penalty deduction of up to five points for excess mise-en-place production.
3. Wastage will be calculated during and after the class. Please see separate document on sustainable practices.
4. There will be a penalty deduction of up to five points for excess wastage.
5. Due to the fact that only one hour is given to complete the competition; competitors are allowed to bring with them an extensive mise-en-place. However, there are restrictions on how much pre-preparation the judges will tolerate. In all cases, the preparation, production and cooking skills

of each competitor must be demonstrated during her/his time in the kitchen.

6. All food items must be brought to the Salon in hygienic, chilled containers: Thermo boxes or equivalent. Failure to bring food items chilled will result in disqualification.
7. All dishes are to be served in a style equal to today's modern presentation trends.
8. Portion sizes must correspond to a three-course restaurant meal.
9. Dishes must be presented on individual plates with appropriate garnish not exceeding 250g total food weight excluding sauces or as indicated on the class brief.
10. Unless otherwise stated, competitors must supply their own plates/bowls/platters with which to present the food.
11. Competitors must bring with them all necessary mise-en-place prepared according to Worldchefs guidelines in the hot kitchen discipline (www.worldchefs.org).
12. Competitors are to provide their own pots, pans, tools and utensils.
13. All brought appliances and utensils will be checked for suitability.
14. The following types of pre-preparation can be made for the practical classes:
 - > *Vegetable / Fungi / Fruits; washed and peeled – but not cut up or shaped*
 - > *Potatoes washed and peeled – but not cut up or shaped*
 - > *Onions peeled but not cut up*
 - > *Basic dough can be pre-prepared.*
 - > *Basic stocks can be pre-prepared*



- > *Basic ingredients may be pre-weight or measured out ready for use*
 - > *Fish may be scaled, gutted de-finned and de-gilled, but must otherwise be brought tthe competition whole.*
 - > *Meat may be de-boned and portioned and the bones cut up.*
 - > *Npre-cooking, poaching etc. is allowed*
 - > *Nready-made products are allowed.*
 - > *Npork products are allowed.*
 - > *Nalcohol is allowed.*
15. If a farce is to be used for stuffing, filling, etc., at least one of the four portions of the farce must be prepared in front of the judges to show the competitor's skill
 16. No help is allowed to be given to the competitor once the competition starts; the coaching of a competitor from the sidelines will result in the competitor being disqualified.
 17. Within 10 minutes after the end of the competition, competitors must have the kitchen thoroughly cleaned and tidied and ready for the next competitor to use.
 18. Two copies of the recipes typewritten are always required.
 19. Submit one copy of the recipes to the clerk when registering
 20. Submit one copy of the recipe to the duty marshal at the cooking station.

Rules and Regulations for La Cuisine by SIAL 2019

(Organised by the Emirates Culinary Guild)

NB

1. Please read the following regulations carefully. The instructions contained herein are mandatory. Non-compliance with any of the points mentioned could lead to loss of marks or complete disqualification.

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

PARTICIPATION

4. Participation at competition is open to anyone professionally employed in the preparation of food and be over the age of 18.
5. Unless the organisers specifically mention a class as being a team event, all classes are for entry by a single competitor.
6. Competitors are restricted to one entry per class.
7. With the exception of those entering for the Best Artist trophy, competitors are restricted to entering a maximum of three classes.
8. Competitors entering to win a trophy must participate fully in every class entered in order to qualify.
9. Competitors must attend and participate on the date and at the time allotted to them.

COMPETITION ENTRY

10. Please note that there are different forms for different types of entry; ensure that the correct form is being used. Competition runs 9th -11th December 2019
11. Complete the entry-form according to the instructions on the form.
12. Completed photocopies of the entry-form are acceptable.
13. Submit the completed form to the organisers along with the requisite fee.
14. Fees must be submitted along with completed entry forms.
15. Fees are payable to:

Bank Name: Mashreq Bank

Account Name: Emirates Chefs Guild FZ LLC
Account Number: 019000017926
IBAN: AE600330000019000017926
SWIFT: BOMLAHAD

Branch: Dubai Internet City

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

CERTIFICATES AND LETTERS OF PARTICIPATION

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

HYGIENE

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

THE SECRETARIAT

24. The Emirates Culinary Guild (ECG) is the body responsible



- for the creation, organisation and administration of the competition.
25. The competition is governed by and construed according to the rules of the organisers.
 26. The organisers have sole authority to adjudicate on any matters pertaining to the competition.
 27. Entrants' acceptances of participation in the competition are construed as confirmation of their undertaking to submit unconditionally to the jurisdiction of the organisers in regard to all aspects of the Emirates Salon Culinaire.
 28. The address of the ECG for all correspondence and inquiries referencing culinary competitions is: The Emirates Culinary Guild, PO Box 454922 Dubai, United Arab Emirates. Tel: + (97156) 8014089.

Email:
emiratesculinaryguild@gmail.com

COMPETITORS AND HELPERS

29. Each competitor is allowed one helper to assist with carrying equipment. No other help is allowed to a competitor within the preparation area.
30. A helper must be junior in rank to the person he/she is helping.
31. A competitor must wear full; freshly laundered chefs uniform with appropriate headgear and footwear when attending at the exhibition.
32. A competitor's helper must wear full; freshly laundered chefs uniform with appropriate headgear and footwear when attending at the exhibition.
33. Incorrectly dressed competitors will not have their exhibits judged.
34. Incorrectly dressed helpers will not be admitted to the exhibition.

35. Logos, marks and identifying colours provided by the organisers must be worn by the competitor throughout the competition in the position indicated to them by the organisers at the time of registration.
36. Logos, marks and identifying colours provided by the organisers must be worn by helpers throughout the competition in the position indicated to them by the organisers at the time of registration.
37. A competitor entered in a practical competition must register at least thirty minutes before the commencement of the competition otherwise the competition slot will be given to a waitlisted competitor.
38. Any competitor not in place and ready to start at least five minutes before the time a competition commences, will be disqualified.
39. Competitors and helpers are forbidden from approaching or speaking with or at a judge without the express permission of the organisers.

EXHIBITS

40. Each exhibit must be the bona fide work of the entering competitor. It must be solely the work of the competitor and must be certified as such by his Head of Department or General Manager.
41. Each exhibit must be a completely original work, it must not have been displayed previously (in whole or in part) in any competition or exhibition whether private or public.
42. All exhibits must be of edible substance except for framing, socles and stands where they

- are allowed.
43. It is forbidden to use any living entity whatsoever as part of an exhibit (e.g. tropical fish).
44. It is forbidden to depict religious, nude, semi-nude or political themes in an exhibit.
45. All exhibits must be suitable for presentation as a decorative item in a restaurant or banqueting setting.
46. An exhibit must not carry any logo, label or mark of identification; however, competitors must be able to identify their exhibit if required.
47. Competitors are responsible for their exhibits and should ensure that they are available in their proper place for judging on the day and time specified.
48. No preparation or finishing of exhibits is allowed in any area except the designated preparation area at the rear of the competition area.
49. Finished exhibits must be placed in the position indicated by the organisers.
50. No interference with an exhibit is allowed once the organisers have deemed it as submitted for judging.
51. Competitors must leave the judging area as soon as their exhibits are in place or when instructed to leave by the marshals, whichever is the sooner.
52. Exhibits may, at the discretion of the organisers, be moved to a separate enclosure, there to remain for part or for the duration of the exhibition.
53. Failure by a competitor to register or exhibit at the specified time could result in disqualification.
54. Exhibits which are removed by competitors without permission of the organisers will not qualify for any kind of award.



COMPETITION MARSHALS

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

AWARD

58. Gold, silver and bronze medals and certificates and certificates of merit are awarded solely at the discretion of the judges.
59. The decision of the judges is final and each competitor is required to abide by it without comment.
60. Medals will normally be presented at 17:00 each day. This may change according to circumstance.
61. Any medal or certificate that is not accepted by the competitor or his/her helper at the presentation ceremony for that day will be forfeit, unless prior arrangements are made with the organisers.
62. A competitor or his/her helper must be correctly dressed as stipulated in the rules when collecting medals or certificates.
63. Incorrectly dressed competitors/helpers will not be allowed access to the awards area.

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

DISCLAIMER

65. The organisers are entitled to

cancel or postpone the Salon, or to alter the duration, timing or schedule of any event.

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

QUERIES

68. All queries must be submitted by email to: emiratesculinaryguild@gmail.com
69. The question and answer to each query will be broadcast to all entrants.
69. La Cuisine by SIAL will take place during SIAL Middle East at the Abu Dhabi National Exhibition Centre in hall 7
70. Access to the Exhibition Centre is through loading gate 3
71. Access to the halls is through hall door 8.1
72. La Cuisine will run December 9th – 11th 2019.

Young Pastry Chef of the Year 2019

(28 years below)

Young Pastry Chef of the year entries

Competitors are to enter all 4 categories to qualify for the Young Pastry chef of the year. The competition shall take place during La Cuisine Du Sial

1. 3 plates of desserts
2. One plate of desserts – practical - Live
3. Chocolate Praline – Live
4. Cake decoration – practical

The class is open to all pastry chefs under the age of 28 on the date of the competition 9th-11th December 2019. Worldchefs competition and

judging rules shall be applied to all classes. Please read the Rules and regulations document for La Cuisine Du Sial 2019 in conjunction with these class briefs.

Part 1. 3 plates of desserts Static

- > Prepare 3 different types desserts each for one person
- > Displayed cold (suitable for ala carte service)
- > One hot dessert presented cold
- > One with chocolate main ingredients
- > One fruit dessert
- > Type written description and recipes are required
- > No tasting shall be done and Aspic can be used to enhance the look of the finished product
- > Maximum area w90cmxd75cm

Part 02. One type of dessert – practical

- > One hour duration
- > Suitable for ala carte service
- > Prepare 3 plates of an identical dessert which must be the same shape and flavour
- > 2 plates for jury taste test & 1 plate for display
- > All bases (sponge, shortbread, biscuit, meringue) must be brought cooked by competitor
- > All ingredients and decoration must be edible and make on the spot
- > Typewritten description and recipes are required
- > Competitor must bring their own plates
- > Use of Salon kitchen will be given and 2 competitors will work in the same kitchen, oven, fridge and induction and water available

Part 03. Two Chocolate Pralines Practical - one to be made with a mold/one to be crafted by hand

- > One hour duration
- > One must be fruits base ganache



- > One must be your creation
- > 6 pralines for jury tasting 2 for display (Total will be 16 pralines)
- > Weight should be more than 8 gm less than 14gm with garnish
- > Competitor must bring their own plates
- > Typewritten description and recipes are required

- > Chocolate prepared already tempered can be brought to the competition
 - > All ingredients and decoration must be edible and make on the spot in line with Worldchefs rules
- Note:** Parts 2 and 3 are done at the same time so a total of 2 hour time is given for both parts

Use of a Salon kitchen will be given and 2 competitors will work in the same kitchen, oven, fridge and induction and water available

Part 04: Cake Decoration

1. Two hours duration.
2. Decorate a pre-baked single cake base of the competitor's choice.

LA CUISINE DU SIAL 2019 - Best Categories

Company Name:		
Contact Person:		
Contact EmailAddress:		
Competitor Names	Class No	Class Description
Best Cuisinier		
	10	Five-Course Dinner Menu
	15	Fish & Seafood Practical Coockey
	16	Beef Practical Cookery
		Entry Fee: AED. 200.00
Best Pastry Chef		
	01	Cake Decoration Practical
	03	Four Plates of Dessert
	06	Friandises, Petit Four Pralines, Nougatines
		Entry Fee: AED. 200.00
Best Artist		
	07	Chocolate Showpiece
	09	Open Showpiece
	12	Individual Ice Carving
	14	Practical Fruit & Vegetable Carving
		Entry Fee: AED. 200
Best Arab National		
	10	Five Course Dinner Menu
	17	Arabic Mezzeh Practical Coockey
	18	Emirati Mezzeh - Practical Cookery
		Entry Fee: AED. 200
Young Pastry Chef of the Year		
	01	Cake Decoration Practical
	03	Four Plates of Dessert Display
		One Plate of Dessert - Live
		Chocolate Praline - Live
		Entry Fee: FREE



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Work Address:	Tel:	
Web Address:	Email:	
Telephone Office:	Professional Title:	
Fax Office:	Type of Membership Required: (Please tick one)	
Tel. Home:	Corporate <input type="checkbox"/>	Senior Renewal <input type="checkbox"/>
Fax Home:	Senior <input type="checkbox"/>	Junior <input type="checkbox"/>
Email:		

Declaration to be Signed by all Applicants

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

Signed:.....

Proposed By:

Sig:.....

Seconded By:

Sig:.....

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Remarks:

Payment received?		
Certificate Given.	Pin Given.	Medal & Collar Given
Approved	Approved	
President.....	Chairman.....	

Fees:

Young Member: Junior members will receive a certificate.

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

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

150/=per year thereafter.

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

Corporate Member Dhs. 20,000 per year

When The Going Gets Tough, The Tough Get Going

"The season of failure is the best time for sowing the seeds of success" — Paramahansa Yogananda

Do you have an aspiration for success? Could you develop the courage to face and pass through failures? Are you willing to move from "fake it till you make it" towards "faith it and you will make it"?

It is time to commit, regardless of the obstacles (such as an obsession with digital disruption) you face in your career, business or life. Get into focus to move from failure to success. This means three things:

- ◆ Know yourself thus leading to better decision making, setting and reaching appropriate goals and ultimately living a more productive existence.
- ◆ Appreciate the importance of "no man is an island". In other words, collaboration is what makes both men and women strive and thrive.
- ◆ Embrace uncertainty by tapping into compassion, which allows you to stop hustling but stay in focus on what is important.

It is about "When The Going Gets Tough, The Tough Get Going". In other words, when conditions become difficult people with a strong character become more determined.

IT IS TIME TO TAKE ACTION

- ◆ Be Inspirational – amplify your

MORE THAN A CHEF

ROHIT BASSI



strengths and steadily work on areas for development, which means integration of intelligence, communication and emotional wisdom. It is time to uplift your executive presence (resilience, braveheart, grit).

- ◆ Take Ownership – taking 100% responsibility for your feelings, thoughts, communication and actions which means to let logic and emotions work with each other. It is time to learn from failures and celebrate them.
- ◆ Transformational – being creative and innovative adds value to yourself, others and the people you serve. Success is greater when we all take the steps to work as one. It is time to learn with collaboration you achieve much more.

KEY FOCUS

Disruption To Transformation With Creativity & Innovation - The world is ever-changing and failure is part of the journey to success. The only way to keep up is to use your creativity to be flexible and adapt to the change. Too

much work, so little time – You'll keep adding more things on the plate if you keep doing everything the same way with less productivity. The solution is being creative, innovate and find faster & better ways of doing things.

High Touch With Emotional Wisdom - Through likeability, one gets rapport, which leads to trust. Trust is essential for anyone's executive presence. How trustworthy are you? Through emotional wisdom, you develop your trust equation of credibility, reliability, intimacy and self-orientation. That means to influence with great impact for powerful collaboration.

Path of Success Through Neuroscience & Communication - It is a matter of using the whole brain and to gain insight into ones neurological dominance always helps. Knowing yourself is the foundation of developing an executive presence, collaboration with harmony and embracing uncertainty. This allows you to know why you think and behave the way you do, and why other people may think and behave differently.

Rohit Bassi is the founder of In Learning and works across industries to help employees outperform themselves. You can contact him on rohit@in-learning.com



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