

**gulf**

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# **gourmet**

THE MAGAZINE CHEFS LOVE TO READ

volume 13, issue 5



## **A TASTE APART**

**BEST PASTRY CHEF  
DINUM KATAPODIGE  
AND BEST ARABIC CHEF  
ALI BOURJI WERE THE  
SURPRISE WINNERS AT  
SALON CULINAIRE 2018  
DURING GULFOOD DUBAI**

## **+ EAST COAST RULES**

Complete listing of the rules and regulations for the East Coast Salon Culinaire to be held this month

### **COASTAL CALL**

K.A.C. Prasad is inviting the country's culinary talent, to be part of the East Coast Salon, this May



### **WOMEN CHEFS**

Short interviews with five chefs and their take on life as a woman in the professional kitchen

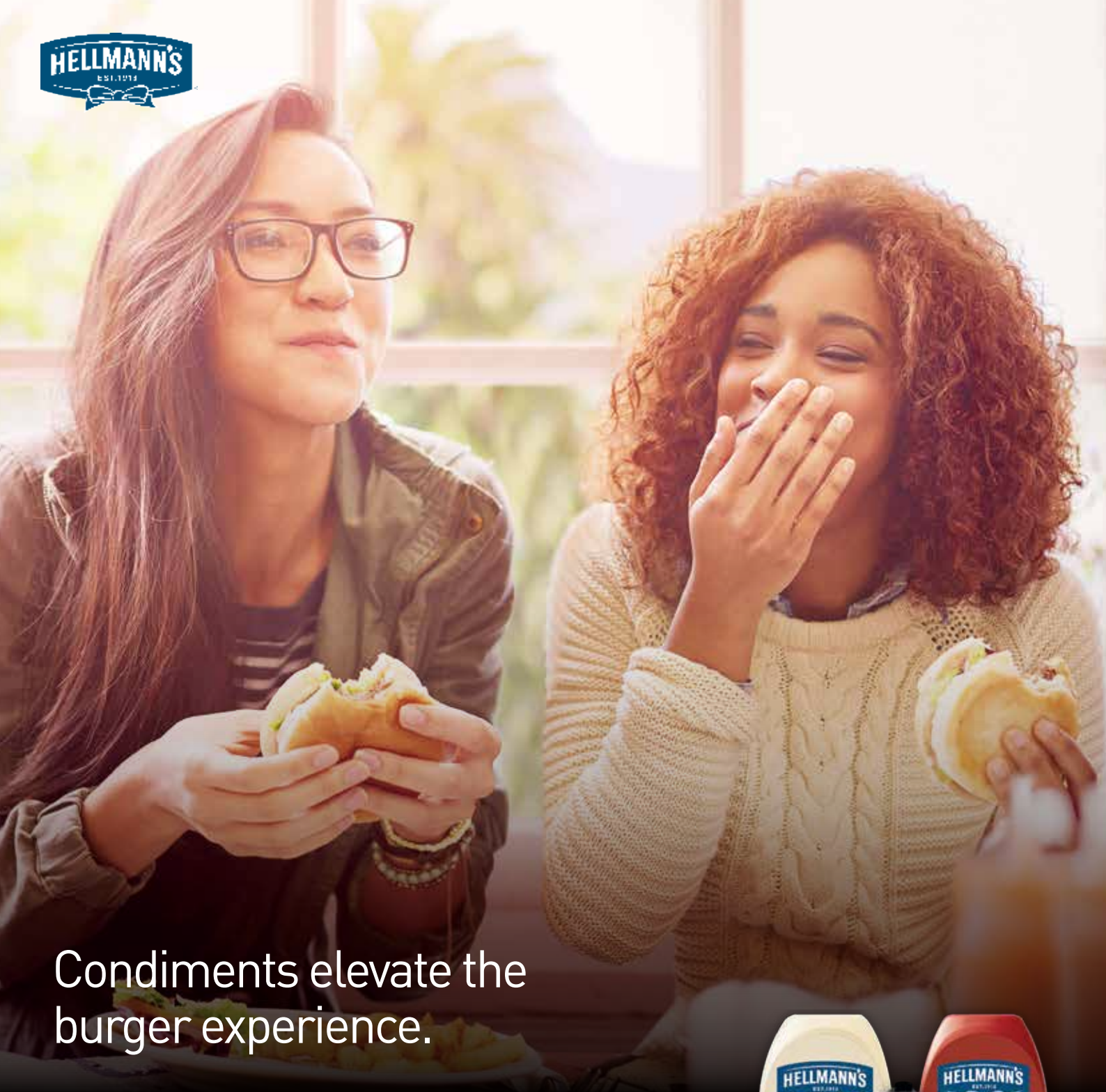


### **GOLDEN HAT**

Youngsters from MGallery by Sofitel and Arabian Ranches Golf Course take up our challenge







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# president's station

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Dear fellow chefs, ladies and gentlemen,

Welcome to the May issue of our Gulf Gourmet.

I need to start off with congratulating our culinary team for the great performance in Singapore. The team put in a lot of effort into 'Project Gold', a phrase coined by our team captain Chef Steven Peters. Our young chefs team set-up an amazing table in the Gourmet Challenge, competing against 10 teams from 8 countries. They got a well-deserved silver medal. Thank you to Chef Sagar, Chef Lana and the team.

Our senior culinary team won us our first Gold for the Cold Table (after a silver at the Olympics, World Cup and last FHA). We also won gold in Pastry Art, a gold in Culinary Art, and a bronze for Live Kitchen. Thank you team for the great job done.

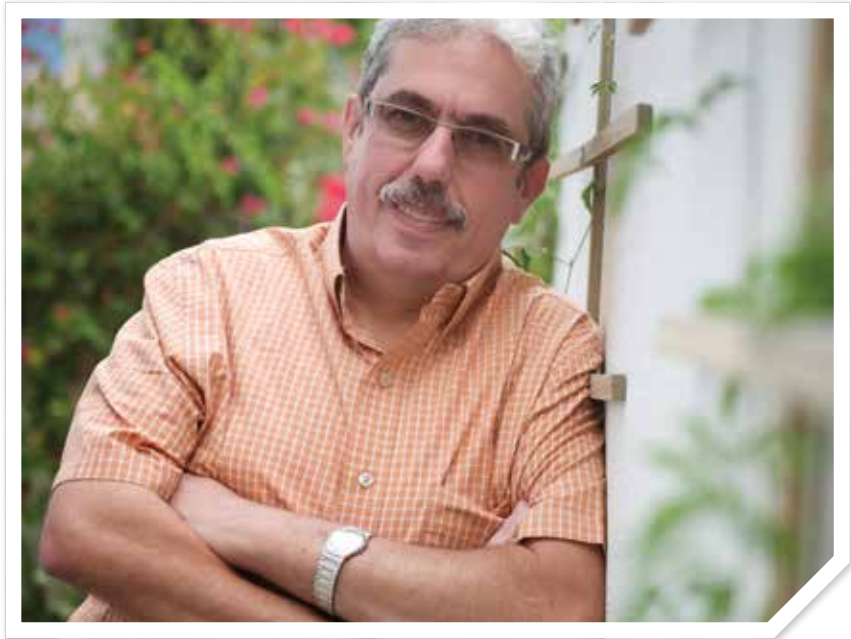
I would like to thank all our corporate partners for their ongoing support. **"Friends without your support we could not do this"**. A full report and plenty of pictures will be in our upcoming June-July issue.

I would like to congratulate Chef Ahmed Tarek from Radisson Blu Dubai Deira Creek for winning the United Arab Emirates Chaine Des Rotisseurs Young Chef Challenge. Chef Ahmed will represent UAE in the World Finals in Taiwan this September.

Congratulations as well to the 8 young chefs, who reached the finals of the young chef of the year cook off.

Thank you to Bassam Bousalleh from AMFI Team and US Beef Export Federation for hosting a great and very successful mini-plated competition. According to the jury, this was the best mini plated yet.

I am sure everyone is fully prepared for the East Coast Salon in Fujairah. I wish



all competitors the best of success. Big thank you to Chef Prasad and his team for organising and hosting this great show. Thank you as well to all the partners, judges, marshals, and competitors, for being with us at the Miramar Al Aqah Beach Resort.

On the July 2, we will have our next mini plated brought to us by US Egg Board. This mini plated will be open for Pastry Chefs as well. Savoury and sweet.

We look forward to travelling to Kuala Lumpur for the WorldChefs Congress. I believe after the host, United Arab Emirates will have the biggest delegation. We are now more than 50 and the numbers are growing as the online registration is still open.

Our competitors Chef Dammika Herath (Global Pastry Chef) and Chef Mohammad Raees (Global Chef) are practicing very hard.

If you missed previous issues of Gulf

Gourmet, please visit [gulfgourmet.net](http://gulfgourmet.net) for back issues.

I urge all members to check out the calendar on our website, [emiratesculinaryguild.net](http://emiratesculinaryguild.net), and also visit WACS Young Chefs Facebook page on [facebook.com/wacsyoungchefs](https://facebook.com/wacsyoungchefs). Encourage your young chefs to join and be in touch with over 4,000 chefs across the globe.

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

Thank you to Chef Diyan Manjula De Silva and his team from Radisson Blu Hotel DDC for hosting the April meeting.

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



May 2018 Gulf Gourmet

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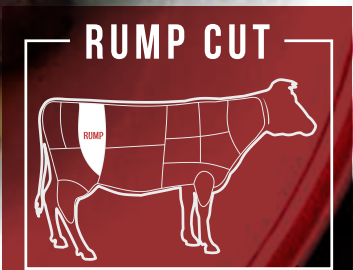
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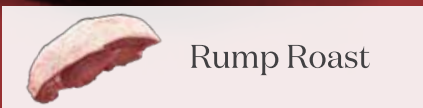
# TURN YOUR MENU INTO A MASTERPIECE **WITH THE** BEEF RUMP

Secondary cuts are increasingly becoming top draws at restaurants. With flavorsome full bodied portions that are extremely versatile and providing exceptional value, secondary cuts like the Rump, are playing a leading role in menu development in the region.



Rump Medallion

One of the 5 muscles that make up the whole rump, eye of rump is a short, lean, log-shaped muscle ideally suited to cutting into medallions. These appealing medallions are perfect for fast cooking on a hot surface like a barbecue or pan, but are versatile enough to be sliced for a stir-fry or diced for a braise or casserole. It can also be kept whole and tied with string to form a uniform shape for roasting. Perfect for a Beef Wellington or wrapped in beef bacon for mignons.



Rump Roast

The beef rump roast is cut from the hindquarter and is a boneless piece of beef that covers the hip bone of the animal. An extremely versatile cut which can be roasted, pan-fried, barbecued, stir-fried or slow-cooked in a braise or casserole. It is a great full flavoured piece of beef.



Rostbif

Rostbif is a cut of beef that is in some countries considered to be the best cut of beef due to its marked flavour. Rostbif can be roasted whole in a hot oven, barbecued whole or cut (across the grain) into steaks or sliced into thin strips for a tender and delicious beef stir-fry.



Rump medallions with stuffed Portobello mushrooms

Scan barcode to view this recipe.



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**10,000**

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## **PROGRAM AGENDA**

- 09 JUNE 2018** VIP FUND RAISING GALA DINNER FOR 200 IN YANGON
- 10 JUNE 2018** GROUND COOK OFF OF 5000 MEALS AND 5000 RELIEF PACKS
- 11 JUNE 2018** BOAT COOK OFF OF 5000 MEALS AND 5000 RELIEF PACKS
- 12 JUNE 2018** APPRECIATION COCKTAIL PARTY FOR ALL CHEFS AND CONTRIBUTORS

CHEF FUND RAISING DONATION : PARTICIPATING CHEFS TO DONATE 1000 EUROS + OWN FLIGHT EXPENSE

CHEF PACKAGE INCLUDES : 4 NIGHTS ACCOMMODATION, AIRPORT TRANSFERS, GROUND TRANSPORTATION, MEALS, 2 EVENT CHEF JACKETS, 2 EVENT T-SHIRTS, 1 BACKPACK, MEDAL OF PARTICIPATION, CERTIFICATE OF PARTICIPATION AND E-COPY OF HIGH RESOLUTION GROUP PHOTO



# editor'snote

email [editor@gulfgourmet.net](mailto:editor@gulfgourmet.net)

**C**hef Prasad and his team returns this month with yet another installment of the successful East Coast Salon Culinaire for 2018. What began as a half day event now spans two days and attracts top chefs from across the country with unrestricted networking access for 48 hours.

The event is now part competition for culinary talent and a full-fledged family get-together for chefs and food service heads that support the event. If you are someone who has been sitting on the side-lines or have not heard about the event, I would recommend you making your way to the Miramar Al Aqah Beach Resort on May 7 or 8. You will be pleasantly surprised. Check out our interview with Chef Prasad and his GM Ashraf Helmy, who are the main drivers for this show.

As this issue goes to print, we have news coming in of our national culinary teams – junior and senior – receiving recognition in the form of medals at the Singapore FHA. Our upcoming issue will have a lot of images from Singapore. Be on the lookout for that one.

This month we have young boys from The Retreat Palm Dubai MGallery by Sofitel and Arabian Ranches Golf Course competing for this year's Nestle Professional Golden Chef's Hat Award. Check out the back-cover advert for more details on how you too could be a part of this amazing initiative.

Our coverage of winners from Salon Culinaire in Dubai last February, continues with our feature on those who lifted the Best Pastry Chef and



Best Arabic Chef trophies. If you want to win one of these trophies someday, find out how this year's winners managed to do so. We also bring you images from the Pakistan Culinary Competition where UAE chefs shined bright.

This issue includes some **amazing interviews of women chefs** conducted by the Emirates Culinary Guild Young Chefs Club. If you read nothing else in this issue, do read these.

And finally, the complete list of rules and regulations for the East Coast Salon Culinaire happening this month is exclusively printed in this issue.

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

**Aquin George**  
Editor

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May 2018 Gulf Gourmet

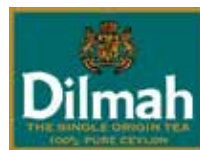
# friends of the guild



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NEW

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by Barbara Luijckx

## MASTERY IN THE ART OF CHOCOLATE DECORATIONS



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May 2018 **Gulf Gourmet**

# newsbites

## Four Seasons' Rakan Al-Oraifi named 'best chef'

Rakan Al-Oraifi, senior chef de partie at Four Seasons Hotel Riyadh, has been named the "Best Saudi Chef" at the 2018 Saudi Excellence in Tourism Awards, reports Arab News.

Chef Rakan studied culinary arts in California and has worked in international restaurants globally. He has participated in several local and international culinary competitions including the popular TV show "Top Chef."

"I am honored to receive such recognition within my own country," said Chef Rakan. "I celebrate my passion everyday by cooking and receiving this award is definitely a milestone in my career. I will continue working on developing my skills and ensuring every dining experience for my guests is memorable and enjoyable."

The Saudi Excellence in Tourism Awards is an important recognition in the local tourism industry.



## Chef Martin leaves Dukes Dubai

Chef Martin Cahill's departure from Dukes Dubai has allowed Rosewood London to get him on board as Executive Chef. Martin will oversee the luxury hotel's kitchens and restaurants including the popular Scarfes Bar and elegant Mirror Room.

Martin has had a global career in hospitality, having worked in numerous high profile and luxury hotels across the Americas, Asia and Middle East. Martin boasts ten years experience with Mandarin Oriental in Asia, where he joined as part of the reopening team, and in Taipei, where he worked as Executive Chef. At Dukes Hotel in Dubai, he was responsible for leading a team of 65 as part of the pre-opening team.



## Chef Esat to lead Ritz-Carlton Riyadh

The Ritz-Carlton in Riyadh has appointed Esat Akyildiz as the property's executive chef. In his new role, chef Akyildiz will be in charge of the culinary and stewarding teams overseeing kitchens and operations in all food and beverage outlets, including restaurants, lounges, in-room dining and banquet areas.

Chef Akyildiz started his culinary career at age of 15 as a cook in a seafood restaurant in Turkey. After he graduated from a local culinary school, Chef Akyildiz attended the Culinary Institute in Bolu, Turkey. He then joined "Ciragan Palace Kempinski Hotel" in Istanbul.

He worked in the Middle East and Central Asia with Hyatt and Intercontinental Hotels Group. He also led the culinary team for the Gala Dinner in the OSCE Summit which hosted more than 50 presidents and head of states in Astana in 2010. Chef Akyildiz then went back to Almaty to lead The Ritz Carlton, Almaty's innovative culinary team before joining The Ritz-Carlton, Riyadh.

In addition to cooking, Chef Akyildiz is passionate about developing younger chefs to help them discover their own talents through firsthand experience by the world's finest chefs such as Norbert Niederkofler and Laurent Tourondel.





## Gulf Hotel has new General Manager

**F**ares Yactine has rejoined Gulf Hotel Convention & Spa, Bahrain as General Manager. He previously served the Hotel as Executive Assistant Manager, in charge of the Food & Beverage Department, as well as Health & Recreation. In 2011, he left to join the Sofitel Thalassa Sea & Spa Bahrain, as

Hotel Manager. His previous role was General Manager for Sofitel Al Khobar the Corniche.

Fares has worked with renowned hotel chains such as Metropolitan Hotel Beirut, Habtoor Grand Hotel Beirut and with IHG in Spain.

He brings that experience to the hotel and will work alongside the young, talented Bahraini chef, Tala Bashmi. "It feels great to be back at The Gulf Hotel. The team's commitment over the years and the ultimate guest experience has positioned The Gulf Hotel as one of the best hotels in Bahrain," he says.

## Byatt in Bahrain

**A**ward-winning British Chef Adam Byatt was in Bahrain at the Capital Club as part of its Celebrity Chef Series. The 3-day stay ending April 19 saw Chef Byatt create signature dishes using local ingredients. He told local newspapers he wanted to explore and understand regional tastes.

To entice diners to come in and try the menu, five winners were chosen to dine at his one-Michelin star restaurant, Trinity in London.

Exposed to the world of cooking from a very young age, Essex-native Chef Byatt learnt the art of good food making from his very own kitchen as his grandfather was a cook in the Army, and his mother, a professionally trained chef - becoming an eminent member of the world's gastronomic scene was only inevitable for him.

The peak of his career was in 2005, when Trinity earned its Michelin Star, as well as AA's London Restaurant of the Year, Time Out Best New Restaurant, holding three AA rosettes for four years, and was voted top ten restaurants by Hardens and Zagat in 2010 and 2011.





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## Perez Promoted to Head Chef

Spanish restaurant El Sur (housed in the Westin Hotel, Dubai) has promoted Daniel Perez as its new head chef. The shake-up also sees a new general manager in Roberto Avila.

The move will see a new menu focused on “authentic Spanish cuisine” pushing to educate gourmet enthusiasts to learn about how the cuisine is cooked and consumed correctly. Also, no menu shake-up these days seem complete without a modernised twist, and El Sur is not far behind on mixing up his home-grown experience with a new outlook.

Chef Perez, who originally hails from Andalusia, has worked in Dubai before. His last stint was at Crowne Plaza Dubai before joining El Sur three years ago.



## Trevor gets a chance at being Executive Chef



Trevor MacLeod has been promoted to Executive Chef, two years after he joined the Fairmont The Palm, Dubai as its Executive Sous Chef. The appointment coincides with that of the property's new F&B Director, Alain Gobeil.

Chef Trevor will continue his focus on all things culinary and managing a team of 120 chefs but with the added pressure of talent retention and being answerable to management.

The Canadian national has spent close to a decade in the UAE barring a short stint in Shanghai and Manila. He first came to the UAE 10 years ago as part of the pre-opening team for Marco Pierre White's steakhouse at the Fairmont Bab Al Bahr in Abu Dhabi.

To get your chef or company related news featured in this section, email [editor@gulfgourmet.net](mailto:editor@gulfgourmet.net)



Nestlé  
Golden  
Chef's Hat  
Award



# View from the **ISLAND**

Our first of two teams shortlisted this month for the on-going 'Golden Chefs Hat Award 2018 – Season 6' are the boys from The Retreat Palm Dubai MGallery by Sofitel

## WILLY GUNAWARMAN

"I love food – seeing it, touching it, eating it. Every aspect of food fascinates me," is how Chef Willy Gunawarman explains his passion. The 29-year-old Indonesian is the demi chef

de partie at the Retreat Palm Dubai MGallery by Sofitel.

Born and raised in Jakarta, Chef Willy had the support of his parents and a brother and a sister when he decided

to pursue a career in hospitality. After obtaining a diploma from the OSAC International College in Singapore, he started at just 19 at the Concorde Hotel in the city. "I was there for a couple of years as a commis chef before moving to







WILLY GUNAWARMAN

Batam View Beach Resort and working there for a little less than two years." Chef Willy also worked at a small luxury hotel called the Sanchaya in Indonesia before moving to W Doha in Qatar.

In the beginning of 2016, he headed out to Maldives, working at Ayada resort for a couple of years. "It was beautiful being away from the hustle bustle of cities. But eventually I realised that I needed that energy to move forward."

That's when he secured a job in Dubai at the Retreat Palm Dubai Mgallery. "I like everything about Dubai. I plan to stick around here."

Looking into the future, Chef Willy sees himself in the role of a corporate chef at a big property someday.

### SUPUN LAKMAL

Chef Supun Lakmal rebelled against his parents to become a chef. Such is his



SUPUN LAKMAL

passion for the profession. The 26-year-old pastry chef has been working at the Retreat Palm Dubai MGallery by Sofitel for several months. And loving every minute of it!

"I was just 16 when I started," recalls the Sri Lankan chef. "I also started working at Colombo's famous Cinnamon Grand Hotel as a trainee at the same time. In the first six months, I learnt to bake cookies and make sponge and mousse cakes."

Seeing his potential, the pasty chef at the Cinnamon Grand encouraged Chef Supun to learn wedding and figure cakes. "I also started enjoying doing chocolate carvings and other artistic tasks."

From an early age, Chef Supun learnt to survive on his own. "I used to visit my parents just on weekends. It was hectic but I was very serious about excelling in this career."

After graduating at 18, he started looking for opportunities in Dubai. An uncle, who worked here, provided the support needed. "I joined a bakery here, where I worked for two years. Then when they were recruiting for the pre-opening of JLT Movenpick, I applied and got through."

After several years with Movenpick and a couple of other hotels, Chef Supun joined MGallery as pastry chef in December 2017. "I have been in Dubai for seven years now."

He dreams of opening an academy dedicated to chocolate making in Sri Lanka someday. "There are many schools there for bakery and cakes but nothing that specializes in chocolate."

As for his parents, today they are proud of his decision. This rebel had the right cause!



## PAN-FRIED SEABASS WITH COCONUT BROWN RICE AND BROWN BUTTER SAUCE

### BSEABASS FISH

Seabass	180gr
Onion	5gr
Garlic	2gr
Salt	1gr
Pepper	1gr
Oil	20ml
Thyme	2gr

### Method

- ◆ Season the seabass fish with salt and pepper, heat the fried pan, pour oil into the pan, fry the chopped onion and garlic, then fry the seabass until it's cooked, and put fresh thyme on it.

### COCONUT BROWN RICE

Water	1 L
Maggi Chicken Stock	25gr
Corn oil	10ml
Basmati brown rice	50gr
Maggi Coconut powder	20gr
Onion	5gr
Garlic	2gr
Nestle cooking cream	50ml
Salt	3gr
Pepper	3gr

### Method

- ◆ Boil water with 25gr chicken stock,

then add the strained brown rice. Once it is cooked, reheat the pan and put 10ml of oil and sauté the chopped onion and garlic. Put the brown rice and add the cooking cream, parmesan cheese and coconut crumbs, mix all together with salt and pepper until soft and creamy.

### BROWN BUTTER SAUCE

Chef Demi-Glace	20gr
Butter	5gr
Onion	2gr
Garlic	2gr
Salt	2gr
Pepper	2gr
Fresh thyme	1.5gr
Water	50ml

### Method

- ◆ Reheat the pan and put the butter, after that sauté chopped onion and garlic. Put demi glace and add the water. Add salt pepper and fresh thyme.

### BASIL TUILE

Basil	100gr
Water	100ml
Corn flour	10gr
Oil	5ml

### Method

- ◆ Blend the fresh basil with 100ml water. Strain the basil and mix with 10gr flour. Reheat oil in a non-stick pan and pour the basil water into the pan. Take out the tuile using spatula.

### TOMATO SAUCE

Maggi tomato	50gr
Water	100ml
Onion	5gr
Garlic	2gr
Butter	10gr

### Method

- ◆ Reheat the pan, add butter, and sauté chopped onion and garlic. Add maggi tomato and let the water keep boiling and reduce until thick

### VEGETABLE GARNISH

Himeji mushrooms	2gr
Enki mushrooms	2gr
Shitake mushrooms	2gr
Broccoli	2gr
Asparagus	2gr
Micro herbs	2gr
Oil	5ml

### Method

- ◆ Blanch all the vegetables until it is cooked, after that sauté all the vegetable and put salt and pepper.

### ORANGE FLUID

Fresh orange juice	500ml
Agar	5gr

### Method

- ◆ Build the orange juice, reduce until 250ml, after that mix with agar, strain, and keep into the freezer for 15 minute, after that blend using the blender.



# ORANGE DARK CHOCOLATE MOUSSE WITH COCONUT LEMON SPONGE AND COFFEE CREAM BRÛLÉE WITH MASCARPONE CINNAMON SORBET, AND TONKA CARAMEL PANNA COTTA COINS

## COFFEE CREAM BRULEE

Docello Cream Brulee	75g
Cream	175ml
Nestle coffee powder	5g
Glucose	20g
Gelatin	6g

- ◆ Boil coffee and cream glucose. Add the cream brulee mix. Put gelatin at the end.

## DARK CHOCOLATE MOUSSE

Docello Chocolate mousse	125g
Fresh Milk	250g
Orange zest	1 non

### Method

- ◆ Mix the milk and lemon zest well, add Docello chocolate mousse powder, and whip it.

## ORANGE CREAM

Orange juice	220ml
Sugar	125g
Orange zest	1 non
Glucose	28g
Egg yolk	58g
Whole eggs	50g
Gelatin	6g

### Method

- ◆ Merge the orange juice sugar, orange zest, glucose, yolk, and first set of egg whites and cook them until it creamy. Cool down and blend it with a hand blender. In addition, add warmed gelatin.

## COCONUT LEMON DACQUOISE

Maggi coconut powder	50 g
Desiccated coconut powder	100g
Sugar	150 g
Egg yolk	195 g
Egg whites	112ml
Egg whites	350 g
Sugar	146 g

Flour	180 g
-------	-------

### Method

- ◆ Beat the egg yolk together with the egg white and the sugar, carefully in a mixer. Add in the two coconut powders and process till it's stiff. Whisk the second set of egg whites with the sugar, mix both the mixes together, finally add the flour. Bake at 220°C for approximately 6 minutes.

## MASCARPONE CINNAMON SORBET

Water	225 ml
Honey	170 ml
Sugar	224 g
Lemon juice	60 ml
Mascarpone	336 g
Sour cream	339 g
Cinnamon stick	2 stick
Cinnamon powder	30 g

### Method

- ◆ Place water, honey sugar and lemon juice, cinnamon stick in a pan. Bring the syrup to a boil and set it aside to cool for 24 hours.
- ◆ Meanwhile cream the mascarpone and sour cream together and mix into the lemon mixture. Churn the mix into an ice cream machine and set well in freezer.

## TONKA CARAMEL PANNA COTTA COINS

Docello panacotta mix	50g
Cream	125ml
Milk	125ml

Tonka bean	2pcs
Caramel syrup	89ml
Gelatin	2sheet

### Method

- ◆ Bring milk, tonka and cream bring to a boiling stage and add panna cotta mix until it's thick; then add caramel syrup into it. Last, add gelatin and cool down.

## DEHYDRATED CHOCOLATE CRUMBLE

Docello Chocolate mousse	250g
Milk	200ml
Egg yolk	4pcs
Sugar	25g
Kit Kat	25g

### Method

- ◆ Mix milk and chocolate mousse. Boil the sugar and egg yolk sabayon. Mix the two mixes together and put KitKat.
- ◆ Once it is mixed, put all into silica mat and keep it in a dehydrated oven at 45°C for 24hrs

## MANGO CAVIAR

Mango puree	200g
Sugar	10g
Agar agar powder	2g
Olive oil	500ml

### Method

- ◆ Mango puree and sugar. Cook well with agar agar and olive oil and keep in chiller. Add raspberry mixer droop into the olive oil after set droops, wash with normal water.





## GO EAST!

It's that time of the year again. The seventh edition of the East Coast Salon Culinaire kicks off on May 7. What's cooking this time?

When it comes to gastronomy, Dubai and Abu Dhabi is where it's at. Or so the world thinks.

Part of the credit goes to culinary competitions. From the Emirates Salon Culinaire to SIAL, several international contests position Dubai as the hub of food activity. But slowly and steadily, Fujairah - what was earlier considered Dubai's country cousin — is emerging a strong rival, with the East Coast Salon Culinaire putting Fujairah on the Middle East's culinary map. The seventh edition of the contest kicks off on May 7 and wraps up on May 8. And it promises to offer a 48-hour joyride to all those lucky enough to be in attendance.

Since it started, the East Coast Salon Culinaire, conceptualised by Miramar Al Aqah Beach Resort's General Manager Ashraf Helmy and Director of Culinary KAC Prasad, has grown leaps and bounds. In fact, it has enjoyed the

patronage of the prestigious World Association of Chefs Societies (WACS) for the past couple of years.

Little did the Miramar team know what they were creating when they sat down together for a cup of coffee to discuss a local competition. With each passing year, the East Coast Salon Culinaire gains scale. In 2017, it welcomed nearly 350 participants from hotels across the seven emirates as also from Europe, Africa, Asia and the Middle East. As many as 100 executive chefs and culinary directors attended.

As Helmy puts it: "It has already far exceeded our expectations when we started this concept. But now our expectations from it are also rising daily."

It could have been Chef Prasad's excitement or his ability to look into the future that convinced the general manager when the idea was proposed in 2011. Constantly pushing boundaries is

something Chef Prasad has done all his life — be it deciding on a culinary career without knowing much about food to leaving behind the crystal-clear waters of his home country Sri Lanka to build a life in an unknown nation.

When he moved to Fujairah after spending a good decade and a half in Dubai, Chef Prasad surprised many people with his decision. Most chefs would be reluctant to shift to a lesser known destination when they have an attractive career in the hub of gastronomy activity. Today, there are no causes for regret. Joining Miramar Al Aqah as the executive sous chef, Chef Prasad was promoted to executive chef within eight months. "I was lucky to have a good boss like Ashraf Helmy. Behind the execution of every great idea is a supportive boss," he says with conviction.

The two have big plans for the East Coast Salon Culinaire. "We want to do





is to make it a lot more educational, fun and family-oriented. These are the core values of our hotel and we would like the competition to reflect that."

Interestingly, the competition has humble beginnings. It evolved from being a mini food contest for young in-house chefs to becoming a competition for hotels in the Fujairah cluster. Today, the event invites participation from all over the UAE and even other countries. "Our hard work has paid off. We can confidently say that of this is among the most prestigious events for the F&B industry in the Emirates," enthuses Helmy, "Our passion for the event is what has made it such a success. Everything we do here, we do it with love."

Not that the founding team is resting on its laurels. Constant innovation and improvements are values both Chef Prasad and Helmy live by. "We have



## Our hard work has paid off. We can confidently say that of this is among the most prestigious events for the F&B industry in the Emirates

received very good feedback from our sponsors. that's an aspect we don't have to worry about at all. What we want to focus on is getting people more interested in this event. Both of us have been discussing this for some time now," the general manager adds.

According to Helmy, the benefits of running the East Coast Salon Culinaire go beyond the region. "It's good for the whole industry. Nowadays, everything is becoming so digital. There are no feelings involved any more. We want to go back to the traditional way of doing things. We want chefs to learn more and love their job." The Egyptian-born general manager firmly believes that the spirit of competition raises the bar for the industry.

In 2016, the East Coast Salon Culinaire passed a milestone of sorts when it was recognised for the first time by the WACS. Few culinary competitions have that honour. The event has also partnered with the Fujairah Municipality and Tourism, which is a strong push towards developing the region as a culinary hotspot.

Behind the scenes, the team is working





to make the event a well-rounded gathering. "There are more trainings and workshops being planned for young chefs. Entertainment-wise also, we want to up the ante. A gala dinner for judges, marshals, sponsors and VIP guests should help us highlight the grandeur of Miramar," Helmy says.

He lets slip that the theme this year is the Academy Awards. So get ready for Oscars-style red carpets, spectacular dinners and an international vibe. Play is also accompanied by work. Around 6-8 master classes have been planned for chefs and there are numerous workshops. There are also workshops for chefs aged below 25 years, aiming to bring back basic skills to kitchens, which these days are going younger by the day.

The team expects participation to rise this year. More than 350 participants have already signed up and more sign-ups are expected, Chef Prasad says. "As much as 70 percent of the work is done and we are on track with the rest."

Given that the event gets many repeat visitors, the organising team realises the importance of offering something new each time. "We want to keep people interested. Offering something different every time is quite challenging. People who have been coming to us for the past six years know that we have been experimenting and innovating. This time around, we have also spoken to other hotels in the vicinity. There will be an additional 'Thank You Dinner' for our supporters at the Meridien Fujairah."

Chef Prasad's old affiliation with the Emirates Culinary Guild was quite a strong force in getting traction for the competition. As the guild's East Coast director, Chef Prasad not only took ideas from the region to the powerful body of top chefs but also drummed up their invaluable support. "The guild has always given us tremendous support. For that, we're grateful," he says.



Chef Prasad admits that it takes a lot more effort to organise events in this part of the country versus Dubai. "Supplies need proper planning. Dubai is awash with suppliers but here, we have to maintain good relationships with suppliers to tie up supplies. Having worked in the country for so long, I have good contacts. My team is also very efficient as is our procurement system," says the Sri Lankan-born chef. Usually during the time of the competition, Miramar runs at 80-90 percent occupancy. Yet, Chef Prasad's team does not allow the preparations for the East Coast Salon Culinaire to come in the way of serving regular guests in the best possible way.

For the participating chefs, the seasoned chef has simple advice: "Maintain the simplicity and integrity of your dishes and get your basics right. Also, don't forget to enjoy what you do. Winning and losing is a part of the game. But learn at every opportunity."

On his part, Helmy is rather satisfied with the competition's journey so far. "I had never thought that this would last so long. Now I want it to last forever. Although it's our baby and we are proud of it, its future success is now in the whole industry's hands."

The industry is watching and nodding in approval!







# NEW BLOOD

This year's Salon Culinaire saw two new faces claim coveted titles. Say hello to Best Pastry Chef **Dinum Katapodige** and Best Arabic Chef **Ali Bourji**...

**S**alon Culinaire 2018 had its fair share of talent on display. Two that stood out were Best Pastry Chef Dinum Katapodige and Best Arabic Chef Ali Bourji.

Meet the latest additions to the Salon Culinaire Hall of Fame...

### A SWEET RIDE

Alexander the Great started conquering countries at the age of 18, Lawrence Bragg won the Nobel Prize at 25, Steve Jobs was 21 when he co-founded Apple Inc...history is full of stories of young achievers.

While 25-year-old Chef Dinum 'Sankalpa' Katapodige is yet to make world history, he made quite an impression at this year's Salon Culinaire, held in February. Beating out participants with way more experience than him, Chef Dinum walked off with the coveted 'Best Pastry Chef' title. Winning a gold in petit fours and two silvers in three-plated desserts and live cake, he wowed judges with his attention to detail, creativity and innovation.

In his day job, the young chef is trying



to fill the rather large shoes of Chef Kapila Amaratunga, member of the UAE national culinary team. As the pastry chef of the Sheraton Dubai Creek, he runs the desserts kitchen, managing everything from planning the menu to meeting hygiene standards and coordinating activities with other kitchens.

The second of three brothers, Sri Lankan-born Chef Dinum saw adversity at an early age when he lost his parents. His older brother stepped into the role of a parent. "So, when he chose to become a chef, I followed in his footsteps," says Chef Dinum. Today, all three brothers are employed in the kitchens of reputable hotels - Chef Dinum's older brother works at the Madinat Jumeirah and the youngest is a chef at Marriott hotel in Seychelles.

After finishing secondary school, Chef Dinum trained at Sri Lanka's National Apprentice and Industrial Training Authority before beginning his career at the Ceylon Continental Hotel in March 2008. The hotel, located in the heart of Colombo, was earlier called the Ceylon Intercontinental Hotel and was the country's first five-star business hotel. Towards the end of 2009, Chef Dinum moved to Saman Villa, a luxury boutique hotel, before moving out of Sri Lanka in September 2010.



**I think the memory I cherish the most from my time in Saudi Arabia is being a part of a team of 100 chefs that created 5,000 plated desserts for world leaders including Saudi royalty and the American president**

"I joined the Four Seasons Hotel in Riyadh as the demi chef de partie. I stayed there for a little over a couple of years and then took up an offer at the Rosewood Hotel in Riyadh." Joining there as the chef de partie, Chef Dinum was promoted to senior chef de partie as he went about supporting the executive pastry chef in daily operations.

He learnt to manage costs on a day-to-day basis, service special orders, cater for events and handle outdoor catering. In this period, training new chefs was also a skill that Chef Dinum learnt. "I think the memory I cherish the most from my time in Saudi Arabia is being a part of a team of 100 chefs that created 5,000 plated desserts for world leaders including Saudi royalty and the American president."

When Rosewood decided to open a hotel in Abu Dhabi, Chef Dinum's life took another turn – he was assigned to the pre-opening team. "That experience was amazing. I was part of a brilliant pastry team."

Sometime around the beginning of 2015, Chef Dinum shifted to Sharjah to work at the Al Jawaher Reception & Convention Centre. Beginning as a sous chef, he was promoted to assistant pastry chef during his two-and-a-half-year stint.

Sheraton happened a year ago.

"So far, it has been a great learning experience running the pastry operations of such a well-known property. Other than the daily work, I help develop and implement new items and menus."

Although living and working abroad has given Chef Dinum great opportunities than he had ever believed possible, heart is still where home is. In the not-too-distant future, he plans to return home. "My dream is to start my own business in Sri Lanka in the next five-six years."

With three talented chefs in the family, that should be a cakewalk!





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### THE RELUCTANT CULINAIRE

Traditionally, cooking is seen as a woman's job – more so in the Middle East. It's rare for parents to approve of their sons donning the apron. Rarer still is for a Middle Eastern father to encourage his son to enter the professional kitchen.

Yet, Chef Ali Bourji's father did just that...and the decision couldn't have been more right.

What's even more surprising is that Chef Ali's father was not into the hospitality industry in any way. A construction contractor, he had something of an epiphany that led to him suggesting a culinary career for his son. The results are for all to see – Chef Ali is this year's Salon Culinare Best Arabic Chef. Further, this was just the second ever competition he participated in, with hardly any practice.

"To be honest, I had never seen myself in the kitchen," says the 27-year-old Lebanese chef. "I was not much into traditional cooking and I preferred fast food, burgers, etc. Nothing that required effort."

Growing up near the mountains north of Lebanon, Chef Ali had little interest in helping his homemaker mother in the kitchen. "I am the youngest of four brothers and a sister. My father travelled extensively in Saudi Arabia and then returned to start a construction contracting firm." When Chef Ali was in his teens, his father suggested a course at a culinary institute where work and studies took place simultaneously. "In my first few days there, I was clueless about cooking. But over the next three years, I learnt about ingredients, pairings and cuisines and it suddenly became a very interesting subject for me."

At the tender age of 15, Chef Ali started learning how to cook. He also worked at a small hotel in the mountains during his training. "After three years, I got my



**To be honest, I had never seen myself in the kitchen, I was not much into traditional cooking and I preferred fast food, burgers, etc. Nothing that required effort**

technical diploma and then headed out to Beirut for another three-year course."

The following years were just work and no play. Working in shifts, Chef Ali studied at the same time, spending most of his days buried in the kitchen. "It was hard work, but it paid off. I got my second diploma in hospitality management in three years. My training was in a Lebanese restaurant. I had to work in all sections, from washing to cooking to even stewarding when required. I learnt to make salads, worked in butchery, pastry and hot kitchen. It was a well-rounded experience."

With studies behind him, Chef Ali decided to experiment with a different cuisine and joined a French restaurant, La Venue du Parc, in Beirut. He also had exposure to other international cuisines. "I was there for a year. I worked in a couple of other French restaurants in Beirut for the next two years to gain deeper insights into the international scene."

Chef Ali was eventually offered a job in Tunisia to open a restaurant in a Lebanese complex. The experience was exciting – putting together the eatery from scratch was quite the challenge. "We brought everything from Lebanon. It was a massive learning experience. I had never travelled so much."

However, opportunities for growth were limited and Chef Ali decided to return to Lebanon a year later. In 2014, a cousin working in Dubai as a chef suggested that he try finding a position in the city. "He had been here for some 13-14 years. We both share a name." With his cousin's help, Chef Ali applied for jobs and secured one. In October 2014, he moved to Dubai with a chef de partie position at Anantara the Palm. "I have been here since then. It's been a hectic four years. The Arabic kitchen operation here is very small. It's just two chefs including me. There is no Arabic restaurant but we take care of the specialties for Ramadan and other banquet events."

Given that the two chefs independently handle all Arabic kitchen work, there is limited time for much else. "I participated in my first culinary competition in 2016, where I won a bronze. Last year, I did not take part because there was simply no time for it. This year too, although I participated, it was with little practice. We're short-staffed and everyday work takes priority over other things."

Yet, Chef Ali managed to walk off with the Best Arabic Chef trophy. Participating in three categories – hot and cold mezze, Emirati cuisine and Arabic-style chicken – he won a silver, a bronze and merits. "I hadn't practised enough. All I did was believe in myself. I rarely panic. That helped me in the high-pressure environment of a culinary competition."

Chef Ali extends his easy-going nature to his future too. At a time when most chefs his age are making ambitious plans, he prefers to take things as they come. "I try to learn what I can and improve my work as best as I can. Life will take its own course. All I know currently is that I plan to stick around in Dubai for a few years."

For the connoisseurs of the culinary arts out there, that's good news indeed!







Nestlé  
Golden  
Chef's Hat  
Award



## WHERE THE GRASS IS GREEN

The second team shortlisted this month for the on-going 'Golden Chef's Hat Award 2018 – Season 6' are young chefs from Arabian Ranches Golf Club

### IMTIAZ ALAM

Chef Imtiaz Alam was barely 10 when he realised cooking was his calling. "In fact, it started when I watched cookery shows on TV," says the Pakistani-born chef.

Born and raised in Gilgate in Pakistan, Chef Imtiaz was fascinated by the umpteen restaurants that dotted the landscape there. "When I told my father that this is the path I wanted to take

professionally, he told me to go all out and do it," he recalls.

The family of seven had no chefs but was excited about Chef Imtiaz's aspirations.



IMTIAZ ALAM



ASHISH DAHAL





"Instead of culinary studies, I opted for an internship at the five-star Serena Hotel in Islamabad because I felt I will learn a lot more on the job."

Starting as an intern, Chef Imtiaz became commis II at the Serena Hotel and climbed to commis I in a year and a half. Towards the end of 2016, he moved to Dubai with a job at the Arabian Ranches Golf Club as a commis I.

"I really like working here because my executive chef encourages me to learn the operations of all kitchens even though I am in the hot kitchen. He even asked the human resources department to allow me to work across kitchens."

Someday, Chef Imtiaz hopes to become

an executive chef or even open his own hotel back home in Pakistan.

For now, the 25-year old is content to be an avid student of the culinary arts.

### ASHISH DAHAL

When Ashish Dahal finished high school, he had two choices – take the well-trodden path of commerce or go into hospitality. Today, the 26-year-old from Nepal is happy he decided to do what makes him and others happy.

The commis II chef at the Arabian Ranches Golf Club did four years of hotel management before going to Malaysia for industrial training at the KSL Hotel & Resort. "I spent time in both service and kitchen, but I did not enjoy the service side much. So, after two months in the

service department, I went into the kitchen and eventually chose the hot kitchen for my career."

Disappointed at how workers from India and Nepal are treated in Malaysia, Chef Ashish declined a job offer there and returned to Nepal to learn food and beverage production at an institute. Towards the end of 2016, he secured a job in Dubai at the Fortune Park Hotel. For one year, he worked at the hotel as commis chef. "I heard about this Emaar property and I applied for a job. I have been here for about a year and a half."

Eventually, Chef Ashish hopes to open his own restaurant. "I have some friends in Australia who share my vision. We might do something together in the future," he says.



## PAN FRIED SEABASS WITH HERB SAUTÉED POTATO, GREEN PEAS PUREE, BLUEBERRY TOMATO CREAM AND YELLOW PEPPER COULIS

### FOR SOUS VIDE

Seabass Fillet	150 gr
Green peas	100 gr
Maggi Mashed Potato	50 gr
Nestle tomato puree	30 gr
Yellow capsicum	50 gr

Potato	100 gr
Nestle Cream	50 ml
Vinegar	5 ml
Thyme fresh	5 gr
Olive Oil	50 ml
Butter	100 gr

### Method

- ◆ Boil green peas in salted boiling water, then strain and cool down in iced water bath. Reserve the water
- ◆ Puree the green peas in a blender and use the water to make mashed potato with nestle mashed potato
- ◆ Mix the green peas puree with mashed potato. Add cream if necessary, mixture must have good consistency
- ◆ Grill yellow capsicum, then peel the skin off. Puree in a blender, then heat up in

a pan with cream to have sauce-like consistency. Add cold diced butter and set aside.

- ◆ Blanch potato and slice thinly
- ◆ Heat olive oil in a pan, season seabass fillet with salt and pepper, cook slowly on butter, skin side first. When it's almost cooked, turn and add cold diced butter and fresh thyme. Bath the fish fillet with it often to get the flavour.
- ◆ Remove the fish and keep warm, add-in the sliced potato and cook till done.
- ◆ Cook blueberry and tomato puree in a pot slowly; once it's hot, blend to get a smooth puree, then strain. Reheat back in the pot and add cream and finish with butter.
- ◆ Arrange in a plate as pictured.



## COCONUT CRÈME BRULEE WITH KITKAT CRUSHED COFFEE ICE CREAM

### MARQUISE SPONGE

Docello Crème Brûlée	500 gr
Nestle cream	3 ltrs
Raspberry	10 gr
Blueberry	10 gr
Strawberry	20gr
KitKat crumble	100 gr
Nescafe	250 gr
Young coconut meat	30 gr

Nestle coconut cream	100 ml
Nestle condensed milk	200 ml
Egg Yolk	10
Caster sugar	100 gr

### Method FOR CRÈME BRULEE

- ◆ Bring coconut cream and cream to a boil.
- ◆ Add in the crème brûlée powder
- ◆ Let it boil for 5 minutes and then remove from the heat
- ◆ Pour the mixture in to a deep pan
- ◆ Refrigerate until set
- ◆ When set, cut into desired shapes

### FOR ICE CREAM

- ◆ Whipped egg yolk and sugar till set
- ◆ Heat up 1 litre nestle cream, evaporated milk and Nescafe to just boil.
- ◆ Remove from heat, then whisk in egg and sugar mixture.
- ◆ Cool down and put in to an ice cream machine (churn)
- ◆ After churning, mix in the crushed KitKat

### ASSEMBLING

- ◆ Sprinkle sugar on top of crème brulee, torch it
- ◆ Garnish around with berries and coconut
- ◆ Serve with KitKat crusted coffee ice cream.



May 2018 **Gulf Gourmet**

## UAE chefs with best team trophy

UAE-based young chefs that partook in the Pakistan International Culinary Festival 2018 returned home with a combined 9 gold medals and the trophy for the best team overall.

Chefs Shaikha Almemari, Komang Wirantawan and Dharmapal Vikram won 3 gold medals each for their exemplary performance at the culinary competition. The four-course gourmet menu they

cooked together won a gold as well as their individual attempts at beef practical cookery. The third medal they won individually was for the seafood practical cookery (excluding Komang, who won it for the chicken practical cookery).

It was a brilliant performance overall and they even took the opportunity to check out the city of Lahore and experience first-hand its local cuisine. Here are images from the event.





# WOMEN POWER

The Guild's Young Chefs Club have submitted this month, interviews with some of the finest female chefs in the industry

They are all different. Be it age, nationality, seniority, or outlook. Yet one thing binds them, and that is being a woman in the professional kitchen. Our young chefs club sent us interviews with five female chefs in the UAE and try to see what it is like being a lady in this industry.

## Kitsana Laokong

Radisson Blu Hotel Dubai Deira Creek

**?** What do you think about the culinary world as career?

I find it great. This career allows me to share my talent by cooking good food for guests. It is also a noble way for me to support my family.

**?** How long have you been working in the culinary world?

25 years working in culinary world, 17 of which were in Thailand.

**?** What is the most important thing to sustain in a culinary world for a lady chef?

You have to work from the heart and mind and look out for our guests just like family.

**?** How do you think ladies can progress in the kitchen?

To work and think like a man. Since it is a man's world, ladies can work in the kitchen very well.

**?** Most difficult moment in the kitchen?

Most difficult moment is when there is not enough staff to support the operation, especially when I was starting out in my career.

**?** Tips for the upcoming generation?

Practice more and learn from the professionals. Don't look at it as hard work; just enjoy while working with focus.



*You have to work from the heart and mind and look out for our guests just like family*

**— Kitsana Laokong**

## Helen Morris

Emirates Academy of Hospitality Management

**?** What do you think about the culinary world as career?

I think the culinary world offers amazing opportunities that allows you to travel the world, experiencing new ingredients and concepts, so we are learning every day. We are also fortunate in meeting different people from around the globe that support us on our culinary journey. Culinary careers create lots of opportunities and directions that is so diverse and allows individuals to showcase creativity.



*We can't give you passion, you have to have it inside to love the culinary world*

**— Helen Morris**

**?** How long have you been working in the culinary world?

A veryyyyyyy long time. If I say more, you may be able to work out my age! But I started working when I was 15 years old in the kitchen.

**?** What is the most important thing to sustain in the culinary world for a lady chef?

Always be professional and have time to teach and nurture others.

**?** How do you think ladies can progress in the kitchen?

I believe female chefs can progress the same as male chefs, but you do have to sacrifice some of your personal time to be successful. Also, you have to be a tough "cookie" in the kitchen, male or female, to reach your goals in senior positions and become a good leader.

#### ? **Most difficult moment in the kitchen?**

The moment someone inspirational says they are leaving the team.

#### ? **Tips for the upcoming generation?**

Take every opportunity that comes your way, no matter if you think it will help you or not. It will be a learning experience one day. We can't give you passion, you have to have it inside to love the culinary world.

### **Gelly Kalouta**

**JW Marriott Marquise**

#### ? **What do you think about the culinary world as career?**

It is difficult, but if you love what you do, it gets easier and you enjoy your work. It also gives you the opportunity to be creative. If this life excites you, the culinary world could be a great career.

#### ? **How long have you been working in the culinary world?**

It is now more than 10 years of which the last four have been with the Marriott.

#### ? **What is the most important thing to sustain in the culinary world for a lady chef?**

Being able to work with full dedication and for long hours but not over doing it. The female touch in a kitchen should not be underestimated. Use the gifted talent of multitasking and acknowledging the possibilities of excelling.

#### ? **How do you think ladies can progress in the kitchen?**

Be disciplined, learn from your mistakes, and give yourself time, as nothing happens overnight. Have passions and learn from everyone.



*The female touch in a kitchen should not be underestimated. Use the gifted talent of multitasking and acknowledging the possibilities of excelling*  
**— Gelly Kalouta**

#### ? **Most difficult moment in the kitchen?**

I love what I do, but the challenge we get as a woman of managing family and work together, makes it a real challenge. As in kitchen, the work is completely different from an office job, you have to be on your feet and get things done irrespective of what time and day. But I am very fortunate to have a wonderful and supportive family.

#### ? **Tips for the upcoming generation?**

Stay curious, be disciplined, learn from the best, appreciate your team, and do

not forget to remain grounded and kind. Things will happen, but it will take time.

### **Kavya Krishnamurthy**

**JW Marriott Marquis, Dubai**

#### ? **What do you think about the culinary world as career?**

"It's a long way to the top if you wanna rock 'n' roll".

It is a great career choice even though initially you may not be paid as much as your friends, you definitely won't have a lot of time to go out, so you'll probably look wistfully at their pictures on social media, but in the end, after all the hours of hard work, it is definitely the most satisfying (Second only to I suppose saving a life).

Nothing comes easy and I believe that hard work coupled with being in the right place and having the right people around you are paramount. I've been extremely lucky to have the support of my family, managers, my team, and friends. It's a very demanding field but I suppose anything worth its salt is. Even being a Beatle must have had its cons.

I love learning. It's what I do when I'm bored and in the culinary world, you are always learning, and you don't have time to be bored! It's satisfying when you can master a certain technique or a dish and execute it perfectly. Being a chef is to be living example of practice makes perfect.

The culinary world is not just restricted to chefs so it's a huge sea of opportunity, which is fantastic. However, I do feel, as chefs, we need to work to make our operations more environmentally sustainable and I'm not just talking about food waste.

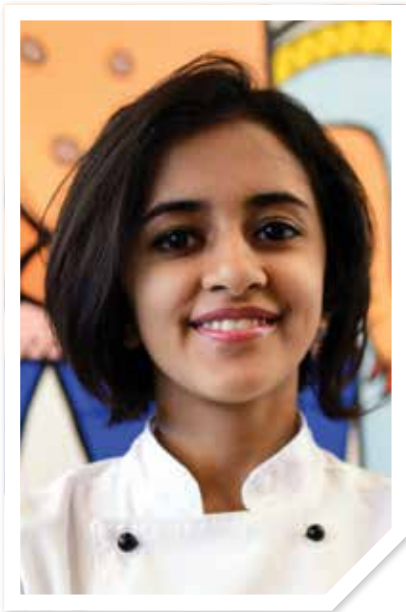
#### ? **How long have you been working in the culinary world?**

A little over 2 years.

#### ? **What is the most important thing to sustain in the culinary world for a lady chef?**

That's a tough one... For a chef, who happens to be a lady (I don't like the term





*Nothing comes easy and I believe that hard work coupled with being in the right place and having the right people around you are paramount*  
**— Kavya Krishnamurthy**

“lady chef”), one big thing that works in our favour is that there are not too many of us, so it’s easier to get recognized. To do this, we have to work twice as hard and twice as smart as the men as there will always be people who are sexist, chauvinistic and try to put you down. But remember, it’s best to just ignore them. I’ve had some really incredible women to look up to, both personally and professionally. It is imperative that women hold each other up instead of being each other’s enemies. That’s the only way to break the glass ceiling.

**? Most difficult moment in the kitchen?**

I’ve had a few. I guess the toughest was not sleeping for 60 hours and being continuously on my feet for one competition as part of the UAE Junior National Team. We won the Silver, so in the end it was worth it.

**? Tips for the upcoming generation?**

Keep learning, reading, and listening to good music. Work hard, never forget those who helped you, be a good human being above all else.

If you are in college, PLEASE make use of the library. I really regret not using it more because now I have to buy those same culinary books, which were once available to me for free.

**Gabriele Kurz**  
**Jumeirah Hotels and Resorts**

**? What do you think about the culinary world as career?**

I love the creativity in it, the endless possibilities to work in different countries and that you’ll get immediate feedback from guests. Unlike in other jobs, where for example a month’s long, behind-the-scenes work, needs to be done before you see any results. If you love food and read recipes with the same curiosity as a bestselling author’s book, the culinary world might be for you.

**? How long have you been working in the culinary world?**

More than 20 years

**? What is the most important thing to sustain in the culinary world for a lady chef?**

Being able to work like a man but always staying true to yourself. The female touch in a kitchen should not be underestimated.

**? How do you think ladies can progress in the kitchen?**

The kitchen and nutrition by nature is a very female domain. Never forget that! Fuel your passion, stay curious, be disciplined, learn from the best,



*Fuel your passion, stay curious, be disciplined, learn from the best, appreciate your team, and do not forget to remain grounded and kind*  
**— Gabriele Kurz**

appreciate your team, and do not forget to remain grounded and kind.

**? Most difficult moment in the kitchen?**

As an expert in healthy food and nutrition I do some things differently than the classic way. I remember I had to stand my ground occasionally with old fashioned minds.

**? Tips for the upcoming generation?**

Fuel your passion, stay curious, be disciplined, learn from the best, appreciate your team, and do not forget to remain grounded and kind.

May 2018 Gulf Gourmet



# SHINING SALON

Our last and final set of images from the Salon Culinaire 2018 held on the sidelines of Gulfood 2018 are here. In this third and final instalment we offer you images of all the medal winners













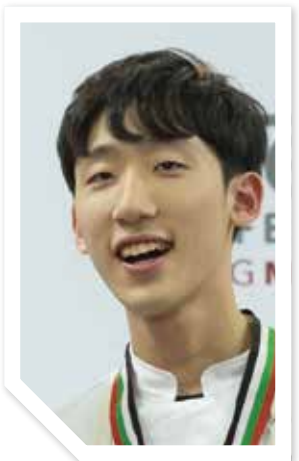
May 2018 Gulf Gourmet







May 2018 Gulf Gourmet







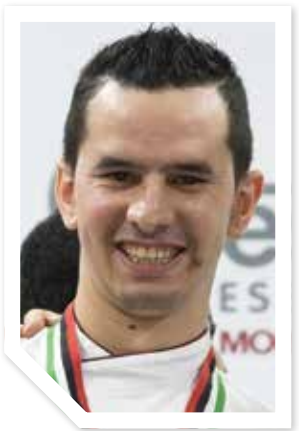
May 2018 Gulf Gourmet



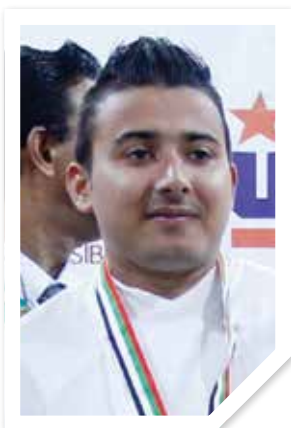




May 2018 Gulf Gourmet









# EAST-COAST SALON COMPETITION 2018

## Resume of Classes for Entry

### Class No. - Class Description

- 01 Three-Course Gourmet Dinner Menu
- 02 Three – Course Arabic Dinner Menu
- 03 Three-Course Vegetarian Menu- By Vegini
- 04 Tapas, Finger Food & Canapés
- 05 Arabian Feast edible buffet
- 06 Cake Decoration
- 07 Wedding Cake Three-Tier
- 08 Four Plates of Desserts- By Nestle
- 09 Bread Loaves & Showpiece- By Master Baker
- 10 Friandise/Petite Four/ Pralines & Nougatines
- 11 Open Showpiece
- 12 Fruits & Vegetable Carving Showpiece
- 13 Practical Fruits & Vegetable Carving- By Barakat
- 14 Beef- Practical Cookery- By US Beef
- 15 Chicken - Practical Cookery- By US Poultry
- 16 Arabic Mezze - By American Garden
- 17 Cocktail Championship
- 18 Live Sandwich- By Unilever
- 19 Dressed Chicken (Supplementary Class only for Junior Chef 25yrs below)

**NB:** Ingredients may be supplied by the sponsor, these shall be mandatory to be used. Information shall be sent to competitors in advance of competition.

## Gastronomic Creation

### Class 01: Three - Course Gourmet Dinner Menu

1. Present a plated three-course meal for one person.

2. Suitable for dinner service.
3. The meal consist of:
  - > *An appetizer or soup*
  - > *A main course*
  - > *A dessert*
4. To be prepared in advance and displayed cold on appropriate plates.
5. Total food weight of the three plates should be 420/480gms.
6. Food coated with aspic or clear gelatin for preservation.
7. Typewritten descriptions and recipes required.
8. Maximum area w60cmx d60cm.

### Class 02: Three- Course - Arabic Dinner Menu

1. Present a plated three-course meal for one person.
2. Suitable for dinner service.
3. Modern style presentation.
4. The meal consists of:
  - > *An appetizer (Mezzeh)*
  - > *A main course*
  - > *A dessert*
5. To be prepared in advance and displayed cold on appropriate plates.
6. Food coated with aspic or clear gelatin for preservation.
7. Total food weight of the three plates should be 420/480gms.
8. Typewritten descriptions and recipes required.
9. Maximum area w60cmx d60cm.

### Class 03: Three - Course Vegetarian Menu

1. Present a plated three-course meal for one person.
2. Suitable for lunch service.
3. The meal consist of:
  - > *An appetizer or soup*

- > *A main course*
- > *A dessert*

4. To be prepared in advance and displayed cold on appropriate plates.
5. No Meat, Chicken, Seafood, Fish or Egg to be used (meat-based gelatin glazed to enhance presentation is accepted)
6. Total food weight of the three plates should be 420/480gms.
7. Typewritten descriptions and recipes required.
8. Maximum area w60cmx d60cm.

### Class 04: Presentation of Tapas, Finger Food and Canapés

1. Exhibit six varieties. Weight for each piece (10-20gms)
2. Six pieces of each variety. (total 36 pieces)
3. Three hot varieties.
4. Three cold varieties.
5. Hot food presented cold.
6. Food coated with aspic or clear gelatin for preservation.
7. Presentation on suitable plate/s or platter/s or receptacles.
8. Six pieces should correspond to one portion.
9. Name and ingredient list (typed) of each variety required.
10. Maximum area w60cm x d75 cm

### Class 05: 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 20 people.
3. Free-style presentation
4. A team of two chefs and 1





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

## Practical Pastry

### Class 06: Cake Decoration

1. Two hours duration.
2. Free-style shapes.
3. Decorate a pre-baked single cake base of the competitor's choice.
4. The cake base must a minimum size of 25cm X 25cm or 25cm Diameter.
5. The cake can be brought already filled without coating.
6. The cake must be delivered and set up hygienically.
7. All decorating ingredients must be edible and mixed on the spot.
8. No pre-modelled garnish permitted.
9. Chocolate and royal icing can be pre-prepared to the basic level.
10. Competitors must provide all ingredients, cake base, utensils, and small equipment required.
11. A standard work table is provided for each competitor to work upon.
12. 03 power connections will be provided for each table.
13. Water and refrigeration will not be available.
14. The cake will be tasted as part of judging.

## Pastry Display

### Class 07: Wedding Cake Three-Tier

1. All decorations must be edible and made entirely made by hand.
2. Pillars or stands may be inedible but, unless decorated by hand, must be plain and unadorned.
3. 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.
4. Royal icing, pastillage, pulled sugar, etc., may be used in the construction, but the finished display must not be dependent on these items.
5. The cake will be tasted by the judges.

6. The bottom layer of the cake must be edible.
7. Inedible blanks may be used for the two top layers.
8. Typewritten description and recipes are required.
9. Maximum area w60 cm x d75 cm.
10. Maximum height 01 meter (including socle or platforms)

### Class 08: Four Plates of Dessert By Nestle

1. Prepare four different desserts, each for one person.
2. Display cold, each portion for one person, suitable for a la-carte service.
  - a). 1x Hot dessert
  - b). 1x Sugar free dessert
  - c). 1x Arabic dessert
  - d). 1x Free style dessert
3. Each dessert presented individually on an appropriated plate.
4. Total food weight of one plates should be 80/100gms.
5. Presentation to include one hot dessert (presented cold).
6. Typewritten description and recipes are required.
7. Tasting will be part of the judging process if deemed necessary to determine quality and authenticity.
8. Maximum area w60cm x d90cm.
9. One of the dessert should include 'Nestle Docello' as the main ingredients (provided by the sponsor)

### Class 09: Bread Loaf & Baked Bakery Showpiece— By Master Baker

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

1. A Baked bread showpiece.
2. Two types of bread loaves 200-300gms(competitor's choice) two pieces of each loaf To be displayed.
3. Two types of bread roll 25-40gms (competitor's choice)



- three pieces of each roll To be displayed.
4. Two types of baked sweet breakfast items 25-40gms (competitor's choice) three pieces Of each item to be displayed.
  5. Two types of baked savory breakfast items 25-50gms (competitor's choice) three pieces Of each item to be displayed.
  6. One extra piece of each variety to be display in separate platter for judge's tasting
  7. All the bread & dough must be baked at own work place and deliver to competition Venue for judging.
  8. Tasting will be part of the judging criteria
  9. Typewritten recipes are required.
  10. Maximum area w75cm x d90cm.
  11. Maximum height 75cm.
  12. The focus of this class is on quality & Flavor of the bakery items. The center piece Will be judged.

**Class 10: Friandises Petites- Four Pralines Nougatines**

1. Exhibit six varieties.
2. Six pieces of each variety (36 pieces total) plus one extra piece of each variety On a separate small platter for judges' tasting. Each piece weight between 06-14gms.
3. Freestyle presentation and theme.
4. Present the exhibit to include a small showpiece
5. Showpiece should enhance the presentation, and will be judged.
6. Written description mentioning the theme is required.
7. Typewritten recipes are required.

8. Maximum area w70cm x d75 cm.

**Artistic Display**

**Class 11: Open Showpiece**

1. Freestyle presentation.
2. Only showpieces made of edible food material will be accepted for adjudication.
3. Frames and wire support are allowed but not be exposed.
4. Maximum area w60cm x d60cm.
5. Maximum height 75 cm. (including base or socle).

**Class 12: Fruits & Vegetable Carving Showpiece**

1. To bring already prepared one display of fruits and / or vegetable carving, no visible Supports are permitted.
2. Free style presentation
3. Maximum area w60cm x d60cm.
4. Maximum height 75 cm. (including base or socle).

**Class 13: Practical Fruits & Vegetable Carving- By Barakat**

1. Freestyle.
2. Two hours duration.
3. Hand carved work from competitor's own fruits / 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.

**Notes on the Practical Cookery Classes**

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

1. The preparation, production

and cooking skills of each competitor must be demonstrated during her/his Time in the kitchen

2. Waste and over-production will be closely monitored.
3. Penalty deduction of 25 points for waste and over-production.
4. Timing closely monitored. 02 points deduction for each minute that the meal overdue
5. All food items must be brought to the venue in hygienic, chilled containers: Thermo boxes or Equivalent.
6. Failure to bring food items in hygienic manner will result in disqualification.
7. All dishes are to be served in a style equal to today's modern presentation trends.
8. Portion sizes must correspond to a three-course restaurant meal.
9. Dishes must be presented on individual plates with appropriate garnish not exceeding 250g Totalfood weight excluding sauces.
10. Unless otherwise stated, competitors must supply their own plates/bowls/ platters with which to present the food.
11. Competitors must bring with them all necessary mise-en-place prepared according to WACS Guidelines in the hot kitchen discipline ([www.worldchefs.org](http://www.worldchefs.org)).
12. Competitors are to provide their own pots, pans, tools and utensils.
13. All brought appliances and utensils will be checked for suitability.
14. The following types of pre-preparation can be made for the practical classes:
  - > **Vegetables/fungi/fruits; washed & peeled – but not cut up or shaped.**





- > *Dough can be pre-prepared.*
  - > *Basic stocks can be pre-prepared.*
  - > *Meat may be de-boned and the bones cut up.*
  - > *Pastry sponge, biscuit, meringue- can be brought but no cut*
  - > *Fruits pulps- fruits purees may be brought but not as finished sauce*
  - > *Décor elements- 100% made in the salon*
  - > *Basic ingredients may be pre-weighed or measured out ready for use.*
15. No pre-cooking, poaching etc. is allowed.
  16. No ready-made products are allowed.
  17. No pork products are allowed.
  18. No alcohol is allowed.
  19. 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
  20. 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.
  21. Two copies of the recipes typewritten are always required.
  22. Submit one copy of the recipe to the duty marshal at the cooking station.

### Practical Cookery

#### Class 14: Beef- Practical Cookery By US Beef

1. Maximum 06 entry per Hotel
2. Time allowed for 40 minutes. Prepare and present two identical main courses using only US Beef as the main protein item. Proof purchase order must needs to bring to the competition for US Beef Products. Any failure, 50% judging marks shall be reduced.
3. Any cut of beef with the

- exception of tenderloin, Rib eye and Sirloin can be use.
4. Weight of the beef per portion on the plate to be 150 gms.
5. Present the main courses on individual plates with appropriate garnish and accoutrements.
6. Typewritten recipes are required.

#### Class 15: Chicken - Practical Cookery By US Poultry

1. Maximum 06 entry per Hotel
2. Organizer will provide chicken leg quarter and if participants are getting their own Chicken in such case, need to show the proof of purchase for US chicken leg quarter
3. Time allowed for 40 minutes.
4. Prepare and present two identical main courses using
5. Weight of the chicken per portion on the plate to be 150 gms.
6. Present the main courses on individual plates with appropriate garnish and Accompaniments.
7. Typewritten recipes are required.

#### Class 16: Arabic Mezzeh - Practical Cookery By American Garden

1. Maximum 04 entry per Hotel
2. Time allowed for 60 minutes.
3. Prepare and present for two persons.
4. Three types of Hot Mezzeh & Cold Mezzeh.
5. Only one of following Mezzeh allowed to present (Hummus/Tabbouleh/Baba ghanoug/Fattoush)
6. The Mezzeh can be representative of any of following countries:
  - > *Egypt*
  - > *Lebanon*
  - > *Syria*
  - > *Morocco*
  - > *Tunisia*
  - > *Jordan*

7. Dishes must be representing a variety of cooking methods and the use of ingredients use in Arabic restaurants.
8. Present the Mezzeh in equal portions
9. Typewritten recipes are required.

#### Class 17: Cocktail Championship by MMI

We'll be sending the full detail this event once the sponsors finalized with organizers Prior to the event.

#### Class 18: Live Sandwich by Unilever

1. Time allowed 30 mins
2. To prepare and present 2 different sandwiches, 2 portions each one for judge & one for Display
3. 1 Vegetarian & 1 Non-Veg
4. Unilever products will be provided by the supplier for all the contestant, must use the Product supplied by the supplier. Product such as Colman's Mustard, Hellman's Mayonnaise Knorr pesto sauce, Knorr Hickory BBQ Sauce, will be available on the Center table.
5. Minimum of 3 above products to be used for sandwich preparation.
6. Suitable for light lunch can be HOT or COLD.
7. One power point will be available.
8. Plates, equipments & all other ingredients must be bought by competitors
9. Type written recipes are required.

#### Class 19: Dressed Chicken – Supplementary Class (Junior chef below 25 yrs.)

1. Competitors are to supply their own whole chicken and other utensils like chopping boards, etc which will BE USED
2. Time allowed 30 minutes sections as below:



**Chicken:**

3. Time allowed 20 minutes
4. Take a whole fresh chicken and prepare from it the following:
5. One breast skinless.
6. One breast skin-on.
7. One whole leg, skin-on, and tunnel-boned, ready for making a ballotine.
8. One thigh boneless.
9. One drumstick.
10. Two wings prepared for pan frying/grilling.
11. Carcass prepared for stock.

**After 20 minutes:**

12. 10 minutes to explain to the judges the method of preparation of a classical chicken stock.

**Addendum: - East-Coast Salon Competition 2018**

**Venue & Entry**

1. East- Coast Salon Competition will held on 7th& 8th of May, 2018
2. The venue is "Miramar Beach resort,Fujairah- AlFarha Ballroom"
3. Entry Fee AED 50 each for all the classes

**Closing Date:**

4. Closing date for entries is 15th of April 2018. However, many are often fully subscribed and closed Before the closing date

**TROPHY ENTREES: (will be given during award ceremony on 8th May)**

5. Entrance to best trophy awards, must enter and finished all mentioned classes. Trophies are Awarded on the highest aggregate points from all three classes.
6. Best individual awards, Highest Medal points in mentioned category
7. Champions Trophy:

Best Effort by Individual Establishments

**Best Gastronomic Chef/ Chef Alan Thong Trophy: (Maximum 04 entries per hotel)**

- > *Class # 01: Three course gourmet dinner menu*
- > *Class # 14: Beef Practical cookery*
- > *Class # 15: Chicken Practical cookery*

In-order to qualify for inclusion in the points tally for Best Gastronomic Trophy, competitor must win at least two Medals. One of which must be Gold or Silver medal.

**Best Arabic Cuisinier: (Maximum 04 entries per hotel)**

- > *Class # 02: Three course Arabic dinner menu*
- > *Class # 05:Arabian Feast*
- > *Class # 16: Practical Mezze*

In order to qualify for inclusion in the points tally for Best Arabic Cuisinier Trophy, competitor must win minimum 02 medals.

**Best Pastry Chef: (Maximum 04 entries per hotel)**

- > *Class # 06: Practical Cake decoration*
- > *Class # 08: Four Plates of Desserts*
- > *Class # 10: Friandise/ Petit Four/ Pralines & Nougatines*

In order to qualify for inclusion in the points tally for Best Pastry Chef Trophy, competitor must win at least two Medals. One of which must be Gold or Silver medal.

**Best Kitchen Artist: (Maximum 04 entries per hotel)**

- > *Class # 11: Open Showpiece*
- > *Class # 12: Fruits &Vegetable Carving showpiece*

> **Class # 13: Practical Fruits & Vegetable Carving**

In order to qualify for inclusion in the points tally for Best Kitchen Artist Trophy, competitor must win medals for all three classes. One of which must be Gold or Silver medal.

**Best hygienic Chef**

- > *Class # 14: Beef Practical Cookery*
- > *Class # 15: Chicken Practical cookery*

Best Hygienic Trophy will awarded to heights points winner of Beef or Chicken Practical cookery

**Highest Medal points awards for Individual Classes**

- > *Class # 03: Three course vegetarian menu*
- > *Class # 04: Tapas, Finger food & canapés*
- > *Class # 07: Wedding Cake Three-Tier*
- > *Class # 09: Bread Loaves & Showpiece*
- > *Class # 17: Best Bartender*
- > *Class # 18: Live Sandwich by Unilever*
- > *Best Hygiene Trophy*

**Runners up Trophy**

Runners us trophy awarded to the establishment whose competitors gain the second highest Total combined medal points.

**Champions Trophy**

- > *Champion's trophy awarded to the establishment whose competitors gain the highest Total combined medal points*

**Judging Guidelines and Awarding System**

A team of WACS Approved Judges will adjudicate at all the classes of competition. After each judging session, the judges will hold a debriefing sessions at which each decision.





Competitors will not be competing against each other rather they will be striving to reach The best possible standard. 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 classes.

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

### The scaling for awarding 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 – 70- Certificate of merit

## Rules and Regulations for East Coast Salon Culinaire Competition

### NB: East Coast Salon Culinaire 7th & 8th May, 2018

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

### PARTICIPATION

4. Participation at competition is open to anyone professionally employed in the preparation of food.
5. Unless the organizers 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

5. 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 organizers along with the requisite fee.
14. Fees must be submitted along with completed entry forms.
15. Fees are payable to:  
**Bank Name:** National Bank of Abu Dhabi  
**Account Name:** Iberotel Miramar  
Account No AED: 0157980086  
**IBAN:** AE250350000000157980086  
**Swift Code:** NBADAE AA DEI
16. Entries are accepted strictly on a first-paid, first-accepted basis

17. No entry is accepted until the appropriate fee has been received.
18. Entry Fees are non-refundable.

### CERTIFICATES AND LETTERS OF PARTICIPATION

19. Ensure that your name (clearly written in block capitals) appears on your entry-form exactly as you would wish it to appear on any certificate, letter of participation or posting of results.
20. Any applications for amendments to letters or certificates will necessitate: a) Return of the original certificate b) A written confirmation from the executive chef c) A pre-paid fee of Dhs: 50/- (AED: Fifty Dirham's) per certificate.

### HYGIENE

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

### THE SECRETARIAT

24. The East Coast Culinary Event Committee is the body responsible for the creation, organization and administration of the competition.
25. The competition is governed by and construed according to the rules of the organizers.



26. The organizers have sole authority to adjudicate on any matters pertaining to the competition.
27. Entrants' acceptances of participation in the competition are construed as confirmation of their undertaking to submit unconditionally to the jurisdiction of the organizers in regard to all aspects of the east coast culinary committee.

**COMPETITORS AND HELPERS**

29. A helper must be junior in rank to the person he/she is helping.
30. A competitor must wear full; freshly laundered chef's uniform with appropriate headgear and footwear when attending at the exhibition
31. A competitor's helper must wear full; freshly laundered chef's uniform with appropriate headgear and footwear when attending at the exhibition.
32. Competitors that are incorrectly dressed at a competition will not have their exhibits judged.
33. Helpers that are incorrectly dressed will not be admitted to the exhibition.
34. Logos, marks and identifying colors provided by the organizers must be worn by competitor throughout the competition in the Position indicated to them by the organizers at the time of registration.
35. Logos, marks and identifying colors provided by the organizers must be worn by helpers throughout the competition in the position indicated to them by the organizers 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 organizers.

**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, soles 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 organizers.
49. No interference with an exhibit is allowed once the organizers 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 organizers, 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 organizers will not qualify for any kind of award.

**COMPETITION MARSHALS & COMMITTEE**

54. A Marshal-at-arms will be recognizable by a badge displaying the logo of the East Coast Culinary Committee and the legend 'Marshal'.
55. Marshals & Committee 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 16:00 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 organizers.
- 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 ECSC

**DISCLAIMER**

- 64. The organizers are entitled to cancel or postpone the ECSC, or to alter the duration, timing or schedule of any event.
- 65. The organizers 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 organizers will not under any circumstances be held liable or responsible for the loss or damage of any exhibit, equipment, goods, persons or personal effects.

**QUERIES**

67. All queries must be submitted by email to: [hygienemanager.coord@miramaralaqah.ae](mailto:hygienemanager.coord@miramaralaqah.ae) or [kacparasad@miramaralaqah.ae](mailto:kacparasad@miramaralaqah.ae). the question and answer to each query will be broadcast to all entrants.

**Rules and regulations for Culinary Competition**

(Organized by Miramar Al Aqah Beach Resort with Advice & Guidance of Emirates Culinary Guild)

**NB:**

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

**PARTICIPATION**

4. Participation at competition is open to anyone professionally employed in the preparation of food within UAE and Internationally.

- 5. 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 Best Category must participate fully in every class entered in order to qualify.
- 9. Competitors must attend and participate on the time allotted to them.

**COMPETITION ENTRY**

- 10. Competition Fees: East-Coast Culinary & Cocktail Competition 50 aed per participant per class to anyone professionally employed in the preparation of food within UAE and Internationally.
- 11. Money should transfer to the given account & All the entries first pay first served basis will follow.
- 12. Please note that there are different forms for different classes; ensure that the correct form is being used.
- 13. Complete the entry form according to the instructions on the form.
- 14. Completed entry form must send though by Emirates Culinary Guild or Event Organizers.
- 15. Submit the completed form to the organizer before 01st of April 2018.

**CERTIFICATES AND LETTERS OF PARTICIPATION**

15. 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.

**HYGIENE**

16. Competitors must bring their



items according Food Safety standard.

17. As the event will be held in the Al Farha Ballroom of the organizer, official Hygiene Officer will judge all the live cooking participants.

#### THE SECRETARIAT

18. Miramar Al Aqah Beach Resort & Emirates Culinary Guild is the soul responsible for the organization and administration of the competition.
19. The competition is governed by ECSC according to the rules of the organizing committee
20. Competitors acceptance of participation in the competition will mean as confirmation of their undertaking to submit unconditionally to the jurisdiction of the organizer.

#### COMPETITORS & HELPERS

21. Each competitor is allowed to have one helper to assist in carrying equipments. No other help is allowed in preparing/ presentation area.
22. Competitor & helper must wear appropriate uniform.
23. Competitors must register on their given time.
24. Competitors & Helpers must not entered apart from salon area (Hotel lobby, Hotel restaurants etc...)
25. Competition area will be monitored by East-Coast Event Committee

#### EXHIBITS

26. Each exhibits must be completely original work, it must not have been displayed previously.
27. All exhibits must be of edible substance except for framing and stands.
28. It is forbidden to use any

living entity, depicts religion, nude, seminude or political themes in an exhibit.

29. All exhibits must be suitable for presentation as a decorative item in a restaurant.
30. An exhibit must not carry any logo or mark of identification however; they should identify their own work, if required.
31. 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.
32. No preparation or finishing of exhibits is allowed in any area except designated preparation area.
33. Finished exhibits must be placed in the position indicated by the organizer, it has submitted for judging.
34. Competitors must leave the judging area as soon as their exhibit is in place or when instructed To leave.
35. Failure by competitor to register at the specified time will result in to disqualification.
36. Exhibit which is removed by competitors without permission will not qualify for any awards.

#### COMPETITION MARSHALS

37. A Marshall will recognize by the badge displaying the logo of the organizer.
38. Marshalls are instructed to ensure that the rules and regulations of the competition are observed by all concerned.
39. Competitors, helpers and visitors are all obliged to cooperate with the marshals.

#### AWARD

40. Gold, silver and bronze

medals and certificates are awarded solely at the discretion of the judges.

41. Decisions made from the judges is final and each competitor is required to abide.
42. The medals will be present at the end of the competition. Certificates will be present after the Event (10days of maximum) by the organizer.
43. Special awards will be given to all category winners.
44. Competitors must be dressed with complete uniform when collecting medals.
45. Incorrectly dressed competitors are not allowed to access in awarding area.

#### DISCLAIMER

46. The organizers are entitled to cancel or postpone the East Coast Salon Competition or alter the duration, timing or schedule of any event.
47. The organizer reserved the right to cancel any classes or limit the number of entries or extend.
48. The organizer will not be held liable or responsible for the loss, damaged of any exhibit, equipment, or personal effects.

#### ENQUIRY

49. All enquiries must submitted by email to [emiratesculinaryguild@gmail.com](mailto:emiratesculinaryguild@gmail.com)  
[kacprasad@miramaralqaq.ae](mailto:kacprasad@miramaralqaq.ae)  
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## EAST COAST SALON CULINAIRE-ENTRY BY SINGLE CLASS/ES 2018

Company Name:	Contact Mobile No:
Contact Name:	Contact Office No:
Contact Email Address:	Contact Post Address:
	Contact Co.position:

**Entry by Single Class/es**

Each of the following persons is entered in the class mentioned. The persons are listed in order of preference for inclusion in the competition. If there should be a restriction on the number of entries that can be accommodated, we request you to include the entrants in order of preference as we have listed in this entry form.

Pref.No	Competitor Full Name (as to appear in Certificates)	Class No. and Description
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		

Signature:Name And Position

May 2018 Gulf Gourmet



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May 2018 **Gulf Gourmet**

# newmembers



Robin Tillmanns, Sales Manager from the head office in London receiving Emirates Culinary Guild Membership certificate from ECG President Chef Uwe Micheel

## FLAVOIL LTD

FlavOil are a British company that was formed in 2011. The company specialises in edible oils and have produced a number of sunflower oil based products including Standard Sunflower cooking oil, a Sunflower oil based egg-free Mayonnaise called Amaise and the company's best selling High Oleic Cooking Oil. The company has a production facility in the Ukraine, the world's largest exporter of Sunflower oil, and agents throughout Northern Europe and the Gulf.

## HIGH OLEIC COOKING OIL

FlavOil are best known for their very successful High Oleic Cooking Oil. Which has been an outstanding success in Britain's famous Fish & Chip Shops and which has now been introduced to the Gulf states and Throughout Northern Europe. For 20 years this oil has been used in large scale food production and it is only this year that



FlavOil have been able to take this product to professional kitchens.

This is the most advanced cooking oil on the market as it is high in healthy monounsaturated fats with low saturated fats and low polyunsaturated fats. This means that although the oil is as healthy to eat as Olive Oil, it is nevertheless a heavy duty frying oil suitable for even the busiest kitchen.

High Oleic Oils are due to become the future of frying oil as it produces a crisp well-textured finish to fried food and is more nutritious for your customer – a key consideration today.

HOSO is perfect for catering as it is plant based, fully sustainable with no animal fats, no hydrogenated fats and no allergens. It is resistant to breakdown and will last considerably longer than commonly used catering oils and fats – including Palm Oil.

The oil is light in taste so that flavours are not hidden and it is suitable for sauces including mayonnaise. It is highly heat stable and resistant to oxidation (breakdown) due to its chemical composition and high level of antioxidants.

It is ideal for hot and cold preparations.

FlavOil High Oleic Cooking oil is available in drums, jerrycans (20L) or eco-friendly low-plastic Bag-in-Box (15L) which uses 70% less plastic than regular packs and folds flat for recycling.

High Oleic Cooking Oil – making fried food better.





Sunil Ahluwalia, General Manager receiving Emirates Culinary Guild Membership certificate from ECG President Chef Uwe Micheel

Established in the year 2000, Hamid & Kumar, Dry Division, is one of the leading distributor in the UAE for General Foodstuffs. The division is part of the HK Food Group, which is one of the largest stockists and distributors of Frozen Foods.(Poultry, Meats, Seafood). The Group has started operations in 1984 and has become a well known name in the foodservices industry, with a specific focus on the HORECA sector.

The Dry Division has established a strong network of clients and has daily deliveries to majority of the Hotels, Catering companies, Shipchangers, chain outlets, and restaurants. We are also contracted suppliers to most



of the semi-government catering companies. Our strength lies in long term contracts for rice/sauces/oils to large chain restaurants (such as P.F. Changs, Wagamama etc). Deliveries are made daily to over 1000 outlets, using our in house logistics and fleet of over 40 trucks/vans. References of our clients can be given upon request.

The dry division has been successful in developing its in house brand, AMAR, in Rice and Oil and leveraging that

by representing various international brands. We have successfully sourced and marketed various products from across the globe, for the HORECA sector. Our product list today consists of over 400 skus' with imports from (India, Thailand, Italy, Singapore, China, South Africa, Malaysia etc)

The DRY Division's monthly turnaround is in excess of 180 containers of dry food products, some of the prominent brands we represent.

- 1.MARA from Italy
- 2.DEE THAI by Suree Thailand
- 3.TAI HUA from Singapore
4. Malaysia Dairy industries from Singapore.



**Arun Krishnan (Business Head) receiving Emirates Culinary Guild Membership certificate from ECG President Chef Uwe Micheel**

Mitras International Trading LLC has been synonymous with food segment in UAE and Middle East with consistent performance and quality since 1993. As a team of passionate professional and skilled workforce, we take pride in our work and provide top quality food products from our own manufacturing facility in Dubai and also from carefully chosen approved suppliers globally.

For over 25 years Mitras has been servicing the food industry with an enormous range of competitively



priced products under the brand name of "Delsea". We provide meticulous attention to customer service and quality, making Mitras a trusted name in the food segment.

With diligence to food safety we adhere to strict quality control measures and have incorporated ISO 22000 certifications.

The flexibility to stand up to any customer demands from small to large volumes and custom made products are specialties of Mitras. We service the food industry with almost all kinds of

fresh and frozen food in conventional as well as value added forms.



## 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



# Be the CEO of your SUCCESS

*“Mastering others is strength. Mastering yourself is true power” — Lao Tzu*

**A**s a chef, you know that cooking great food is a very important part of success in your career. But it's not everything. There's more if you want to reach the top. And no, I am not talking about the ability to click great food photographs with your camera.

To be a leader, you must first script your own success. Learn to communicate face to face and over the telephone. Showcase mannerisms like the leaders you secretly admire.

It is crucial to know all these factors play a critical role in creating your path to success. Your “executive” presence reflects your self-leadership. This is why, the leader among a culinary team is most often referred to as the ‘Executive’ Chef.

Think of the leaders from a bygone era. History books tend will say they were willing to serve others. This shows leadership is more than just strategy and



Leadership is service  
to others  
— **Denise Morrison**



finance. Three things you need to be a leader are:

- ◆ Trust
- ◆ Ability
- ◆ Compassion

In simple words, your heart and mind must come together and improve the person, then the team, and as a result, the organisation.

Remember those awkward moments during a business meeting or when networking? These could be an obstacle to leadership. It is an art to portray yourself as a self-confident chef, both inside and outside the kitchen.

The market is competitive and you must be able to make an impression to stand out. This means you must cook well, care for your peers and communicate like a leader.

Speak to any senior chef and he will tell you that soft skills are lacking when they interview young chefs. I've seen people who are average at their jobs but still succeed because they can communicate clearly and confidently.

Read the following and see if you can do these:

1. Build a relationship with yourself and others
2. Impress others with the way you walk and talk
3. Your voice, body language, and your words must make the other person find you trustworthy
4. Your emails and social media posts must showcase you in a positive light
5. Be good at networking

Can you do all of the above? I could not do any of these when I was young and today I give TedX talks on stage in front of hundreds of senior managers. I tried and succeeded. Why can't you?

Just take responsibility for your situation. Learn by observing others. Just like chopping and frying, you will not get it right the first time. But try and try till you succeed.

Don't forget, it is important to invest in yourself and to uplift your skills so that you are not left behind in this fast-changing world.

So command, don't demand.

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



# DON'T GET LEFT BEHIND!

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