

# Gulf Gourmet

SEPTEMBER 2011

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FROM THE

*President's station*



*Dear Fellow Chefs, Ladies and Gentlemen,*

Welcome to the September issue of Gulf Gourmet, the first from our new team.

Mrs. Umaima is not involved with Gulf Gourmet anymore; Mr. Amaresh Bhaskaran and Mr. Aquin George are handling our Magazine now. Please do send them as much information as possible and do try to reply fast if anything is required. I would like to thank both of them and wish all of us all the best and an even better Gulf Gourmet.

Hope all of you had a good summer and your families and yourselves had a safe trip back home to the UAE.

We do have a busy schedule till the end of the year, the biggest being La Cuisine Du Sial 2011 from 21st - 23rd November 2011 in Abu Dhabi, with the Regional Finals for the Hans Bueskens Trophy and the Global Chef. Before that we will have the UAE Finals, to find out who will represent us.

We have as well two workshops planned with Mrs. Lina and Mr. Bassam from the AMFI Beirut office. The workshop will be organised and hosted by US Poultry Export Association. The workshops will be in October from 15th to 18th where we will work with US chicken parts and in November from 10th to 13th where we will

work with US turkey products. Right time to get ready for great Christmas recipes. Both these workshops will be held in Palm Grill Restaurant at Radisson Blu Hotel Dubai Deira Creek.

Our Chefs Vivek, Sudu, Ammar, Salvatore and Vinod have just returned back from South Africa where they represented the UAE at the Chefs Tour against Hunger. We do thank them for their support.

Please do look at the Friends and Members of the Guild pages to check out all our supporters, and make sure to support them when we can. Also please do look at profiles of our new and renewed Corporate Members.

Finally, I would like to thank all the colleagues who took part in our two DSS Events, which we had organised together with our friends from DTCM in BurJuman Centre. And a big Thank you to Chef Nugi and the team from Banyan Tree Hotel in Ras Al Khaimah for hosting our last meeting.

*Culinary regards,*

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

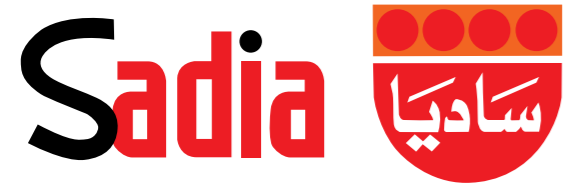
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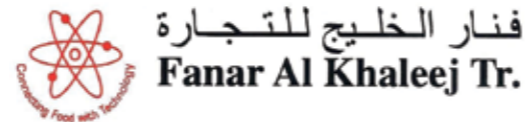


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# CAMARADERIE IN THE *Capital*

The Abu Dhabi chapter of the Emirates Culinary Guild has got a shot in the arm as four executive chefs take a vow to enhance the level of fellowship amongst professional chefs in the city. **Aquin George** chats up the fabulous four



From left to right: Chef Daniel Nuss, Chef David Harnois, Chef Alan Pedge and Chef Peter de Kauwe



It is past 8pm and I have just finished a sumptuous iftar at the Al Raha Beach Hotel in Abu Dhabi. As I head out of the packed restaurant and into the lobby, I see Alan Pedge, the hotel's Executive Chef, rightfully resting after a hard day's work. He is smoking his favourite brand of tobacco and is deeply engrossed in a conversation with Peter de Kauwe, the Executive Chef at The Club. Chef Alan and Chef Peter are veterans not just in their field of expertise but also in the region. They were promoting the country as a culinary destination while I was still learning my ABCs. I join the two in their conversation while waiting for Daniel Nuss, Executive Chef at the soon-to-open St. Regis Saadiyat Island Resort and David Harnois, Executive Chef at the Radisson Blu Hotel in Yas Island to join the party. Chef David and Chef Daniel reach a few minutes apart and instantly the four executive chefs break out into a delicious conversation that has a fine, careless rapture in tone. Each chef brings to the table the latest – from trends to gossip – about what's going on in the hospitality industry. I am thankfully oblivious to the four during the first 10 minutes. It gives me the opportunity to realise that underneath the enthusiastic exchange lies sheer enthusiasm amongst all four

to do something for the city. Yes, professional chefs in the capital will be pleased to know that these four executive chefs have revived the Abu Dhabi chapter of the Emirates Culinary Guild. The key word here being, "revived". The Guild has had a dormant Abu Dhabi chapter for over a decade now. The initiative back then fizzled quickly while Dubai took centre stage. Now, as the oil-rich emirate promises a whole slew of properties opening up in the coming months, the fabulous foursome have been working hard over the past few months to make the Abu Chapter a success.

### EXPONENTIAL GROWTH

Chef Alan, who's also the Vice President of the Abu Dhabi chapter, says that the city is witnessing an influx of professional chefs thanks to new properties. He is right. Properties expected to throw open its doors to visitors include, St. Regis Hotel and Residences Saadiyat Island, Jumeirah at Etihad Towers, Sofitel Abu Dhabi Corniche, Westin Hotel & Spa Abu Dhabi Golf Club, Rocco Forte, Dusit Thani, Ritz-Carlton Grand Canal, Park Hyatt Abu Dhabi Hotel and Villas, Monte Carlo Beach Club, Regent Emirates Pearl, W Hotel Al Bateen

Our active members include pastry chefs, a kitchen artist, a sous chef from the airport, we encourage everyone. From junior level onwards, membership is open to all categories

Wharf and not to mention plans for a Mandarin Oriental and Four Seasons.

### THE REVIVAL PROCESS

Chef Peter, the Secretary of the Abu Dhabi Chapter, reminisces over the history of the chapter. He says, "We have had the Guild in Abu Dhabi for 10-12 years now. Back in the day, I was the Vice President of the Abu Dhabi



chapter and we were active. We had organized the Junior Cooks Competition before I quit and moved to Australia. When I came back to the city, the chapter was all in tatters. Basically, no one took over.

“That’s when Raman Khanna approached me to revive the Guild. I spoke to Alen Thong and we got the ball rolling. First came Alan Pedge, then Daniel, then David and we brought it all together. Later Alen Thong informed us of the inaugural SIAL and that’s when we got the ideal opportunity.”

Chef Alan says, “For the SIAL last year, we needed to meet regularly. This is because we have to step in from the point of getting the entry forms out to the individual chefs, right down to putting the tables and the table cloths on and standing at the back door telling the boys, ‘Right, what’s your number? You go put it on that table.’ Now, obviously we can’t do that unless we know each other and that’s basically how we pushed for our first meeting.”

Chef Daniel, the Social Secretary of the Abu Dhabi chapter, says, “We held our first meeting at the Yas Hotel. We invited everybody we knew and eight people turned up for it (laughs). This was a year ago. However, we kept the momentum going.”

Members of the Guild meet almost every month now with over 65 people on the mailing list. The chapter is pretty much represented in most hotels and even outside the hotels, to the airport to ADNEC and some of the royal palaces.

“Our last meeting had around 28-30 chefs and the numbers are only increasing. What is encouraging is that we’ve now got quite a few regulars including chefs from hotels that are yet-to-open. So we are getting a message out there to the new chefs who are coming in,” says Chef Alan.

## THE CHAPTER

Chef David, Event Secretary of the Abu Dhabi chapter says, “The Guild is the ideal forum for new chefs to find out information about suppliers, how to employ people, just about anything a professional chef needs to know. With so



much going on around the year, if anyone has a problem, one phone call and it is sorted. It does help to be a part of such a group.”

His comments are echoed by Chef Daniel.

“Today, if I need something I just call the guys up,” he says, adding, “It’s a good relationship between all of us. We may all come from different backgrounds, but we all have the same core business. We want to work together and we want to do something for the people.”

Chef Alan says, “As you can see, it’s quite late and I am not even out of my uniform yet. For a new person coming into town such long hours on the job can be quite lonely. When you know there are others doing the same job as you and you can go and have a cup of coffee or pick up

the phone for advice, it’s wonderful. This is what it’s all about.”

Chefs David and Alan also talk about the need to invest time and commitment, which as anyone knows is not easy. Chef Alan says, “Daniel is working on the opening of a new hotel, that’s a big headache. Peter is under renovation. I am under major renovation. Yet, we make it a point to meet. We are not just committed to our jobs; we are also committed to the chefs in a large way. We are willing to give our free time for this.”

## WHO’S INVITED?

“We are not limiting the Guild to just chefs from 5-star hotels or only executive chefs. Our active members include pastry chefs, a

kitchen artist, a sous chef from the airport, we encourage everyone. From junior level onwards, membership is open to all categories. We’re not bothered where you’re from; if you’re a professional chef you’re welcome,” says Chef Alan.

Chef David says, “With all the new hotels coming up we are seeing new blood and that gives our revival a whole new meaning as people from different backgrounds are coming to the ball game again. Dubai chapter is well settled and with the Abu Dhabi chapter starting here, you know, it’s great to have a new mix of people.” Chef Daniel rubbishes the perception some chefs about the Guild being elitist. “There are young chefs out there who would like to meet



and talk to executive chefs from other hotels. Once in the Guild, they will realise that we are very approachable people.”

“We never know where we are going to be five years from now,” says Chef David. “We all move around. We hope that what we started continues and we can say we left an imprint. We started something that benefitted chefs as well as the city.”

The topic soon shifts to egos. Chef Alan believes all chefs have egos to be good at their jobs, but never an ego between chefs. “Once we meet, well, we talk about work and we don’t care who works for how big a restaurant and so on. At the end of the day we all do the same work.”

“We all are in the same business, same problems, same satisfaction,” says Chef Daniel. Is this normal? “Yes,” say all four in unison. “I work for a 4-star, Peter works for a Club, Daniel for a ‘luxury’ 5-star. It doesn’t matter,” says David, while taking a quick jibe at his friend at St. Regis.

While all laugh, Alan says, “There are already 20-30 active guys in the Guild, some of whom could take our place. They all would have had the same conversation as us. They could’ve passed off as us and you wouldn’t have even guessed it.”

### PROMOTE THE CITY

The biggest culinary activity in the capital that will see members of the Abu Dhabi chapter toiling for weeks is the SIAL Middle East 2011 in November. Attached to it are the semi finals of Global Chef with competitors coming in from SA, Egypt, Namibia and probably Saudi as well as the Hans Bueschkens Young Chefs Challenge. The winners from both competitions will go to Korea next year and represent the region at the World Congress.

That apart, the Abu Dhabi chapter has been able to achieve a lot alongside Abu Dhabi Food Council Authority and now speak to them directly as a group. A sub-committee is working with the local authority to put rules and regulations for all standalone cafes and restaurants. “They come to the 5 star hotel chefs

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for advice because they know of the high-end systems run by our companies. So we adapt our rules to make it applicable and workable in independent cafes and restaurants," says Chef Alan.

Earlier in the year, authorities approached the Guild for chefs to judge the LIWA date festival. Rather than going to individual chefs they went to the Guild, which was a first. "This is getting our message out through the hotels to the city that the Guild is here. We are part of the city and that's again what it's all about."

### NURTURING TALENT

Nurturing talent is one of the key goals for the Guild. "You will probably a junior chef in our meeting sitting in a corner," says Chef Alan, "At SIAL he will be walking around observing senior chefs and what they do. Few years later he is an executive chef at 4-star hotel and then a five star. You know, you've given him tools to reach there."

The younger sous chefs are actively involved in the activities of the Guild. "Ten years from now they will be in these chairs and that's part of what we're trying to do," says Chef Peter.

"Every executive chef in this country started by peeling onions but someone gave them a chance to do so. We want to give the next generation the chance to peel the onions (so to speak). Danny at Yas Island was my chef de partie in Lebanon. Now he is the executive chef at Crowne Plaza in Yas Island and it is embarrassing when he calls me Chef. I have to say Danny stop it. But it gives me immense pride to say that one of my guys is the executive chef over there," says Chef Alan.

Chef David too agrees with this. "It is also great to see one of your guys come from a small hotel and go to a big hotel with a better position. Most of us see it as great job done. And that creates a willingness to train new people."

"I get angry at people who leave for jobs not up to their potential; for example, when someone joins a hotel apartment for just 100 bucks more. Why, you silly lad? Go to a big hotel even if it is

for a little less, the money will eventually come," says Chef Alan.

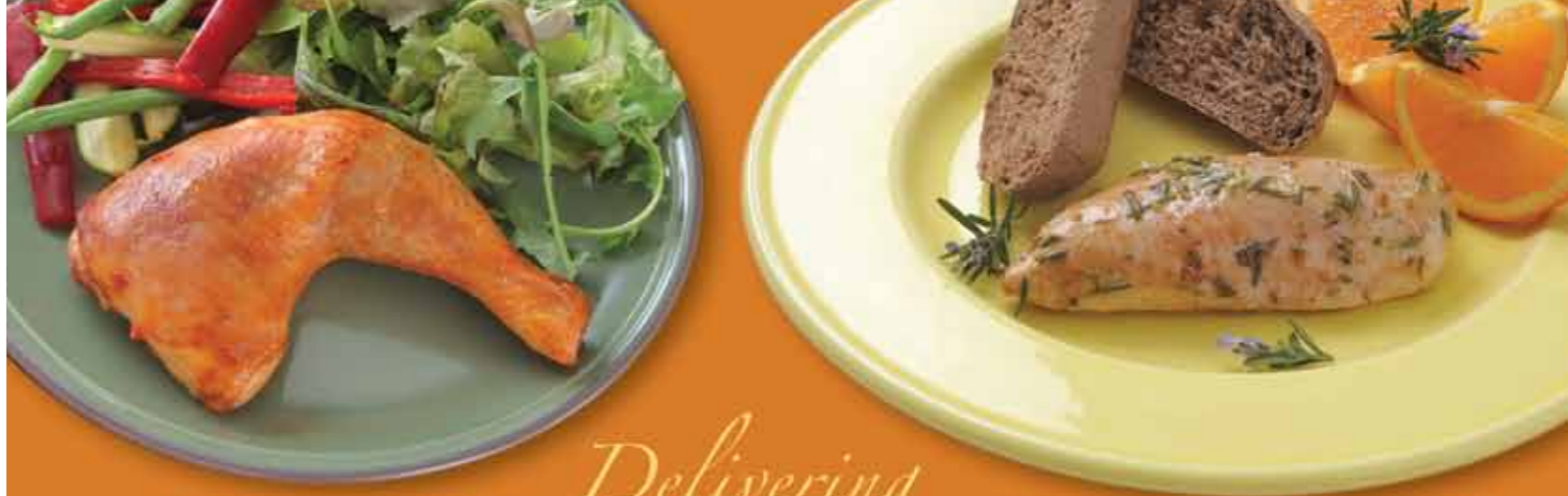
### WHY JOIN?

As the interview wraps up, I ask the each chef to sum up in a sentence why a professional chef reading this article should join the Guild. David's instant response is, "For friendship, trust and help."

Daniel follows it up by saying, "To widen your network, keep abreast of what's happening in the city and to improve your confidence."

Peter, who hasn't spoken in a while, says, "To support juniors and to nurture their careers and make Abu Dhabi a culinary destination."

Alan says, "In addition to all that's been said, you should join the Guild to get that sense of belonging and to be part of a team that's the same as your kitchen but on a bigger scale."



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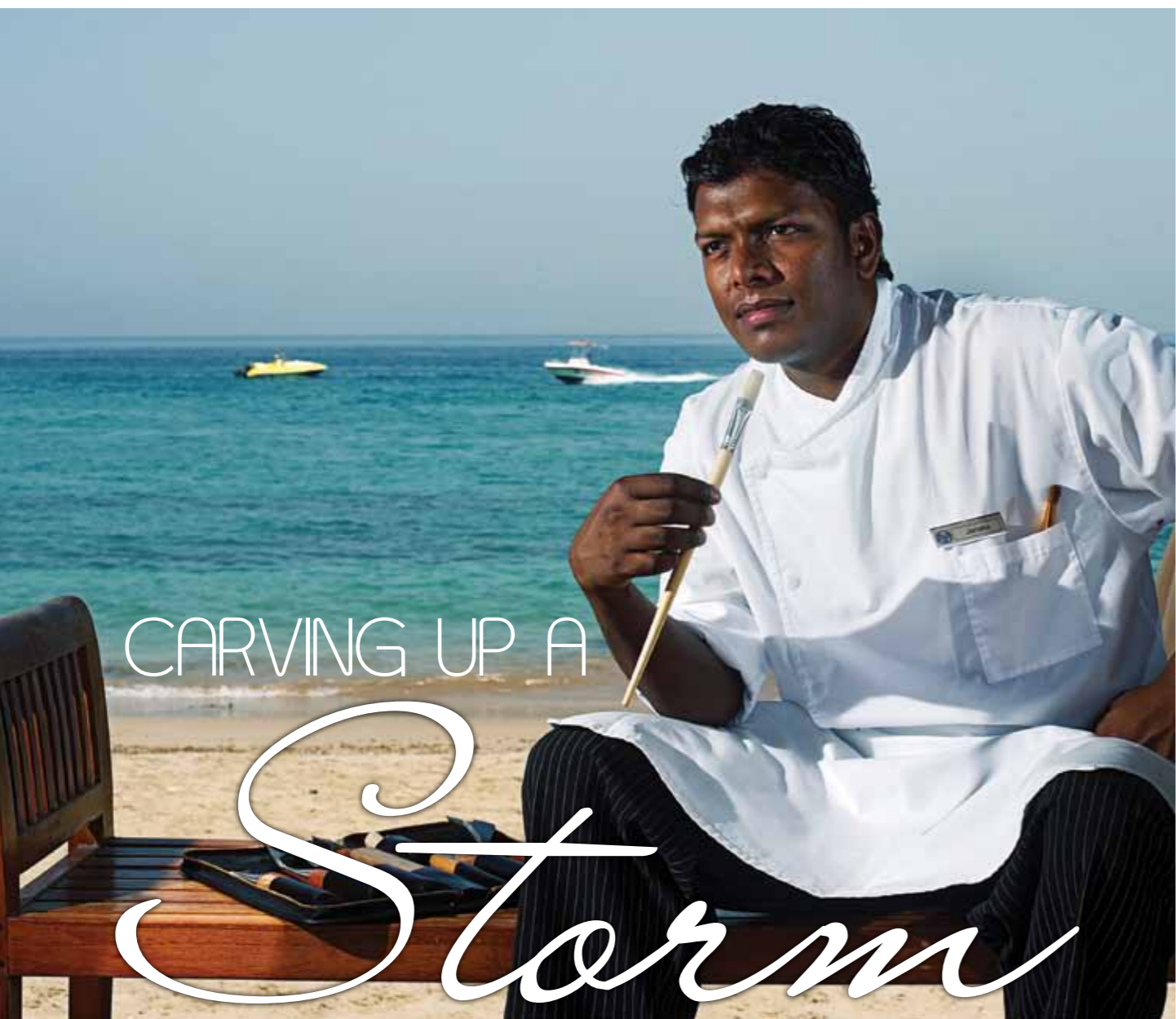
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CARVING UP A

# Star

We find out why **Tarek Mouriess**, the Executive Chef at Fujairah Rotana Resort & Spa, believes his award-winning Kitchen Artist, **Janaka Sahabandu**, is the rising star in his team

**Could you tell us why you have chosen Chef Janaka for this coveted title?**

Janaka deserves the Rising Star title because he is an exceptionally talented chef and knows his job really well. If you are good at what you do and rise to the occasion constantly, you will be noticed. Janaka always rises to the occasion.

He also works hard at enhancing his skills. For me, a real star is someone who introspects, realises their limitations and works hard at overcoming them. Janaka is disciplined and organised; two critical attributes needed for any chef to rise to the top. He likes to learn, he enjoys challenges and he never ceases to amaze me.

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### What makes Chef Janaka stand out from the rest?

Janaka is a reliable and trusted individual and is always there to assist the team. He is someone you could count on to get the job done. Also, he is an artist and a very creative one at that. His carvings are much acclaimed and have bagged prominent regional awards in recent years. These attributes help him stand out from the rest.

### What are Chef Janaka's strong points and which are the fields he still needs to master?

Janaka's real strength lies in the fact that he is very good in his current job. He enhances his skills as appropriate and can adapt to new situations easily. As he moves along, he needs to improve the brilliance of his work. We need him to look more into art work and bring new ideas to life.

### Ten years from now, where do you see him going?

Janaka is an enterprising individual with

unrelenting energy. Ten years from now I see him having his own pastry shop or an event management company.

### Being an Executive Chef, what are the qualities you look for before including anyone on your team?

I look for people who are strong at delivering the results that a role demands. Someone who consistently meets expectations, knows the intricacies of the job well, and enhances new skills as appropriate. I look for team members who can adapt to new situations, have the resilience to cope with stress in a positive manner and those who do not panic. It is important that the person provides stability and keeps the business running. People with the potential and the ambition to move up the ladder, is a plus. It is also important that the person loves his or her work, is a good listener, and is capable of stepping into a new role or take on a major project overnight. Simply put, it is someone that our competitors would like to poach.

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**CHAT WITH JANAKA SAHABANDU**

**How do you feel being chosen by your Executive Chef for this coveted title?**

I am extremely proud of the fact that my Executive Chef has chosen me as the Rising Star. It is an honour and a privilege and I will do my very best to keep delivering high quality results.

**Why did you decide to become a chef?**

I love working in the kitchen. I believe that creativity within the kitchen can be an excellent medium of communication. You are able to communicate with people by cooking for them or creating a work of art that brings happiness. This is why I decided to become a chef.

**What kind of cuisine do you specialize in?**

I specialise in two things – pastry and art work. Both of these are immensely satisfying for me and I am absolutely passionate about making a mark in the industry in either of these two specialisations.

**Have you won any awards in any culinary competitions?**

I won the gold at the Junior Chef competition 2008, won one silver and one bronze at the Emirates Salon Culinaire 2007, got two bronze medals at the Emirates Salon Culinaire 2009 and a silver in Chocolate Carving in 2010.



**“** I try and read more on my field of work. I know what my limitations are and I try to focus on improving my problem areas. There is a lot of knowledge out there that I aspire to learn

**What, according to you, are your strengths and weaknesses as a chef?**

I agree with what my chef said earlier about my strengths and weaknesses. I am good as a kitchen artist, I am always looking for ways to enhance my skills and I can comfortably adapt to new situations. However, I need to take my art to the next level and bring new ideas to life. I need to push the boundaries of creativity.

**How are you trying to better your skills?**

I try and read more on my field of work. I know what my limitations are and I try to focus on improving my problem areas. There is a lot of knowledge out there that I aspire to learn.

**What kind of food do you love?**

I love all types of cooking. However, it's my mom's home-cooked food that I love most.

**What, according to you, is essential to be a successful chef?**

Like my chef said before, a successful chef needs to have many qualities to rise above the rest. I agree with every point that he made including the need to perform under pressure and being flexible in order to keep the business stable. I also believe that as a chef you must be sincere in whatever you do, both for your team and for your guest.

**Your Executive Chef has placed a lot of trust in you and has shown high expectations from you, how will you endeavour to fulfil these?**

I will keep doing my best to assist the team. I believe listening more and reading more will also help. I would like to thank all of my team members including my Chef for the unrelenting support they have shown me. In our kitchen, it is really the team work that pays off, not just me. I am successful because I am part of a successful team headed by a Chef who loves bringing us together. We call it the 'V' formation where everyone must help and support.





## Unilever Food Solutions' second World Menu Report highlights the growing global concern with food waste when eating out-of-home.

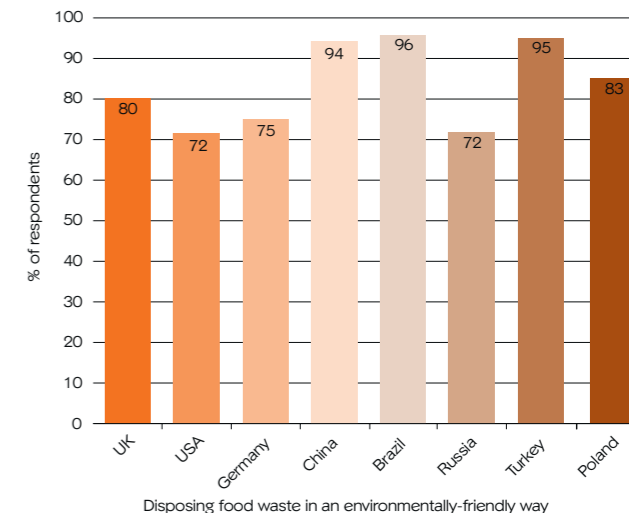
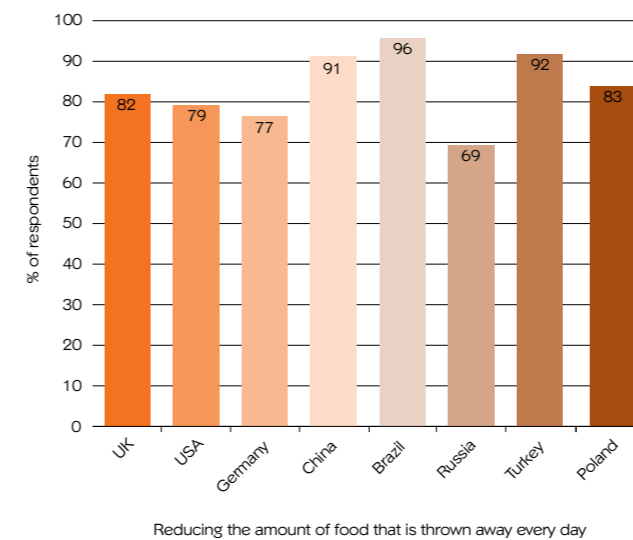
In its second World Menu Report to be published in 2011, Unilever Food Solutions has helped provide powerful insights into the out-of-home eating habits of consumers and their growing concern with food waste in professional kitchens. Globally, consumers have made it clear they care about food waste when eating out of home. Nearly 80% of those surveyed (eight out of 10 people) in Western countries expressed concern about professional food waste and 87% of respondents in developing countries echoed this opinion. A further 66% of people in the West said that knowing the way in which food waste is

disposed of is important to them, and 70% of those questioned in non-Western regions said that they would pay more to eat in places that are implementing environmentally-friendly food waste disposal methods. The research, which was conducted by interviewing 3,500 people from USA, UK, China, Germany, Russia, Brazil, Poland and Turkey, further suggests that consumers believe this to be an issue that needs to be addressed by either businesses themselves or the government. Commenting on the report, Jonathan Porritt, sustainability expert and founder of Forum for the Future, says, "A focus on waste minimisation has become commonplace in

many sectors of the economy over the last decade. Wherever entrepreneurs have been able to make good money out of somebody else's (or their own) waste, market forces tend to get the job. "Interestingly, however, there's been rather less focus on food waste. As this report demonstrates, there's a huge amount of food wasted in professional kitchens, both in the way food is ordered and prepared and in terms of what's left on customers' plates," says Porritt.

According to UNEP, over half the food produced in the world today is lost, wasted or discarded as a result of inefficiencies in the human-managed food chain i.e. restaurants and food retailers. This is clearly illustrated in a recent study by the National Restaurant Association (NRA), in which it was revealed that in the UK restaurant industry 65% of food waste occurs at preparation stage compared to just 30% left on consumers' plates. The overall findings from this report demonstrate strongly that food waste in professional kitchens must be reduced to meet consumer needs and, essentially, enable businesses to keep their guests satisfied.

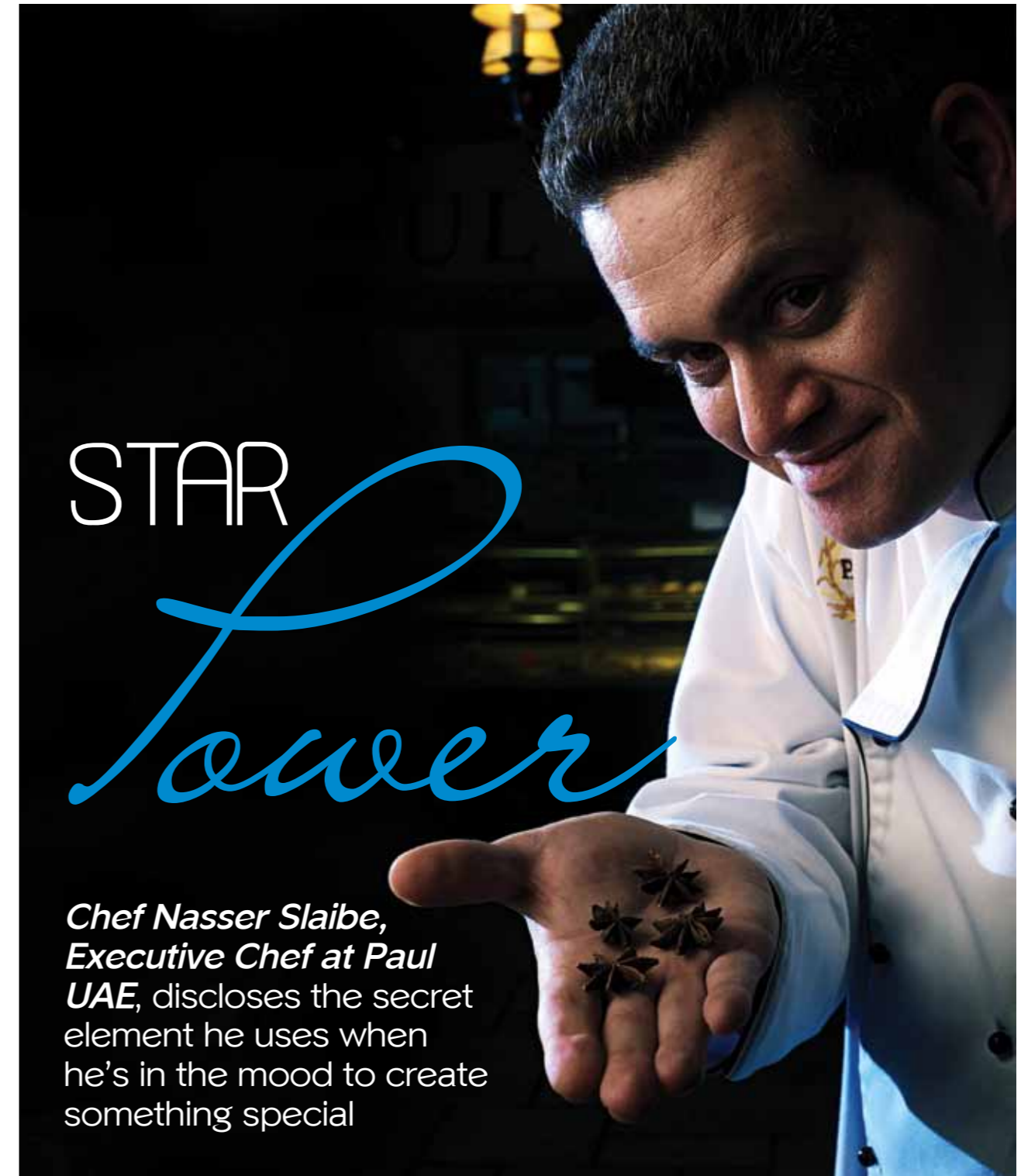
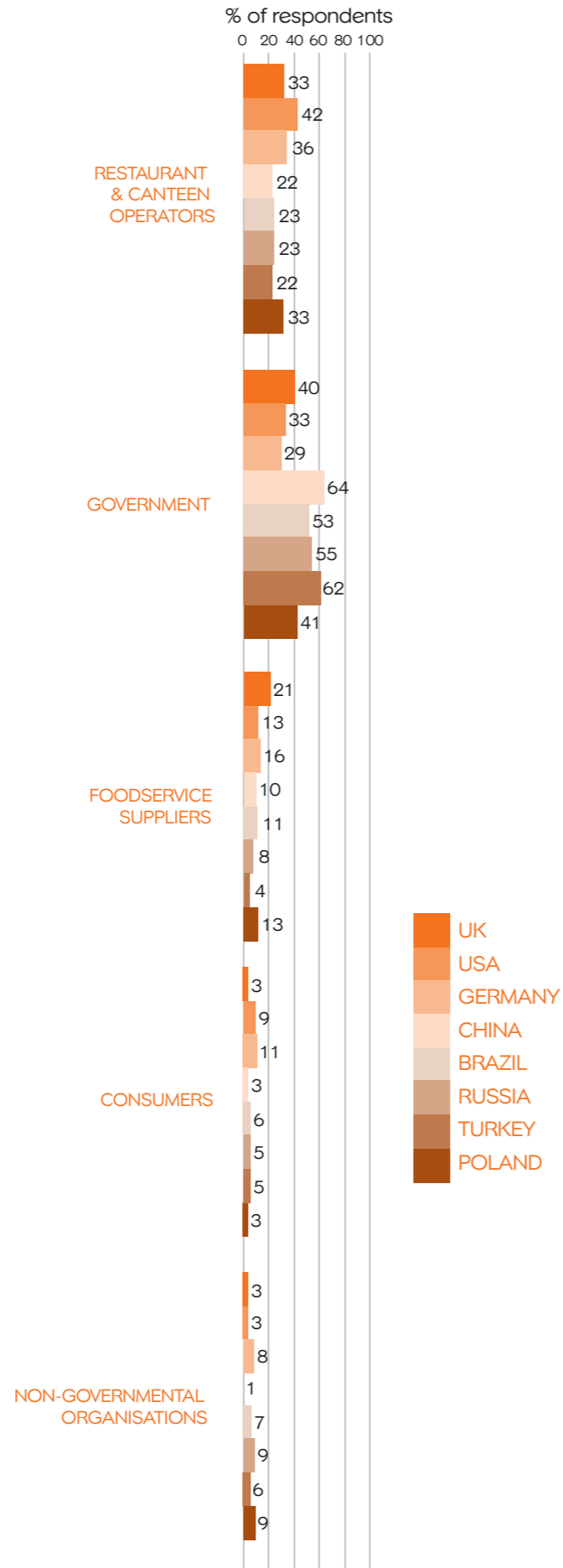
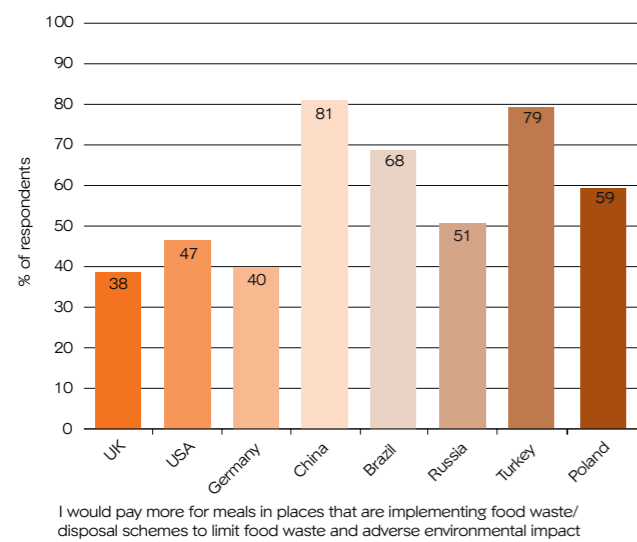
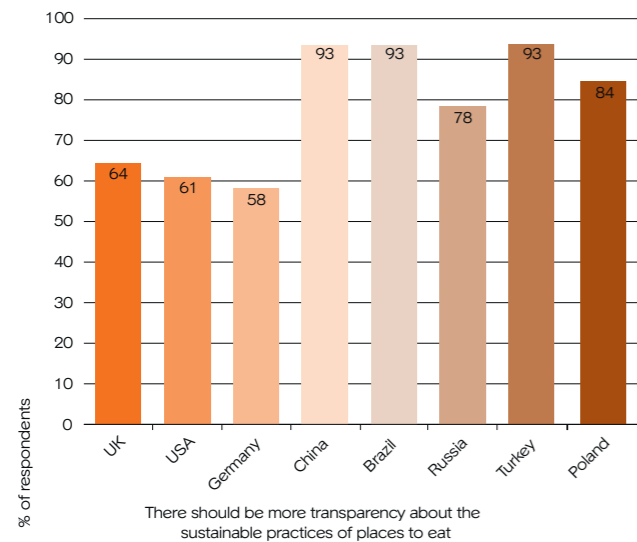
There are clear benefits for the industry if it collaborates on reducing food wastage suggests the report, which is released bi-annually to measure people's attitudes and behaviours to eating out as well as helps to compare and contrast changing tastes and market behaviours.



Reduced food waste means a reduction in disposal costs, increased kitchen efficiency and, ultimately, a reduction in the foodservice's carbon footprint. Small, incremental steps can result in big differences. Better stock management, menu flexibility, portion sizes, seasonal awareness and many other elements involved in the journey from farm to fork feed into this problem and need to be tackled. Porritt says, "It's only in the last few years that food waste in the Western world has really begun to grab people's attention. I know from my own experience how shocked people in the UK were to discover that up to a third of all purchased food ends up being thrown away before being eaten." According to the report, Unilever Food Solutions is stepping up to the plate with its "United Against Waste" global campaign. For the campaign, Unilever Food Solutions will collaborate with food industry colleagues and external partners to help address this consumer concern by encouraging coalitions across the world. The coalitions, which will be established in 74 countries, will consist of a group of local industry experts; working together to tackle food waste. Uniting partners and consumers to 'wise up on waste', these coalitions will work together to find effective solutions to reducing food waste across the globe. As well as encouraging the formation of coalitions Unilever Food Solutions will be launching a new Your Kitchen service called

'Work Smart Wise Up on Waste' in 2011. Wise Up on Waste service will benefit the industry by helping to reduce waste and increase bottom line; encourage industry responsibility and in turn attract new guests by telling the waste story; and increase kitchen efficiency. In the long term, consumers will feel good about eating out of home in environmentally responsible establishments.

"It is only leadership of this kind which can break these "circles of blame" – where's there's always someone else to pass off responsibility onto. With support of this kind (and encouragement from those of us who benefit so much from the produce of professional kitchens), there's no reason why the food industry the world over shouldn't take the lead in this global call to wise up on waste," says Porritt.



**STAR**  
*Lower*

**Chef Nasser Slaibe, Executive Chef at Paul UAE, discloses the secret element he uses when he's in the mood to create something special**

**What is your specialty?**

French, Modern Australian & Thai/Asian cuisines.

**Could you tell us a bit about your previous experience?**

I have been in the business for a fair few years. I started my career in Melbourne, Australia with Chef Lanse Rosen (now owner of the award

winning restaurant, Rusk, in Melbourne) at a hotel restaurant at the age of 19. I have since worked with major hotel groups like the Grand Hyatt, Radisson, Hilton and Westin. My work took me to a variety of places like Melbourne, Phuket and Sierra Leone. I moved to Dubai 4 years ago as a corporate chef with Leading Food Concepts. I now work as the Executive Chef of Paul, UAE.





**While cooking, what is your favorite ingredient?**

My favorite ingredient is Star Anise.

**Why do you like this ingredient so much?**

For it's incredible aroma and versatility.

**How does this ingredient enhance the dishes you create in terms of flavor, color and taste?**

This ingredient particularly affects the flavor and taste of the food rather than the color. It is extremely versatile, for example, in its powder form it can be made into vinaigrette or in its original form; it can be infused in liquid to make sauces and desserts. It imparts a wonderful aroma and taste to food and it's nearly impossible to get the same flavors with any other ingredient.

**How were you first introduced to this ingredient?**

I first came across them in Thailand where I was working a few years ago. And, as I kept experimenting with Star Anise, I found that I could get more and more flavors out of it.

**From where do you get the best quality product?**

Star Anise originally comes from China. To get it locally, it's best to go with quality suppliers like Fresh Express. A friend, however, has supplied the current batch that I have used to create the recipes.

**How versatile are Star Anise and in how many kinds of dishes and cuisines can these be used?**

It's extremely versatile. It can be used from starters to desserts and is used in a variety of cuisines ranging from Modern French to Modern Australian cuisines. It's also widely used across the Middle East and Asia.

**If, for some reason, you cannot get this ingredient, then is there a substitute available?**

Well, the closest replacement for Star Anise is the Chinese five spices. It is definitely not an exact replacement.

**How important or indispensable are Star Anise in your culinary scheme of things?**

Personally, Star Anise is not an ingredient that I use daily. Rather, I use it once in a while to create something special. In my opinion, professionally, chefs in the region should use it more often in their cooking. I would like to introduce it in the Paul menu soon.



Personally, Star Anise is not an ingredient that I use daily. Rather, I use it once in a while to create something special

**CONFIT DUCK LEG** with Portobello mushrooms, flageolet beans, Beef bacon & Parmesan frittata, Confit tomato with star Anise scented Jus

**Confit duck**

**INGREDIENTS**

- Rock salt
- ½ orange zest
- 1/2 lemon zest
- 5 grams fresh ginger
- 1 grams star anise ground
- 1 grams coriander seeds crushed
- 1 gram black peppercorns
- Duck legs
- Duck fat

**METHOD**

- Trim the knuckles from duck legs
- Blend salt, spices and zest in the bar blender.
- Sprinkle salt mix on a tray, gently press duck legs on the salt and cover with
- Remaining mixture. Leave for 18 hours.
- Rinse of salt and pat dry
- Heat the duck fat in a rectangular pan to approximately 80 degrees
- Add duck legs and slow cook for around 1.8 hours
- Remove duck legs from fat after slow cooking and cool down



**Beef Bacon & Parmesan Frittata**

**INGREDIENTS**

- 30 grams beef bacon strips
- 3 eggs
- 30 ml cream
- 65 grams Parmesan cheese grated
- 1-gram white pepper
- 10-gram butter
- 20 grams red onion
- 1 grams garlic
- 2 grams rosemary

**Portobello mushrooms**

**INGREDIENTS**

- 90 grams Mushrooms
- 3 grams Butter
- Salt & pepper to taste

**Flageolets beans**

**INGREDIENTS**

- 100 grams beans
- 1 grams garlic
- 5 ml lemon juice
- 2 grams chopped fresh parsley
- 5 ml olive oil
- Salt & pepper to taste

**Star Anise Jus**

**INGREDIENTS**

- 1-liter veal jus
- 150 ml red vinegar
- 50 grams sugar
- 4 pcs star anise
- 1 onion brunoise
- 2 carrots brunoise
- 2 sticks celery brunoise
- 1 bay leaf
- 5 peppercorns
- 10 ml oil
- 10 grams fresh thyme

## NATURAL OYSTERS with fennel & tomato salsa & Star Anise vinaigrette

### NATURAL OYSTERS

#### INGREDIENTS

½ dozen oysters  
50 grams fresh fennel  
30 grams tomato  
2 grams fresh dill

#### METHOD

- Remove open oysters from shell
- Cut the fennel & tomato small dice
- Fine chop dill
- Toss well except oysters, in a bowl
- Season with salt & pepper
- Serve on rock salt
- Lemon wedges for garnish, optional

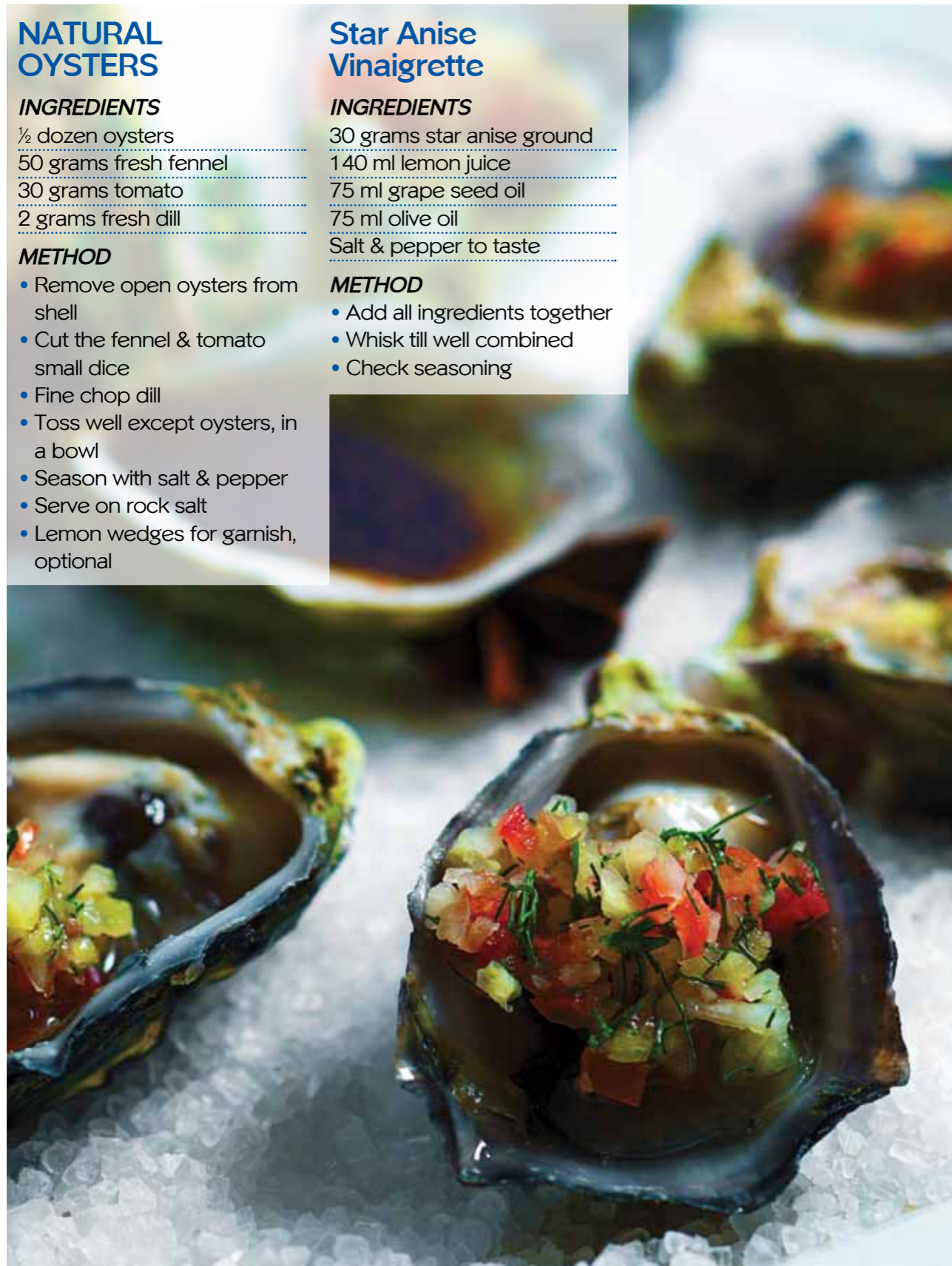
### Star Anise Vinaigrette

#### INGREDIENTS

30 grams star anise ground  
140 ml lemon juice  
75 ml grape seed oil  
75 ml olive oil  
Salt & pepper to taste

#### METHOD

- Add all ingredients together
- Whisk till well combined
- Check seasoning



## STAR ANISE PANNACOTTA with glazed figs pistachio nuts and a Lavender sauce

### Pannacotta

#### INGREDIENTS

500 grams cream  
250 ml milk  
90 grams honey  
4 pcs Star Anise  
4 Pcs gelatin leaves

#### METHOD

- Heat the cream and milk (Do not boil)
- Add honey & star anise
- Allow the star anise to infuse
- Soak gelatin in water until soft
- Squeeze out the water
- Add to mixture
- Pass through a fine sieve
- Pour into molds and allow to set

### Glazed Figs

#### INGREDIENTS

2 pcs of fresh figs cut in half  
In a hot pan add butter,  
Place the figs body down  
Add little brown sugar  
Glaze

### Lavender Syrup

#### INGREDIENTS

Lavender oil  
100 grams caster sugar  
200 ml water

#### METHOD

- Make a light sugar syrup, cool
- Add Lavender oil to flavor
- Reserve

### Sauce

#### MAKE UP SIMPLE BASIC ANGLAISE RECIPE

- Sauce Anglaise with drizzle lavender syrup



# THAI Taste

**Sangwon Konluk, the chef de cuisine at Fusion, Le Royal Meridien Beach Resort & Spa Dubai, shares some of his favourite recipes with our readers...**



**C**hef Sangwon was born in Chang Mai in Thailand. He began his career in 1980 as a commis at the Thong Thai Restaurant, moved on to the Phet Gardens Restaurant and then worked at the Asia Hotel in Bangkok where Sangwon was promoted to demi chef de partie. In 1988 he worked his way up to become the executive chef at the Felix Hotels and Resorts. After two years, Sangwon joined the famous Thai resort, The Empress, in Chiang Ma as chef de partie. He was tasked with overseeing all food preparation throughout the hotel. Three years later, Sangwon joined the Westin Chiang Mai as Thai Chef for Banqueting, before heading to Dubai to the next phase of his career. Since 1995, Sangwon has been working at Le Royal Meridien Beach Resort & Spa as chef de cuisine at Fusion, His signature dishes include specialties from the Thai, Indonesian and Malaysian cuisine. Chef Sangwon tells us that he loves the cuisine from central Thailand, which includes the tom yum soup and the famous Thai curries. "The food from central Thailand is normally spicy and mainly includes such ingredients as chili, garlic, cumin, galangal and lemon leaf." For our readers, Chef Sangwon has chosen three very well-known Thai specialties – a starter, a main course and a dessert.

## Kai takri

(Marinated minced chicken on a lemongrass skewer)

"This is a specialty from central Thailand. You can feel the lemon grass and lemon leaf with the minced chicken and it is served with sweet chili sauce to add a different dimension to the taste."

### Kai takri

#### INGREDIENTS

150gms	minced chicken breast
50gms	lemongrass
15gms	Gogi flour
10ml	white soya sauce
15ml	seasoning sauce
20gms	white sugar
1	egg
Salt & pepper to taste	

#### METHOD

- Blend the minced chicken breast with the rest of the ingredients.
- Cut the lemon grass into a 5" long stick and bind the mixture to the stick to make a lollipop and deep fry in oil.
- Serve hot with the sauce.
- and garnish with sesame seeds and coconut cream.



## Kraprow Ped ob

(Roasted duck with hot basil)

"The duck is very tender and melts in the mouth. It has a sugar seasoning to add a sweet touch. It is served with steamed rice."

## Khaow noew ma- maung

(Sweet sticky rice with mango)

"This is a traditional dessert, which is a signature dish from Thailand."



Kraprow Ped ob

### INGREDIENTS

250gms	Roasted Duck
10gms	Garlic
10gms	Thai Red Chilli
5gms	Thai Green Chilli
10ml	Oyster Sauce
10ml	White Soya Sauce
10ml	Seasoning Sauce
10ml	Black Soya Sauce
10gms	Sugar
20gms	Basil Leaves
20ml	Corn Oil
10gms	Chinese Spice
Salt to taste	

### METHOD

- For the roast duck marinate the meat with the Chinese spice, coriander roots, garlic and roast in the oven for 30 minutes
- Heat the oil in a pan and sauté the garlic before adding the sliced duck and cook for 2 minutes
- Add the Thai chilli, oyster sauce, white soya sauce, seasoning sauce, black soya sauce, sugar and hot basil leaves and cook until done.
- Serve hot with steamed rice.



Khaow noew ma- maung

### INGREDIENTS

150gms	Sticky Rice
80ml	Coconut Milk
20gms	Palm Sugar
2gms	Salt
50gms	White Sugar
100gms	Fresh Mango
20gms	Coconut Cream Powder

### METHOD

- Steam the sticky rice for 30 minutes.
- Boil the palm sugar, coconut milk, white sugar and coconut cream powder till it becomes a thick paste.
- Add the sticky rice to the mixture and stir well.
- Mould the sticky rice on a plate, place the sliced mango on the side and garnish with sesame seeds and coconut cream.

# MASTERCLASS WITH *Chef Noreumol*



This month, **Amaresh Bhaskaran** meets **Chef Noreumol** at Benjarong, the signature Thai restaurant at the Dusit Thani Hotel in Dubai, for a Master class in Thai cuisine. Here's what he learnt...

**C**hef Noreumol is a highly experienced chef from Thailand. Visiting Thai Royals often rely on her culinary skills to tantalise their palates. Her specialty in Thai Royal cuisine and she has even cooked for Her Highness, the Queen of Thailand, when she lived in Bangkok. So justifiably, I was a bit nervous before the meeting. She was going to spend some of her precious time teaching me (in all probability a lost cause) the fundamentals of her cuisine and her cooking. I needn't have been nervous. If I were to describe her in one word, it would be calm. She put me at ease immediately and was genuinely enthusiastic to talk about her life and her cooking. Chef Noreumol was born in Bangkok, studied Home Economics at University but was taught to cook by her Grandmother. She also taught herself to cook from cookbooks. She started her career at the first Benjarong restaurant at the Dusit Thani, Bangkok, as



part of the kitchen crew where she was taught the fundamentals of Thai royal cuisine – a difficult cuisine to master particularly due to the emphasis on delicate flavours and masterful presentation. She has since carved a niche for herself and has worked in China, Thailand and now in Dubai.

#### **THE DISH**

Chef Noreumol chooses a dish that she says

is quintessentially Thai. It's called Choo Chee Goong and is basically fried tiger prawns in red curry sauce. She explains her choice by telling me that this dish includes ingredients that are the heart and soul of Thai food.

#### **PREP**

Chef Noreumol is very organized in her approach to cooking. She lines up the ingredients neatly in front of me. Everything's

fresh. Everything's properly weighed (quite unlike how I cook at home). She makes sure all her dishes taste consistent at the restaurant and she has to make them quickly!

**INGREDIENTS**

The ingredients are traditionally Thai. It also includes the Fish Sauce, better known as nam pla, that's used in Thai cuisine amongst other commonly used ingredients like coconut milk & kaffir lime leaves that will give this dish its distinctive flavour and aroma.

Tiger prawns	450 grams
Red curry paste	60 grams
Coconut milk	200 ml.
Straw mushroom	60 grams
Kaffir lime leaves	3 grams



Fish sauce	10 ml.
Palm sugar	08 grams
Deep-fry oil	200 ml.
Red chili	15 grams
All purpose flour	80 grams

**COOKING**

In the kitchen, Chef Noreumol is all business. There's no mucking around at all! First, she quickly peels, cleans and deveins the prawns. The prawns are then coated with flour and kept aside.

With a few deft moves Chef Noreumol puts the sauce together. She brings the coconut milk to a boil and then adds the red curry

paste. She then seasons it with palm sugar and fish sauce; and adds straw mushrooms to thicken the sauce. Meanwhile, she deep-fries the prawns and, before I know it, the dish is ready for plating!

**PLATING**

The prawns are plated following which the Chef pours sauce over it. This is then topped with coconut milk, red chili and finely sliced kaffir lime leaves to complete the dish.

**CHEF'S TIPS**

- For sauce heat until thick and then reduce heat to bring out the rich colour.

- Do not deep-fry prawns for too long or they'll end up too hard.
- Instead of prawns you can use fish, chicken or any meat. For meat, there's no need to deep-fry; just cook it in the sauce.

This beautifully presented dish tastes as good as it looks and smells. The sauce in particular has barrels of taste that are so well balanced that I could not have enough of it. It's a rather simple dish on paper but getting it right is definitely anything but! I would like to try to cook this at home and now if you can excuse me, I've got to look for some friends to experiment it on...

# TBC CHEF TRAINING AND *Theme Nights*

**A**n All-Texan Culinary Journey got into its stride in the UAE with Texas Beef Council (TBC) Chef Training Workshops and Theme Nights. Forty-five chefs representing Dubai's most prominent food and beverage operators enthusiastically took part in hands-on class sessions conducted by Guest Chef Jay McCarthy who came all the way from USA to share his U.S. beef expertise with UAE chefs and diners. Organised in collaboration with the Emirates Culinary Guild (ECG), the TBC chef events were implemented in cooperation with the Office of Agricultural Affairs – U.S. Consulate General in Dubai. During two full days of extensive training and six Texas Beef Theme Nights, TBC and the U.S. Meat Export Federation (USMEF) promoted the quality image of Texas beef and the profitable use of underutilized U.S. beef cuts in the hospitality industry and among the import/distribution sectors.



# JAKARTA SALON

## Culinaire 2011

**W**e are delighted to announce the fantastic effort made by the team with members from The Address Downtown and Raffles Dubai. Travelling at their own expense, they showed true courage and commitment in competing at the salon as Culinary Ambassadors for the UAE.

Special thanks go to Chef Uwe, the President, for sanctioning the support of the team. For supporting their boys in this venture, special thanks go to:

Chef Cameron Balladine, Executive Chef at The Address Downtown Dubai

Chef Andrew Whiffen, Executive Chef at Raffles Hotel Dubai

**Daniel Edward - Best Chef Individual Hot Cooking Challenge Salon Culinaire 2011**

Silver Medal - Tabasco Seafood Challenge  
Silver Medal - US Beef and US Potato Challenge  
Silver Medal - Inspiring individual hot cooking challenge

**Dedy Supriady**

Silver Medal - Five Course Gourmet Dinner Menu - Fine Dining  
Bronze Medal - Practical Cake decoration

**Heru Purwanto - Best Team Hot Cooking Challenge Salon Culinaire 2011**

Gold Medal - Team Hot Cooking Challenge  
Silver Medal - Five Course Gourmet Dinner Menu - Fine Dining

**Ahmad Gojali - Best Team Hot Cooking Challenge Salon Culinaire 2011**

Gold Medal - Team Hot Cooking Challenge  
Silver Medal - Five Course Gourmet Dinner Menu - Fine Dining

**Indra Nova**

Gold Medal - Five Course Gourmet Dinner Menu - Fine Dining



# A SALON TO

## Remember



**T**his year's Egyptian Salon Culinaire 2011, organized by the Egyptian Chefs Association (ECA), and hosted by the InterContinental Cairo Citystars, was successfully held in conjunction with the WACS Africa & Middle East Forum. Chef delegates of regional WACS member countries, including Chef Uwe Micheel and Chef Osama El Sayed from the UAE, were in Cairo

to attend the Forum and take part in a tourism promotion for Egypt. The Forum was a great occasion for regional exchange and networking and a chance to show the world that Egyptian tourism is alive and well. All the delegates enjoyed their splendid stay at the hotel and were also very impressed with the excellent service of American Express Travel Egypt who provided all the transport, escorts and guides throughout their stay.



# LA CUISINE DU SIAL

## Briefs of the Classes for Entry

### Resume of Classes for Entry

Class No.	Class Description
01	Cake Decoration - Practical
02	Wedding Cake Three-Tier
03	Four Plates of Dessert
04	Pastry Showpiece
05	Baked Bread Showpiece
06	Friandises Petites Four Pralines Nougatines
07	Chocolate Carving Showpiece
08	Fruit & Vegetable Carving Showpiece
09	Open Showpiece
10	Five-Course Gourmet Dinner Menu
11	Tapas, Finger Food and Canapés
12	New Arabian Cuisine
13	An Arabian Feast
14	Individual Ice Carving
15	Ice Carving Team Event
16	Practical Fruit & Vegetable Carving
17	Arabic Mezzeh - Practical Cookery
18	Sustainable Fish - Practical Cookery
19	Beef - Practical Cookery

### Practical Pastry

#### Class 01: Cake Decoration - Practical

- Decorate a pre-baked single cake base of the competitor's choice.
- Two-and-a-half-hours duration.
- All decorating ingredients must be edible and mixed on the spot.
- No pre-modelled garnish permitted.
- Chocolate and royal icing can be pre-prepared to the basic level, e.g.. tempered chocolate can be brought.



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- Competitors must provide all ingredients, cake base, utensils, and small equipment required.
- The cake base must a minimum size of 30cm X 30cm or 30cm Diameter.
- A standard buffet table is provided for each competitor to work upon.
- Water, electricity and refrigeration might not be available.
- All cakes will be displayed until the end of the Salon and will be disposed of by the organizer.
- The cake will be tasted as part of judging.
- The Judges will cut the cake.

### Pastry Displays

#### Class 02: Three-Tier Wedding Cake

- All decorations must be edible and made entirely by hand.
- Pillars or stands may be inedible but, unless decorated by hand, must be plain and unadorned.
- Fine, food-quality wiring is allowed for the construction of flowers and the like, but must be properly wrapped and covered with flower tape or paste.
- Royal icing, pastillage, pulled sugar, etc., may be used in the construction, but the finished display must not be dependent on these items.
- The bottom layer of the cake must be edible.
- Inedible blanks may be used for the two top layers.
- Typewritten description and recipes are required.
- Maximum area w60 cm x d75 cm. Maximum allowable total height (including socle or platforms) is 75cm

#### Class 03: Four Plates of Dessert

- Prepare four different desserts, each for one person.
- Each dessert presented singly on an appropriated plate.
- Presentation to include a minimum of one hot dessert (presented cold).
- Typewritten description and recipes are required.
- Tasting will be part of the judging process if deemed necessary to determine quality and authenticity.
- Maximum area w90 cm x d75 cm.

#### Class 04: Pastry Showpiece

- Freestyle display.
- Edible media, marzipan, pastillage, sugar, pulled-sugar, croquant, etc., may be used, singly or in mixed media.
- Written description required.
- Maximum area w90 x d75cm.
- Exhibit can be no more than 90cm. in height including base or socle where used.



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**Class 05: Baked Bread Showpiece**

1. Freestyle display of a bread showpiece.
2. Maximum area w90 x d75cm.
3. Exhibit can be no more than 90cm. in height including base or socle where used.

**Class 06: Friandises Petites Four Pralines Nougatines**

1. Five varieties.
2. Six pieces of each variety (30 pieces total).
3. Freestyle presentation.
4. Required one extra piece of each variety on a separate small platter for judges' tasting.
5. Written description mentioning the theme is required.
6. Typewritten recipes are required.
7. Maximum area w90 cm x d75 cm.

**Artistic Displays**

**Class 07: Chocolate Carving Showpiece**

1. Free-style presentation.
2. No frames or supports.
3. Natural colouring is allowed.
4. Minimal glazing is allowed.
5. No moulded work.
6. Maximum area: w80 cm x d75 cm.
7. Exhibit can be no more than 75cm in height including base or socle where used.

**Class 08: Fruit & Vegetable Carving Showpiece**

1. Freestyle presentation.
2. Light framing is allowed, but the construction of the piece must not depend upon it.
3. Maximum area w60 cm x d75 cm.
4. Exhibit can be no more than 55 cm in height including base or socle where used.

**Class 09: Open Showpiece**

1. Freestyle presentation.
2. Only showpieces made of edible food material will be accepted for adjudication.
3. Maximum area w90 cm x d75 cm.
4. Exhibit can be no more than 75 cm. in height including base or socle where used.

**Gastronomic Creations**

**Class 10: Five-Course Gourmet Dinner Menu**



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1. One dish must contain a sustainable species of UAE fish as a main component.
2. Present a plated five-course gourmet meal for one person
3. The meal to consist of:
  - A cold appetiser,
  - A soup,
  - A hot appetiser,
  - A main course with its garnish
  - A dessert.
4. Hot food presented cold on appropriate plates.
5. Food coated with aspic or clear gelatin for preservation.
6. Total food weight of the 5 plates should be 600/700 gms.
7. Typewritten description and typed recipes required
8. Maximum area w90 cm x d75 cm.

**Class 11: Presentation of Tapas, Finger Food and Canapés**

1. Produce eight varieties.
2. Six pieces of each variety (total 48 pieces)
3. Four hot varieties
4. Four cold varieties
5. Hot food presented cold
6. Food coated with aspic or clear gelatin for preservation
7. Presentation on suitable plate/s or platter/s or receptacles.
8. Eight pieces should correspond to one portion.
9. Name and ingredient list (typed) of each variety required.
10. Maximum area 60cm x 80 cm.

**Class 12: New Arabian Cuisine**

1. One dish must contain dates as a major component.
2. One dish must contain sustainable UAE fish as a major component.
3. Present a plated five-course gourmet menu for one person.
4. Free style presentation.
5. All menu ingredients used must be those found in the Arabian Gulf area.
6. To be prepared in advance, and presented cold on appropriate plates.
7. Food coated with aspic or clear gelatin for preservation.
8. Dishes are to be presented in an up-to-date setting and decoration.
9. The meal to comprise:
  - A cold appetiser
  - A soup
  - A hot appetiser
  - A main-course with appropriate garnish
  - A dessert.
10. Total food weight for the entire menu should be 600/700 gms.



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11. Typewritten description and recipes are required.
12. Maximum area 90w cm x 75d cm

**Class 12: An Arabian Feast**

1. Present a traditional Arabian wedding feast as it would be served at a five-star hotel in the UAE.
2. Suitable for 10 people.
3. Free-style presentation
4. The presentation to comprise the following dishes (both cold food and hot food presented cold).
  5. Six cold mezzeh
  6. Three hot mezzeh.
  7. A whole Ouzi presented with rice and garnish
  8. A chicken main course (Emirati Cuisine)
  9. A sustainable species of UAE fish main course (Emirati Cuisine)
  10. A lamb main course
  11. A vegetable dish
  12. Three types of kebabs, one of chicken, one of lamb, one of beef, each with appropriate accompaniments.
  13. One hot dessert (presented cold)
  14. Three cold desserts.
  15. Two of the above desserts (competitors choice) must be typically Emirati
  16. Only the above dishes are to be presented, no other dishes are to be added.
  17. Maximum available space for presentation is 180 cm x 75 cm.
  18. Competitors must ensure their exhibit is presented neatly so as to fit the available space

**Practical Artistic**

**Class 14: Individual Ice Carving**

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

**Class 15: Ice Carving Team Event**

1. Freestyle.
2. Two persons per team



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

**Class 16: Practical Fruit & Vegetable Carving**

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

**Class 19: Beef - Practical Cookery**

1. Time allowed 60 minutes
2. Prepare and present four identical main courses using beef as the main protein item.
3. Present the main courses on individual plates with appropriate garnish and accoutrements.
4. Typewritten recipes are required.

**Practical Cookery**

**Class 17. Mezzeh – Practical Cookery**

1. Time allowed: 60 Minutes
2. Prepare and present for four persons: Three types of hot mezzeh and three types of cold mezzeh.
3. Only one (if any) of the following types of mezzeh may be displayed: hummus, tabouleh, babaganough, fatouche, moutabel.
4. The mezzeh can be representative of any of the following countries:
  - Lebanon
  - Syria
  - Jordan
  - Morocco
  - Egypt
  - Tunisia



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5. Dishes must represent a variety of cooking methods and the use of ingredients as used in the Arabic restaurants of the UAE.
6. Present the mezzeh in four equal portions.
7. Two portions will be served in the public restaurant and two portions will be presented to the judges.
8. Typewritten recipes are required.

### **Class 18: Sustainable Fish - Practical Cookery**

1. Time allowed 60 minutes
2. Prepare and present four identical main courses using sustainable species of UAE fish as the main protein item. (see [http://www.choosewisely.ae/uae\\_consumer\\_guide.pdf](http://www.choosewisely.ae/uae_consumer_guide.pdf))
3. The species allowed to be used in this class are:
  - Anfooz (Yellow Bar Angelfish)
  - Ebzimi (Black Streaked Monocle Bream)
  - Faskar (Two Bar Sea Bream)
  - Jesh Um Hala (Orange Spotted Trevally)
  - Naiser (Ehrenbergs Snapper)
  - Shari Eshkeli (Pink Ear Emperor)
  - Yanam (Sordid Sweetlips).
  - Haghul (NeedleFish)
  - Local Crab
  - Local Clams
  - Local Squid or Cuttlefish.
4. Fish may be scaled, gutted, de-finned and de-gilled, but must otherwise be brought to the competition whole.
5. Filleting/cutting preparation must be done in front of the judges.
6. Present the main courses on individual plates with appropriate garnish and accoutrements.
7. Typewritten recipes are required.

### **Notes on the Practical Cookery Classes**

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

Due to the fact that only one hour is given to complete the competition; competitors are allowed to bring with them an extensive mise-en-place. However, there are restrictions on how much pre-preparation the judges will tolerate. In all cases, the preparation, production and cooking skills of each competitor must be demonstrated during her/his time in the kitchen.

1. All food items must be brought to the Salon in hygienic, chilled containers: Thermo boxes or equivalent. Failure to bring food items chilled will result in disqualification.
2. All dishes are to be served in a style equal to today's modern presentation trends.



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3. Portion sizes must correspond to a three-course restaurant meal.
4. Dishes must be presented on individual plates with appropriate garnish not exceeding 250g total food weight excluding sauces.
5. Unless otherwise stated, competitors must supply their own plates/bowls/platters with which to present the food.
6. Competitors must bring with them all necessary mise-en-place prepared according to WACS guidelines in the hot kitchen discipline ([www.wacs2000.org](http://www.wacs2000.org)).
7. Competitors are to provide their own pots, pans, tools and utensils.
8. All brought appliances and utensils will be checked for suitability.
9. The following types of pre-preparation can be made for the practical classes:
  - Vegetables/fungi/fruits; washed & peeled – but not cut up or shaped.
  - Potatoes washed and peeled – but not cut up or shaped.
  - Onions peeled but not cut up
  - Basic dough can be pre-prepared.
  - Basic stocks can be pre-prepared.
  - Basic ingredients may be pre-weighed or measured out ready for use.
  - Fish may be scaled, gutted de-finned and de-gilled, but must otherwise be brought to the competition whole.
  - Meat may be de-boned and portioned and the bones cut up.
10. No pre-cooking, poaching etc. is allowed.
11. No ready-made products are allowed.
12. No pork products are allowed.
13. No alcohol is allowed.
14. If a farce is to be used for stuffing, filling, etc., at least one of the four portions of the farce must be prepared in front of the judges to show the competitor's skill
15. No help is allowed to be given to the competitor once the competition starts; the coaching of a competitor from the sidelines will result in the competitor being disqualified.
16. Within 10 minutes after the end of the competition, competitors must have the kitchen thoroughly cleaned and tidied and ready for the next competitor to use.
17. Two copies of the recipes typewritten are always required.
18. Submit one copy of the recipe/s to the clerk when registering.
19. Submit one copy of the recipe to the duty marshal at the cooking station.



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## Rules and Regulations for Culinary Competitions

### NB

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

### PARTICIPATION

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

### COMPETITION ENTRY

10. Please note that there are different forms for different types of entry; ensure that the correct form is being used.
11. Complete the entry-form according to the instructions on the form.
12. Completed photocopies of the entry-form are acceptable.
13. Submit the completed form to the organisers along with the requisite fee.
14. Fees must be submitted along with completed entry forms.
15. Fees are payable to:
  - Account Name: JHFT;
  - Bank: HSBC Bank Middle East – Dubai (UAE)
  - Account No. 021 - 092499 - 002
  - SWIFT Code: BBMEAAD
16. Entries are accepted strictly on a first-paid, first-accepted basis
17. No entry is accepted until the appropriate fee has been received.
18. Entry Fees are non-refundable.



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### CERTIFICATES AND LETTERS OF PARTICIPATION

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

### HYGIENE:

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

### THE SECRETARIAT:

25. The Emirates Culinary Guild (ECG) is the body responsible for the creation, organisation and administration of the competition.
26. The competition is governed by and construed according to the rules of the organisers.
27. The organisers have sole authority to adjudicate on any matters pertaining to the competition.
28. Entrants' acceptances of participation in the competition are construed as confirmation of their undertaking to submit unconditionally to the jurisdiction of the organisers in regard to all aspects of La Cuisine Du SIAL.
29. The address of the ECG for all correspondence and inquiries referencing culinary competitions is: The Emirates Culinary Guild, PO Box 71963 Dubai, United Arab Emirates. Tel: + (9714) 3403128. Fax :+(9714) 3473742. Email: theguild@emirates.net.ae

### COMPETITORS AND HELPERS

30. Each competitor is allowed one helper to assist with carrying equipment. No other help is allowed to a competitor within the preparation area.
31. A competitor must wear full; freshly laundered chef's uniform with appropriate headgear and footwear when attending at the exhibition.
32. A competitor's helper must wear full; freshly laundered chef's uniform with appropriate headgear and footwear when attending at the exhibition.
33. Competitors that are incorrectly dressed at a competition will not have their exhibits judged.
34. Helpers that are incorrectly dressed will not be admitted to the exhibition.



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

### EXHIBITS

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



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### COMPETITION MARSHALS

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

### AWARDS

57. Gold, silver and bronze medals and certificates and certificates of merit are awarded solely at the discretion of the judges.
  58. The decision of the judges is final and each competitor is required to abide by it without comment.
  59. Medals will normally be presented at 18:00 each day. This may change according to circumstance.
  60. Any medal or certificate that is not accepted by the competitor or his/her helper at the presentation ceremony for that day will be forfeit, unless prior arrangements are made with the organisers.
  61. A competitor or his/her helper must be correctly dressed as stipulated in the rules when collecting medals or certificates.
  62. Incorrectly dressed competitors/helpers will not be allowed access to the awards area.
- COPYRIGHT:
63. All exhibitors and competitors assign all rights concerning videos, photographs, menus, recipes, exhibits, sound recordings etc. to the Emirates Culinary Guild.

### DISCLAIMER

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

### QUERIES

67. All queries must be submitted by email to: [theguild@eim.ae](mailto:theguild@eim.ae). The question and answer to each query will be broadcast to all entrants.



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## VENUE & ENTRY FEES

1. La Cuisine Du SIAL will be held during the SIAL Middle East Food Exhibition
2. The venue will be the Abu Dhabi National Exhibition Centre,
3. It will run 21st – 23rd November 2011.
4. The entrance fee for single entries is Dhs: 100 (AED. One Hundred) per person per class, unless otherwise stated in the Rules and Regulations or the Class Briefs.
5. The fee for entry to the trophy classes is as follows:
  - i. Best Cuisinier – La Cuisine Du SIAL- Abu Dhabi 2010 AED:500/- per person
  - ii. Best Pastry Chef – La Cuisine Du SIAL- Abu Dhabi 2010 AED:400/- per person
  - iii. Best Artist – La Cuisine Du SIAL- Abu Dhabi 2010 AED:500/- per person
  - iv. Best Arab National – La Cuisine Du SIAL- Abu Dhabi 2010 AED:300/- per person

## CLOSING DATE

6. Closing date for entries is Monday October 15th 2011. However, practical cookery classes are normally fully subscribed and closed well before the official closing date.

## TROPHY ENTRY

Entrants to a trophy class must enter and finish in all and only those classes that pertain to the trophy for which they are entering. No other classes may be entered into by a trophy entrant. The required classes are:

### BEST CUISINIER

- i. Class # 10. Five-Course Gourmet Dinner Menu
  - ii. Class # 18. Practical Cookery – Sustainable Fish
  - iii. Class # 19. Practical Cookery – Beef
- In order to qualify for inclusion in the points tally for Best Cuisinier Trophy a competitor must win three medals, at least one of which must be a gold medal.

### BEST PASTRY CHEF

- i. Class # 01. Practical Cake Decoration
  - ii. Class # 03. Dessert – Four Platters
  - iii. Class # 06. Petites Four
- In order to qualify for inclusion in the points tally for Best Pastry Chef Trophy a competitor must win at least two medals.

### BEST ARTIST

- i. Class: #02. Wedding Cake
- ii. Class # 07. Chocolate Showpiece
- iii. Class # 09. Open Showpiece
- iv. Class # 17. Practical Fruit & Vegetable Carving



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- In order to qualify for inclusion in the points tally for Best Artist Trophy a competitor must win at least three medals.

### BEST ARAB NATIONAL

- i. Class #12. New Arabian Cuisine
  - ii. Class # 13. An Arabian Feast
  - iii. Class # 17. Arabic Mezzah
- In order to qualify for inclusion in the points tally for Best Arab National Trophy a competitor must win at least one medal.

## JUDGING AND THE AWARDS SYSTEM

The team of Judges will adjudicate at all classes of the competition using WACS-approved methods, criteria and documents [www.worldchefs.org](http://www.worldchefs.org)

After each judging session, the judges will hold a debriefing session at which each competitor attending may learn something of the thinking behind the judges' decision.

Competitors will not be competing against each other: rather, they will be striving to reach the best possible standard. The judges will then apportion marks that accord with their perception of the standard reached. The competitor will then receive an award commensurate with his/her points tally for the class.

In theory, therefore, everyone in a particular class could be awarded a gold medal. Conversely, it could be possible that no awards at all are made.

### The scaling for awards in all classes is as follows:

Points	
100	Gold Medal with Distinction with Certificate.
99 – 90	Gold Medal with Certificate.
89 – 80	Silver Medal with Certificate.
79 – 70	Bronze Medal with Certificate
60 – 69	Certificate of Merit
Thereafter	Certificate of Participation

### Trophy Winners

Trophy Winners will be decided by the highest aggregate points awarded for all classes entered.

In the event of a tie, the award will be made on the highest points scored from the medals won. Thus:

- Gold Medal with Distinction 7 Points
- Gold Medal 5 Points
- Silver Medal 3 Points
- Bronze Medal 1 Point



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Mr. Bassam Abou Saleh, Marketing Director, USAPEEC, receiving the membership certificate from Chef Uwe Micheel, President, Emirates Culinary Guild.



USAPEEC is a non-profit, industry-sponsored trade organization dedicated to increasing exports of U.S. poultry and egg food products in all foreign markets. The Council members account for more than 90 percent of all poultry and egg exports. Members include nearly all major U.S. poultry and egg producing and processing companies, as well as many international trading firms. USAPEEC's world headquarters is located in Stone Mountain, Georgia but the council has offices all over the world including the Middle East. As a new member, and in collaboration with the Emirates Culinary Guild, USAPEEC Middle East will conduct different marketing activities funded by the United Soybean Board targeting the HRI sector. In lieu of the

competition on U.S. poultry from different sources, such activities will actively maintain and establish a dominant market presence for U.S. chicken among this sector. At the foodservice level, the Council will conduct hands-on live cooking workshops capturing a number of executive chefs and sous chefs from major hotels in Dubai. This will help educate parties about the different varieties and cuts of U.S. chicken and chicken products available in the market and will highlight their versatility in different applications. This will involve technical presentations and discussions by the chef with the help of the printed materials that are being prepared for the event. USAPEEC is pleased to join the new "friends page" of the Gulf Gourmet magazine indicating its membership and looks forward to increasing awareness of the HRI sector in the region about U.S. chicken cuts and products. For more information on U.S. poultry and some poultry activities taking place in the Middle East, visit our Pan Arab website at: [www.usapeecme.com](http://www.usapeecme.com)



Mr. Suresh K P, Senior Manager - Business Development, Mr. J S A Bukhari, Executive Director and Mr. Arup Roy General Manager - Business Development, receiving the membership certificate from Chef Uwe Micheel, President, Emirates Culinary Guild.



Diamond Meat Processing Establishment is an ISO 9001; 2008 & HACCP-certified Dubai based manufacturer and exporter of a wide range of processed meat products. Our extensive product range under the flagship brand of ALMASA is unique in terms of taste and quality in the MENA region. Over the years, the brand has become synonymous with excellent quality and customer friendly service. Diamond Meat product range consists of Breakfast strips, Breakfast sausages,

Basturma, Burgers, Mortadella, Salami, Pepperoni and assorted cold cuts from Beef, Chicken, Turkey and Lamb. With a state of art facility, active product development centre, extensive logistics and distribution network, AL MASAA as a brand has attained a market leadership position in its product category. With a portfolio of more than 250 SKUs, the product is available at all major RETAIL CHAINS and HORECA segments across the region. Diamond Meat Processing Establishment is a member of the Dubai headquartered USD 5 Billion highly diversified ETA ASCON STAR Group. Since its inception in 1973, the group has completed projects in excess of USD 140 Billion and numerous landmarks in the emirates stand testimony to the firm's engineering capabilities. The company is a part of Al Ghurair Group of Companies, who are one of the most revered and leading business houses in the United Arab Emirates.



Date of Application:



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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: \_\_\_\_\_

Tel. Home: \_\_\_\_\_

Fax Home: \_\_\_\_\_

Email: \_\_\_\_\_

Type of Membership Required: (Please tick one)

Corporate  Senior  Junior

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 OFICIAL USE ONLY

Remarks: \_\_\_\_\_

Payment received? \_\_\_\_\_

Certificate Given.	Pin Given.	Medal & Collar Given
Approved President.....	Approved Chairman.....	

Fees:

Junior Member: No fees (provided that they have joined two competitions within a year). Or Dhs: 50.00 joining fee. Junior members will receive a certificate.

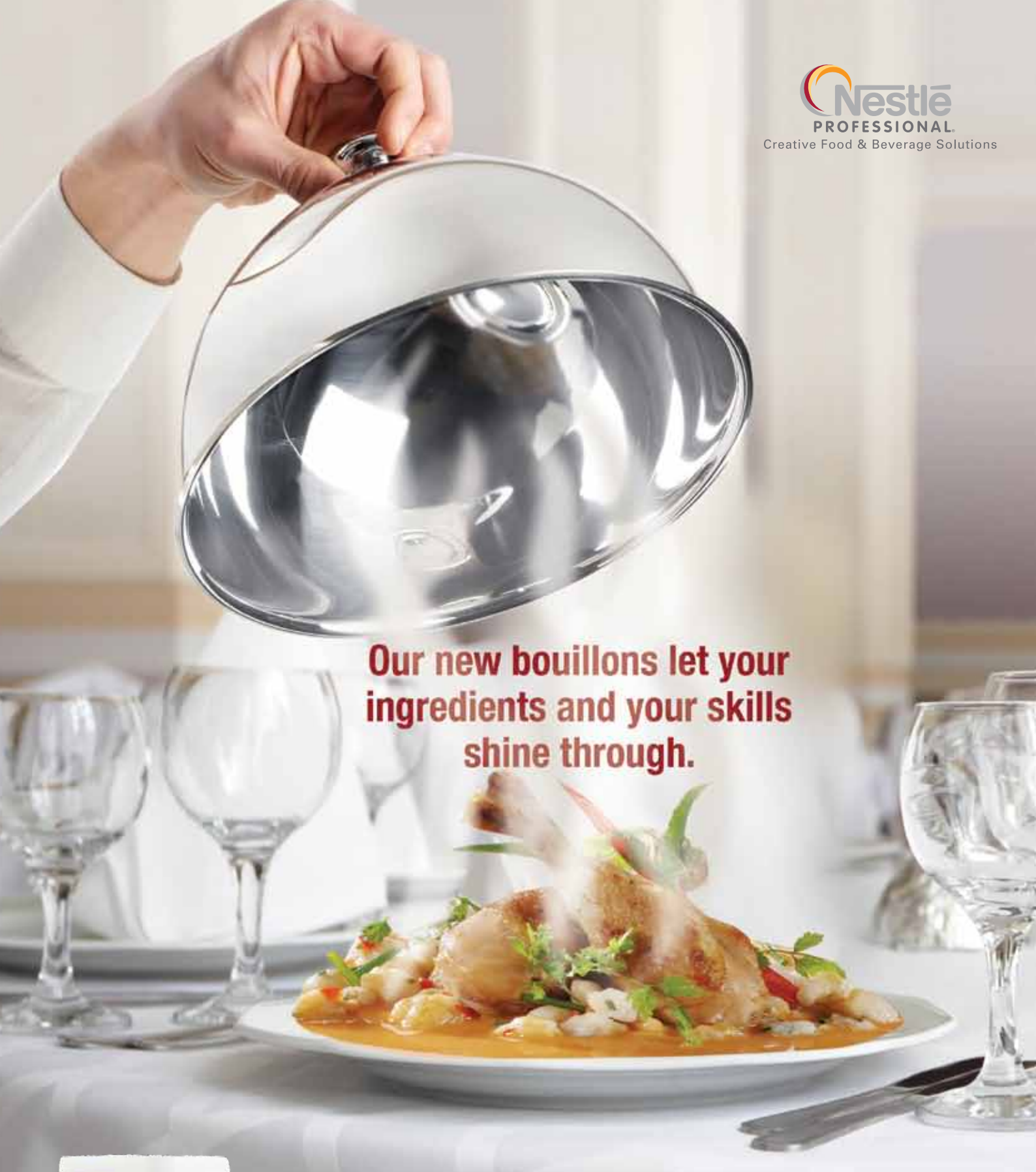
Senior Members: Above the rank of chef de partie (or senior chef de partie on executive chef's recommendation). Dhs.350/=joining. Includes certificate; member-pin, member medal and ECG ceremonial collar. Dhs. 150/=per year thereafter.

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

Corporate Member: Dhs. 20,0000 per year



Contact our marketing department now if you wish to be rewarded [marketing@horecatrade.ae](mailto:marketing@horecatrade.ae) or +971 4 340 3330 / TOLL FREE: 800 3210



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