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THE MAGAZINE CHEFS LOVE TO READ
volume 12, issue 9

+ SIAL RULES

Complete listing of the rules and regulations for next month's SIAL Middle East in Abu Dhabi

Young and RESTLESS

INTRODUCING CHEF STEVEN PETER, CAPTAIN OF THE UAE CULINARY TEAM AND EXECUTIVE SOUS CHEF AT JW MARRIOTT MARQUIS DUBAI

LATIN LOVE

Celebrity Chef **Richard Sandoval** on how to be a globally successful culinary entrepreneur



POST EL BULLI

Eduard Xatruch, former head chef at El Bulli, talks about the journey to co-founding Disfrutar in Barcelona



EAT HEALTHY

Nestlé Professional serves up "Foods for Healthy Heroes" to celebrate International Chefs Day





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Dear fellow chefs, ladies and gentlemen,

Welcome to the November issue of our Gulf Gourmet.

Let me begin with some great news from Italy.

Our UAE Pastry Team did great; our pastry chefs made us proud. Kapila, Achala, Dammika and Chamika, well done again.

And Chef Jade topped it all. She became the Cake Designer World Champion! Fantastic performance. A big thank you to Chefs Andy Kurfurst and Thomas Haller for their support.

Chef Aprian was in Egypt for Cairo HACE and represented us at the Hans Bueschkens Global Young Chef competition and won Bronze – 3rd Place. The Young Chef from Egypt will represent our region in Malaysia next year in the World Final. Mabrouk to Egypt and all the best, the region is behind you.

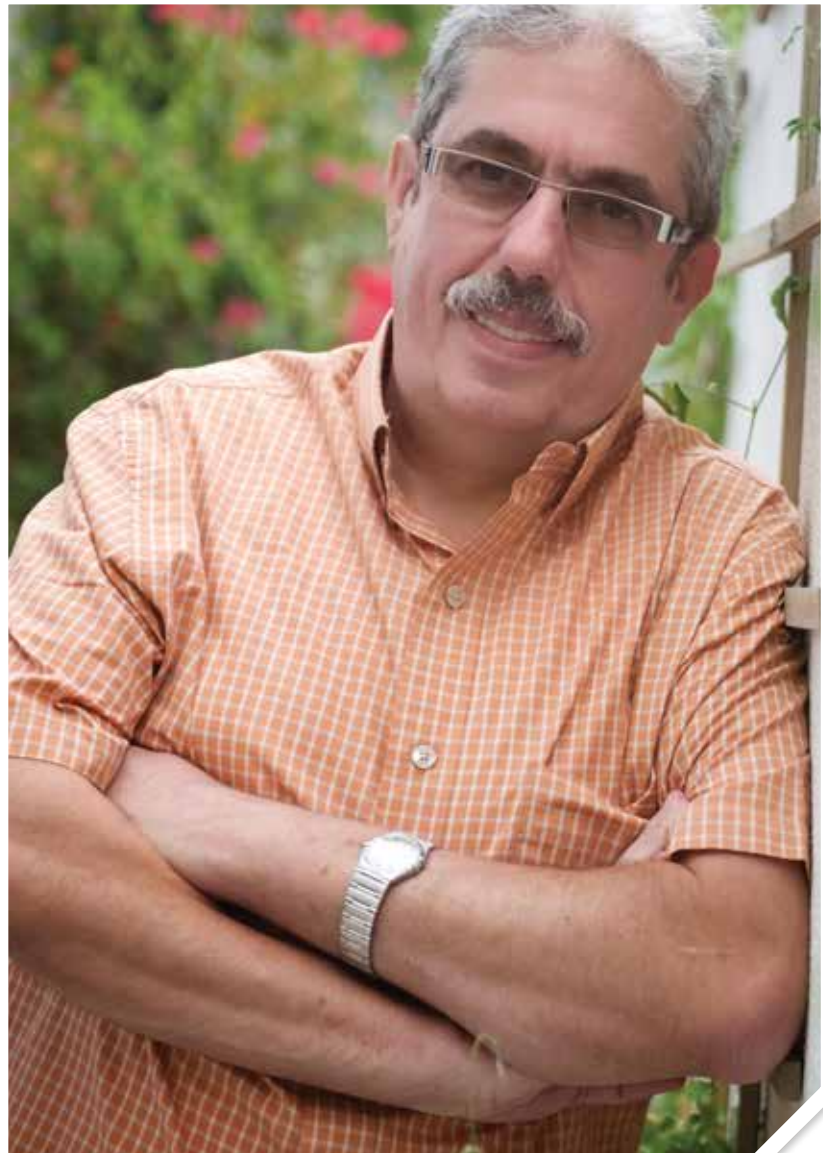
If you are yet to register for the WorldChefs Congress July 2018 in Kuala Lumpur, do so as soon as possible. We are looking forward to a great Congress. Andy Cuthbert and the organizing committee are working hard to put up an amazing show for us together. Do not miss it.

In the meantime, our Culinary Team heading to Singapore and Luxembourg got together and started their training.

The registration for the La Cuisine Du Sial in December is open. I know that some of you are already in full training. Look forward to seeing you all in Abu Dhabi.

If you have missed previous issues of Gulf Gourmet, please visit ww.gulfgourmet.net for the back issues.

I urge all members to go onto the Guild website to see what is happening on the calendar at emiratesculinaryguild.net and to visit the WACS Young Chefs Facebook page on facebook.com/wacsyoungchefs. Encourage your



young chefs to join that page so they can be in contact with over 4,000 chefs across the globe.

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

Thank you to Chef Haytham El Sayed and Time Grand Plaza Hotel Team for hosting the October meeting.

Culinary Regards,
Uwe Micheel
President of Emirates Culinary Guild
Director of Kitchens
Radisson Blu Hotel Dubai Deira Creek

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*“A rich consistent tomato sauce
is a key ingredient in my dishes”*

Chef Muhammad, Le Pirate Restaurant

Made from real tomatoes,
Knorr delivers a perfect
rich sauce every time.



— RICH —
TOMATO SAUCE
IN 1 MINUTE

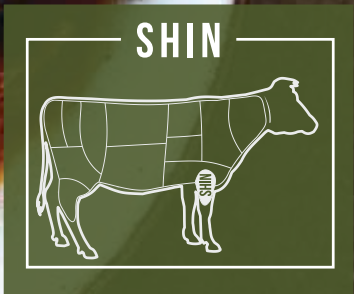
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DISCOVER THE JOYS OF TAKING IT **ON THE** SHIN

Nothing beats a perfectly slow cooked Australian beef shin for ultimate comfort food. The more time you take with beef shin, the better the result. Every country in the world prides itself on its own version of a rich, comforting stew and nearly every single one suits Australian beef shin down to the ground. The full picture may paint Australian beef shin as large and in charge, but when you break it down, there is limitless potential.



Beef Shin

Australian beef shin, also known as the beef shank, is taken from the lower leg (hindquarter or forequarter). The shin is a working muscle with a high degree of connective tissue, which breaks down through slow cooking.

Preparing The Cut

Australian beef shin is prepared from a forequarter or hindquarter leg. The fore leg is removed by a cut following the brisket removal line from the forequarter. The hindquarter leg is removed by cutting through the stifle joint and removing the tibia tarsal bones, including the surrounding muscle groups. Cutting Australian beef shin across the bone into disks produces Osso Bucco and boned out meat from the shin is known as gravy beef.

Hot Tip

Well suited to stewing, slow cooking and braising, the beef shin takes all the aromatic flavours. Braise Australian beef shin slowly in a flavourful stock or sauce and once falling apart, remove and shred. Reduce the sauce or stock and return the shredded Shin. Serve on a crusty bread roll or soft taco with a fresh, vinegary salad or pickles.



Australian Beef shin red curry with pumpkin and eggplant

Scan barcode to view this recipe.



editor'snote

email editor@gulfgourmet.net

Another power-packed issue with chefs from all walks of life. This month we have profiled professional chefs from Mexico, Germany, Sri Lanka, Spain, Armenia, and India to name but a few. We also have great news of UAE-based chefs making their mark on the global competitive space.

To begin with there was the World Pastry Ice Cream Chocolate Trophy and our team represented by Achala Weerasinghe (Resort Pastry chef of Madinat Jumeirah Dubai), Kapila Amaratunga (Executive Pastry chef Sheraton Dubai Creek) and Dammika Herath (Executive Pastry Chef Radisson Blu Deira Creek Dubai) put up a spectacular show.

However, the jewel in the UAE culinary crown was Chef Jade Saducas, Cake Artist from Madinat Jumeirah. Her work helped her lift the Cake Designers World Championship trophy. Images from the event and her cake designs are in this issue. Do check them out. If you would like to know more about her and her journey to winning the World Championship, don't miss our January edition.

Our cover story this month is the UAE culinary team with a special focus on its captain Chef Steven Peter. While all the other chefs in the team have graced the cover of this magazine at least once, this is the 31-year-old captain's first time on the cover of this magazine.

At such a young age the German-born chef has worked his way up the ladder to become both UAE's senior culinary team captain as well as the Executive Sous Chef at the world's tallest hotel with 1,600 rooms – JW Marriott Marquis, Dubai. Read his



story to find out what it takes to be young and bold.

We have also brought some international inspiration with the story of a Latin chef entrepreneur who has launched 50 restaurants under 12 brand names in 7 countries. And another of a young chef, who went on to become the head chef at El Bulli and then co-founded his own restaurant in Barcelona.

These and many more such invigorating reads make up the pages of this magazine you hold in your hands.

Before I forget, last month we had inadvertently mentioned Ajman Kempinski as the host of the September Guild meeting. This is wrong. The meeting took place at the Ajman Palace Hotel. We regret the error.

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

Aquin George
Editor

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friends of the guild



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jmfoods





Chef Jade brings home the trophy

Chef **Jade Saducas** is crowned champion and Gold Medal winner and overall trophy winner for the Cake Designers World Championship. The chef from Madinat Jumeirah Dubai produced an outstanding cake and artistic pieces to be awarded the Trophy in Milan. Chef Jade worked for months on her piece and with the support of the team has brought home the Gold to the UAE. The team was supported by Chef **Andreas Kurfürst**, who was the teams judge and mentor from Hotel and Tourism Management Institute Switzerland HTMi and also Chef **Chamila Arachchige** Executive Kitchen Artist from Atlantis the Palm. We'll bring you her complete culinary journey in our January issue. For now, here are images from Italy

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FOR PROFESSIONALS



'FOR PROFESSIONALS'
EXCELLENT TASTE IN COFFEE



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MADE TO REIMAGINE

This is a story of three Chefs who apart from the origins and mutual passion didn't have much more in common. Not until the day they met in the '90 at the famous El Bulli restaurant in Catalonia, a place where an entire new culinary era has begun. Starting as apprentices, the three managed to climb all the way to become head chefs at El Bulli and work closely with its founder Ferran Adria on the creative development for the following 18 years

By **Zoja Stojanovic**

After El Bulli closed for the public, this was not the end for Mateu Casañas, Oriol Castro and Eduard Xatruch. More than that what followed was a fruitful new chapter. For the next couple of years the three Chefs continued working with Ferran at El Bulli Foundation and at their very own restaurant Compartir, opened in 2012. Two years later they opened another restaurant located in the heart of Barcelona named Disfrutar, meaning Enjoy.

Everything about Disfrutar blends in a joyful symbiosis of Mediterranean

influences and rich cultural legacy this region is known for. The iron decor is an homage to Ninot food market located in front of the restaurant. Colorful ceramics honor the famous Spanish artist Joan Miró, while the terrace situated in the back leads to a true micro oasis.

In the epicenter of the room is the open kitchen decorated with clay tiles, typical for the small fishing villages. Within this lab-looking space is where skills, passions, but also past, presence and future knit so well together to create a true sensation for all senses.

Everything begins and ends with very complex yet very delicate savory and

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sweet tastings that come in different shapes, textures, colors and flavors. Whether it is the rose petals with reconstituted lychee and gelatin liquor drops, beetroot merengue balls that appear after shaking the bowl, dehydrated gazpacho sandwich, olive spheres encrusted with cocoa butter, fried beignet with cold caviar filling, transparent carbonara, rabbit consommé served in a cognac glass... No matter on the technique, each of those bites is exploding in the mouth to unleash a bath of perfectly balanced and unexpected flavors. Some 30 different tastings later, it was the time to meet three brilliant minds who stand behind this enchanting place called Disfrutar.



Having Mediterranean blood running through our veins, it is normal that our cuisine will be infused by our backgrounds. But also, being very experimental by nature we don't hesitate combining other flavours and influences



From all the people that gone through El Bulli, how did you three manage to recognize each other and team up?

Eduard: Working for so almost two decades in a restaurant where a lot of pressure and dynamics was happening on hourly bases, once you encounter someone you can fully trust and collaborate with in a very productive and pleasant way it becomes a keeper and may lead to stories like ours. Being involved in a creative cuisine requires not only a lot of hours spent in the kitchen, but also a lot of hours spent discussing and brainstorming. This is when you realise who you can click with. The more you think about the people you want to work with and the more you start developing the idea, the more you begin realizing you need each other. To run a creative-contemporary restaurant requires space, equipment and a big team. Personally, I don't believe in one-hero stories, this is why I have had so much faith in ours.



Starting your career at the restaurant that has been 5 times named world's best and has changed the dining experience forever, how much courage did it take to open something on your own?

Eduard: The thought of opening a restaurant was brought up a month before El Bulli was about to close. For sure being the three gave us additional wind in the back and encouragement to do such a venture but it was not easy. We gave all what we had. We believed it was the right moment and we took it step by step. In the beginning we opened Compartir, a restaurant located north from Barcelona, in Costa Brava, where we transform traditional dishes into modern suggestions. Two years later followed Disfrutar that gave us a wide space to create, explore and experiment. We joined our learnings, our passions and our visions all aimed at offering the essence of what we believe is a pure enjoyment. Looking back we feel proud to see the direction Disfrutar is heading. Being able to develop and combine new techniques and offer ingenious concepts has been a dream come true.



? Being on a constant quest to create and recreate, how would you define your cuisine?

Eduard: Having Mediterranean blood running through our veins, it is normal that our cuisine will be infused by our backgrounds. But also, being very experimental by nature we don't hesitate combining other flavours and influences. In its very essence our cuisine is playful, it is meant to produce enjoyment. Sometimes it is meant to tease, to be ironic, to make you smile or feel surprised. Our cuisine is purely creative, very skillful but imaginative, with a unique goal to please the palates, excite the senses and ultimately offer a unique and very personal experience.

? All the three being chefs, how do you collaborate while creating a menu?

Eduard: Each of us would have an idea, we would then talk about it and give it a try. Afterwards, we would taste it, discuss it and take it from there. For us this is a winning combination. Nevertheless, our skills are also complementary – I feel spicy stronger than Oriol, while Oriol tastes bitter more than me. The way of work we have established at El Bulli has remained till this day. We complement each other and at the same time we are very critical and questionable among each other, which creates an unbiased atmosphere and fantastic team work.

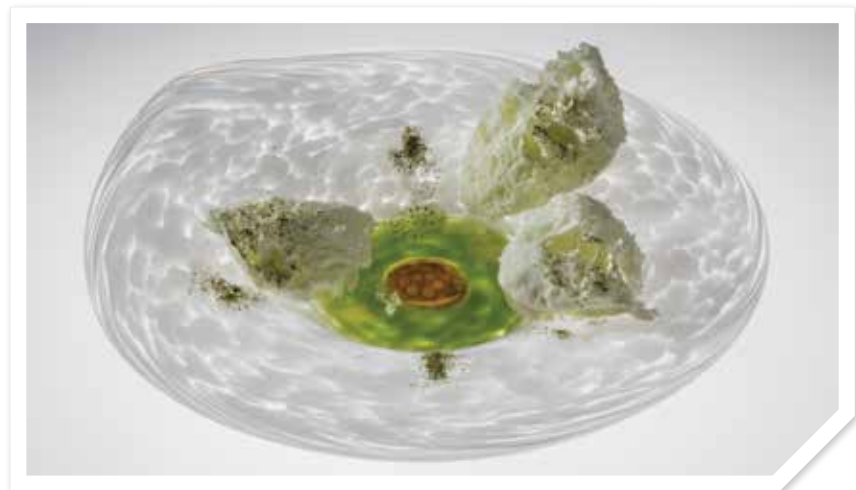
? Where do you take the inspiration from?

Eduard: The creative process is so beautiful because it is so vast. You simply collect the inspiration on the way. From nature, memories, books, markets, other restaurants, travels, random discussions... Once you are very much into something, your mind is open. It is like a sponge that is always ready to soak in ideas. More challenging is to recreate inspiration, but this kind of a challenge is a great incentive to try everything possible and if the idea is worth it to make it a reality. Also, when we are brainstorming over a new dish, we never focus on a single ingredient. It is always about creating a new concept. Once you have a new concept it will give you endless possibilities to exchange ingredients and continue creating.

? As a one Michelin star restaurant, listed among 50 best in the world

and recognized by Miele "One to watch" award in 2017, what are the next goals for Disfrutar?

Eduard: The menu is always evolving, as well as our ideas. We don't see end of innovation. There will be always something new to try out – a new piece of equipment, a very exotic ingredient or a new concept. In that sense the goal is only to improve, to maintain our passion and our curiosity. When we receive an award we can only feel proud and think – yes, we are on the right track. It generates satisfaction but never causes pressure. The pressure of constantly improving comes from us. We are those who create tensions, but only in the positive sense. To enjoy our work and life is our philosophy. We have been enjoying it every single second, and we do it for the sake of giving pleasure to whoever comes to Disfrutar.





SMALL WONDERS

Microgreens contain up to 40 percent higher levels of nutrients than fully-matured vegetables and greens do. This is why Koppert Cress BV, a major producer of microgreens and micro-vegetables, wants you to add these splashes of colours to your plate...

Health is quite a movement across the culinary industry. So is aesthetic gastronomy. What better way to combine the two than with microgreens and micro-vegetables – young seedlings of edible veggies and greens that are harvested less than two weeks after they germinate.

According to popular health website WebMD, microgreens contain up to 40

times more nutrients than their mature counterparts. They come in a rainbow of colours, which makes them not just attractive from a health perspective but also easy on the eyes. After all, we eat with our eyes too, don't we?

Among one of the world's biggest proponents of microgreens and their benefits is Koppert Cress BV. The company came into being in 2002 in the Netherlands when Rob Baan took

over a horticulture firm. From his travels as far and wide as Europe and Asia, Baan gleaned valuable experience in cultures, ingredients and food habits. As someone who loves cooking, he found a way combine his love for cultures and cuisines by changing the strategic plans for Koppert Cress.

Since then, the company has joined the list of the world's leading growers of microgreens with operations spanning



continents from Europe to North America and beyond.

As its name suggests, Koppert Cress specializes in cresses - seedlings of unique plants, each with its own effect on the senses. From citrus notes to spicy to sweet to woody, there's a cress for every kind of taste and scent. Koppert Cress's is an ever-widening range. With heavy development and growth facilities, the Dutch company keeps adding new items to what it calls its 'Architecture Aromatique' collection of cresses.

Paul Da Costa Greaves, the company's Country Manager for the UK and the UAE, says, "We grow the microgreens in the Netherlands over 15 hectares of greenhouse space and also in the United States, Australia, Japan and Turkey."

According to Da Costa Greaves, the culinary world is waking up to the importance of microgreens and micro-vegetables in dishes. "Chefs have now



Chefs spend a lot of time making wonderful dishes and if they put too much microgreen or too little, the dish is spoilt. Education is key here

started using them as ingredients, not just garnish." However, many chefs are still quite new to the ingredients and need education, something that Koppert Cress is aware of. This is where Koppert Cress's 'Cressperience' program comes in. Comprising a meeting room with a demonstration kitchen, the program introduces chefs to the company's products and the culinary experiments

that can be conducted with them.

In October, the company organised a 'Middle East Cressperience' in Dubai for training chefs in the region, covering topics as diverse as food pairings, dehydration, freezing, emulsions, combinations of cresses and microgreens. "We have a strong focus on educating chefs. There are different tastes – sweet, sour, umami – that cresses cover and it's important to know how to use them well."

Koppert Cress also participates in trade shows globally and has set up educational bases for giving master classes to chefs. "Chefs spend a lot of time making wonderful dishes and if they put too much microgreen or too little, the dish is spoilt. Education is key here."

Happy as he is about the increasing adoption of microgreens by the culinary industry, Da Costa Greaves laments the fact that the rapid growth of the



usage of cress has led to some dilution in quality. "Some companies buy seeds from unreliable sources and the quality is not always great. This causes diseases in plants and increases the threat of global infestations. We offer growers quality seeds."

Koppert Cress has over 60 franchisees across the world. It entered the United States in October 2006 to service the American market. The company continues to invest in automation and modernization of its facilities to meet growing demand at reasonable prices. It also develops products and packaging to retain the freshness of the produce.

Given that the UAE is mostly an imports market, how easy or difficult is it to retain the quality of produce that travels

miles to get here? "Our products travel very well. The UAE market is serviced by produce from the Netherlands. Dutch traders are known for their excellence in transporting goods. Customers here place orders on a daily basis to Holland. The taste of our produce is preserved during the transfer and they are living products. Temperature gauges keep the quality intact and if the chefs handle the products well, they can last even 7-10 days after reaching here."

Koppert Cress believes in a good network of distributors. It's these distributors that take its products to restaurants, hotels, caterers and gourmet market retailers across the world.

Appreciation has come to the company for its efforts in the form of awards.

It has twice won the 'AGF Innovation Award', a prestigious recognition for innovation in the Dutch vegetable industry. In addition, Rob Baan has received certain individual honours for the success of his company.

Koppert Cress does not want to restrict itself to being a supplier. It wants the culinary industry to use its products to create signature dishes at a time healthy foods are fast moving to the centre stage. Towards this end, the company supports the Culinary Institute of America with ingredients that its students can use for exploring their creativity.

Taste and health, what more could a foodie want? Get ready for a burst of healthy microgreens on your plate.





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The Green BRIGADE

This month, the boys from Courtyard by Marriott Dubai Green Community have taken up the challenge for the ongoing Nestlé Professional Golden Chef Hat Award UAE – Season 5

Here is a quick look at this month's UAE competitors and check out their recipes on the following pages.

ARTYOM HAKOBYAN

28-year Artyom Hakobyan is the Italian chef at the hotel's Cucina restaurant. Born and raised in Yerevan, the capital of Armenia, Chef Artyom grew up as a typical urban kid. "When in school, I enjoyed playing football. I would have a game almost every week with my friends. After school, I couldn't wait to get home and jump into my world of video games," he says.

Yerevan, which is one of the oldest cities in the world, allowed him to grow up in an encouraging environment thanks to his parents. "My parents are the most positive people I know. My father likes to travel and see different countries and he works as a driving instructor. My mother on the other hand used to work extensively with a typewriter after which she became a full-time homemaker."

His elder brother now lives in Moscow running his own business and when they are together it's all about watching football matches together he says.

Ask him about what drew him into the culinary world and he says, "I like the team spirit, drive and adrenaline of working in the kitchen, experimenting with food and playing with ingredients. It was difficult for me at the beginning

like it is for most chefs, but the kitchen has always been a great school for me. The more I learn, the more interesting it becomes - so I try to never stop learning."

Chef Artyom began his career at a small pizzeria focused mainly on home delivery orders. We were five young chefs always having fun in the kitchen. His first hotel job was in Abu Dhabi at the Grand Millennium Hotel where he joined as a Commis before being promoted to Demi Chef. Next stop was Dubai Address Marina Hotel as Chef de Partie before his current role at Courtyard Marriott.

"Here I have a team of 4 talented chefs and am responsible for creating the menu, ordering stock and maintaining the food cost for Cucina restaurant. We also recently launched a Friday Linner, which is the perfect blend between lunch and dinner at Cucina, running successfully."

He is married to dentist named Anna; and his ultimate goal is to learn the art and culture of wine and cheese making and to serve it in his own restaurant.

GHAYAZ MOHAMMED

Chef Ghayaz hails from Hyderabad, in India, the former land of the nawabs who are known till date for their royal recipes and of course, the biryani. The Pastry Demi Chef at Courtyard by Marriott began his career at Taj Krishna

before moving to a Marriott in the Gulf. He has worked across multiple Marriott properties across the region before joining his current property.

The 26-year-old grew up playing carom (old-style board game) and cricket with friends and family. "Popeye the sailor was one of my favorite cartoons to watch," he says.

His mother is an amazing cook and his father a talented pastry chef. "He is the one who taught me everything I know," he says. His parents' culinary influence touched his younger brother as well, now a chef in Saudi Arabia. His three sisters are married and full-time homemakers. The aspiring Executive Pastry Chef and business owner says that when his family is together, the three men cook for his mom and sisters.

His early days in his career were comparatively easy because his father had taught him the basics. This way he found he was always one step ahead of others. In his first job he worked on a lot of banquets with a large pastry team which helped further hone his skills. In his current role he is responsible for daily mis en place, orderings, all the HACCP forms and logs and to train junior associates and newcomers.

When he's not at work, he and his wife Nooren are busy doting on their 6-month-old boy Ayaz.



ARTYOM HAKOBYAN



GHAZAY MOHAMMED



Chocolate Mousse

Ingredients

Docello chocolate mousse	125 gm
Cold milk	205 gm
White chocolate	100 gm
Whipped cream	100 gm
Gelatin leaf	3 gm
Egg yolk	1 pc
Cocoa powder	5 gm
Sugar	110 gm
Egg white	90 gm
Dark chocolate	60 gm
Nestle Cream	110 gm
Agar Agra	6 gm
Passion fruit	100 gm
Whipping cream for garnish	50 gm
Lemon puree	100 gm
Orange juice	100 gm
Edible flower for garnish	3 pc
Lemon gel	5 gm
Kit Kat crumble for garnish	5 gm

Method

- ◆ Mix the Docello chocolate mousse powder with the cold milk on a slow

speed for 2 minutes. After increase the speed for 5 minutes, then pour half the mixer into a tray and let it set.

- ◆ For the white chocolate mousse, soak the gelatin in the ice water and leave to the side.
- ◆ Boil the milk and add to the soaked gelatin.
- ◆ Add the white chocolate and leave to cool.
- ◆ Whip the cream and mix with into the white chocolate mixture.
- ◆ Then transfer into the mould. Then put into the freezer
- ◆ Once frozen put the white chocolate frozen mixture in the middle of the dark chocolate mould and then put the remaining of the dark chocolate mixer on top and chill.
- ◆ For Sponge: beat egg yolk and sugar together add cocoa powder and set aside.
- ◆ Whip the egg white and sugar together and combine with egg yolk mixture that you set aside.

- ◆ Put into a tray and bake for 12 minutes 200c. Once cooled cut the sponge with a round cutter, this will be your base for the mousse.
- ◆ For dark chocolate ganache, boil the cream, add dark chocolate and mix and leave in the chiller to cool.
- ◆ For the passion compote: Boil the fresh passion fruit and sugar for 10 mins.
- ◆ For the Lemon gel: add the lemon puree, orange juice, agar agar in a pan and boil. Set aside and cool. Once cooled blend with a hand blender.
- ◆ Plating: The ganache is to be swiped on the bottom of the plate using a pallet knife. Then finished mousse on the sponge circle and put on top of the ganache. Use the kit kat crumble sprinkled over the plate.
- ◆ Lightly whip some cream and quenelle using a spoon and put a the side of the mousse.
- ◆ Put dots of the passion fruit compote and lemon gel around the plate and garnish with edible flowers.



Sous-vide Tenderloin with garlic and herb mash potato

Ingredients

Beef tenderloin	200 gm
Maggi Mash potato mix	20 gm
Baby carrots	3 pc
Green asparagus	1 pc
White asparagus	2 pc
Chef demi-glace powder	5 gm
Maggi chicken stock powder	5 gm
Butter	10 gm
Cream	5 gm
Cherry tomato on the vine	2 pc
Garlic	1 gm
Pepper	5 gm
Sea salt	10 gm

Olive oil	5 gm
Edible flowers	2 pc
Rosemary	1 gm
Polenta	10 gm

Method

- ◆ Vacuum pack the beef tenderloin with rosemary and cook in sous-vide 52C* for 35 min.
- ◆ Roast whole garlic 175c for 20 minutes, then peel it and mash with fork.
- ◆ Dissolve chicken stock powder with 500 ml of water and boil it.
- ◆ Mix mash potato powder with one cup of stock; add butter, cream, mashed garlic, chopped chives and parsley, keep hot.
- ◆ Dissolve demi-glace powder with 1 cup of chicken stock, bring to the boil and reduce
- ◆ Mix polenta with 2 cup of chicken stock cook for 10 minutes then spread on

silicon mate and dry in dehydrator or under heating lamp

- ◆ Peel asparagus and baby carrots and blanch them.
- ◆ Take out beef from vacuum pack sear it, then season with salt and pepper and keep on resting tray.
- ◆ Glaze baby carrot, asparagus, tomato with butter, heat the pan add small piece of butter, toss the vegetable and cover with 2 spoon of chicken stock, reduce, season with salt and pepper and keep hot
- ◆ For the plating: deep fry dehydrated polenta and keep aside. Put spoon of mash potato on the plate spread it, cut the beef in 3 piece arrange on top of mashed potato put the veg in between and garnish with edible flowers and polenta, serve the sauce separate.





DREAM TEAM

When Middle Eastern creativity meets German efficiency, you get Chef **Steven Peter**. The captain of the UAE national culinary team and the executive sous chef of the JW Marriott Marquis Dubai is working hard to flex the culinary muscles of the Emirates...

Cars, machines and breweries – the Germans are known for their efficiency. Creativity is something you don't normally associate with a German. Until you meet Chef Steven Peter, that is...

The strength of his abilities is clear in the fact that the German executive sous chef of the JW Marriot Marquis Dubai leads the UAE national culinary team. This is the team that stands for the excellence of the UAE's hospitality industry. A multi-cultural team, it also bears testimony to the opportunities that the country presents to every kind of talent.

And as captain, Chef Steven's job is not just to manage and motivate his team members but also to develop



There were challenges and I failed several times. I was an arrogant little young chef. Then I fell on my face, recognised I wasn't the greatest and learnt

creative menus and plans that delight judges from the world over. When creativity meets efficiency, Chef Steven is the result.

Having grown up in a small town in Germany with just 14,000 inhabitants, Chef Steven has shown a remarkable ability to adapt to a buzzing city like Dubai with a population of nearly 3 million. "Home – or the German village where my parents now live – has 2,000 inhabitants," he says. There were no professional chefs in the family – his mother dabbled in office work and business, and his father is a maker of designer windows and doors. Three siblings complete the Peter family.

Chef Steven's love of cooking is rooted in his love for his grandmother. "Her cooking made me start appreciating food. When my grandfather would pick me up from the kindergarten, we would go back to a house smelling of great food," he recalls fondly. Somewhere





during high school, Chef Steven took to cooking. "I started baking for my mom. Sometimes, she had to eat Swiss rolls two days in a row," he laughs.

In Germany, teenagers have to choose between going into academics or entering a system of learning while working. Chef Steven chose the latter. "I was just 15 and a half but I could see myself cooking professionally for a long time. So this was a natural choice."

The first year was not exactly motivating. "I was learning the basics – hardly a fun

job for a teen. It was the second year when I participated in competitions through a regional culinary guild that I started enjoying myself." Winning a silver medal in his first competition gave Chef Steven an adrenalin rush that lasts to this day. In his second competition, he won two golds. "I had tasted blood, which gave me the incentive to keep pushing ahead."

In his initial career years, Chef Steven dreamed of being a chef de cuisine. "I achieved that 'dream' a few years ago."

But that's the thing about dreams.

They don't end when they are realised, they are just replaced by another. Chef Steven's new dream is to become an executive chef.

During his three-year apprenticeship in Germany, the chef worked in a small hotel, which had an a-la carte restaurant and housed a private clinic. "I worked in the clinic also for a few months to understand dietary requirements and nutrition. I worked in Germany for another year and then moved to Dubai."

Originally, Dubai was not on the radar – it just happened. The year was 2006 and Chef Steven, then 20, was in touch with a friend working here. "He worked in a hotel and was leaving. I sent him my CV and said I wanted to give it a try. He passed it on to the executive chef, who happened to be German and within two and a half months, I joined as commis I at the Madinat Jumeirah."

Chef Steven worked at the Al Hambra Spanish restaurant there for seven and a half years, climbing the ladder and finally leaving as chef de cuisine. "There were challenges and I failed several times. I was an arrogant little young chef. Then I fell on my face, recognised I wasn't the greatest and learnt." Cultural differences aside, Chef Steven also had to deal with a much higher standard of culinary



I was learning the basics – hardly a fun job for a teen. It was the second year when I participated in competitions through a regional culinary guild that I started enjoying myself

service in Dubai. "Germany is rather laid-back. I started work at 8 AM, had a two-hour break at 3 PM and then worked from 5 PM to 10 PM. There people eat early. It was a lot simpler."

It didn't help matters that Chef Steven barely spoke English and participated in a tough contest like Salon Culinaire within just three months of landing in Dubai. "I realised that I had to pick up pace." Perseverance and support from senior chefs, however, helped him get better at his game. "I think I had learnt early on that sacrifices have to be made to get ahead. As a teen, I was sacrificing my free time to prepare for competitions and it was taking me somewhere. I had friends who were not in hospitality. They had weekends off, and I had to work."

Learning from seniors is something Chef Steven has internalised. In Germany,

one of the hotels he worked in had an effective program for young associates. The general manager guided the youngsters and also handed over the hotel operations to the apprentices for an entire weekend. "I had to run the main kitchen. It was quite a huge task. It was not easy but we did well. And that recognition was very motivating."

As he began excelling at his craft, Chef Steven caught the eye of Chef Uwe Micheel, who asked him if he would be interested in joining the UAE national culinary team. One thing led to another and before he knew it, Chef Steven was co-leading the team with Chef Tushan Don. "When Tushan decided to return to Sri Lanka and run his own company, I took over the role of the team captain."

So far, Chef Steven's career trajectory has been pretty stable. At Madinat, he worked

across four-five different restaurants. "When I became chef de cuisine, I took a couple of hours out of my daily routine to work in the Thai restaurant to learn that cuisine." Madinat also sent him for training to the Fat Duck, a Michelin-star restaurant in London owned by celebrity chef Heston Blumenthal. The experience was awe-inspiring.

Ask him what he loves to cook and "seafood" jumps out of him – a bug that bit him during his days at the Pisces and Pierchic seafood restaurants. "I would say I had the best time of my career so far at Pierchic. The day I joined, there was much excitement in the team because the restaurant had won the 'Best Seafood' title the night before. We won the next two years too but lost out to Pisces one of the years."

In mid-2014, Chef Steven joined JW



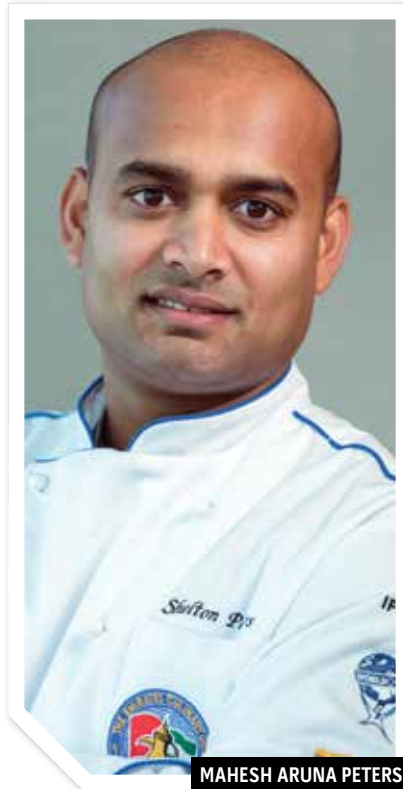
Marriott Marquis as executive sous chef. The first three years were hectic - he was running 14 restaurants! Where does he get all that energy from? "Being a 9-to-5 person doesn't work if you want to succeed. When I was a child, my mother was practically raising me alone. Sometimes it was tough. When other children in school are wearing branded shoes and you are not, they make fun of you. I decided at a very young age that I wanted to give my family much more than I ever had. That decision keeps me going."

For the future, an idea of his own restaurant is on the table. "A seafood casual-dining restaurant. I like fresh foods and good ingredients."

But that's a distant dream for now. At the JW Marriot Marquis Dubai, there are 80 direct reports and 320 indirect reports that vie daily for his attention. "This is a very large operation and I do regret that it's tough to be hands-on. In the future, I hope to go back to a smaller operation, where I can get more involved in day-to-day operations." However, he does appreciate the freedom to make major decisions that JW Marriot Marquis affords. "Here, I learn management and operations and I keep my creative experiments for the national team events. As the lead of that team, I can be more hands-on."

It's a team he is more than proud of. The main team consists of Chef Mahesh Aruna Peters, the sous chef from Armani Hotel; Chef Asham Abdul Majeed, the chef de cuisine from the Atlantis Hotel Palm Jumeirah; Sivabalan Krishnan, the head chef of Renaissance Downtown Hotel Dubai; Kapila Amaratunga, executive pastry chef of Sheraton Dubai Creek; and Achala Weerasinghe, pastry chef of Madinat Jumeirah. The backup team comprises six other chefs who can jump in if any of the core members takes ill or faces an emergency. A junior team of three chefs supports the team with preparations.

For keeping a laser focus on the larger cause, the members do not participate in competitions on an individual level.



MAHESH ARUNA PETERS

"The Culinary Olympics in Germany was tough. We were sleeping for two hours a day. We slipped on the gold medal with 5 points. We could have won if we had organised ourselves better. And this time we will focus on that. We will participate only as a national team."

As the captain of the team, Chef Steven has his work out cut for him. In April next year, the team will go to Singapore for the Lion's Cup and in October 2018, the World Cup in Luxembourg will challenge the members' skills. "In between, we have individual competitions, where the pastry chef will go to compete in the Chocolate Masters competition in Milan. One of us will also go for the 'Global Chef of the Year' contest in Kuala Lumpur." Chef Steven has decided to stay out of the Malaysia competition to focus on the team. "I prefer being in a team - it's a collective show of skill. My job is to ensure the participants have everything they need. I try to focus on people's strengths, not weaknesses. It's important for me that the team works together. 'We', not 'Me' is our motto."

The rules for the Luxembourg and Singapore contests have just come out and the preps have begun. "Getting gold medals in Singapore and Luxembourg is all I am concerned with right now."



SIVABALAN KRISHNAN

Determined, kind, persistent and optimistic - that's Steven Peter, the chef. Who is Steven Peters, the person? "A health-conscious, avocado-loving German," he laughs. "I can eat avocado in everything. I also eat a lot of fish and lean meats and work out at home - 70 pushups in the morning, 70 in the evening." And yes, like most Germans, he adores his car. "It's a Ford Mustang and I absolutely love driving it around."

Chef Steven has a simple formula for getting ahead in life. "Don't chase money and promotions. Find your own way and seek rewards in a job well done. It's a more sustainable motivating factor."

Can't argue with that now, can we?

Meet the members

MAHESH ARUNA PETERS

If you had just one word to describe Chef Mahesh Aruna Peters, it would be 'versatile'. The Sri Lankan-born chef is an expert in all parts of the culinary universe, from the hot kitchen to the cold kitchen, fine-dining and banqueting. The 36-year-old sous chef



MOHAMAD ASHAM ABDUL MAJEED

from Armani Hotel has more than a decade's experience, starting out in Sri Lanka before he moved to Dubai. Other than honing his skills on regular work days, Chef Mahesh has trained at the Marc Verite Michelin-star restaurant in France and Convotherm's Manitowoc Food Service in Germany.

Among his notable achievements are several wins at the Salon Culinaire between 2010 and 2015. He was announced the 'Chef of the Year' at the Salon Culinaire 2013.

SIVABALAN KRISHNAN

Sivabalan Krishnan, the head chef of Renaissance Downtown Hotel Dubai, has put together quite an achievement dossier in the 15 years that he has been working in the culinary industry - Time Out Dubai's 'Young Chef of the Year' and Salon Culinaire 'Best Cuisiner' in 2014, Dubai World Championship excellent gold medallist for 2013 and 2014 to name a few.

Managing teams comes naturally to him. He has led culinary teams for a pool and bar restaurant, a hotel lounge, casual-dining, banqueting and steakhouse operations. What's more, Chef Siva has experience in Malaysia and Kuwait, which adds to his well-rounded skill set.



KAPILA AMARATUNGA

MOHAMAD ASHAM ABDUL MAJEED

Sri Lankan chef Mohamad Asham Abdul Majeed is chef de cuisine at the Atlantis Hotel Palm Jumeirah. Before this, Chef Asham has worked at other marquee hotels such as The Address Hotel Downtown and One & Only Royal Mirage and he also has experience in Sri Lanka and Maldives.

His competition wins are impressive. Chef Asham was the Middle East Junior Chef of the Year 2010, a gold medallist at the Salon Culinaire 2011 and 2012, the 'Best Cuisiner' at the La Cuisine SIAL in 2011 and at the Salon Culinaire 2012. He was also part of the national culinary team that represented the UAE in Thailand, Luxembourg and Germany. Other than Chinese and Mediterranean cuisine, Chef Asham enjoys dabbling in French cuisine.

KAPILA AMARATUNGA

Chef Kapila Amaratunga was still in his 20s when he was made executive pastry chef of Sheraton Dubai Creek. At a young age he even earned his place on the UAE national culinary team. But what's really amazing is that he's still help on the spot of being in these positions long after he was given the opportunity to lead.



ACHALA WEERASINGHE

Kapila had an early start. When he had just stepped into his 20s, he beat out many chefs with much more experience to win the Best Pastry Chef award at the Salon Culinaire in Gulfood 2008. That win was a special one for the chef from Colombo. It was a celebration of years of hard work to fight the adversity that dogged the Amaratunga family and was a tribute of sorts to his mother, who taught him the value of never saying die.

ACHALA WEERASINGHE

Sri Lankan Chef Achala first burst into the spotlight when he won 'Best Pastry Chef' title at Salon Culinaire in Gulfood three years in a row (2009, 2010, and 2011). He retired from the competition after 2011 to make way for other chefs to be recognised.

He says, "I did not start out liking the kitchen. In my early days in the hospitality industry, I preferred wearing a waiter's smart uniform and going out into the restaurant. But that changed after two-three weeks on the job. I realised that waiting on people was not for me. I felt that cooking was up my alley. I absolutely loved the sweet smell of baking. So I joined the desserts kitchen as a trainee and went forward with it."



LATIN LOVE

Award-winning chef **Richard Sandoval** launched his Latin restaurant concept in Abu Dhabi recently. *Gulf Gourmet* caught up with the successful culinary entrepreneur to find out more about his childhood and his career story

Chef Richard Sandoval has launched 50 restaurants with 12 brands in seven countries. His latest venture is in Abu Dhabi with Perfetti Hospitality and it's called Toro Toro. The restaurant at The Jumeirah at Etihad Towers combines stunning views of a waterfront and adjacent private marina with Pan Latin flavours. You get everything from sharing plates including aperas and ceviches and traditional churrasco served a la carte alongside savoury side dishes.

So how did a kid from Mexico City attain global recognition in a tough culinary space? We asked him and here's what we found out.

Chef Richard Sandoval was born and raised in Mexico City until the age of 14 alongside an older

brother and 2 younger half-brothers. "I remember spending a significant amount of time at my grandmother's house as my parents were divorced. That is where I think my love for food

developed," he says, adding "As I grew up, I noticed that food was an integral part of family celebrations. My grandmother was a great cook and she always prepared this great feast where food just kept coming out of the kitchen. I would say there were always at least 4 or 5 courses, including some desserts."

After Mexico, Chef Sandoval moved to Acapulco where he was introduced to tennis. The sport soon turned to obsession; there was a point where he wanted to become a professional tennis

player. "I played in college then moved on to the Satellite Professional World Tour." However, around the age of 22, he had to make a tough decision as he wasn't earning enough money to make a living. He could either opt for teaching tennis back in the USA or take on a different career. This is where all the time spent with my grandmother made a difference as he decided to enroll in the Culinary Institute of America in New York. And the rest as they say is history.

Before settling down on food for a career he did try other avenues, but it was always food that made him happy. It did not help that in addition to his grandmother's cooking, Chef Sandoval's father owned a restaurant too.

His early years as a chef were very difficult as he was constantly trying to make a name for himself. "I was working long hours, trying to define my style and figuring out where I wanted to be." However, after 4 years with his father he decided to move to New York and open his own restaurant. This of course was a struggle. Moving to the most competitive culinary city in the



Make sure you spend some time working in the industry before they choose it as a career; always remember to cook with your palate

world was going to mean even longer hours and more strenuous days trying to compete with the best chefs in the world. "I think this was a defining moment in my career."

After opening a couple French-American restaurants, he opened Maya, his first Mexican restaurant that received 2 stars from the New York Times and from there on he has opened 50 restaurants with 12 brands in seven countries.

"I was very fortunate because my father

taught me the business side of our industry and without that, I wouldn't be where I am today. I also have to thank my mother for encouraging me to pursue

culinary school as without that encouragement, I might be teaching tennis today," he says.

After leaving Mexico to move to New York, his first two restaurants were French-American bistros called Sanann. It was very small about 40 seats, which in their own right were very successful. "I used them as a learning platform to really engage in Mexican/Latin food, where my passion really was."

Then came Maya, his first Mexican restaurant that was a challenge as people were used

to very inexpensive Tex-Mex food. "I was bringing really authentic Mexican food to a city that had never experienced the true flavors of Mexico. I struggled for many months until the New York Times gave us a great 2-star review and I have never looked back since." This was 20 years ago.

His journey he says has been very self-gratifying but also very challenging. "I have spent thousands of hours traveling around the world, studying food, building restaurants over hundreds of sleepless nights worrying about a new opening. Not knowing whether it will be successful or not, which really is a huge sacrifice on yourself and your family.

He still says the best moment in his career was when he received 2 stars by the New York Times and the worst moment was when he closed his first restaurant 15 years ago.

Today, the chef entrepreneur dons multiple hats thanks to the success he has seen. His typical Monday begins at 6 am when he checks his emails. This is followed by a call with his corporate office to discuss any issues. He then gets an update on the status of upcoming



projects, any delays, challenges, etc. He will then get on a call with his corporate chef to discuss research and development, and any new trends they are working on. He then confirms his travel schedule with his

assistant and checks if there are any new requests for site visits. After that, he checks in with his director of business development for any inquiries for new locations. He frequently also travels to visit his restaurants.

If you too aspire to live this life, then this is his advice. "Make sure you spend some time working in the industry before they choose it as a career; always remember to cook with your palate (your sense of taste

and flavour). Recipes are guidelines, ingredients are constantly changing, and your palate is your signature. Before opening your own restaurant always be part of other openings to learn with someone else's money.

Today, Chef Sandoval is a father to two wonderful kids. His son, Giancarlo is 21 years old

and is a junior in college currently studying business administration. He will then attend culinary school as he loves to cook and aspires to be chef in the future. His daughter, Isabella is 17 years old and is a senior in high school. She is an incredible artist with a brilliant mind who also loves to cook and is very talented in the kitchen. "Gabriela, my

wife is a very supportive and talented interior designer. Every family member has been and continues to be very supportive of my career," he says.

His tips for non-Latin chefs trying to cook authentic Latin food is this. "Latin food is all about flavor. Learn to use chilies, as it is a very important ingredient in Latin cuisine. They should also learn how to use them in all its guises, as they taste different, depending on how you use them. Remember

Latin cuisines are bold; I like to think of it as a roller coaster of flavors in your mouth, always remember that balance is very important between flavors – never too spicy or too acidic or too sweet."

Sweet monsters



The pastry team from Madinat Jumeirah, under the stewardship of executive pastry chef Paul Hayward, seen here having a goofy time while creating themed sweets for Halloween last month.

'You need mental strength and creativity to triumph'

Quick tête-à-tête with **Khalid Elghouibat**,
Executive Chef, Bin Majid Hotels and Resorts, Ras Al Khaimah

MY CHILDHOOD

I grew up as part of a large and beautiful family. We are five brothers and a sister and I am the youngest. Agadir, a big modern big in the South of Morocco is where I grew up. I was a very "dynamic" child, and my family didn't always find it easy to manage me.

WHY CHEF?

As far back as I can recollect, I loved creating things with my own hands. I remember cooking simple recipes as a 10-year-old. At that stage, my biggest achievement was the omelette. I used to cook all the time for my family, but the results were never quite as good as my mum's secret recipe. I don't have it even today!

MY STUDIES

After my bachelor's degree, I entered a Hospitality Management School and I obtained a Diploma of Kitchen Manager.

EARLY CAREER

After my graduation as a Kitchen Manager, I joined a Hotel Resort as a Commis and I discovered a new world. In fact, there was a big gap between the theory and the practice.

The first days were very challenging. I remember standing in the heat of the ovens all day, carrying heavy equipment and all that under the pressure of the work load. At that point, I knew that I needed to take the decision of either to be patient and overcome the obstacles and difficulties to reach my dream job or to quit. I decided to challenge myself as my passion for cooking was stronger.



JOURNEY TO EXECUTIVE CHEF

I worked in several roles across multiple hotels in Morocco. Moved to Dubai to discover new cuisines, specialties and cultures. I came here as a Chef de Partie and I worked in a few restaurants and hotels such as Jumeirah Group. During this experience, I had the opportunity to be chosen as a member of Master Chef Crew - First Edition.

Later, I wanted to develop my management skills, so I moved to La Cantine du Faubourg for the pre-opening. Following that, I had the opportunity to work at Galeries Lafayette, which was a complete different restaurant format for me; it was within the retail industry with a multi-cuisines concept. All these different experiences gave me enabled me to develop the needed skills for the position of Executive Chef.

CHALLENGES AT THE TOP

Being an Executive Chef comes with a high level of responsibility. The challenge is to ensure that I am aware of everything related to the restaurant, from the strategic decisions to the small details.

CURRENT ROLE

I am currently managing the three Hotels of Bin Majed Group including Acacia, Beach Hotel and Mangrove. My role is to give a modern touch to our hotels by renewing the complete food offering with a higher quality of products, a new menu and also new restaurant designs.

ADVICE TO YOUNG CHEFS

Always remember that the key to success is patience. Every physical and mental effort will pay. Cooking is a culinary art where you need mental strength and creativity to triumph.

November 2017 **Gulf Gourmet**

NEW KIDS ON THE BLOCK

Up this month for the Nestle Golden Chefs Hat competition are two young talents from the Al Qalzam Restaurant in Jeddah. Budding chefs **Moutasim Abdulbaki** and **Abdulkafi Mahiyoub** promise to blow your mind with their fresh take on age-old classics...

Two's company. And depending on who those two are, it could even be a fantastic meal!

As the competition for Nestle Golden Chefs Hat Award in KSA heats

up, it's Al Qalzam Restaurant in Jeddah that is throwing its hat in the ring for the honour.

They're young and fearless. They know that this is a time when they

can live and learn. Al Qalzam's young ambassadors - Chef Moutasim Abdulbaki and Chef Abdulkafi Mahiyoub – plan to put all their learnings and passion into creating prize-winning dishes. While Chef Abdulkafi is an





MOUTASIM ABDULBAKI

expert in main course, Chef Moutasim knows exactly how to finish up a nice meal with great pastry.

For those who have yet to sample the delightful offerings of the Al Qalzam Restaurant, it's known for seafood and Mediterranean cuisine. Who are its promising contestants? Let's find out...

MOUTASIM ABDULBAKI

If it's one place that Chef Moutasim Abdulbaki loves spending time in, it's the kitchen. The 25-year-old pastry chef from Al Qalzam Restaurant took to cooking at what most in the culinary industry would consider a rather advanced age of 18 years. And yet, the quick learner that he is, Chef Moutasim has mastered the finer nuances of the kitchen in the short time that he's been playing around with sugar and spice and other ingredients nice.

For Chef Moutasim, the Al Qalzam Restaurant is nothing short of home. During the five years that he has been working here, he has devoted excessive hours daily to ensure the guests to the restaurant leave with a contented smile



ABDULKAFI MAHIYOUB

on their faces. "Before joining here, I had learnt pastry at the Raydan Restaurant and the Al Rawsha Sweets shop," he says. Single at the moment, he does not mind contributing his free hours to fine-tune his culinary techniques.

Originally from Sudan, Chef Moutasim sees himself becoming the executive chef of a big restaurant in a couple of decades. For now though, he's happy to make desserts that are simple and light, yet delicious and unique. Watch out for this promising pastry chef. He's on a mission to bring sweetness to your life.

ABDULKAFI MAHIYOUB

Spain has a die-hard fan in Chef Abdulkafi Mahiyoub. Given the freedom to choose his favourite cuisine, Chef Abdulkafi will always opt for Spanish food. "Specifically, paella. It's a famous dish and there are so many different ways to make it. It also tells us a lot about the Spanish culture," says the 23-year-old young chef. An import into Saudi Arabia from Yemen, Chef Abdulkafi turned to professional cooking at the age of 17 years. "It was

my mother's cooking that inspired me. I used to help her around the kitchen as a child and somewhere along the way, I started enjoying it. Now, I can see myself doing this for the rest of my life."

Chef Abdulkafi's speciality is main course. He began his career with the Tazej Restaurant and then moved on to the Al Qalzam Restaurant four years ago.

Being unattached at the moment, he understands that this is the time he can really focus on his culinary career. It's important for him to learn all he can now, given that Chef Abdulkafi nurtures the dream of owning a restaurant in the future and making it famous. Success calls for sacrifices and he is ready to put in as much hard work and effort required to achieve his dream. "This is the time I can really give my attention singularly to my career. Later, when I have a family, it won't be so easy."

Young he may be, but he has a good understanding of what are the ingredients needed for the recipe for success. With that, how can victory not be his?

MIX SEAFOOD RICE WITH CHICKEN

Ingredients

Green mussels	3 pieces
Prawns	3 pieces
Crab claws	3 pieces
Lobster tail	1 piece
Chicken drumstick	1
Rice (Basmati)	150 gm
Nestle Tomato Coulis	150 gm
Carrot (diced)	25 gm
Onion	25 gm
Garlic	10 gm
Maggi Chicken Stock	10 gm

Bell pepper (diced)	30 gm
Lemon	25 ml
Salt	to taste
Oil (sunflower)	25 ml
Butter (unsalted)	50gm
Chef demi-glace	150 ml

Method

- ◆ Heat a pot for 90 seconds on high flame.
- ◆ Lower the flame and add oil.
- ◆ After another 90 seconds and the diced carrots, bell pepper, finely chopped onion and garlic.
- ◆ Sauté all the vegetables until it starts turning colour.
- ◆ Add tomato paste and mix all the

ingredients in the pot well

- ◆ After 45 seconds add all the seafood – prawns, mussels, lobster tail
- ◆ Mix the seafood well together with the vegetables. Ensure all the seafood is well coated.
- ◆ After 2 minutes, add in the basmati rice, stir twice and add in the chicken stock
- ◆ Continue stirring on low flame for 10 minutes. Add in the demi glace.
- ◆ Correct the seasoning – lemon, salt, butter.
- ◆ Cover the lid and let it cook until the rice reaches perfect consistency and meat has absorbed all the spice flavours.
- ◆ Serve with garnish of choice.





NESTLE UMM ALI WITH DOCELLO PANNA COTTA ICE CREAM

NESTLE UMM ALI

Ingredients

Milk	1 L
Sugar	175 gm
Puff pastries, Danish pastries or croissant	350 gm
Cinnamon powder	5 gm
Raisins	25 gm
Almond flakes	30 gm
Nestle cream	110gm

Method

- ◆ Boil milk, sugar and cinnamon powder.
- ◆ Add the pieces of puff pastries, Danish pastries or croissant.
- ◆ Add the raisins and almond flakes. Mix well.
- ◆ Keep for 10 minutes for soaking.
- ◆ Put in the round dish.
- ◆ Put nestle cream on the top.
- ◆ Bake at 180°C for 12 minutes.

DOCELLO COCONUT PANNA COTTA ICE CREAM

Ingredients

Docello Panna Cotta	60 gm
Milk	180 gm
Nestle cream	140 gm

Maggi coconut milk powder	60 gm
Glucose	100 gm
Sugar	35 gm
Stabilizer	3 gm

Method

- ◆ Boil the milk and cream
- ◆ Remove from heat and add the panna cotta powder and mix until the powder dissolves.
- ◆ Add the coconut milk powder, glucose, sugar and bring back to boil.
- ◆ Pour into the ice cream machine to make the ice cream.
- ◆ Serve Umm Ali and Ice Cream with raisins, strawberry, pine nuts and mint leaves

November 2017 **Gulf Gourmet**

Guild Meet

Chef Haytham El Sayed and Time Grand Plaza Hotel Team hosted the October meeting for the Emirates Culinary Guild. The meeting saw some of UAE's leading chefs and corporate members come together to network and discuss ways to enhance the way forward for the country's culinary scene. The Chefs discussed upcoming events at which our chefs would represent us on the world map. Here are images from the event





CORRIGENDUM
The September meeting of the Emirates Culinary Guild was hosted by Chef Michel Miraton and the team at the Ajman Palace Hotel and not Ajman Kempinski as printed in our previous issue. We regret the error.

November 2017 Gulf Gourmet



Nestlé Professional commemorated International Chefs Day with 70 "Healthy Heroes"

Nestlé Promotes Healthy Eating

Nestlé Professional Middle East serves up
"Foods for Healthy Heroes" to celebrate International Chefs Day

Nestlé once again joined forces through Nestlé Professional with the World Association of Chefs' Societies (Worldchefs) to celebrate International Chefs Day and to promote healthy eating to children.

As part of the Nestlé for Healthier Kids Global School Programme, children from 84 countries around the world will take part in cookery workshops led by chefs from Nestlé Professional. Nestlé for Healthier Kids forms part of our commitment to promote children's nutrition, health and wellbeing. It is an initiative that federates all of our efforts to support parents and caregivers on their journey to raise healthier kids. From

84

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leading research to product formulation, from education to innovative nutrition and lifestyle services, from individual actions to engaging partnerships, our commitment is to help 50 million children lead healthier lives by 2030.

The theme for this year's International Chefs Day was Food for Healthy Heroes, which was used to raise awareness amongst children about healthy eating and to let them be creative with food.

Nestlé Professional Middle East and Nestlé for Healthier Kids teams united with the Emirates Culinary Guild to create an interactive platform for 40 children from Red Crescent Dubai

& 30 children from Dubai National School, Barsha. This platform helped the children to create their own edible Healthy Heroes at cookery workshops lead by chefs from Nestlé Professional & the Emirates Culinary Guild.

A study produced by Nestlé Research Centre found that involving children in preparing and cooking meals helps to encourage good eating habits early on.

Encouraging children to be creative with vegetables and fruits was a great way for them to discover new foods. To promote healthy eating and a balanced diet beyond the workshops, children that took part in the workshop received recipe cards to take home and keep so that they can prepare meals with their families.



November 2017 Gulf Gourmet







LA CUISINE BY SIAL 2017

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 by Nestle Docello
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. Australian Lamb Five-Course Gourmet Dinner Menu by JM Foods
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. Australian Beef - Practical Cookery by MLA
17. Mezzeh – Practical Cookery by Boody's
18. Emirati Cuisine - Practical Cookery
19. A Medly76 of Mocktails by Barakat Quality Plus
20. Etihad In flight meal sponsored by Etihad Airways
21. Vegetarian Four-Course Menu by Vegini

- 22.
23. Chicken - Practical Cookery by USAPEEC
24. 3 course Cheese Menu by USDEC
25. USA Cheese- Practical cookery by USDEC
26. Practical Cookery 2 Different sandwiches by Unilever Food Solutions
27. Arabian feast edible buffet please see attached separate briefing document

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. No pre-modelled garnish permitted.
9. Chocolate and royal icing can be

10. Competitors must provide all ingredients, cake base, utensils, and small equipment required.
11. A standard buffet table is provided for each competitor to work upon.
12. Water, electricity and refrigeration might not be available.
13. The cake will be tasted and cut by the Judges, as part of the judging criteria

Pastry Displays Class 02: Elegance Stylish Wedding Cake –Three Tier

- All decorations must be edible and made entirely by hand.
1. Pillars or stands may be inedible but, unless decorated by hand, must be plain and unadorned.
 2. Fine, food-quality wiring is allowed for the construction of flowers but must be properly wrapped and covered with flower tape or paste.
 3. Royal icing, pastillage, pulled sugar, etc., may be used in the construction, but the finished display must not be dependent on these items.
 4. The bottom layer of the cake must be edible. A section of the finished edible cake should be cut for the judges' inspection
 5. The cake will be tasted by the judges.
 6. Inedible blanks may be used for the two top layers.



7. Typewritten description and recipes are required.
8. Maximum area w60 cm x d75 cm.
9. Maximum height should not exceed 1 meter (including socle or platforms)
10. Points will be deducted for non-compliance.

Class 03: Plated Dessert by Nestle Docello

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

Class 04: Pastry Showpiece

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

Class 05: Baked Goods and Baked Bread Showpiece

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

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

Class 06: Petites Four & Pralines

1. Exhibit six varieties.
2. Six pieces of each variety (36 pieces total) plus one extra piece of each variety on a separate small platter for judges' tasting. each piece to weight between 6-14grams.
3. Freestyle presentation and theme
4. Present the exhibit to include a small showpiece.
5. Showpieces should enhance the presentation, and will be judged.
6. Written description mentioning the theme is required.

7. Typewritten products description and recipes are required.
8. Maximum area w90 cm x d75 cm.

Artistic Displays

Class 07: Chocolate Carving Showpiece

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

Class 08: Fruit & Vegetable Carving Showpiece

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

Class 09: Open Showpiece (Free Style Showpiece)

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



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

Class 10: Five-Course Lamb Gourmet Dinner Menu by JM Foods

1. Present a plated five-course gourmet meal for one person
2. One of the appetisers for the meal must contain Australian Lamb as the main ingredient.
3. The meal to consist of:
 - > A cold appetiser,
 - > A soup,
 - > A hot appetiser,
 - > A main course with its garnish
 - > A dessert.
4. Hot food presented cold on appropriate plates.
5. Food coated with aspic or clear gelatin for preservation.
6. Total food weight of the 5 plates should be 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 eight varieties. Weight between 10-20 grams per piece
2. Six pieces of each variety (total 48 pieces)
3. Four hot varieties.
4. Four cold varieties.
5. Hot food presented cold
6. Food coated with aspic or clear gelatin for preservation
7. Presentation on suitable plate/s or platter/s or receptacles.
8. Eight pieces should correspond to one portion.
9. Name and ingredient list (typed) of each variety required.

10. Maximum area 60cm x 80 cm.

Practical Artistic

Class 12: Individual Ice Carving

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

Class 13: Ice Carving Team Event

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

Class 14: Practical Fruit & Vegetable Carving

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.

Class 15: Sustainable Fish &

Seafood - Practical Cookery

1. Time allowed 60 minutes
2. Prepare and present three identical main courses using Gulf waters sustainable Fish and seafood. Sponsored items may become available this will be communicated to competitors as soon as possible.
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 Meat and Live Stock Australia

1. Time allowed 60 minutes
2. Prepare and present three identical main courses using Australian Beef as the main protein item.
3. Any cut of beef is allowed, but tenderloin, rib eye and sirloin, can not be used.
4. Weight of beef per portion on the plate to be 150-170grams
5. Present the main courses on individual plates with appropriate garnish and accoutrements.
6. Typewritten recipes are required.
7. If Australian beef is not used then 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 mezzezh can be representative of any of the following countries:
 - > **Lebanon**
 - > **Syria**
 - > **Jordan**
 - > **Morocco**
 - > **Egypt**
 - > **Tunisia**
 5. Dishes must represent a variety of cooking methods and the use of ingredients as used in the Arabic restaurants of the UAE.
 6. Boodys olive oil and Tahina must be the only olive oil and Tahina used in the creation of these dishes and will be available in the competition venue for use in the kitchens
 7. If Boodys products are not used then 50 points shall be deducted from the judging
 8. Present the mezzezh 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:
 - > **Margougat Al Khudar**
 - > **Thareed Laham**
 - > **Margougat Al Dijaj**

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

Class 19: A Medley of Mocktails

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: In Flight Meal by Etihad Note:Criteria Subject to Change

1. Create a lunch/dinner menu for business class passengers flying ETIHAD airline on Abu Dhabi/ London sector. A economy class ticket to home country for the winner of this class shall be awarded as a prize.
2. Menu must be practically reproducible for two hundred covers. All food items to be Western cuisine no Arabic food is required to be presented.
3. Durable enough for in-flight service (i.e. suitable for chilling and re-heating without deterioration in quality).
4. Meal must be totally acceptable to Muslims.
5. One portion of the main-course will be re-heated and tasted as part of the judging process.
6. Menu to comprise: A choice of



2 hors d'oeuvre (each approx 90grams), One salad with a choice of 2 dressings, A choice of two main courses, one to be vegetarian (each approx. 280gr inclusive), One cold dessert (approx. 90g).

7. The Main courses must be suitable to be able to be reheated and served within 12 minutes.
8. Prepare and exhibit three portions of each dish. One for display as per pre-service set up in foils, one set for display as per service to guest (glazed), one set complete appetizers and main course for judges tasting this portion to be kept chilled ready for reheating once judges request. An oven shall be provided.
9. A written menu is required.
10. Typed recipes are required.
11. The organizers will provide the dishes for presenting the in-flight meals.
12. The main-course used for presentation purposes can be glazed with aspic to keep a good appearance.
13. The main-course used for reheating and tasting, must be covered with the foil provided.
14. All competitors shall be sent a guideline for the plating and portion sizes, these guidelines must be followed. Also a recipe sheet and photograph to be provided as per sample specification sheet provided.
15. Competitors will be provided with the dishes as soon as possible after receipt of their entry-forms and fees. Maximum area 120cm x 75cm

Class 21: Vegetarian Four-Course Menu by Vegini

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. Vegini products will be used in the appetizers and main course. Organizers shall inform all competitors prior to competition
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

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: 3 Course Cheese menu by USDEC

1. Prepare a 3 course menu for one person using USA Cheese in every course.
2. Displayed cold, hot food presented cold, suitable for a la carte service.
3. 1 x Hot appetizer
4. 1 x Main course with main item being USA cheese
5. 1 x Cold Dessert
6. Practical and up-to-date

7. presentation is required.
7. Typewritten description and recipes are required.
8. Maximum area w90 cm x d75 cm
9. All of the plates must use USA Cheese as an ingredient.

Class 25 USA Cheese - Practical Cookery by USDEC

1. Time allowed 30 minutes
2. Prepare and present two identical main courses using USA Cheese as the main ingredient. USA Cheeses must be used by all. No other cheese can be used. Contact details of the suppliers to purchase the cheese from shall be sent to all competitors prior to the competition.
3. If USA Cheese is not used then 50 points shall be deducted from the judging points, competitors must bring with them proof of purchase of USA cheese.
4. Present the main courses on individual plates with appropriate garnish and accoutrements.
5. Typewritten recipes are required
6. Weight per portion on the plate to be 150-200 grams

Class 26 Practical Cookery 2 Different sandwiches by Unilever Food Solutions

1. To prepare and present 2 different sandwiches, 2 portions of each one for judges one for display within 30 minutes
2. 1 vegetarian – 1 non vegetarian
3. Unilever products will be supplied on common table Hellman's Real Mayonnaise, Coleman's English Mustard Colman's Dijon and whole grain mustard
4. Minimum of 3 Unilever Products, must be used in the preparation of both sandwiches
5. The sandwich must be suitable for a light lunch
6. The sandwich can be hot or cold
7. 1 power point will be available



8. Plates, equipment and all other ingredients must be brought by the competitors
9. -Type written recipes are required

Class 27. 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.

1. Present a traditional Arabian wedding feast as it would be served at a five-star hotel in the UAE.
2. Suitable for 20 people.
3. Free-style presentation
4. A team of two chefs and 1 helper are permitted.
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
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 Turkey or 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.
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 9 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.
- > 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 one 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 Abu Dhabi 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 11am till 12 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 12.30pm 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.
- > All food items must be prepared in the team's respective Hotel – based establishment as close to the serving time as possible.
- > 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 11.00 and the food set-up must be finished by 12.00.
- > 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 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
- > 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.
- > 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.

VENUE & ENTRY FEES

1. La Sial will be held during the La Sial Middle East Exhibition from December 12th to 14th 2017.
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 2017 – AED:500/- per person*
 - ii. *Best Pastry Chef – La Sial Abu Dhabi 2017 – AED:400/- per person*
 - iii. *Best Artist – La Sial Abu Dhabi 2017 – AED:500/- per person*
 - iv. *Best Arab National – La Sial Abu Dhabi 2017 – AED:300/- per person*

CLOSING DATE:

5. Closing date for entries is December 1st 2017 However, many are often fully subscribed and closed well before the closing date.

TROPHY ENTRY

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

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.*

In order to qualify for inclusion in the points tally for Best Arab National Trophy a competitor must win at least one medal.

HYGIENE AWARD

A special hygiene shall be commissioned with a trophy from the Hygiene partner of La Sial. The



award shall be presented to the chef showing the highest standard of food safety and hygiene in the practical classes in the kitchen. A special hygiene jury shall be present.

IMPORTANT NOTES ON THE PRACTICAL COOKERY CLASSES

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

WASTAGE and EXCESS MISE-EN-PLACE

1. Mise-en-place and brought materials will be checked at the time of arrival to the kitchen,
2. There will be a penalty deduction of up to five points for excess mise-en-place production.
3. Wastage will be calculated during and after the class.
4. There will be a penalty deduction of up to five points for excess wastage.
5. Due to the fact that only one hour is given to complete the competition; competitors are allowed to bring with them an extensive mise-en-place. However, there are restrictions on how much pre-preparation the judges will tolerate. In all cases, the preparation, production and cooking skills of each competitor must be demonstrated during her/his time in the kitchen.
6. All food items must be brought to the Salon in hygienic, chilled containers: Thermo boxes or equivalent. Failure to bring food items chilled will result in disqualification.
7. All dishes are to be served in a style equal to today's modern presentation trends.
8. Portion sizes must correspond to a three-course restaurant meal.
9. Dishes must be presented on individual plates with appropriate garnish not exceeding 250g total food

- weight excluding sauces 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 to the competition whole.*
 - > *Meat may be de-boned and portioned and the bones cut up.*
 - > *No pre-cooking, poaching etc. is allowed*
 - > *No ready-made products are allowed.*
 - > *No pork products are allowed.*
 - > *No alcohol is allowed.*
15. If a farce is to be used for stuffing, filling, etc., at least one of the four portions of the farce must be prepared in front of the judges to show the competitor's skill
16. No help is allowed to be given to the competitor once

the competition starts; the coaching of a competitor from the sidelines will result in the competitor being disqualified.

17. Within 10 minutes after the end of the competition, competitors must have the kitchen thoroughly cleaned and tidied and ready for the next competitor to use.
18. Two copies of the recipes typewritten are always required.
19. Submit one copy of the recipes to the clerk when registering
20. Submit one copy of the recipe to the duty marshal at the cooking station.

Rules and Regulations

(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.
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 5th -7th December 2016
11. Complete the entry-form according to the instructions on the form.
12. Completed photocopies of the entry-form are acceptable.
13. Submit the completed form to the organisers along with the requisite fee.
14. Fees must be submitted along with completed entry forms.
15. Fees are payable to:
Bank Name: Mashreq Bank
Account Name: Emirates Chefs Guild FZ LLC
Account Number: 019000017926
IBAN:
 AE600330000019000017926
SWIFT: BOMLAEAD
Branch: Dubai Internet City
16. Entries are accepted strictly on a first-paid, first-accepted basis
17. No entry is accepted until the appropriate fee has been received.
18. Entry Fees are non-refundable.

CERTIFICATES AND LETTERS OF PARTICIPATION

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

chef c) A pre-paid fee of Dhs: 100/- (AED: One-hundred) per certificate.

HYGIENE

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

THE SECRETARIAT

24. The Emirates Culinary Guild (ECG) is the body responsible for the creation, organisation and administration of the competition.
25. The competition is governed by and construed according to the rules of the organisers.
26. The organisers have sole authority to adjudicate on any matters pertaining to the competition.
27. Entrants' acceptances of participation in the competition are construed as confirmation of their undertaking to submit unconditionally to the jurisdiction of the organisers in regard to all aspects of the Emirates Salon Culinaire.
28. The address of the ECG for all correspondence and inquiries referencing culinary competitions is: The Emirates Culinary Guild, PO Box 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 chef's uniform with appropriate headgear and footwear when attending at the exhibition.
32. A competitor's helper must wear full; freshly laundered chef's uniform with appropriate headgear and footwear when attending at the exhibition.
33. Incorrectly dressed competitors will not have their exhibits judged.
34. Incorrectly dressed helpers will not be admitted to the exhibition.
35. Logos, marks and identifying colours provided by the organisers must be worn by the competitor throughout the competition in the position indicated to them by the organisers at the time of registration.
36. Logos, marks and identifying colours provided by the organisers must be worn by helpers throughout the competition in the position indicated to them by the organisers at the time of registration.
37. A competitor entered in a practical competition must register at least thirty minutes before the commencement of the competition otherwise the competition slot will be given to a waitlisted competitor.
38. Any competitor not in place and ready to start at least five minutes before the time a competition commences, will be disqualified.
39. Competitors and helpers are forbidden from approaching or speaking with or at a judge without the express permission of the organisers.



EXHIBITS

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

52. Exhibits may, at the discretion of the organisers, be moved to a separate enclosure, there to remain for part or for the duration of the exhibition.
53. Failure by a competitor to register or exhibit at the specified time could result in disqualification.
54. Exhibits which are removed by competitors without permission of the organisers will not qualify for any kind of award

COMPETITION MARSHALS

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

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 18:00 each day. This may change according to circumstance.
61. Any medal or certificate that is not accepted by the competitor or his/her helper at the presentation ceremony for that day will be forfeit, unless prior arrangements are made with the organisers.
62. A competitor or his/her helper must be correctly dressed as stipulated in the rules when collecting medals or certificates.
63. Incorrectly dressed competitors/helpers will not be allowed access to the awards area

COPYRIGHT

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

DISCLAIMER

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

QUERIES

68. All queries must be submitted by email to: theguild@eim.ae. The question and answer to each query will be broadcast to all entrants.
69. La Cuisine by SIAL will take place during SIAL Middle East at the Abu Dhabi National Exhibition Centre in hall 7
70. Access to the Exhibition Centre is through loading gate 3
71. Access to the halls is through hall door 7.1
72. La Cuisine will run December 12th – 14th 2017.



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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 President.....	Approved 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

YOUR WHOLE LIFE GRID

“My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humour, and some style” — Maya Angelou

You are consciously or unconsciously making a choice for all aspects of your life. It is so easy for you to become your own worst enemy thus sabotaging your life.

Unfortunately, a majority of us have never been taught on how to manage our lives and live it with fulfilment and happiness. Thus the need to take 100% responsibility for your own life could be very daunting and somewhat extremely uncomfortable. Many of you are actually unaware of the different elements that encompass a whole life.

Fortunately, Susan Jeffers, in her book *Feel the Fear & Do It Anyway®* makes this easier for us by defining it as the “The Whole Life Grid”. The nine-box grid with ease highlights the essential elements of a balanced and integrated life. In this manner allowing you to manage your emotions more effectively.

Sadly, many of you have been conditioned to be fixated on one or two parts of this “The Whole Life Grid”. Maybe it is your career or intimate relationship. Imagine, if suddenly, your career or intimate relationship fails and there is no personal support. You



Let yourself be silently drawn by the stronger pull of what you really love
— **Rumi**



could easily be lost, be depressed and distrust takes over.

Now is the time to fill up these nine boxes and amplify your awareness so the loss of one element never makes you feel the loss of everything in your life. By embarking on such a journey is a blessing in disguise; a divine intervention to having a meaningful life.

In other words, you accept and walk on the path of taking 100% responsibility for your life:

Stop blaming anyone else for anything you are being, doing, having or feeling. Be aware of your emotional state.

- ◆ Stop blaming yourself. Do your best, remember it's all about learning and growing. Blaming yourself, another or others never resolves a problem. Have compassion for yourself.
- ◆ Knowing where and when you are not taking responsibility so you can eventually transform it. Learn to view them as a feed forward on how you could improve yourself.
- ◆ Handling your “chatterbox”, the internal voice of gloom and doom. Negative thoughts can be very

powerful. Yet out of the negative comes the positive.

- ◆ Be aware of the “payoffs” that keep you stuck. In every situation we are in there are some benefits we achieve even though they may not be beneficial to us in the long run.
- ◆ Figuring out what you want in life and acting on it. Initiate a purpose driven life, seek within and develop a purpose in life.
- ◆ Being aware of the many choices you have in any given situation. When making a choice let go of the outcomes. With attachment to outcomes, we become a slave to our uncontrollable desires

The above seven points have been inspired from Susan Jeffers book called *Feel the Fear & Do It Anyway®*.

Every one of us sometime or the other feels insecure and hurt. Being in this state can be extremely painful. Keep the doors of your heart and mind open and always carry a smile on that face of yours.

Laugh and smile, be carefree. Have an attitude of gratitude. Remember this is your life. You are the mystery. You are the journey. You are exquisite. You are magical. You are beautiful.

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

Contribution	Family	Leisure
Work	Higher Self	Friends
Personal Growth	Relationships	Hobby



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