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# gourmet

volume 15, issue 8

THE MAGAZINE CHEFS LOVE TO READ



## CULINARY RESILIENCE

Chef **Faranak Shafie**'s first dream restaurant was weeks away from opening when the pandemic struck. Here's her story

### SUGAR MAVERICK

Exclusive interview and recipe by pastry maverick Chef **Dammika Herath** of Pullman Hotels



### LOYALTY PAYS

**Abdul Aziz** worked nearly two decades at the same restaurant to find both happiness and career growth



### CONGRESS 2020

**Andy Cuthbert**, Chairman of the Worldchefs Congress on the event's past, present and future



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# president's station

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Dear fellow chefs, ladies and gentlemen, welcome to the November issue of our Gulf Gourmet.

First of all, I would like to congratulate all the winners of the virtual competitions we had during the summer. The Team is keeping busy and keeping you busy with the next virtual competition.

Registrations are pouring in for our American Egg Virtual Competition. I have seen some great entries coming in, including the dessert recipes. I can see already predict that the jury will have a difficult job selecting the winners.

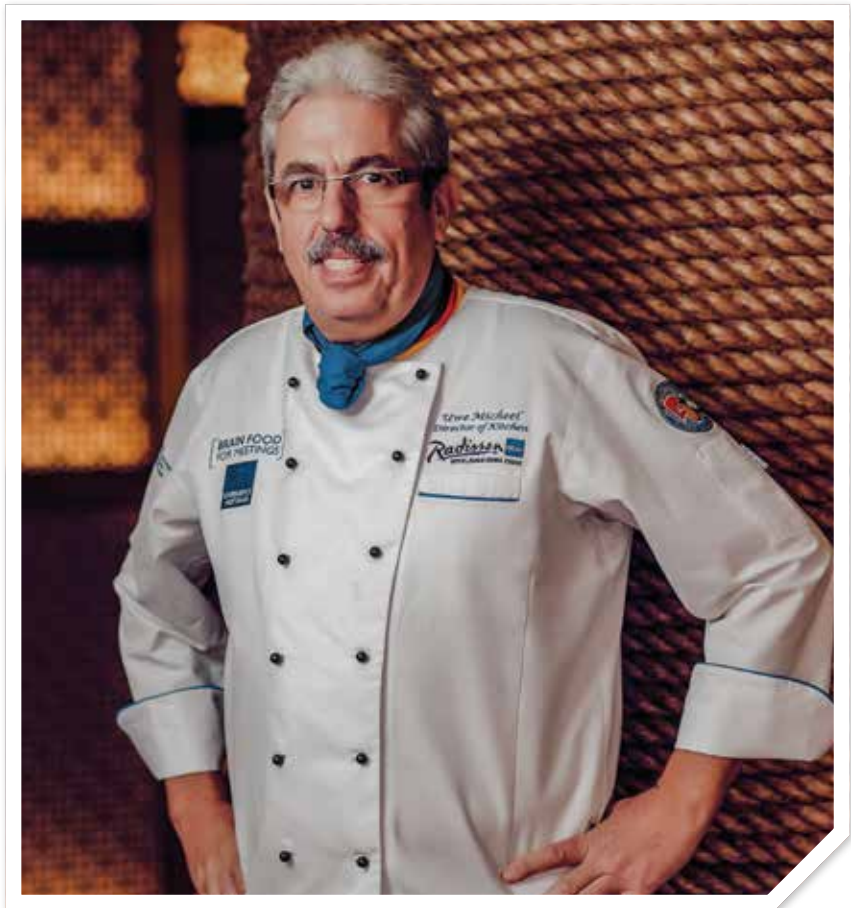
All videos will be posted on the Emirates Culinary Guild YouTube channel, so make sure you subscribe, watch and help promote the channel. Forward our videos to colleagues, friends, and family.

The Risotto Quest is also about to end. This competition is organized by Host Milano – Tutto Food and supported by Emirates Culinary Guild. The best Risotto Videos are also released on the Emirates Culinary Guild YouTube channel, do not miss out on Dubai's best Risottos.

SIAL Abu Dhabi 2020 has been postponed to 2021 and The Hotel Show is planned for 2021 and will run from May 31 to June 2.

We are working now on Salon 2021 and Virtual Expo Culinaire to be held in March 2021. More details will be in Gulf Gourmet.

We are speaking now to our existing Partners and new Partners for this great show. If any of our Corporate Partners are interested to join us physical or virtual, please contact [emiratesculinaryguild@gmail.com](mailto:emiratesculinaryguild@gmail.com)



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

Please do not miss the company profile of our corporate members. We really do

appreciate your support. Also do look at the Friends of the Guild pages to check all our supporters.

Culinary Regards,

**Uwe Micheel**  
President, Emirates Culinary Guild  
Director of Kitchens,  
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# ggcontents

- 07 » **Editor's Note**  
Our Editor's take on all things F&B in the region
- 08 » **Friends of the Guild**  
Brands that support the Emirates Culinary Guild
- 12 » **Newsbites**  
Chef events and industry news from within the country and around the globe
- 16 » **Worldchefs Congress 2020**  
**Andy Cuthbert**, Chairman of the Worldchefs Congress on the event's past, present and future
- 18 » **Pastry Mastery**  
*(by Arla Pro)*  
Exclusive interview and recipe by pastry maverick Chef **Dammika Herath** of Pullman Hotels
- 22 » **Golden Chef's Hat Award** *(Team 1)*  
Chef **Shince** and Chef **Gangadhar** from The Retreat Palm Dubai MGallery by Sofitel are this month's first competitors for the GCHA - UAE



26 » **Chef of the Month**  
**Abdul Aziz** worked nearly two decades at the same restaurant to find both happiness and career growth. Interview with the Specialty Outlet Chef of the award-winning Teatro restaurant.

32 » **Golden Chef's Hat Award** *(Team 2)*  
 Chef **Adil Patel** and Chef **Mitila Triwanny** from Caesars Palace Bluewaters Dubai Hotel are this month's second team for the GCHA - UAE

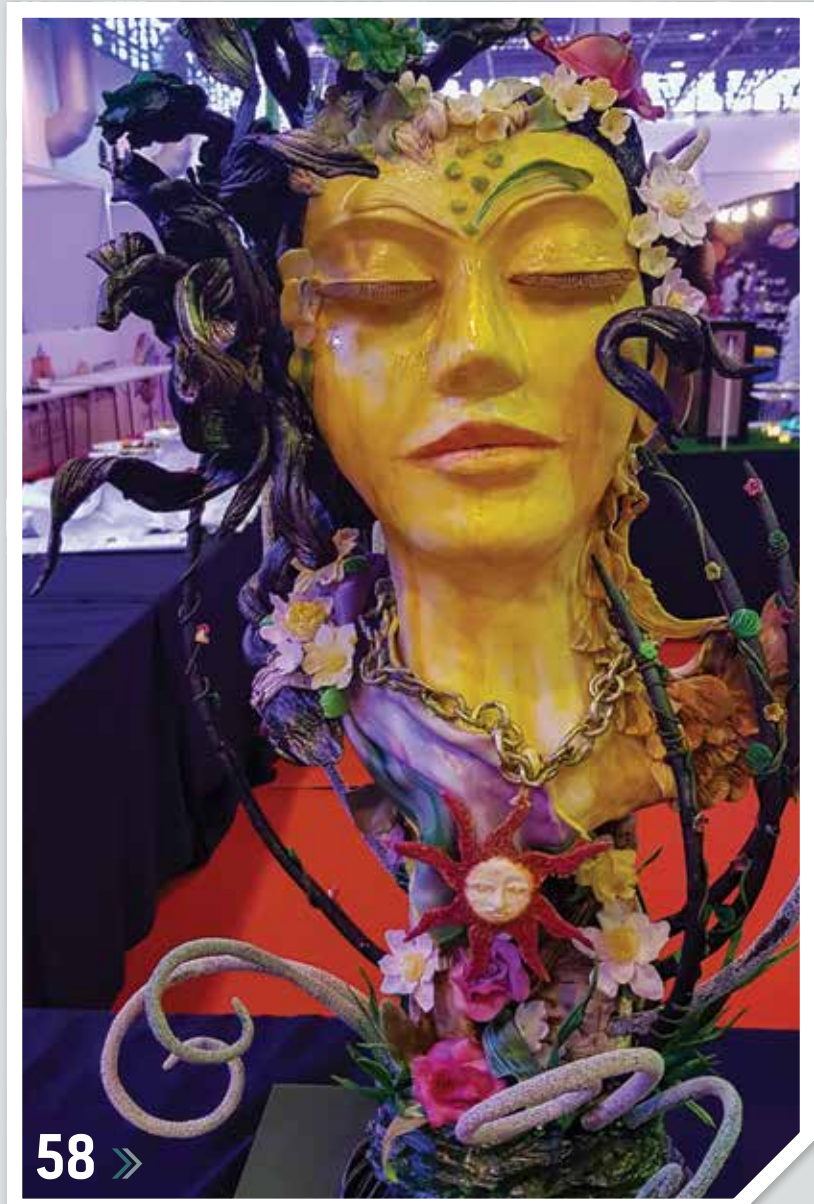
38 » **Cover Story**  
 Chef **Faranak Shafiei's** first dream restaurant was weeks away from opening when the pandemic struck. Here's her story

44 » **Go Farming**  
**Sadam Bangash** tells us about new-age hydroponics farming and what it takes to manage nearly 10 hectares for farms in the desert

46 » **Events**  
 Exclusive images from culinary events in the region. This issue showcases exclusive images from the Nestle organized International Chefs Day, and the best dishes and winners of the US Poultry virtual cooking competition organized by the Emirates Culinary Guild

62 » **Members Directory**  
 A listing of all leading food, beverage and equipment suppliers in the region

66 » **More Than A Chef**  
 Column by TedX speaker **Rohit Bassi**



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# editor'snote

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The resilience shown by professional chefs during the pandemic is by far the most encouraging thing I have seen in recent years.

Many chefs worked sleepless nights during the peak of COVID-19 and put their own lives at risk to ensure other essential workers did not go hungry.

Then there are chefs who are yet to be called back to work by their employers. They are still adapting to a sedentary home-bound lifestyle after spending decades working 12-16 hours a day on their feet.

Regardless of what end of the spectrum a chef is currently at, it is inspiring to see them adapt and focus on next steps rather than wallow in the past.

As the editor of this magazine, I receive a lot of news from the industry, especially hospitality companies. The trend I see is that many fine-dining restaurants are reopening their doors to the public this month and most chefs will be back at work sooner rather than later.

New restaurants that were supposed to launch early this year are up and running as well. You can read about some of these places in our Newsbites section.

Yes, there will be those who slip through



the cracks and lose their jobs permanently. But job loss is not a new phenomenon. If your skills are competitive and your attitude positive, a better opportunity awaits you right around the corner.

Problems both big and small are part and parcel of daily life and how you respond to the challenges is what defines your ability to succeed and grow in your career.

Our cover story is that of a young chef who was days away from realizing her dream of opening her own restaurant when the novel coronavirus played spoilsport.

Thankfully, she got her act together and pivoted to make the most of the situation at hand. Is it ideal? No. But that's not the point. The point is that she has proven her ability to stay afloat under a tsunami-

like crisis and will make for a successful chef/owner of a restaurant when lady luck finally shines on her.

And it should shine soon because all the latest reports and forecasts from KPMG and Ken Research show that 2021 will see a resurgence in dining out and hotel occupancy. It will not match 2018 figures, but eateries and stays offering compelling quality and value to guests, will be profitable and successful.

If I had to read between the lines it means that people have more choice than ever before and restaurants that are overpriced or serve food made from subpar ingredients will be weeded out leaving only the best restaurants standing. If you think about it, this is exactly what the scenario was before the new normal.

As things inch their way back to normal our team has interviewed various industry professionals for this magazine. From young chefs to senior ones and from food suppliers to a local farmer. The stories in this issue are both informative and engaging. If you have one too, then feel free to share with us your story.

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

**Aquin George**  
*Editor*

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# friends of the guild



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## newsbites

# EKFC uses AI to reduce food waste by 35%

Emirates Flight Catering (EKFC) has committed to reducing food waste by 35% and has engaged a company called Winnow to roll out an advanced food waste management

system that uses artificial intelligence (AI) to monitor and control food waste.

EKFC says that in 2019-20 it saved nearly 500 kilograms of food each

day and used in the company's retail operations. It works with airline customers to analyse consumption trends and use predictive data to reduce both wastage and fuel burn from excess weight.



The new technology uses a camera, smart scales and machine learning (like in autonomous vehicles to learn what foods are discarded before calculating the financial and environmental cost. EKFC will use this to adjust its food purchasing decisions.

EKFC is a signatory to the National Food Waste Pledge along with Majid Al Futtaim, Hilton, Marriott, IHG, Jumeirah and Emaar Hospitality.

EKFC is one of the world's largest catering and laundry operations and last financial year it employed 11,000 people to prepare 80 million meals and handle 77,000 tonnes of laundry.

# Sustainability and Luxury Go Hand in Hand

Organizers of global exhibitions HostMilano and TUTTOFOOD Milano had a webinar recently where speakers in four different global cities got together to engage their audience.

The international conference included online and in-person events in Miami, Milan, Shanghai and Dubai and focused on sustainability from the point of view of luxury F&B and Hospitality.

Nine prominent industry stakeholders who spoke included Architect Paul Tse of L&T Architecture, Chinese hotelier Philip Wei, Omar Mohammed of Jones The Grocer, Marco Rosa from Longino & Cardinal, Bulgari Hotel Milan's Senior



Director Attilio Marro, Simona Finessi of Platform Architecture and Design, Dieter Xiao of Norwegian Cruise Line, Chef Andrea Marchesin and Tommaso Cardana of Tomson Hospitality.

The consensus was that sustainability is more than just a trend,

it will be a pillar in the F&B and hospitality industry for the foreseeable future.

## Dubai chef turns resort manager in Vietnam

The Anam in Vietnam has named talented chef Ye Chang Sheng (Peter) as the resort's executive assistant manager. He will bring more than a decade's experience to the 12-hectare beachfront property.

After receiving two diplomas in international hotel management and professional cooking, Sheng, a South African national of Chinese origin, embarked on his career 11 years ago as a demi chef with Radisson Blu in Sandton Johannesburg, South Africa.

He has previously worked at the InterContinental and Hilton in South Africa and Dubai.



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## Tom is F&B Director at Emirates Palace

Emirates Palace hotel has announced the appointment of Tom Kooij as the new Director of Food and Beverage at the palace.

Tom brings 12 years of experience in F&B and was the Food and Beverage Manager at The Landmark Mandarin Oriental, Hong Kong in his previous role.

He was part of Mandarin Oriental's first generation POPCO (Parallel Operating Committee) and he has been a part of the Mandarin Oriental Hyde Park, London.

His work in France, the Netherlands, New Zealand, United Kingdom and Hongkong has led him to be more involved in projects and allowed him to provide strategic leadership and execution for the hotel's food and beverage concepts.



## Fadeel is GM Ritz-Carlton DIFC

The Ritz-Carlton, Dubai International Financial Centre has appointed Fadeel Wehbe as the new General Manager. His three decades of experience includes expertise in leading luxury hotels in the GCC.

Fadeel's career in hospitality has seen him work for brands such as Accor, Starwood, and Millennium & Copthorne Hotel Groups. In his most recent role, he was the General Manager of Fairmont, Amman in Jordan.

He says, "I am here to elevate the already outstanding guest experiences even further."

## Saudi showcases tourism push at FHS

Future Hospitality Summit (FHS), the hybrid virtual conference for the hospitality industry in Saudi Arabia, saw live stage sessions, networking, and roundtable discussions over two days. Organised by the Ministry of Tourism of Saudi Arabia and G20 Saudi Secretariat, the event saw 6,500 hospitality industry professionals from 140 countries.

Conversations touched upon KSA's potential to become a most popular hospitality and tourism destination over the coming decade thanks to

its beautiful beaches, exciting urban developments, and cultural experiences. All this and more make for a rich heritage that is still undiscovered.

John Deferios (CNN), Federico J. González (CEO, Radisson Hotel Group), Cyril Ranque (President of Travel Partners Group, Expedia Group), Terry Jones (Founder, Travelocity.com, and Founding Chairman, Kayak.com), John Pagano (CEO of the Red Sea Development Company) and Jonathan Worsley (Chairman, Bench Events) were among those invited to speak.



## Did You Know?

1 in 4 people increased their consumption of pasta during the months of lockdown, choosing it as their favourite dish because of its health properties, ease of purchase and ability to stock up



## Jumeirah Group shines at British Awards

Seven Jumeirah Group hotels have been recognised at this year's British Airways Holidays Customer Excellence Awards. Voted for and rated by customers, Burj Al Arab Jumeirah, Jumeirah Zabeel Saray, Jumeirah Creekside Hotel, Jumeirah Dar Al Masyaf, Jumeirah Al Naseem, Jumeirah Emirates Towers and Jumeirah Port Soller Hotel & Spa were all lauded for their efforts and commitment to excellence



## Opening, Opened and Reopened

- ◆ Brazilian churrascaria restaurant **Frevo** and **VZ's Pub** have reopened at Fairmont the Palm.
- ◆ **Brasserie Boulud by Daniel Boulud**, the celebrity chef-owner, officially opened its doors last month. The French chef is considered a leading culinary authority in the United States and is his first restaurant in the Middle East.
- ◆ Hakkasan Group and Atlantis, Dubai will open a **Ling Ling** restaurant at the anticipated Atlantis, The Royal in Dubai. The Dubai location will be one of four after Oslo, Marrakesh and Mexico City and is going to be housed on levels 22 and 23 overlooking the resort's 90-metre sky pool.
- ◆ **Sofitel Dubai The Obelisk**, the largest Sofitel property in the Middle East and Africa region, opened its doors last month. The property is designed to reflect modern French art de vivre, ancient Egyptian heritage, and the culture of the UAE.
- ◆ **Señor Pico**, Dubai's first restaurant



Señor Pico

to dish out Mexican-Early Californian cuisine, has officially launched at West Beach on The Palm Jumeirah. The concept was created in the 1960s by the famous Victor 'Trader Vic' Bergeron.

- ◆ **Souk Madinat Jumeirah**, Dubai has reopened its terraces across 11 venues including Americano, folly by Nick & Scott, Belgian Beer Café, Maria Bonita, McGettigan's, Trader Vic's, Trattoria, Perry & Blackwelder's, The Meat Co, Taverna and The Noodle House. Visitors can also experience the new Theatre of Digital Art (ToDA) and redeem the AED 75 cost of an adult ticket against a minimum spend of AED 150 when dining there.
- ◆ **Morpho Hotels and Resorts** has announced that it will enter UAE markets with five properties. The hospitality brand is also set to further expand in the Middle East, Africa, Turkey, Iraq, and the Levant.
- ◆ **Asador de Aranda**, a famous Spanish restaurant from Castilla y Leon, has opened in the UAE and it will serve its signature dish El cuarto de asado, which consists of roasted suckling lamb leg made in a wood-fired oven. Asador means 'roasting restaurant' and the meat for the signature dish is sourced from Churra sheep, a breed specific and unique to the Castilla region in Spain.
- ◆ **Benjarong**, an iconic Thai restaurant in Dusit Thani Dubai, reopens this month. The multi-award-winning culinary venue has a global presence in Abu Dhabi, Bangkok, Cebu, Davao, Doha, Guam, Hua Hin, Maldives, and Manila.

# WORLDCHIEFS CONGRESS ONLINE

When a four-day global event turns into a five-hour virtual meeting, disappointment is an understatement says **Andy Cuthbert**, Chairman of the 'Worldchefs Congress 2020', which could not take place in St. Petersburg due to the pandemic. He shares what happened at the virtual meeting and the plans ahead

Every two years, Worldchefs holds its Congress and general body meeting of 105 member nations. This takes place in a new destination each time amidst thousands of chefs from around the world coming together for a four-day event.



In 2020 we were all meant to meet in St. Petersburg, but like so many other events globally, this too did not happen. The Russian Culinary Association won the bid to host the Congress back in 2016 in Thessaloniki in Greece. They then spent the next four years planning the Congress with the Congress committee of Worldchefs, only to see it get canceled and move to a five-hour online meeting instead.

Disappointment is a word that can hardly describe how the Russian chefs felt. For the Worldchefs Congress committee and the local organizers, seeing this great event not materialize was heartbreaking.

The Congress is the Worldchefs' single biggest event where there is a general meeting, an exhibition and the World finals of the Global Chefs Challenge. This is a huge event and takes years of planning and dedication from the bidding country and the Congress committee of WorldChiefs.

In 2022, the Congress shall come to the

Middle East for the first time in over 14 years. The last time the event was held in this region was in 2008 in Dubai.

Congress 2022 will be held in Abu Dhabi, the capital city of the United Arab Emirates from May 30 to June 2, 2022. The event will be held at the Abu Dhabi National Exhibition Centre (ADNEC) and organized by the Emirates Culinary Guild (ECG) with Purple Kitchen events and supported by the Worldchefs Congress committee.

It is important to note that this event will be hailed as a regional Congress with the Chefs Associations of Africa and the Middle East coming together to support the ECG to make this a truly global event showcasing the region and the best the UAE has to offer.

The bid process for the 2022 Congress began in 2017 when the executive committee of the ECG asked its members their opinion and received a resounding "Yes!" as their response. The Guild put together a comprehensive bid document, pulled together partners from

the UAE government from ADCT and had Purple Kitchen events come on board to be a key events partner led by its owner Joanne Cook.

The process was long and detailed and in 2018 UAE was shortlisted against Australia to bid at the 2018 Congress in Malaysia. A delegation of 70 chefs, officials from Abu Dhabi and family travelled to Malaysia to lend support to the Emirates Culinary Guild's quest.

After a lot of lobbying and discussions on the best destination to choose from, each bidding country was given 10 minutes to present. The UAE was triumphant and was awarded the Congress by the voting members in a close vote and were exuberant in celebration when Worldchefs President Thomas Gugler announced the winning country. Then began the hard work.

There are many aspects of the Congress that many don't understand and being the Congress Chairman for Worldchefs, I have a keen insight into the workings, the needs and the expectations of the



bidding country's government bodies, Worldchefs, Worldchefs Partners, organizers and the bidding country's chef association.

The organization of anything on a global level takes patience and the Worldchefs Congress is no different. I was one of the three main organizers of the 2008 Congress in Dubai along with President Uwe Micheel and Guild coordinator Alen Thong. I have also been actively managed the past three Worldchefs Congresses (2016, 2018, 2020), and am involved in the bid requirements for 2024, 2026 and beyond.

To ensure a great Congress there needs to be an understanding that many of the delegates meet up at this Congress every 2 years and don't see each other again. So the networking and social time is an important part of the agenda. Great food and social events are always on the top of the list.

Worldchefs is a 92-year-old organization and has traditions that need to be followed in the Congress. It is also at the cutting edge of the culinary profession and need to be forward thinking and be able to give delegates a modern and on trend educational program.

The Congress is an all-inclusive event and is not only for members or senior chefs, it is open to all from education, young chefs, hospitality industry, companies in the food and beverage industry, interested members of the general public, all are welcome.

One highlight is the Global Chefs Challenge where 70 chefs come to the Congress to compete in the world finals. Senior chefs, pastry chefs and young chefs all have a competition to compete in and this brings to the Congress a truly top ranked culinary competition where the best in the world compete. Add this competition and the large exhibition to the Congress and you have one mega event that gives so much opportunity to all that attend.

2024 sees the Congress move back



to Asia, with Singapore taking the bid home during the virtual meeting. The entire membership is excited to see the event in Singapore as the last time was in 1990. Many who attended that event 30 years ago are looking forward to going back.

The bid was not an easy one. Singapore was up against Wales, who had the royal backing of Prince Charles, the backing of Europe, and a first-class venue just like Singapore does. Both countries put up excellent presentations in the lead up to the bid, they had excellent lobbying and kept memberships updated on their venues, hotels, program and the country itself know what was on offer.

Both countries had their governments behind them, which is most important. Their convention bureau, their city and of course the local chefs association and chefs of their country all put each country on track to win.

With the congress going virtual this added a new dimension to lobbying and the bid presentations that had to be delivered on the day within 10 minutes by each country's representatives. Wales took the approach of an excellently prepared 8 minute video which was presented by Allwyn, the President of the Welsh Chefs, and preceded with a 2 minute introduction from him and the Welsh government officials.

Singapore had a mixed presentation style of Otto Weibel, one of the 1990

committee members and President Eric Neo presenting both verbally and a PPT along with a dynamic video showing everything on offer from Singapore's multi-cultural society.

Voting was done live electronically and the audience could watch the votes coming in with the voting going one way then the other and then a nail biting finish to see Singapore take the bid by only 4 votes...an outstanding result for them and disappointment for Wales.

Both had done equally well and both deserved to win. However, as these are unprecedented times, it has been decided to award Wales the Finals of the Global Chefs Competition in 2021. With the cancellation of 2020 in Russia, the Worldchefs needed to put on a show so Wales has accepted to be the venue and hosts in 2021 of the final of the delayed 2020 finals.

This we know will give them the opportunity to showcase what we would have all enjoyed in 2024 and we are really looking forward to head over to Wales to support our region's finalists from South Africa and the UAE, and look forward to their success.

To host and organize a Worldchefs Congress is a huge responsibility and one that takes time to prepare, and planning is key to the success of any large event. Planning for 2022 is well underway in the United Arab Emirates and the Abu Dhabi Congress committee made up of Worldchefs, ECG and PKE colleagues are in contact constantly to make sure we all deliver an outstanding event, full of energy, learning, cultural understanding, and above all great food and social networking events.

In 2022 we will be coming out of these unprecedented times and the way the Congress looks could be very different with so much uncertainty surrounding the event and hospitality industry at this time. However, the committee is made up of seasoned experts and industry leaders and has the support of a global association like Worldchefs behind them.

# SWEET DREAMS ARE MADE OF THESE

Exclusive interview and recipe by pastry maverick Chef **Dammika Herath** of Pullman Hotels

**A**s pastry chef, Dammika Herath has the remit to manage six Pullman properties across the UAE. The 43-year-old is a well-known name among the country's pâtissiers and has called Dubai home for nearly two decades.

The Sri Lankan has represented the UAE – his adopted home – at multiple international culinary competitions and has brought home many medals in recent years. This includes two culinary Olympics in Germany where he won team Gold medals and the best plated dessert award at the Worldchefs Congress in Malaysia.

His current team of chefs may have been downsized thanks to the pandemic forcing operational changes, but that has not stopped the maverick from pushing the envelope when it comes to exploring modern sweet delights.

Compared to his previous role at the Radisson Blu – where he worked with WorldChefs associate VP and Emirates Culinary Guild president, Uwe Micheel – both his creativity and his remit have increased at the Pullman, he says.

“Radisson was a busy operation given the number of outlets they have. We had to focus a lot on volume over there. The focus on creativity is more prominent here. The Pullman brand



**It's not just about food anymore. As a chef you have to think beyond food to survive in this market**

attracts a lot of VIP customers and C-Suite meetings. Our coffee breaks and executive lunches are a big deal. I train the team to ensure the daily operations go smoothly, while I personally overlook the finer details for our VIP guests,” he says.

He admits he loves being a hands-on chef while also deciding what new desserts appear on the menu and staying abreast of popular F&B trends.

His secret to success he says is “understanding how huge the culinary industry is” and how dining preferences are constantly evolving.

“It's not just about food anymore,” he says and adds, “As a chef you have to think beyond food to survive in this market.”

A chef today must be constantly innovating and taking a pulse of the

industry. And that is Chef Dammika's mantra. “I like to stand apart from the crowd by creating new or different ‘sweet’ experiences for my guests.”

“100%” is his answer when we ask if his management is on board with his need to be constantly creative. He says, “My GM is very happy with what I'm doing. My management team, my kitchen team and, of course, my Executive Chef, have always been very supportive.”

For our readers, Chef Dammika has created a raspberry cheesecake with hazelnut choux, bloody orange jelly and chocolate mousse with mix berry. The recipe uses section sponsor Arla Pro's cream cheese, butter and cream. “If you see the plate you instantly recognize that you are in for a different kind of treat,” he says.

Since the last time he was featured on this magazine's cover – while heading to Milan for the World Pastry Chef competition – he has not stopped adding small victories to his repertoire. “We continue working closely with chef Uwe and Andy and the Emirates Culinary Guild. Last year, I finished my judging seminar, which I'm really happy about. I cannot wait to judge international pastry competitions,” he says.

For young pastry chefs looking to emulate his success, his advice is simple.



Success does not happen overnight. He says, "I had to work my way up from the bottom, you know, for everything. It is not easy. It took years to complete my training and I had to work really hard. Fortunately, I got to work at many world-renowned hospitality brands."

For those who do not have great chefs to learn from or the money to go to a great culinary school or are pressed for time due to 15-hour workdays, Dammika's early years are a great example.

He says, "First set your long-term goal. And second, find ways to reach that goal. You will see the path to success unravel itself. All you need to do is put in the hard work."

In his personal life, Chef Dammika married Inosha, his high school sweetheart of 13 years. They are now the proud parents of two beautiful daughters – Thinaya, 9, and Methuli, 6. His wife and kids are back home in Sri Lanka. "Thinaya is passionate about cooking and she loves creating cooking videos. It makes me really happy," he says and adds, "I can see her becoming a young female chocolatier."

Chef Dammika's says he is set to



**Dammika Herath with wife Inosha Iriyadarshani and daughters Thinaya Thevindee Herath, Methuli Chenaya Herath**

compete for the World Chocolate Masters next year. His long-term goal is to retire and start teaching young culinary dreamers and to share his

knowledge with them. For someone who is known for his love of sharing his culinary knowledge with others, this comes as little surprise.

## Raspberry cheesecake with hazelnut choux, bloody orange jelly and chocolate mousse with mix berry

### RASPBERRY CHEESECAKE

Arla soft cream cheese	500 gm
Condensed milk (395g x 4)	1 tin
Arla high stability whipping cream	1L
Gelatin	8 pcs
Raspberries	90 gm

#### Method

- ◆ Beat the cream cheese and condensed milk together until creamy.
- ◆ Add whipped cream, fold nicely.

- ◆ Add melted gelatin into the mix.
- ◆ Add the raspberries.
- ◆ Pour into a cake mould.
- ◆ Set in the freezer.

### CHOCOLATE SUGAR DOUGH

Lurpak unsalted butter	100 gm
Sugar	50 gm
Flour	150 gm
Egg	1 pic
Cocoa powder	7 gm

#### Method

- ◆ Mix the butter and sugar.
- ◆ Add the eggs.
- ◆ Strain the flour and cocoa powder and mix to make a dough.
- ◆ Rest in the chiller.

- ◆ Make a thin sheet and bake at 170°C.
- ◆ Make small portions for cheesecake base.

### RASPBERRY JELLY

Raspberry puree	300 gm
sugar	200 gm
NH pectin	4 gm
Glucose	20 gm

#### Method

- ◆ Mix sugar and pectin
- ◆ Pour into warmed puree with glucose.
- ◆ Cook at 104°C

#### Use for glazing

- ◆ Remove raspberry cheesecake after it's frozen.
- ◆ Glaze with raspberry jelly.
- ◆ Cut the chocolate sugar dough in the



same size.

- ◆ Place cheesecake on the chocolate sugar dough.

### CHOUX PASTE

Milk	250 ml
Lurpak unsalted butter	250 gm
Sugar	250 gm
Flour	300 gm
Salt	7 gm
Egg	500 ml

#### Method

- ◆ Boil milk with butter, sugar and salt.
- ◆ Add the flour, mix well into a dough.
- ◆ Beat it at a low speed in the mixing bowl while adding one egg at a time.
- ◆ Use plain, pipe in the box type mould to bake in covering on top.
- ◆ Bake at 180°C for 40 minutes.

### HAZELNUT CREAM

Milk	500 gm
Sugar	50 gm
Egg yolk	12
Hazelnut past	250 gm
Gelatin leaves	5 pc
Arla high stability whipped cream	250 gm

#### Method

- ◆ Boil the milk
- ◆ Mix sugar and egg yolk well
- ◆ Add boiled milk to egg mixture and cook at 82°C
- ◆ Add the hazelnut paste
- ◆ Add gelatin.

### BLOODY ORANGE JELLY

Bloody orange puree	1 L
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Sugar	150 gm
Water	250 gm
Gelatin	20 pcs

#### Method

- ◆ Boil the puree, sugar and water.
- ◆ Add soaked gelatine to the hot puree.
- ◆ Take the choux bun and fill with hazelnut cream.
- ◆ Garnish with bloody orange jelly.

### CHOCOLATE MOUSSE

Water	240 gm
Sugar	180 gm
Glucose	180 gm
Gelatin	20 gm
Chocolate (finely chopped)	700 gm
Arla high stability whipped cream	800 gm

#### Method

- ◆ Boil the water, sugar and glucose.
- ◆ Add the gelatin and mix well before adding the finely chopped chocolate.
- ◆ Gently fold in the whipped cream

### MIX BERRY COMPOTE

Raspberries	100 gm
Blackberries	100 gm
Red currant	50 gm
Strawberries	100 gm
Sugar	40 gm
Corn flour	15 gm
Orange zest	1 pc

#### Method

- ◆ Boil the milk, and mix the eggs, egg yolk, sugar and corn flour.
- ◆ Cooked the cream slowly at 85°C till it turns creamy.

### CHOCOLATE CAKE

Egg yolk	160 gm
Eggs	80 gm
Sugar	100 gm
Flour	80 gm
Cocoa powder	40 gm
Lurpak unsalted butter	40 gm
Chocolate 70%	40 gm
Egg white	180 gm
Sugar	80 gm
Salt	3 gm

#### Method

- ◆ Pre-heat the oven at 180°C
- ◆ Whip the egg yolk with sugar till fluffy
- ◆ Add flour and cocoa powder mix with the melted butter before adding chocolate to the mixture.
- ◆ Take a baking ring, fill the mixture 80% and bake for 15-20 minutes. Let it cool before use.

### CHOCOLATE GLAZE

Water	300 gm
Sugar	600 gm
Glucose	600 gm
Condensed milk	400 gm
Gelatin	40 gm
Dark chocolate	600 gm

#### Method

- ◆ Soak the gelatin leaves in the cold water.
- ◆ Cook the sugar, water and glucose at 103°C.
- ◆ Add in the condensed milk. Add the gelatin and emulsify with the chocolate. Let it cool down and glaze at 28°C to 30°C



Nestlé  
Golden  
Chef's Hat  
Award



# Dream big or GO HOME

Chef **Shince** and Chef **Gangadhar** are this month's first team to compete for the Golden Chefs Hat Award

Chefs Shince and Gangadhar both hail from the southern states of India and have been working in Dubai for the past few years. The young chefs say they have had a great time working at The Retreat Palm Dubai MGallery by Sofitel because of the learnings and opportunities afforded to them.

Here are their stories and followed by their recipes.

## Chef Shince John

25-year-old Malayalee chef Shince John is a Commis I at The Retreat Palm Dubai MGallery by Sofitel. His tryst with cooking began as a 10-year-old when his

mom would give him recipes of dishes like rice pancakes and ask him to cook.

This piqued his interest and eventually turned into a desire to become a chef. He graduated in hotel management sciences in the south Indian district of Kottayam where his favourite classes were the guest lectures by celebrity chefs on topics such as how to plate a dish. "I enjoyed Chef Damu's teachings in particular," he says.

After graduation he completed a year-long stint at the Taj Malabar Cochin. "My chef there taught me how to make a good mise en place and how to cook great tasting dishes," he says.

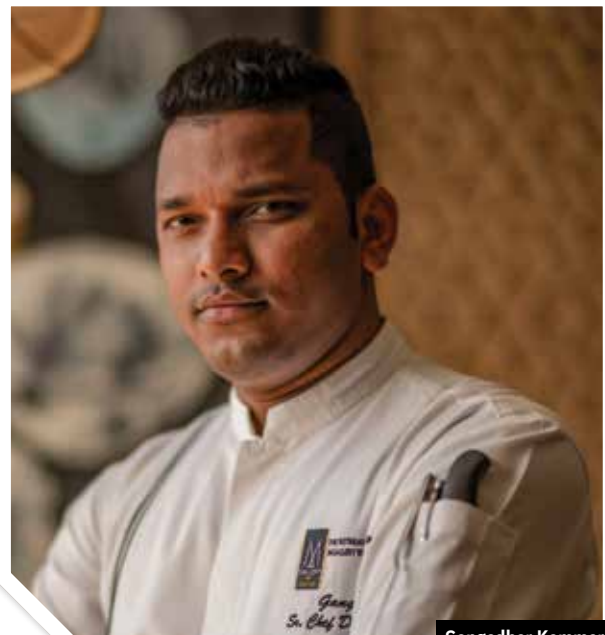
The lure of a tax-free salary soon beckoned when his cousin, who works as a bar manager at Manzil Downtown, helped him get this current role three years ago.

"I was part of the pre-opening team here and this place has allowed me to grow in my career from Commis III to Commis I."

"Sofitel has given the opportunity to learn first-hand what it means to work in a wellness hotel and to be a part of a wellness team. The cuisine is mostly European," he says and adds, "Given that the focus on healthy eating will not go away anytime soon I am thrilled to be learning so much at a young age. We



Shince John



Gangadhar Kammari

also get to focus on specialty diets such as keto, paleo and vegan.”

Chef Shince, who dreams of someday owning his own restaurant, has created a pan seared salmon with zero carb broccoli and pea puree and beetroot puree using the Nestle ingredients we provided, for this competition.

He says, “This dish is inspired by the keto wellness diet and is a healthy meal.”

Talking about an early lesson he learnt, he says, “On a busy day a colleague and I bumped into one another and the dish I had just made for a guest fell from my hands. Luckily, I had an extra dish prepared. From that day on, I have always had a back-up plan in place.”

He says that at the Sofitel, “Chef Ganga, Chef Ruban and Mr. Arora” always encourage them to innovate with their plating every six months. And this focus is clearly seen in his dish.

## Chef Gangadhar Kammari

Like his partner for this competition, Chef Gangadhar also grew up in southern India, albeit 1,000 kilometers away in the city of Hyderabad.

The 28-year-old says he enjoyed baking at home during his teenage years. He realized that pastry is his calling and enrolled in a culinary school.

Even though there were no chefs in his family, his folks were happy to see him finally pursue a line of work that could lead to a great career.

Rather than graduate in hospitality management, Chef Gangadhar opted for the culinary part of the program followed by a cross training at the luxurious The Lalit Ashoka Bangalore.

He was recruited on campus to work at the Trade Center in New Delhi but had to give in to his family's emotional appeal to stay closer to home. “I ended up choosing the Hyatt Regency Chennai,” he says.



After a year working as a Commis under the tutelage of Chef Shaji, he began getting comfortable working with chocolate, creating showpieces and playing with sugar.

The next job opportunity was at the Movenpick Hotel JLT with chef Praveen and convincing his parents to let him move to another country altogether is a story on its own, he says.

His career flourished in this new city and soon he found himself working as Demi Chef de Partie at the JA Ocean View Hotel JBR. Another two years (almost) and he was scouted by The Retreat Palm Dubai MGallery by

Sofitel in his current role as Chef de Partie.

It has been two and half years since joining Sofitel, and with the departure of his pastry chef he has taken charge of production and quality control in the pastry kitchen. “I am thankful to the management for placing their faith in me. I now do the menu management and cost control of all new pastry menus, new coffee breaks, and I do the setup of my pastry shop,” says Chef Gangadhar.

Creating sweet treats at a wellbeing resort was a challenge at first he says. “It is more than just vegan, paleo or keto. It's about health. For example, we use maple syrup or stevia instead of white sugar. Our menus are developed

accordingly. To get the taste right using different ingredients is not easy.

With time he says he has learnt the intricacies of managing the right ingredients, using the right measurements, is the key to making desserts healthy.

For the Golden Chef's Hat Award – UAE Season 8, Chef Gangadhar has created a healthy sweet dish. “There is yuzu as well as citrus fruits that are healthy. There are rare fruits too. We have used activated charcoal macarons (activated charcoal is a super food good for immunity) and butterfly pea flower powder (a kind of tea/lavender flower). I did incorporate Maggi condensed milk and coconut powder,” he says.

Chef Gangadhar too dreams of opening his own pastry shop in Hyderabad. I want to make luxurious desserts and hopefully get the marketing thing right.

Talking about a lesson he's learnt on the job he remembers the time when he was making caramel and went to check on another production. “The caramel got burnt, the engineering department had to come in, and I had to go to duty manager and explain myself.”

He says, staying calm when explaining what mistake has been made is the only way to help chefs learn. This is how I learnt so this is how I want to teach.”

## PAN SEARED SALMON ZERO CARB BROCCOLI RICE AND COCONUT SAFFRON SAUCE

### PAN SEARED SALMON

Salmon fillet	220 gm
Butter	20 gm
Dill leaves	15 gr
Lemon juice	10 ml
Garlic clove	2 pc
Olive oil	50 ml
Salt and Pepper	for taste

### COCONUT SAFFRON SAUCE

Butter	1 tbsp
Chopped onion	cup
Crushed garlic clove	1 pc
Maggi stock powder	1 tsp
Coconut milk	2 cups
Nestle cream	½ cup
Saffron	pinch

### ERO CARB BROCCOLI CHIVES RICE

Broccoli head	100 gm
Olive oil	5 ml
Chopped onion	10 gm
Garlic Clove	1 pc
Chopped Chives	5 gm

Chef Demi Glace	10 gm
Maggi seasoning	for taste

### BEET FLUED GEL

Beetroot	100 gm
Salt	pinch
Agar agar	5 gm
Balsamic vinegar	20 ml

### VEGETABLE GARDEN

Asparagus	40 gm
Baby carrot	40 gm
Split peas	20 gm
Red radish	10 gm







## YUZU SWEETENED MOUSSE IN BUTTERFLY PEA FLOWER AND ACTIVATED CHARCOAL MACAROONS

### BLOOD ORANGE GINGER SORBET

Blood orange	3 pcs
Water	125 ml
Caster sugar	85 gm
Lemon	1 pc

### COCONUT MINT CAVIAR

Coconut milk	50 ml
Maggi CMP	10 gm
Gelatin	8 gm

### LEMON JELLY

Lemon juice	60 ml
Lemon zest	of 1 pc
Glucose	20 gm
Gelatin	1 leave

### BUTTERFLY PEA FLOWER COULIS

Butterfly pea flower tea	10 gm
Nestle SCM	50ml
Glucose	15 gm

### ACTIVATED CHARCOAL BABY MACAROONS

Almond flour	65 gm
Powdered sugar	65 gm
Caster sugar	45 gm
Egg whites	50 gm
Lemon juice	1 tsp

Activated charcoal	8 gm
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### YUZU SWEETENED MOUSSE

Yuzu puree	84 ml
Water	98 ml
Maggi SCM	20 ml
Glucose	25 gm
Gelatin	11 gm
Italian meringue	154 gm
Nestle Cream	180 gm

### CONCENTRATED KITKAT CRUMBLE

Crumbled kit kat	40 gm
Flour	15 gm
Melted Butter	10 gm
Muscavado sugar	10 gm

November 2020 **Gulf Gourmet**

# LOYALTY PAYS

**Abdul Aziz**, the Specialty Outlet Chef at Teatro restaurant in Dubai, talks about his early struggles and how he grew in his career by sticking to one restaurant for nearly two decades



**G**rowing up in a south Indian village near Bangalore city in India, Chef Abdul Aziz would never have guessed that his future dream will be to own a restaurant with his wife in a floating market in Java, Indonesia. He should have had an inkling though that running a restaurant and tantalizing guests with his culinary skills is his calling.

The son of a small restaurant owner, Chef Abdul grew up learning the ropes of the trade from the age of 10. Helping his dad for an hour or so after school is how he educated himself on all the moving parts of a running restaurant.

His dad's eatery was what an American would call a "hole in the wall", but the fresh, steaming dosas and idlis his dad made from scratch, would melt in the mouth like butter on a slice of hot toast.

The thought of dipping his dad's pancakes made from fermented rice into the quintessential coconut chutney, makes his mouth water every time he thinks of it.

"I worked in my father's restaurant because he needed my help. Other than dosas, idlis and chai, my dad would also make biryani on weekends and some sweets," reminisces Chef Abdul.

That business did not make his dad a millionaire as it was in a town where eating out is more the exception than the norm. What it did though was give Chef Abdul the life lessons needed to make it big in a global culinary destination like Dubai as well as the opportunity to go to a culinary school.

He completed a year-long diploma course from a culinary institute in Bangalore, India and got himself some training on Indian cuisine at a local bistro.

### UAE BECKONS

At age 19, Chef Abdul made his way to Ras Al Khaimah, UAE to work in his cousin's café. "He called me there and



## You don't need to change employers to learn new skills. You learn from the chefs around you

arranged for my visa. I even stayed with him," he says.

He soon found work as a kitchen helper at the Nakheel Hotel in Ras Al Khaimah.

Talking about the initial days, he says, "I knew how to make a great biryani in large quantities. This is something my father taught me. During functions, I was called upon to make biryani, which earned me praise from the hotel owner. This was the first time I realized that I had something in me. Until then, I never believed in myself and all I thought of was money."

He took that as his cue to become a credible chef come what may. "I would do stewarding, cleaning, just about anything to be around the kitchen and learn," says Chef Abdul.

In two years, he learnt about western style of cooking steaks and grills before returning to India to be with his family.

An opportunity to be a part of a catering company in Abu Dhabi saw him return to the UAE. "I had no special position. I

was expected to cook and that is exactly what I wanted to do," he says.

Another two years passed by before he hears about a restaurant named Teatro looking to amp up their pre-opening team. This was the year 2001 and he was finally offered a role as a Commis.

The privilege of finally being called a Commis after over a decade of working in professional kitchens made Abdul feel happy. Add to it, the allure of a five-star kitchen and the ambition to make his mark. "From day one I felt as though this restaurant is my home."

Back in the day, the concept of guests being able to see the chef at work through a glass wall was still novel. Teatro was housed inside Towers Rotana on Sheikh Zayed Road where Dubai saw its first mega skyscrapers come up.

Chef Abdul found himself being a part of real success. Be it Timeout, What's On or any other restaurant awards out there, Teatro has had a place of pride on those lists for a decade. While it may sound Italian, the restaurant has a multicuisine concept and it gave Chef Abdul the ability to learn how to cook different cuisines in a fine-dining setting.

A few years later, the hotel chain needed skilled hands to help with the pre-opening of their new luxury complex, the Al Murooj Rotana in Dubai, and Chef Abdul moved there as a Demi Chef de Partie.

Some years later, in 2006, Chef Abdul was back at Teatro. "They needed me and



I was missing this place too," he says. He has been with the restaurant ever since and has worked there with American, French and Italian chefs.

### THE TRYST WITH THE GUILD

In 2004, a young Chef Abdul grabbed the opportunity to compete in an Emirati Cuisine challenge organized by the Emirates Culinary Guild. It was part of the country's push to preserve and promote Emirati cuisine around the world.

"This is when I first found out that there was a culinary guild in the UAE and got to know Chef Uwe. I have been reading Gulf Gourmet ever since from cover to cover," he says.

He won a bronze medal at the Emirati cuisine challenge held at the Emirates Academy. In the years that followed, he won multiple medals at the Emirates Salon Culinaire, which is the world's largest cooking competition for professional chefs in individual categories.

### THE GROWTH

In 2010 Chef Abdul was promoted to Sous Chef and has been heading the outlet's kitchen operations ever since. He currently overlooks the day to day operations along with the hotel's Turkish Executive Chef.

"You don't need to change employers to learn new skills. You learn from the chefs around you. My father says it is important to stay loyal to a company that has helped you grow in your career.

"I have had many opportunities to work at other hotels, but I am really invested in maintaining the success of this place. After all, Rotana Group has invested a lot in my career growth. I started out as a Commis and now I lead and manage a culinary team because of the in-house training and coaching."

The result of Chef Abdul's loyalty is his ability to maintain the restaurant's foothold in a fiercely competitive industry for almost two decades.



"Up until the pandemic we had 200 to 250 guests a day. Even now, after the dip in numbers, we continue to be stable. Our focus is ensuring all social distancing rules are followed to a tee so that our staff and our guests stay safe," he says.

So what keeps him motivated after all these years? He says his 75-year-old father has a lot to do with it. "My father closed his restaurant 10 years ago. When I go on vacation, I make burgers and salads for my dad. And he asks me to show him how to make it. Watching a 75-year-old man with a drive to learn motivates me."

### YOUNG CHEFS

Chef Abdul did have a dream to join the National Young Chefs Team but was above the age threshold when he found out about it. Instead he joined the Emirates Culinary Guild as a senior member, was a marshal at many culinary competitions and completed his judging seminar last year to become a competition judge.

He now trains young chefs who win medals at national competitions and one even represented the UAE at the Culinary Olympics as part of the junior national culinary team.

"I am living my dream through my young chefs," he says.

### PERSONAL LIFE

The Indian national is married to an Indonesian chef that he worked with at the Al Marooj Rotana. The two got married in 2008 and are today the proud parents to three children aged 12, 7 and 4.

"My daughter is always with her mother, cooking and baking in the kitchen. This year she participated in two virtual cooking competitions organized by the Emirates Culinary Guild. It's a good activity to have during the pandemic and I was thrilled to see her come second in both the competitions."

Going forward, Chef Abdul wants to experience the Worldchefs Congress 2022 in Abu Dhabi after this year's Congress in St. Petersburg was cancelled due to the pandemic.

Thereafter he intends to go along with his wife's plan and open a restaurant in the floating markets of Java in Indonesia. "My children love it there," he says. He also wishes to open a small culinary school to pass on the knowledge he has gained.

If his cooking skills bring in the patrons like Teatro did, we already know what his future looks like.

NEW!

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# VENI, VIDI, VICI

Chef **Adil** and Chef **Mitila** create a formidable duo in their quest to win the battle for the Golden Chef's Hat Award

This is the second team from the Caesars Palace Bluewaters Dubai Hotel to make it to the top 20 featured competitors in what can only be described as the most important young chefs competition in the UAE.

The Nestlé Professional Golden Chef's Hat Award – UAE Season 8 only has two more teams to go next month before the top 10 finalists are selected for the final live cook-off.

Chefs Adil Patel and Milita Triwanny are two rising stars in the professional kitchens of Dubai and here are their stories and recipes.

## Chef Adil Patel

Born and raised in Delhi, India, Chef Adil is a 25-year-old Commis I and has been working for two years now at Bacchanal, a multicuisine buffet concept from Las Vegas, housed in the Caesars Palace Bluewaters Dubai. He considers himself a newbie who is still learning the ropes.

Chef Adil loves his current role as it affords him the luxury of working on a different cuisine each day. "Our menu changes daily. If one day we offer Spanish cuisine, it could be Italian cuisine the next day and Chinese cuisine the day after. I am learning all of it," he says with a smile.

His transition from Delhi to Dubai was made easy because of his pre-opening experience working for the banquet at Andaz Delhi, a Hyatt concept. He joined his current employer too as part of the pre-opening team.

"My inspiration to join the industry came from watching my cousins who are professional chefs in India," he says. His dad was not a chef but did work at Taj Air Catering, the leading flight catering company in India.

The decision to turn cooking into a career was set early on he admits. "When studying in grade 6 and 7, I was top in my





**Adil Patel****Milita Triwanny**

class. My parents would urge me to pursue chartered accountancy or something like that. But I had made-up my mind."

He got his bachelor's degree from the Delhi Institute of Hotel Management and completed an industrial training in the city's Radisson Blu before getting his first job at the Andaz.

For the Golden Chef Hat Award competition he has made a 'Soya Braised Salmon On Herb Crumb And Salmon Skin Chips, Salmon Terrine, Salmon Croquette With Lobster Dumpling, Beetroot Puree, Buttered Vegetables and Lobster Bisque.

He says, he is comfortable cooking fine-dining dishes in high volume because of his experience working in banquets and buffets at five-star properties.

His long-term plan is to gain some work experience working in a cold country like Canada or somewhere in Europe before opening his own restaurant in India.

For now, he is focused on gaining experience and some savings. He says that he loves picking his chef's brains on any new thing that he sees, and learns it by heart after he jots it down in a notebook.

### **Chef Milita Triwanny**

Chef Milita was born and raised in Palembang, a port city and the capital of Indonesia's South Sumatra province. The 24-year-old has worked as Commis I - Pastry at the Caesars Palace

Bluewaters for nearly two years.

Over the past six months she has been managing the cake counter including end-to-end production and adding the final touches.

Ask her why she chose this profession and she says, "People say the best kitchen is your grandma's kitchen. My grandma and grandpa baked bread and other pastry items. I had every possible mould at home. My mom was great at baking cakes too. As a kid I had an early start and I would join them in baking cookies and stuff."

After senior high when her mom asked what she wanted to do next, her answer was "a diploma in pastry".

She enrolled herself at the National Hotel Institute Bandung – nearly 700 kilometres from her home – for a three-year management program.

The experience of studying there she says was good, the hands-on pastry training was intensive, and she chose to learn how to juggle bottles as her extra-curricular subject. "Yes, I'm good but not an expert at juggling bottles," she says with a laugh.

After two internships at Aston Primera Bandung and Ayana Resort Bali, she completed two stints at the Hyatt Regency Bandung and The Royal Purnama Bali.

While working in Bali she saw a post on social media about a Dubai hotel, connected with the chef, applied online, and was interviewed over Skype for a role at the Bulgari Hotel & Resorts, Dubai.

Her parents were shocked at her decision to move to the Middle East. "I said, 'Yeah, why not!'"

While in Dubai, she saw on social media that Caesars Palace was hiring for their pre-opening team in Dubai and she successfully applied for her current role.

She says her mom is her true inspiration and among chefs she is inspired by their "kind" consultant chef Rayan.

Competitions are not new to Chef Milita. She says she was placed first in a traditional plated food competition and third in a plated dessert competition back home in Indonesia. In this competition she has prepared 'Crunchy Brulee Cube with Mousse Duo and Orange Sorbet'.

As for lessons learnt she says, she once left the oil on heat and realized it only after it caught fire. Lucky for her, her Chef said, "It's okay."

Her long-term goal she says is to run her own restaurant or pastry shop. "My dad says I should try and bring international desserts to our home city."

## SOY BRAISED SALMON ON HERB CRUMB AND SALMON SKIN CHIPS, SALMON TERRINE, SALMON CROQUETTE WITH LOBSTER DUMPLING, BEETROOT PUREE, BUTTERED VEGETABLES AND LOBSTER BISQUE

### SOY GLAZED SALMON

Maggi soy sauce	50 ml
Salmon	80 gm
Salt	To taste
Honey	2 tbspc
Garlic	15 gm
Lemon Juice	10 ml

#### Method

- ◆ Make a marination with soy sauce, honey, salt, garlic and lemon juice. Marinate the salmon for 45 minutes and pan sear it and apply remaining glaze on top.

### SALMON SKIN CHIPS AND HERB CRUMB

Salmon skin	1 strip
Chopped thyme	20 gm
Chopped parsley	20 gm
Bread crumb	50 gm
Salmon trimming	100 gm
Leftover Salmon skin	2 sprigs
Thyme	2 ea
garlic	

#### Method

- ◆ Toast the salmon skin on low heat in a pan, between butter paper sheets and weight over it till it gets crispy and release all its fat. Slow cook the salmon left over and skin with garlic and thyme until it reaches the flavor. Strain and keep it aside. Remove it and sauté chopped thyme and parsley in that salmon skin fat with breadcrumb. Put this crumb on the glazed salmon along with the salmon skin chips.

### SALMON TERRINE

Salmon thin slices	3 slices
Salmon chunks	50 gm
Nestle cream	20 ml
Egg whites	2

Blanched savoy cabbage leaves	2 leaves
Prawns	8-Jul

#### Method

- ◆ Put prawns on cling wrap, beat with hammer, put a layer of blanched savoy cabbage on it, then put rolled thin slices of salmon.
- ◆ Make salmon mousse by grinding salmon chunks with egg whites and then add cream, strain it and put in piping bag.
- ◆ Apply this mousse on top of rolled salmon. Then roll these things together tightly in cling wrap just like roulade. Steam it in 80 degrees for 20 minutes. Blast chill it and then cut into slices.

### SALMON CROQUETTES

Chopped Salmon	50 gm
Chopped onion	15 gm
Chopped celery	15 gm
Chopped red bell pepper	15 gm
Mayonnaise	2 tbspc
Whole egg	2
Salt	To taste
White pepper	To taste
Mashed potato using Nestle Cream and Maggi Potato mix	40 gm
Flour	20 gm
White and black sesame seeds	15 gm
Nestle gold corn flakes	30 gm

#### Method

- ◆ Sauté onion, celery and bell pepper together. Cool it down and put in a bowl, add chopped salmon, mayonnaise, 1 whole egg, salt, pepper, make the mashed potato by using cream and potato mix. Cook until it reaches a thick consistency. Add the mixture into the mash potato.
- ◆ Make a ball of it, dust it in flour and in egg liquid and crumb it in crushed corn flakes with sesame seeds.
- ◆ Deep fry till golden in colour.

### LOBSTER DUMPLING

Minced Lobster meat	40gm
Maggi soy sauce	10 ml
Salt	To taste
Vinegar	5 ml
Chopped spring onion	10 gm
Chopped coriander	10 gm
White pepper	To taste
Flour	40 gm
Water	As required
Maggi chicken stock	4 gm



#### Method

- ◆ Make a mixture of minced lobster meat, soy sauce, chicken stock, salt, pepper, vinegar, chopped coriander and spring onion.
- ◆ Make dough using flour and water.
- ◆ Make dumpling and steam it. And use 3 blanched prawn tails for topping.

### LOBSTER BISQUE

Lobster shell	250 gm
Chopped onion	50 gm
Chopped celery	50 gm



Chopped garlic	20 gm
<b>Nestle tomato coulis</b>	40 ml
Salt	To taste
Paprika powder	10 gm
<b>Nestle cream</b>	10 gm
<b>Maggi Seafood stock</b>	300 gm
<b>Maggi Saffron</b>	4 gm

**Method**

- ◆ Roast lobster shell then put in a pot with water. Make stock and strain it. Sauté chopped garlic, onion, saffron and celery in a pan. Add tomato coulis, cook it for a

while then add seafood stock and chicken stock. Cook it then blend and strain it. Finish with salt, paprika powder and cream.

**BEETROOT PUREE**

Beetroot	2 pcs
Salt	50 gm
water	500 m

**Method**

- ◆ Peel and cut beetroot in quarters. Cook in a salted boiling water till it gets soft. Blend it then strain it and cool it down.

**BUTTERED VEGETABLES**

Romanesco florets	3-4 pcs
Baby rainbow carrot	2-3 pcs
Baby beetroot	1-2 pcs

**Method**

- ◆ Blanch florets and baby carrots and beetroot. Toss them in butter and salt, but beetroot separately. Serve it hot.

## Crunchy Brulee Cube with Mousse Duo and Orange Sorbet

### CRÈME BRULEE

DOCELLO® Crème Brulee	40g
Milk	80g
Whipping cream	80g

#### Method

- ◆ Boil milk and cream together in a saucepan
- ◆ Remove from the heat, add the powder and stir well
- ◆ Pour inside the ring and chill

### KITKAT BASE

Nestlé Milk Chocolate	40g
Kit Kat® Mix in	16g
Praline paste	48g

#### Method

- ◆ Crush the KitKat put it aside
- ◆ Melt the milk chocolate
- ◆ Mix all together
- ◆ Spread on top of baking paper wait until set and cut

### RASPBERRY FLUID GEL

Raspberry puree	20g
Sugar	1g
Agar-agar	0.5g

#### Method

- ◆ Bring the raspberry puree to the heat
- ◆ Mix sugar and agar-agar and add to raspberry puree and still well
- ◆ Once it boils, pour inside a container and chill
- ◆ Blend it when it sets

### MICRO SPONGE

Eggs	12g
Egg yolks	0.5g
Sugar	3.5g
Salt	0.1g
Flour	1g
Dark chocolate	5g

#### Method

- ◆ Mix all the ingredients together and mix
- ◆ Melt the chocolate and put the above mixture and mix well
- ◆ Pour it into a syphon and put the gas inside and shake it well
- ◆ Pipe it to paper cups and pit it to the microwave oven for 45 seconds

### CRUNCHY CARAMEL CHOC. MOUSSE

DOCELLO® Chocolate Mousse	50g
Nestlé® Cream	30g
Crunchy caramel ball	6.5g
Sea salt caramel	1.5g

#### Method

- ◆ Mix the chocolate mousse powder with half cream
- ◆ Whip the rest of cream into medium peak
- ◆ Mix the above mixture with crunchy caramel balls or KitKat mix in
- ◆ Pour inside the mould.

### KITKAT CRUNCHY MOUSSE

DOCELLO® Chocolate Mousse	24g
Nestlé® Cream	53g
Kit Kat® Mix in	2.5g

#### Method

- ◆ Crush the KitKat keep it aside
- ◆ Put the cold cream (2°C/5°C) into a high bowl
- ◆ Mix with milk using whisk until a homogenous mixture had been obtained
- ◆ Whip for 2 mins at low speed ad 5 mins with high speed
- ◆ Fold in with the crushed KitKat and place it to mould and chill at least one and half hours in chiller

### COCONUT WHITE CHOC. WHIP GANACHE

Nestlé® Cream	65g
Glucose	2g
Trimoline	2g
White chocolate	24g
MAGGI® Coconut Milk Powder	15g
Gelatin	0.6g

#### Method

- ◆ Boil half of cream, glucose, trimoline
- ◆ Add coconut milk powder mix it well
- ◆ Pour into white chocolate
- ◆ Add bloomed gelatin
- ◆ Blend with hand blender and pour another half of cream
- ◆ Place it to container and chill overnight
- ◆ Whip before use

### CHOCOLATE CREMEUX

Nestlé® Cream	25g
Milk	25g
Egg yolks	7g
Sugar	6g

Dark chocolate	30g
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#### Method

- ◆ Boil cream and milk with pan
- ◆ Mix egg yolks and sugar together with whisk
- ◆ Pour half of cream and milk to egg yolks mixture and mix it well
- ◆ Pour back the egg yolks mixture to the pan
- ◆ Cook until 80°C and pour it to dark chocolate
- ◆ Blend it with hand blender and chill

### CHOCOLATE CRUMBLE

Cube butter	12g
Brown sugar	12g
Flour	10g
Almond powder	12g
Cocoa powder	6g

#### Method

- ◆ Place brown sugar, flour, almond powder and cocoa powder in a large bowl and mix well
- ◆ Put the cube butter and rub it until it resembles crumbs
- ◆ Bake it at 180°C around 20 mins

### ORANGE TUILE

Butter	12g
Orange Juice	12g
Flour	10g
Sugar	25g
Orange zest	½ pc

#### Method

- ◆ Melt the butter
- ◆ Mix flour, sugar and orange zest in one bowl
- ◆ Pour the orange juice slowly
- ◆ Add the melted butter slowly
- ◆ Put the mixture inside the chiller overnight
- ◆ Bake it 165°C around 14 mins until golden colour

### ORANGE SORBET

Orange puree	30g
Water	15g
Glucose	5g
Sugar	7g
Stabilizer	0.45g
Trimoline	5g

#### Method

- ◆ Boil orange puree, water, glucose, and trimoline in saucepan



- ◆ Mix stabilizer with sugar and add to the puree mixture when it starts to boil
- ◆ Stir continuously until boil again
- ◆ Place to pacojet container and freeze it overnight
- ◆ Blend it with pacojet and freeze it again before use

#### CHOCOLATE GLAZE

Caster sugar	50g
Glucose	50g
Water	50g
Nestlé® Sweetened Condensed Milk	33g
Dark chocolate	25g
Powder gelatin	4g
Cold water	21g
Cocoa powder	10g

#### Method

- ◆ Bloom gelatin in cold water, melt it and

pour it into container to set in fridge for one hour

- ◆ Add the glucose, water, and sugar to pan and bring it to a boil
- ◆ Add the condensed milk, dark chocolate and gelatin mass to tall jug
- ◆ Pour the hot liquid over the mix and let it sit for 2 mins.
- ◆ Add cocoa powder and blend it fill smooth
- ◆ Pout into a bowl and chill overnight
- ◆ Microwave before use and blend again, check temperature 25°C - 28°C ready to use

#### SALTED CARAMEL

Glucose	10g
Sugar	14g
Nestlé® Cream	23g

Dark chocolate	2g
Sea salt	1g

#### Method

- ◆ Put dark chocolate and sea salt together in one bowl and keep aside
- ◆ Place the glucose and sugar in the heavy bottomed saucepan over medium heat
- ◆ Wait until it become brown colour
- ◆ While waiting the sugar become caramel, make cream warm in another saucepan
- ◆ Once the sugar turn into caramel pour the cream slowly and stir it continuously, cook until the temperature reaches 108°C
- ◆ Remove from the fire and pour it to dark chocolate bowl
- ◆ Stir it well





# **A STORY OF CULINARY RESILIENCE**

CHEF **FARANAK SHAFIEI** HAD PUT EVERYTHING SHE NEEDED TO FINALLY OWN HER FIRST RESTAURANT. UNFORTUNATELY, A WEEK BEFORE OPENING NIGHT, THE PANDEMIC PLAYED SPOILSPORT. THIS IS HER STORY

It is not everyday that you get to see a chef realize their dream of owning and operating their own restaurant in a city like Dubai. Chef Faranak Shafiei however managed to do just that at the age of 29; this despite being late to a professional culinary education and embracing motherhood soon after.

Four years ago, when this magazine interviewed her as part of the Nestle Professional Golden Chefs Hat Award for young chefs, she was a culinary student at the ICCA, newly married and still coming to terms with her true professional calling.

Fast forward to today and she's turned 30, she is a mother to two beautiful daughters, and has a passion and tenacity in her voice that will make you forget the fact that her dream of running a "successful" restaurant is yet to come true.

Eponymously called 'Fara's Kitchen Restaurant', her dream project and biggest career milestone did not materialize as planned. "As soon as we finished the interior work, the pandemic struck," says Chef Faranak, as she washes the marinade from her hands before sitting down to talk to us inside her new restaurant.

Her pandemic story is not new. There have been similar stories coming in from around the world including the horrific account of New Jersey restaurateur Garima Kothari.

However, in the case of Chef Faranak, she is clearly blessed. Her ability to stay positive and fight back in the face of struggle has made the arduous journey a lot more bearable. "I have received tremendous support from my husband, my family and my friends. Even Al Wasl Properties has waived off five months of rent over two years for this location," she says.

The Dubai born and raised Iranian national's initial reaction to the sudden change, was one of shock; like a deer caught in the headlights.

Faranak says, "During the lockdown I was



**Cooking is my desire, it is my passion. I could not walk away after coming this close to my dream. I said I know times are tough. But I can do it and survive. So, I went ahead and opened my restaurant**

confused. I heard of stories of restaurant orders dropping to record lows and some restaurants falling on such hard times that they had to close down completely."

"I thought of switching my business into a supermarket because I could not see the restaurant doing well anytime soon," she says. She spoke to senior culinarians like Chef Uwe Micheel and the Dubai Economic Department which offers the permits to see if she could change her business. The response was both positive and supportive.

Her thoughts however were not as supportive. It swung back and forth between the idea of changing to a whole new business model and staying close to her original dining concept.

She says, "Cooking is my desire, it is my passion. I could not walk away after coming this close to my dream. I said I know times are tough. But I can do it and survive. So, I went ahead and opened my restaurant."

She did, however, listen to the voice of reason and changed the restaurant concept to suit what works well in the new normal. "I pivoted to street food, which is what people prefer these days. We now

offer burgers, sandwiches and kebabs. There was feedback for rice to be part of the menu and so that's added as well."

Chef Faranak says that while most of the meats served in her restaurant are inspired by Iranian cuisine, she has added her own touch to make her food unique. Her restaurant has been operational for three months now, and after the first two she has seen an uptick in the number of patrons each day.

"I am thrilled at the feedback we have been receiving for the quality of our food. I source the fresh meat myself," she says and adds, "I've kept the costs low because I'd rather focus on covering operational expenses for now."

Chef Faranak chose the location of her restaurant based on tourist footfall and is hoping to see the trend return in the months to come. "We see tourists dine here at least twice or thrice on average," she says and adds, "Local residents with a taste for good quality food are a big part of our customer base."

Fara's Kitchen restaurant was originally supposed to be a casual diner serving food presented in a fine-dining format. The menu was supposed to have traditional favourites with a mix of fusion food. "I knew I did not want more than three dishes made of chicken and lamb. I wanted customers who come here to know what to expect."

She has hired two chefs to work with her – one experienced and one trainee – but continues to remain as hands-on in the kitchen as she is outside. I am lucky to have them and when I am not managing other parts of the operation, I come here directly from the gym and do the daily marination.

Chef Faranak's passionate affair with food began at the age of 17. She would watch cooking shows and liked seeing those vibrant colors on the plate. "I perceive things like the aroma of saffron as art," she says.







When we spoke to her four years ago, she had said, "Almost everyone will say they love food but for me it's different. For me food is art. The passion comes straight from the heart. I saw that passion in my mom and you will see that passion in all moms that cook food for their families."

Back then she had also said, "The true test of good food lies in its ability to help you understand its origins and culture. For example, when you eat a good Indian biryani, the flavour of the spices will transport you to India, remind you of the Taj Mahal or the colours of the peacock."

At the age of 17 she says she was a 'food hunter' that would scout for local, traditional and street foods. Her need to know more about food, spices and aromas, landed her at the ICCA many years later. ICCA is a leading culinary institute in Dubai, where she graduated from after two intensive courses in both pastry and hot kitchen.

While studying she knew that starting her own enterprise is the way she wanted to go. "I was pregnant while at ICCA and then I got pregnant again. So as soon as my second daughter turned one, I decided to go ahead with my plan



**Almost everyone will say they love food but for me it's different. For me food is art. The passion comes straight from the heart**

to launch my restaurant," she says.

She began by getting some experience under her belt. Her first step was an informal home-based enterprise with a few girls "who are my friends and we did catering, cakes and sweets".

She then completed an internship at the Radisson Blu Hotel Dubai Deira Creek with Chef Uwe Micheel. "He is a godfather to us and to be honest, here in the UAE he makes us understand the true meaning of being a chef. I genuinely appreciate his hard work and for guiding me in my career."

As the owner of the restaurant one

of the perks is that she can bring her three-year-old daughter Henda and 18-month-old daughter Mona to her workplace or go home whenever she needs to. She says, "My older daughter loves wearing my hat or jacket and says, 'Hey mommy, I wanna be a baker.'"

Her advice to aspiring chef entrepreneurs is, "Follow your dream and success will follow. Do not expect to rake in the big bucks on day one. You will have to work step by step to reach success. Try and get work experience first since as a young mother I was unable to invest more time in internships.

"Try and read this magazine regularly. It helped me understand how big chefs started from the ground up and worked really hard to get to where they are."

As we conclude the interview, we realize that Fara's Kitchen Restaurant's future will depend on multiple factors including the state of the global economy and the future of world tourism. However, none of that will change Faranak Shafiei's path to culinary success.

**Interview: Amaresh Bhaskaran**  
**Written and Edited by: Aquin George**



# THE MAN WITH A GREEN THUMB

Sadam Bangash, a Pakistani national from the Khyber Pakhtunkhwa province, is what you would call a new-age hydroponics farmer. Bangash manages 'SunRise Plus Fruits and Vegetables' in the UAE and has helped it grow from a single hydroponics farm in 2013 to a multi-site cultivation that spans nearly 10 hectares.

"Our focus is on herbs and vegetables," says Bangash, adding, "We started with rosemary and basil and now offer 15 types of herbs including thyme, sage and oregano."

The courage to grow delicate plants in a desert has turned out to be a surprising success story. "We now supply to local traders as well as supermarkets like Carrefour, Lulu and Westzone," he says.

Bangash's background has clearly helped a lot with his endeavour in this business. He has a bachelor's degree in agriculture and a master's in plant pathology which has allowed him to master the art – and science – of "plant production and protection".

Talking about plant cultivation in a desert, Bangash admits that the summer months from June to August is just one part of the challenge. Heat and water shortage apart, soil is a big challenge too.

Given this, how does one ramp up production and revenue from selling locally grown plants? Bangash says, "The demand for herbs and vegetables is very high in the UAE. Even with all the prevailing challenges, we are providing both the quality and the quantity that the market expects," he says.

The current expansion to 10 hectares of land under cultivation is just the beginning for SunRise farms says Bangash. "In the near future, we are going to increase it further."

A team of 120 people from blue-collar workers to office workers and from drivers to management are working on this initiative at present.

Says Bangash, "From a sustainability point of view, we use our own seeds for nearly 70-80% of our crops. We believe

that seeds from open pollination grow plants that are tastier and healthier as compared to hybrid or genetically modified seeds."

This practice gives them the security they need in terms of self-sufficiency and quality.

A team at SunRise Farms is dedicated to seed production, seed collection, and seed sorting where live and dead seeds are separated using a technique that has been designed in-house.

The idea of supplying their expertise to other farms is something Bangash is not averse to.

He says, "The government is leading the way in urging supermarkets to support local farms and local farmers with shelf space.

"Supermarkets are approaching us to find out how they can support the country and its people who are local farms. There are teams that come here as part of their training and we show





them how we grow the produce that they stock on their shelves.”

The support extended by the government is something he says, he is quite happy with. Agricultural trade licenses have a different price as compared to other sectors. During the COVID-19 lockdowns, they were exempt as an essential service.

When we ask what more could be

done, he says, “Those in the agriculture sector in the country must come together to support one another. My wish is to see a small training center that caters to school kids as well as new farmers.

“A lot of farmers are unaware of pests, diseases and why a pesticide that is suitable for vegetables may not be suitable for other plants.”



November 2020 Gulf Gourmet



## Chefs Championing **HEALTHY FOOD** **FOR THE FUTURE** for Kids on International Chefs Day

Nestlé celebrated International Chefs Day on October 20 under the theme of “Healthy Food for the Future”. This included commemorations in the Middle East and North Africa consisting of a live broadcast on the Nestlé Professional MENA Instagram page @ nestleprofessionalfoodmena.

Nestlé featured renowned chefs, a nutritionist, and children preparing a balanced menu for the day. This consisted of six different recipes tailored for kids as per their nutritional needs, using ingredients chosen for their nutritious and environmentally friendly attributes such as kale, flaxseed, carrots and spinach.

“We continue to actively celebrate International Chefs Day every year in partnership with Worldchefs, and in line



with the Nestlé for Healthier Kids global ambition to help 50 million children live healthier lives by 2030,” said Joe Aouad, Nestlé Professional Business Executive Officer in the Middle East & North Africa.

“We are committed to playing our part in promoting healthy eating and healthy

cooking, and to providing inspiration with ingredients that are good for health and good for the planet.”

You can read more about Nestlé for Healthier Kids global ambition online at [www.nestle.com/csv/global-initiatives/healthier-kids](http://www.nestle.com/csv/global-initiatives/healthier-kids).



November 2020 Gulf Gourmet







# TIME TO GET EGGSTATIC

## Emirates Culinary Guild announces Virtual Cooking Competition for Chefs and Pastry Chefs

The Emirates Culinary Guild has partnered again with USA Poultry and Egg Export Council for yet another exciting Virtual Cooking Competition.

This time a Pastry Chef – Professional and Amateurs are asked to produce the Best Sweet Creation with Egg Products from USA.

The second category is required to produce a dish with US Chicken, Turkey and/or US Egg Products. Class 3 and Class 4 are videos done either at home or in a professional kitchen.

Chef Uwe Micheel, President of the Emirates Culinary Guild and Culinary Advisor for Radisson Blu Hotel Dubai Deira Creek said he is really looking forward to this competition as we have included Pastry Chefs this time.

"I do expect a great selection of amazing desserts. We know from our Salon Culinaire how many good Pastry Chefs we have in our region," he said.

Andy Cuthbert, Chairman of Emirates Culinary Guild and General Manager for Jumeirah Creekside Hotel; Madinat Jumeirah Conference & Events and Jumeirah Hospitality said, "After the great response from all over the GCC in our previous competitions, I am looking forward to some great work from our neighbouring countries again."

He also highlighted the importance of learning and developing our Young Chefs during this difficult period.



The Emirates Culinary Guild is grateful to their Partner the US Poultry and Egg Export Council for the ongoing support during these events.

Chef Uwe said with a smile, "I am expecting lots of great Breakfast Dishes other than just fried or boiled eggs, as we invite again Professionals and Amateur Chefs and Cooks. It is expected that we will see lots of

Traditional Poultry and Egg Dishes. Wishing everyone lots of fun and good luck."

The competition registration will be open until November 11 midnight.

All videos will be posted on Emirates Culinary Guild's YouTube channel, the views and the likes of the public will be part of the judging criteria.

November 2020 **Gulf Gourmet****incredible!**American Egg Board  
AEB.org

# USA EGG - ECG VIRTUAL COOKING COMPETITION

## “COOK WITH EGGS FROM USA”

**Calling all Chefs Professional and Amateurs in GCC,  
great prizes for the Top 10 in each of the 4 categories**

### The Competition has 4 different Categories – Classes

- > **Class 1** – Pastry – US Egg - Dessert – High Resolution Pictures and full Recipes This class is open for Professionals and Amateurs
- > **Class 2** – Savory – US Egg– Savory Dish – High Resolution Picture and Recipe This class is open for Professionals and Amateurs
- > **Class 3** – US Egg– Starter, Main Course, Dessert or Breakfast – Video 5 -10 Minutes This class is open for Professionals and Cooks
- > **Class 4** – US Egg– Starter, Main Course, Dessert or Breakfast- Video 5- 10 Minutes This class is open for Amateur Chefs and Cooks

**The Competition is now open  
11 October 2020 until 11  
November Midnight**

Competitors can enter **MULTIPLE** pictures with recipes and videos. There is no age limit, but competitors must be GCC Residents. Awards and prizes must be collected in Dubai – United Arab Emirates.

**The top 10 from each Class will  
receive the following  
Winner**

Branded Trophy  
2000 Dhs Cash  
Branded Incredible Egg Knife  
Book By ECG

### **2nd Place**

Branded Trophy  
1000 Dhs Cash



Branded Incredible Egg Knife  
Book By ECG

### **3rd Place**

Branded Trophy  
500 Dhs Cash  
Branded Incredible Egg Knife  
Book By ECG

### **5th Place**

200 Dhs Cash  
Branded Incredible Egg Knife  
Book By ECG

### **4th Place**

300 Dhs Cash  
Branded Incredible Egg Knife  
Book By ECG

### **6th Place – 10th Place**

Branded Incredible Egg Knife  
Book By ECG

### **SPECIAL PRIZES**

There will be Special Prizes –  
Book by Chef Uwe for the BEST

- > Breakfast Recipe
  - > Traditional Dessert Recipe
  - > Use of Egg in the recipe
- These are awarded for both  
**PICTURE/RECIPE AND VIDEOS**
- > The Winner will also be featured in the Gulf Gourmet Magazine both on print copy and digital copy.
  - > The best Video will be uploaded on the Emirates Culinary Guild YouTube Channel.
  - > The Judges will be Professional Chefs from the Emirates Culinary Guild and the decision of Jury will be final.
  - > By sending your video and recipes, you agree that the ECG and American Egg Board reserve the right to use them freely.

November 2020 **Gulf Gourmet****incredible!**American Egg Board  
AEB.org

# USA EGG ON- LINE COMPETITION FOR GCC REGION

## RULES AND REGULATIONS

**The Event is divided in 4 different categories –  
classes for Professional Chefs and Amateur Chefs**

### **Class 1 – Plated USA EGG DESSERT Dish (Professional Chefs and Amateurs)**

- a) 1 plate , bowl or any dish for 1 portion
- b) Written recipes in English – for 1 portion
- c) The main ingredient must be Egg from USA
- d) We encourage the Competitors to do Traditional Dishes
- e) Good quality photograph in colour
- f) For the US Egg must be the star of the dish, 30% of Total Dish must be USA Eggs
- g) Judges will consider following points
  - > *Use of US Egg*
  - > *Balance Recipe*
  - > *Cooking Skills in the recipe*
  - > *Presentation Skills*
- h) Portion size must be suitable for lunch dessert
- i) The best recipe and picture will be published in Gulf Gourmet Magazine
- j) Class 1 is open for **any Professional Chef and Amateurs** (any age, any position) National or GCC Resident
- k) The Jury will award up to 5 bonus points for the Best Traditional Dishes

### **Class 2 – Plated USA Egg Starter, Main Dish or Breakfast (Professional Chefs and Amateurs)**

- A) 1 plate , bowl or any dish for 1 portion
- B) Written recipes in English – for 1 portion

- C) The main ingredient must be USA Egg
- D) We encourage the Competitors to do Traditional Dishes
- E) Good quality photograph in colour
- F) For the USA Egg must be the star of the dish hence must be seen on the picture as the Key Ingredient
- G) Judges will consider following points
  - > *Use of US Egg*
  - > *Balance Recipe*
  - > *Cooking Skills in the recipe*
  - > *Presentation Skills*
- H) Portion size must be suitable for lunch dish
- I) The best recipe and picture will be published in Gulf Gourmet Magazine
- J) Class 2 is open for **Professional Chef and Amateur Chefs – Cook** (No age limit, must be GCC National or Resident)
- K) The Jury will award up to 5 bonus points for the Best Traditional Dishes

### **Class 3 – USA Egg Video (Professional Chefs including Pastry Chefs)**

- a) You the Chef must be seen in the video
- b) Show us all the ingredients
- c) Send the list of ingredients and method, how you prepare the dish in English
- d) Video should be 5 -10 minutes and must be in English
- e) Prepare 1 portion of your recipe
- f) Dish can be a starter or

- Main Dish can be a soup or a wrap or Breakfast Dish
- g) We encourage the Competitors to create a Traditional Dish using USA Eggs
- h) Video can be done by mobile or DSLR Camera.
- i) Make sure you have good lightning it helps a lot for the video quality
- j) Film in Landscape for YouTube Channel. No music required
- k) Class 3 is open for **any professional Chef** (any age, any position) GCC National or Resident
- l) The Jury will award up to 5 bonus points for the Best Traditional Dishes
- m) Most viewed and liked video in Emirates Culinary Guild You Tube Channel will get up to 5 bonus points
- n) Dish can be SWEET OR SAVORY

### **Class 4 – USA Egg Video (Amateur Chefs)**

- a) You the Chef must be seen in the video
- b) Show us all the ingredients
- c) Send the list of ingredients and method, how you prepare the dish in English
- d) Video should be 5 -10 minutes and must be in English
- e) Prepare 1 portion of your recipe
- f) Dish can be a starter or Main Dish can be a soup or a wrap or Breakfast Dish
- g) We encourage the Competitors to create a

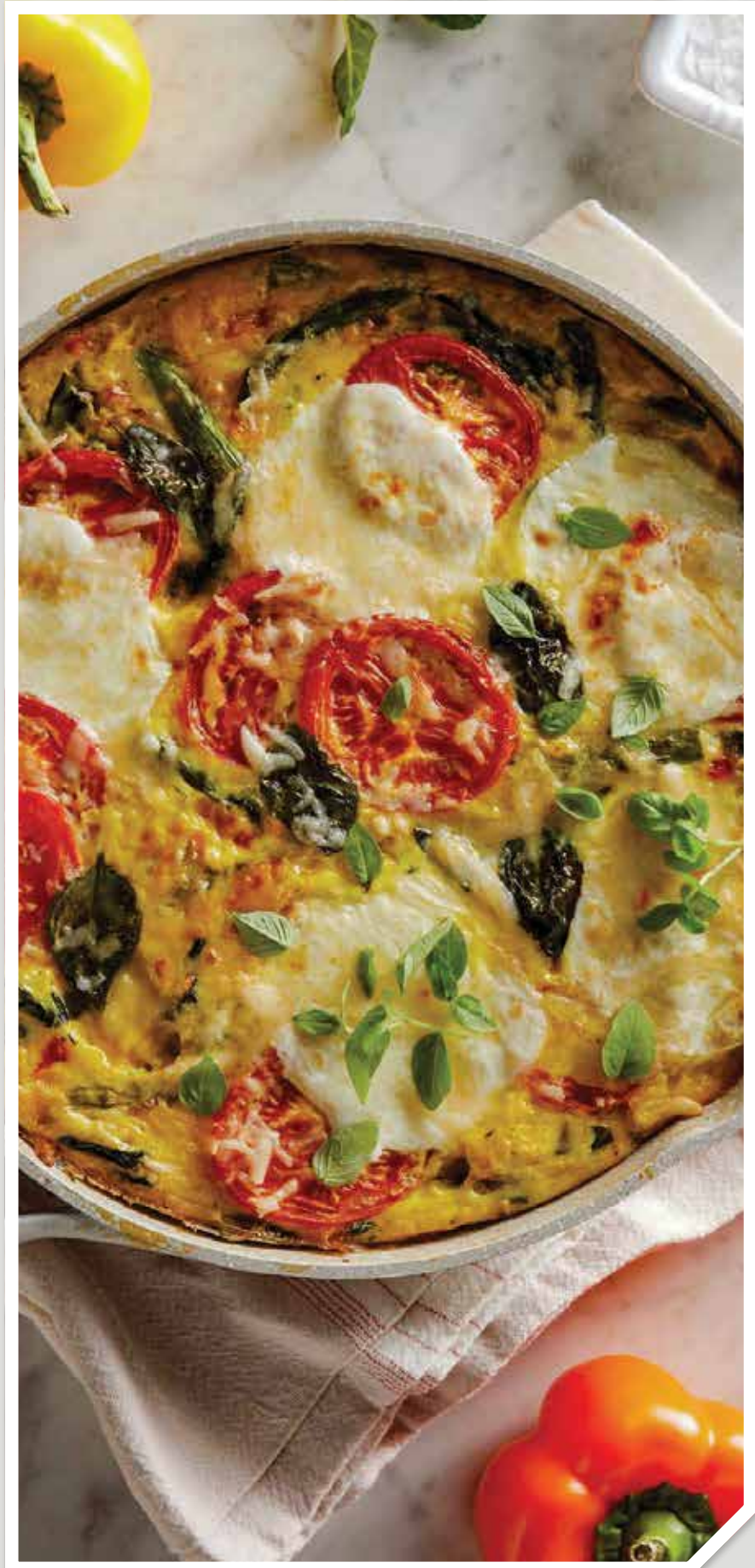
Traditional Dish using  
US Eggs

- h) Video can be done by mobile or DSLR Camera.
- i) Make sure you have good lighting it helps a lot for the video quality
- j) Film in Landscape for You Tube Channel. No music required.
- k) Class 4 is open for any **Non Professional. Any Amateur Chef – Cook** (no age limit, but must be GCCNational or Resident.
- l) The Jury will award up to 5 bonus points for the Best Traditional Dishes
- m) Most viewed and liked video in Emirates Culinary Guild You Tube Channel will get up to 5 bonus point
- n) Dish can be SWEET OR SAVORY

**If you have difficulty sourcing shelled eggs, please contact ECG Office, we will have stocks in Dubai**

#### **GCC Importers of Eggs and Egg Products**

- > **Farzana Trading**  
fcsagt@farzana.ae
- > **Fruit Line Trading**  
fruitline@eim.ae
- > **SAFCO International General Trading**  
gafoor@safcointl.com
- > **Farm Fresh L.L.C**  
shameem@farmfreshllc.com; nandakumar@farmfreshllc.com
- > **Al-Berri United Food Co. Ltd.**  
dinesh@alberri.com
- > **Al Jazira Coldstore Co.**  
ramdas@aljazirasupermarkets.com
- > **Sultan Center**  
tawilm@sultan-center.com
- > **Azzad Catering & Services Co. K.S.C**  
hussein.kazak@azzadgroup.com.kw
- > **QNIE**  
ihsan@qnie.com
- > **Muscat Cold Stores L.L.C**  
jayan\_mcs@omzest.com, mcs@omzest.com



November 2020 **Gulf Gourmet**

# USA Poultry Virtual Competition

USA Poultry (USAPEEC) supported virtual cooking competition organized by the Emirates Culinary Guild was a big success with participants from all over the GCC making their presence felt.

The competition had four categories – two for professional chefs and two for amateurs. Recipes were judged based on the use of USA Poultry in the recipes, the images/videos provided and of course the popularity of the

videos on the YouTube channel added to the points score.

Here are the top winners for each of the four categories and some images to go along.



## Class Picture Amateur

Participant Name	Name of Dish	Award	Awards
Supaporn Goldie	Tom Kah Kai chicken soup	Winner	AED.2,000 cash, knife & book
Retno Mulatsih	Chicken Biryani	1st runner-up	AED. 1000 cash, knife & book
Cyrus Nathan Soman	Chicken Cordon Bleu	2nd runner-up	AED.500 cash, knife & book
Firdaus Noorain	Chicken Tangy Kebab	3rd runner-up	AED.300 cash, knife & book
Firdaus Noorain	Chicken Tandoori		
Dana Mohammad	Chicken Kiev		
Laneesh KK	Chicken stuffed with authentic Omani Chicken Shuwa		
Alan Rinaldo	Chicken Salad		
Milagres Jakacerus	Chicken Cacciatore		
Kirsten Rusch	Chicken Roulade		

## Class Video Amateur

Participant Name	Name of Dish	Award	Prize
Firdaus Noorain	Butter Chicken	Winner	AED. 2000 cash, knife & book
Dana Mohammad	Chicken Kiev	1st runner -up	AED. 1,000 cash, knife & book
Supaporn Goldie	Chicken Parcels	2nd runner - up	AED. 500 cash, knife & book
Firdaus Noorain	Chicken Mandi	3rd runner - up	AED. 300 cash, knife & book
Raeesha Aliza Azizi	Chicken Satay	4th runner - up	



**Class 1 Picture Pro**

Company Name	Participant Full Name	Name of Dish	Award	Awards
Anantara the Palm	Htay Kyaw Aung	Asian Style Chicken roller with laksa sauce	Winner	AED.2,000 cash, knife & book
Radisson Blu Deira Creek	Hillary Joseph	Chicken Roulade with apricot & Turkey	1st runner - up	AED. 1000 cash, knife & book
Mcgettigans Ajman	Prashant Aripirala	Classic US Chicken poached galantine with chaud	2nd runner - up	AED.500 cash, knife & book
	Mahmoud Abdallah Tarawneh	Wrapped Stuffed Chicken	3rd runner - up	AED.300 cash, knife & book
Delta Hotels by Marriott	Kerollos Melad Wadee Abdelsayed	Egyptian Chicken Mouloukhia		
Kempinski Hotel	Stefan Vasic	Chicken Croquette & poached chicken		
Restaurant Café, Qatar	Laxman Shrestha	Roasted Chicken Breast with black rice		
The Meydan Hotel	Anthony Martin Ambrose	Chicken Cacciatore Spinach Chicken ravioli		
Anantara the Palm	Liyange Rukshan Madushanka	Tempered Eggplant & Caramels appled stuffed chcken		
Caesars Bluewaters Hotel	Kshetij Adhikari	Spinach & mushroom stuffed sous vide chicken		





### Class 3 - Video Pro

Company Name	Participant Full Name	Name of Dish	Award	Awards
Etihad Airways AD	Jaky Monsa Belej	Raw Mango & Mustard Smoked Murghi	Winner	AED.2,000 cash, knife & book
Caesar Bluewaters Hotel	Kajol Yadav	Curry Lemon Chicken	1st runner - up	AED. 1000 cash, knife & book
Emirates Flight Catering	Lekhnath Thapaliya	Chicken Momo	2nd runner - up	AED.500 cash, knife & book
Caesar Bluewaters Hotel	Adil Patel	Chicken Seekh Kebab Roll	3rd runner - up	AED.300 cash, knife & book
	Mahmoud Abdallah Tarawneh	Wrapped Stuffed Chicken		
Bulgari Hotel	Pankaj Kumar	Chicken Curry		
Jumeirah Creekside	Naveen Bhardwaj	Stuffed Chicken Breast		
Emirates Flight Catering	Rajesh Chaudhary	Chicken Panko Deep Fried		
Bulgari Hotel	Dhanbeer Lal	Prosciutto Wrapped Chicken		
Caesar Bluewaters Hotel	Arivukkarasan Ravi	Chicken Sunday Roast		





# Salon Culinaire gets a makeover for 2021

The Emirates Culinary Guild has announced the dates for the 24th Emirates Salon Culinaire (ESC) 2021. The event will run from March 14-18, 2021.

Unlike in 2020, where the Salon was held in Sharjah, the Guild intends for the 2021 event to be held as the world's first Worldchefs' endorsed competition across multiple venues in different cities in the UAE.

The event will be live streamed and shall run alongside a virtual edition of ExpoCulinaire 2021.

Cooks are creative, cooks need to adapt and cooks are the leaders of change. The cooks of the Emirates Culinary Guild are positive this competition will show the industry that cooks are ready to adapt to any change, not just this new normal but any change thrown at them.

The Emirates Culinary Guild is focused on kick starting the industry along with business leaders and supporters to ensure that the United Arab Emirates continues to rebound from this pandemic in line with the President's and Rulers' visions for the country.



The hospitality industry is one of the most important sectors of business and commerce in the Country and the Emirates Culinary Guild is committed to do its part in this success.

The Salon next year will be the third time that the salon will run alongside ExpoCulinaire exhibition.

To help with the proceedings, the ECG will invite an international team of judges that have been with the Guild for more than 27 years.

Together with the president of the Guild & Director of Kitchens Radisson Blu Hotel Dubai Deira Creek, Uwe Micheel

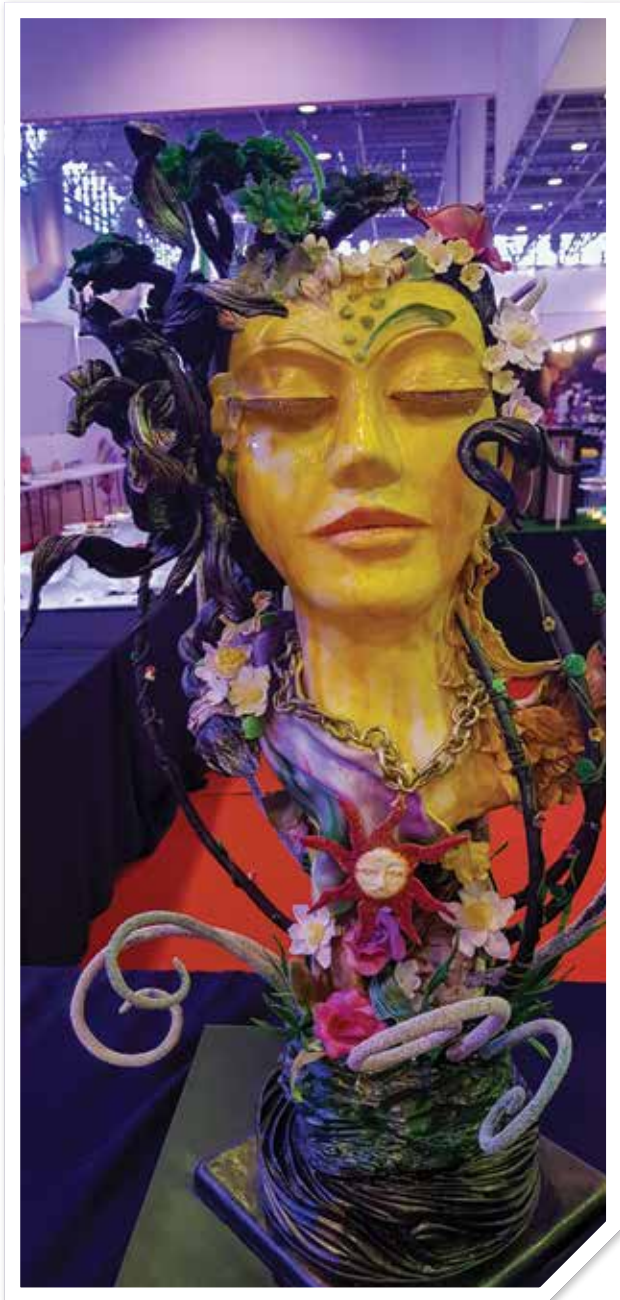
and the committee the 5 days will be a memorable experience for all.

The competition will have chefs from the United Arab Emirates, and if chefs from the region or globally wish to participate they will be welcomed. The chefs will compete in 20 classes across all disciplines of the Culinary arts.

Chef Uwe Micheel said, "We are proud to once again been able to host the Emirates Salon Culinaire even though in a very different format. In a way we can deliver a fantastic competition once again."

Chairman Andy Cuthbert, General Manager of Jumeirah Creekside Hotel, and Madinat Jumeirah Conference & Incentives and Jumeirah Hospitality, added "This year's competition will challenge us as organizers but we must as cooks be ready to be agile and adapt to every change that is thrown at us."

Joanne Cook owner and managing director of Purple kitchen events the organizer of the ExpoCulinaire stated, "Purple Kitchen Events shall continue to support the Emirates Culinary Guild and look forward to hosting a full event in 2022."





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# newmembers

Victoria Hassani, Managing Director, GMA Marketing Management, local rep for Potatoes USA GCC receiving Emirates Culinary Guild Membership certificate from ECG President Chef Uwe Micheel



Here at **Potatoes USA**, we believe that the high quality, consistent year-round supply and variety of potato products from the United States offer a unique sales opportunity. Potatoes USA in the GCC promotes four categories of potato products: fresh table-stock potatoes, frozen potato products, dehydrated potato products, and fresh chip-stock potatoes.

Our goal is to establish a partnership with you supporting our mutual objective of increasing sales and profits.

To assist with this process, our local representatives in the GCC are there to connect U.S. potato growers, shippers and potato processors with you to provide the most assistance possible for those interested in and currently using U.S. potatoes and products, across the foodservice, retail and manufacturing / ingredient sectors in the GCC market.

### Foodservice

An endless variety of products and preparation methods makes potatoes one of the most versatile products



available for foodservice uses. Potatoes USA can help you make potatoes one of your most profitable menu items through recipe development, technical training and promotions.

### Retail

When it comes to food, today's retail consumer is looking for quality and convenience. U.S. potato products offer both, and Potatoes USA has carried out extensive research on how retailers can improve their sales of potatoes.

### Ingredients

For frozen food processors, bakeries, snack processors and many others, potatoes offer an unexpected new twist as an ingredient. Potatoes USA has conducted research to demonstrate how U.S. potato products can be utilized to enhance many products and create new ones.

### Support:

Potatoes USA offers programs and activities to maximize your profitability and increase sales. These include promotional assistance, technical assistance, samples and contact referral services.

### Why Buy U.S. Potatoes?

We believe you can grow your business by accessing the many high-quality potato products available from the U.S. potato industry.

### High Quality:

The United States is a world leader in potato production and processing and can supply the very best product to meet your needs at a price that assures customer satisfaction.

### Consistency:

Dedicated U.S. growers, state-of-the-art processing and the United States Department of Agriculture (USDA) standards combine to make sure that buyers can count on a consistent, year-round supply of high-quality potato products.







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## Application Membership

Date of Application: 

Family Name: (Mr./Ms./Mrs.)		
First Name/s:		
Nationality:	Civil Status:	Date of Birth: dd/mm/yy
Name of Employer:	Address in Home Country:	
Work Address:	Tel:	
Web Address:	Email:	
Telephone Office:	Professional Title:	
Fax Office:	Type of Membership Required: (Please tick one)	
Tel. Home:	Corporate <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:.....

### FOR OFFICIAL USE ONLY

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

# BREAK FREE FROM A GROWTH MINDSET

*“Become like water my friend” — Bruce Lee*

**M**ost chefs are fixated with career growth. ‘Growth mindset’ is a great sounding term. That is until you discover your career is still stuck even though you have done everything right.

This leads to negative emotions and when you least expect it, things get worse. Truth is this. Success, growth and change are not set. Restricting yourself by this mindset is like locking yourself in a container. It stops you from exploring and discovering your true potential.

Rather than mindset, the focus should be “mind-flow”. Like water that adapts to sudden twists and turns, so should your life.

Once you have such a thought process, the way you communicate will change for the better. This includes the communication you have with yourself.

Remember these three points:

- ◆ Constructive and productive communication leads to success.
- ◆ Destructive and unproductive communications leads to failure.
- ◆ Stagnant or sluggish communication leads to poor outcomes.

When you are mindful of how you speak, you become a good listener too. This will enrich your relationships with your bosses and peers. “Conscious communication” is a great way to succeed in business, career and personal life.

And it does not mean you have to be passive. On the contrary, this will make you more persuasive and assertive. You will decrease conflicts or misunderstandings. And the best part, you will start to listen without any preconceived notions about what should or shouldn't be said or done.

Conscious communication is only possible when you are

MORE THAN A CHEF

**ROHIT BASSI**



in “mind-flow”. To get into the state of “mind-flow” you require to focus on three core ingredients:

- 1. Shoshin** A Japanese word meaning “beginner’s mind”. It refers to having an attitude of openness, eagerness, and lack of preconceptions when studying a subject, even when studying at an advanced level, just as a beginner in that subject would.
- 2. Ikigai** Also a Japanese concept that roughly means “reason for being” or “thing that you live for” or “the reason for which you get up in the morning.” Rather than wanting something, ask yourself, “What is important to me?” Ikigai gives you your purpose in life
- 3. Kintsugi** It is the Japanese art of repairing broken pottery with lacquer and powdered gold, silver or platinum. It is very easy to throw away or discard something that is broken. Instead of trashing yourself to bits how about filling those cracks with powder of gold, silver, or platinum? We have the ability to shower others with compassion, it is time be compassionate to yourself.

“Mind-flow” allows you to be flexible in your approach towards your purpose in life while staying true to your inner values.

So stop being in the container of a growth or fixed mindset. Be in a state of “mind-flow”. Become like water, my friend.

---

*Rohit Bassi is a corporate trainer and TedX speaker, who specializes in getting employees to perform better at work. You can reach him at [rohit@in-learning.com](mailto:rohit@in-learning.com)*



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A hand is shown from the top left, holding a silver spoon and pouring a thick, dark brown sauce onto a plate of food. The plate contains several pieces of seared meat, possibly beef or lamb, garnished with green herbs and lemon wedges. The background is dark, making the food and the pouring action stand out.


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at any anytime.**

**The trick  
is to be near  
a kitchen  
when it does.**



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