

THE WORLD MASTER CHEFS SOCIETY OFFICIAL MAGAZINE

CHIPPED

AUTUMN 2021





Welcome to Chopped, our Society magazine. We hope you enjoy. Please feel free to pass it to your colleagues and encourage them, where possible, to become members.

Our Society is growing from strength to strength around the World and new Master Chefs are joining every day. The honour of being a World Master Chef is not taken lightly and the privilege to carry the title after your name is exclusive. We are proud of you all.

We are here to help whenever possible and carry our profession forward as the true culinary art. If you know of any sponsors that would like exposure through The World Master Chef Society, or to carry our logo on their products we would love to hear from them.

May 2022 be a great year for all our members.

Good luck and best wishes,

Russell Morgan

The World President

HQ news.



10% off membership in October

**Have you thought about joining
The World Master Chefs Society?**

**For October only, new members can
enjoy 10% off their membership fee.
So if you're at a point in your career
where you think you can progress
no further, think again.**

**Your next step is to become a World
Master Chef.**

WMCS MEMBERSHIP

By becoming a member you'll receive:

- An exclusive membership of a worldwide organisation, a very highly professional and select group of chefs who have the right to use the World Master Chef title.
- Culinary Order of Merit medal
- A framed diploma in culinary excellence
- A personalised World Master Chefs Society jacket
- The ability to use the title of MWMCS after your name

[Learn more about membership.](#)

New members.

From around the world.



Ashish Domee

Executive Chef, Maldives

 [ashish.domee](https://www.instagram.com/ashish.domee)

Mauritian-born Executive Chef, Ashish Domee, first started cooking at eight years old, and by the age of 14 had already decided that he had to be a chef. After graduating from the Ecole Hôtelière Sir Gaëtan Duval in Ebène, Mauritius and Hotelschool The Hague the aspiring young Chef's dream came true with a two-year apprenticeship with Chef Robert Lalleman, Maitre Cuisinier de France, Chef and owner of the Michelin-starred Auberge de Noves.

Chef Ashish returned to his homeland of Mauritius and began honing his skills in the kitchens of the island's luxury resorts. A five-year spell at Lemuria Resort, Seychelles gave Chef Ashish the chance to work alongside several Michelin-starred chefs, building on his talent for classical French and Mediterranean cuisine. After gaining further experience with Banyan Tree, Hilton and Waldorf Astoria in the Middle East, and The Residence Maldives Falhumaafushi and Centara Grand Island Resort & Spa in the Maldives, Chef Ashish travelled through Thailand, Vietnam and Singapore, immersing himself in south east Asian cuisine. He returned to The Residence Maldives Dhigurah for his first Executive Chef role, before joining the legendary Huvafen Fushi in 2020.

Opened in July 2004, **Huvafen Fushi** is situated in the Malé Atoll and features the world's first underwater spa rooms. The resort also features some of the largest guest rooms in the Maldives - all with private pools - and offers unsurpassed levels of service, comprehensive spa facilities, and fine dining experiences above and below ground - all with cutting edge design in a most elegant yet simple manner.



Chef Domee's entrées at Huvafen Fushi

My creativity is heavily inspired by the place where I am and my team's performance who I am surrounded by with a lot of emotions, love, passion and joy to create elegant dishes. This makes some unforgettable moments for our gourmets. I would definitely recommend the Lobster Thermidor to our gourmets!

Andreas JW Muller

Hong Kong

Sincere appreciation and thanks to the Board of Directors for approving my status as a member of the World Master Chefs Society.

With over 40 years in the industry, I have strived to upgrade myself throughout the years and obtained my Master of Trade/Kuechenmeister from IHK Koblenz in 2013.

It gives me great pride and achievement in joining this prestigious society on a platform of exchange and motivation whereby we all strive to mentor our next generation in this vocational professional education.



Heriberto Castano Montoya

Colombia



Yip Mun Wai

Kuala Lumpur, Malaysia

Senior Sous Chef, Madarin Oriental

@yipmunwai



CB Kunwar

Pokhara, Nepal

Acting Executive Chef/Chef de Cuisine, RMS Queen Elizabeth/ Queen Victoria, Cunard Line Ltd



Paul Yeo

United Kingdom

Executive Chef, Seasoned Events

Elia Pietro Bulgari

Accra, Ghana

Executive Chef/Site Manager, Newcro Ltd

Elie Lteif

Dubai, UAE

Executive Chef, Accor Dubai Swissotel

James Baker

Johannesburg, South Africa

Executive Chef/Owner, Hoope Haven Guest House

Wilson Chu

Macau, China

Executive Chef and Restaurant Manager

Nicholas Pena Alvarez

Taiwan

Professor/Culinary Arts Instructor, National Kaohsiung University of Hospitality and Tourism

Gregory Skibinski

Cincinnati, USA

Culinary Instructor, Cincinnati State Technical and Community College

Student members

We welcome our new student members from ADAGER in Turkey

Rojin Ansari

Hooshmand Barimani

Arian Hosseini

No longer World Master Chefs members

Peter Mendis
Australia

Zaid Ibrahim
Jordan

Tomasz Smoczyk
Poland

Puri Chunkajorn
Thailand

Mohamed Tolba Abdelhay
UAE

Eric D Ernest
USA



Student membership of The World Master Chefs Society

We have an exclusive membership list of World Master Chefs from 49 different countries.



They all started their careers as students of the culinary arts and no-one understands the path to success better.

At its heart, the world of culinary arts is fast-paced, dynamic, competitive and ever-changing. We recognise and reward talented professional chefs and we exclusively invite them to join the Society, connecting our international members and sharing their wealth of knowledge, experience and ability that they have collected over the years.

RUSSELL MORGAN
WMCS World President

This is a fantastic opportunity to network with our existing members and to learn more about the industry that you're working towards entering. For our membership fee of £70 you will receive an official WMCS certificate, apron and badge so you will stand out from the crowd.

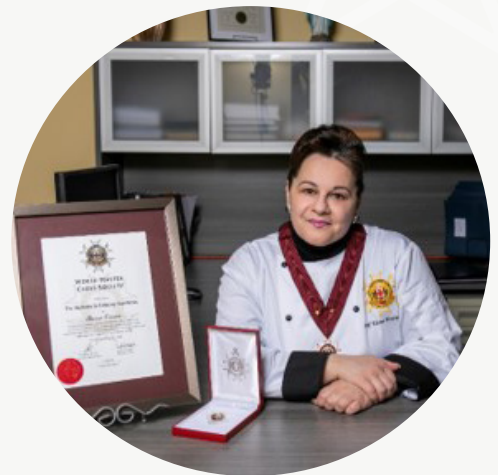
If you would like to be part of the World Master Chefs Society and receive all the benefits of belonging to a family of Executive Chefs who can inspire and communicate with you, then speak to Kim Chapman today - kim.chapman@worldmasterchefs.com

www.worldmasterchefs.com | mail@worldmasterchefs.com

Educational.

**News from our Educational Ambassador,
Master Chef Elaina Kourie (Canada).**

After decades of service, the Kitchener Campus of Liaison College has rebranded to Top Toques Institute of Culinary Excellence. This rebrand reflects the college's vision and sole focus on education and training for the industry. Founding Director Chef Elaina Kourie, C.C.C., MWMCS, and her team of Chefs have an uncompromising dedication to exceptional culinary arts education and training. To continue the success of the college, Chef Elaina set out to expand her mission. Today as Top Toques, the college is exclusively committed to continuously providing quality culinary arts education to improve the culinary industry.



“Drawing from my many years in the industry, I am privileged to have gathered my thoughts and nurtured my vision from a strategic position as Director Owner of a Private Career College specialising in Culinary Arts & Hospitality Education.

I believe that food is a universal language and professional culinary arts training is the passport to global kitchens. Statistics show that the need for Chefs and Cooks is projected to grow at an exceptionally higher rate than any other skills trade until 2028.

Looking further ahead, I am thinking about the changes and adjustments that need to be made to our curricula. This need will have to be filled via a comprehensive, integrated learning approach, an experiential and practical approach to learning that will meet the demands of our growing industry. Concrete actions must be taken to help establish a future that focuses on building a community and a culture that is supportive, equitable, diverse, and employable.

The culinary industry has a cultural imprint, and the statistics support the importance of food establishments for local economies. Culinary school graduates, Chefs, and professionals

professionals in the industry need to enhance their value by learning and developing business knowledge and skills in addition to an eye and taste for exceptional and creative international cuisine – an educated chef is a confident and powerful chef!

I believe that culinary school graduates offer far more value to the industry and their employers because they bring a wide variety of proficiencies beyond their training in fundamental skills and techniques in culinary and pastry arts or hospitality education. This includes financial planning, customer management, business operations, and market analysis, to mention a few. Students are the future leaders in our industry, or as I like to call them, the next generation of Top Toques. Students are also our prospective business owners, restaurateurs, and culinary professionals.

They need to be dedicated to their training in culinary arts excellence, food science, hospitality, finances, culinary management, and entrepreneurship. They will carry the core values they learned while training to be responsible leaders in their future endeavours. Their willingness to continue to learn, their innovation, and their critical thinking skills must be nurtured. They will implement these core values to construct an environment that fosters professionalism, respect, personal integrity, and accountability by building a solid educational foundation and employing a unified approach.

For Chefs and professionals in the industry or culinary graduates looking to begin their careers, the skills they need must match the demands of the times we live in and the needs moving forward. This includes a more fortified approach to a comprehensive and all-encompassing culinary education that focuses on culinary management, real practical experience, and an understanding of

the importance of trends such as the use of local and regional ingredients, sustainability, nutrition and, very importantly, international cuisine and culture.



This approach is augmented with all the essential industry employable skills such as communications, mathematics, business, negotiations, and culinary culture knowledge that take a more integrated style. Not based on exclusivity but rather focused on real food and authentic cooking while supporting diversity and cultural cuisine.



We asked our members what it means to them to be a World Master Chef and Master Chef Elaina replied -

“The WMCS recognises and awards talented professional chefs in their areas of expertise who promote excellence in the culinary industry and this aligns with my vision for the College - an uncompromising dedication to exceptional culinary arts education and training which gives Top Toques, Institute of Culinary Excellence, its international reputation.

The Society also connects me with global members who share the same vision and who maintain a level of excellence and integrity which in turn raises the profile of Top Toques and of my beloved graduates.

As a Culinary Educator and Ambassador for Education, it is my duty to exemplify and promote the development of excellence in culinary arts training, committing to improving the industry by training highly skilled and educated Chefs with a commitment to professionalism, advanced technical culinary skills, innovation, critical thinking, accountability, leadership and setting them up for a successful future in our beloved industry by aligning them with mentors and partners like the WMCS and its esteemed members.”

Environmental.

News from our Environmental Ambassador, Master Chef and Vice President Kamal Alkhatib (Jordan).



Jordanian cuisine is a cuisine which was effected and infused by the surrounding countries and lands. The rich soils of the Jordan valley that introduce a wide variety of vegetables and fruits gave it the great reputation of exceptional flavours of fruits and vegetables, while the highlands of Jordan, such as the Ajloun mountains, Jerash and Irbid are where you find the famous Jordanian olive trees, many of which have existed for hundreds of years and produce one of the most exotic olive oils on earth in terms of rich flavour, greenish - yellowish colour and pure smell of freshness.

We all know the great health benefits of olive oil that is rich in omega 3, countless vitamins and irons. Olive oil is almost a basic ingredient of the Jordanian cuisine for the following categories:

Soups, salads, appetisers, hot appetisers, main dishes, and desserts plus many snack dishes. The most favourite soup for Jordanians is lentel soup, containing yellowish orange split lentels, onions, garlic, carrots and seasoned with salt, pepper, and grounded cumin.

Salads and appetisers were originally from Turkish and Levant cuisines which have been modified by the Jordanians who created some of the greatest appetisers that you could experience in the Middle Eastern region such as Hummus and many other dishes.

The national dish of Jordan is called Mansaf. You can find this yoghurt/lamb dish in nearly all local restaurants and in the luxurious hotel brands as well. Mansaf is based on fresh bone-in lamb meat braised in local dry yoghurt called Jameed. Served on cooked Calrose rice with local ghee, the rice is placed on a base of flat bread called Shrak Bread.

The final dish is garnished with finely chopped parsley, fried almonds and pine nuts. Some people garnish it with fried kibbeh (a kind of hot appetiser, wheat dough filled with meat and nuts).

To me the Jordanian cuisine is simply the contemporary cuisine of Levant and Turkish cuisines. For decades we have modified many dishes to suit the local and the international palates.

Jordanian chefs are some of the most talented and educated chefs in Arabia's region, since they are working hard and passionately in the most luxurious hotel brands all over the globe.



Mansaf, the national dish of Jordan.

I would like to share with you my Hummus recipe that will never let you down.

Ingredients

- 8kg cooked chickpeas
- 3.5 kg Tahina Kasih or Sweilem
- 600 gm fresh lemon juice (should be freshly squeezed)
- 160 gm citric soda
- 160 gm table salt (not Himalayan salt)
- 1.5 kg or as needed crushed clean ice
- 3 litres corn oil (must be corn oil)

Equipment

- Heavy duty mixing blender, large enough to fit the final product
- Plastic spatula
- Measuring jug
- Scale
- Parchment paper
- Clean and dry stainless-steel container (should be cold)

Start

Before you start the rest of the recipe, start by soaking 6kg of fine chickpeas covered with cold water for 12 hours. Once the time is up, drain and wash well with cold water then drain again. Arrange into a big pot and add a full 6 tablespoons of bicarbonate soda (good quality) and mix well.

Cover with cold water, 10cm above chickpeas. Arrange on stove until boiling and then reduce the heat to the lowest level to keep it on a simmer. Remove the soda foam gradually. Keep simmering for 75min or until you get a well smashed tender chickpea.

Remove from the stove and strain the excess water. Arrange onto flat tray with parchment paper and leave it until fully cooled down. Once it has, cover with plastic wrap and put into the fridge at 4c until cold. Now you're ready to make the Hummus.

Method

- Make sure the blender pot is clean, dry, and sanitised
- Arrange the overcooked chickpeas inside the blender pot
- Add the salt
- Add half of the crushed ice then secure the lid
- Operate the blender till you have smooth chickpea puree
- Add the Tahina gradually
- Add more crushed ice as needed
- Add the citric soda
- Add more crushed ice as needed
- Finally add the corn oil gradually
- Keep operating till you got silky smooth Hummus.

Notes

- Never taste with your bare fingers or with bread, that will accelerate the spoilage of the Hummus
- Never arrange the final product into a wet container
- Cover with parchment paper then with plastic wrap
- Preserve inside the fridge at 4c up to 3 days
- You can top Hummus with any ingredient of your desire such as shrimps, meats, and chicken as the below picture.



We're giving an exclusive opportunity to become a

Sponsor member.

Becoming a WMCS Sponsor Member will give you the opportunity to network with our existing members and raise the profile of your products with these elite catering professionals.

Ready?

[Become a sponsor member](#)

Inspirational.

**News from our Inspirational Ambassador,
Master Chef Eslam Ahmed (Turkey).**



During my work and study in France, I was always accustomed to tasting traditional dishes in the city and since I am a gourmet, I decided to taste the same dish daily in more than one restaurant in one week. I really enjoyed the French food culture and today I want to talk about one dish with you.

A terrine, in traditional French cuisine, is a loaf of forcemeat or aspic similar to a pâté that is cooked in a covered pottery mould in a bain-marie. Modern terrines do not necessarily contain meat or animal fat, but still contain meat-like textures and fat substitutes, such as mushrooms and pureed fruits or vegetables high in pectin.

They may also be cooked in a wide variety of non-pottery terrine moulds. Terrines are usually served cold or at room temperature. Most terrines contain a large amount of fat, although it is often not the main ingredient, and pork; many terrines are made with typical game meat, such as pheasant and hare. In the past, terrines were under the province of professional charcuteries, along with sausages, pâtés, galantines, and confit.

Less commonly, a terrine may be another food cooked or served in the cooking dish called a 'terrine'.



10% off WMCS hoodies

Throughout October.

Represent WMCS by building up your wardrobe with some winter-ready pieces. Our official range is already creating a lot of attention and buzz online. Don't miss your chance to get your hands on the most-coveted new arrivals in just a few clicks.

[Go to the official store](#)



Social.

News from our Ambassador for Social, Master Chef Harry Linzmayer (Chile)



Undoubtedly, the issue of cultural precedence is a question or discussion that belongs to the past rather than a reflection from our days. Assuming that there are more important cultural issues for the human being than others is not understanding the meaning of culture. To discuss what was more important for the cultural evolution of Spain - the Meninas, the Gazpacho, Don Quixote, or the paella; or for France - the Tour Eiffel or the boeuf bourguignon; or for Japan - the Theatre Noh, or the sushi, what we know today is that even empirically most of the time the creative processes are the same to make a painting, a sculpture, a musical composition, or a plate of food.

Gastronomic activity starts with the development of the human being from the scavenger that fed on roots and the leftovers left by large predatory animals. They began to use stones and elements that allowed them to break the bones left behind and eat the marrow which would contribute nutrients that would develop the hard layers of the brain, those linked with intelligence.

It must be made clear that the great dishes, those that have gone down in the history of man in any country or nation or place on earth, have never emerged from the creative genius of a Chef, but rather from a unique moment in the history of the human being. If at this moment they asked me where to look for the new dish of Chilean cuisine, I would say that it is most likely in a common pot.

One might wonder why in some Latin American countries, with a couple of happy exceptions, their own Creole cuisines have had a slow and late boom.

Nefarious inheritance of the conquerors, their gods, and their excessive love for gold, which managed to turn into a useless product the love of the original peoples for nature, for gods of the sea, mountains, and forests, for others that even today worship gold, greed and not thinking of others other than elements of exploitation and production of wealth.

Heritage is closely linked to our emotions, it is the collective soul that tells us where the path is going in our existence, it is what gives us the highlights of the past and future, it is what makes us tie ourselves to a village on earth and know for sure where we belong.

Nations today seek and discover their heritage and treasure it because that is where their identity is, their unique seal.

The act of feeding came before funeral rites, then music before poetry. Without a doubt it has been in the kitchen, more than in the construction of cathedrals or flying machines, where man has put more imagination, desire, and love.

The culture of a town is reflected through its gastronomy.



**Heritage is the way of
understanding what we are.**



"Cuisine as an intangible cultural heritage, is a substantive part of the culture in Chile. From this perspective, by assessing the deep meaning for the identity of a people and its social cohesion, it becomes a political, economic and tourist tool.

World cultural policies, many of which have been signed by our country, such as the Unesco Convention for the Safeguarding of the Intangible Cultural Heritage, have begun to incorporate this manifestation as part of the heritage of human communities, understanding that eating is more than nurturing. In this sense, the action of eating rests within the scope of agreements and collective decisions: each community chooses what to eat, producing a classificatory system of values, symbols, and ideologies around food.

Within the heritage processes, those of the kitchens have had wide repercussions. In 2010 Unesco accepted three candidates for the Representative List of the Intangible Cultural Heritage of Humanity: Mexican cuisine; French gastronomy and the Mediterranean diet. With this it has been put in place for identities and social cohesion. This reveals that food, as part of culture, has the same rank as any other expression and its deep meaning has been valued. Knowledge shows that there are countries, communities and societies that have decided to place their ways and styles of eating as worthy of being representatives of human culture in general and consider that the intangible cultural heritage of a tool (political, economic and tourist) that makes them visible and dialogues with the world, also resolving to carry out all the internal processes necessary for this (inventories, networks government, community inclusion, etc.), as well as a declaration and seminars that point to this appreciation".

Ernesto Ottone Ramirez
Unesco Deputy Director General for Culture

On the so-called Black Friday of 1929 the NY Stock Exchange collapsed, leading the world into one of the most terrible financial crises in history. It was a crisis that led many human beings to suicide, thinking that they had lost everything, assuming that everything was money and material possessions, life was not on the list of important things for many.

Ten years later, in 1939, the Second World War began, the deadliest of all wars in history. Between 50 and 70 million women, men, and children died. Perhaps what we learned here is that in a war there are never winners, we are all losers, especially those far from power, the real human beings.

I raise these painful historical memories to say that in both cases there was a particular industry that not only floated admirably in those rough waters, but also grew in the midst of the existing debacle in those calamitous days. The hotels, restaurants, cabaret bars, theatres and cinemas grew like flowers in spring, giving the lost faith through stories and flavours that would make them reconnect with their human identity, look into each other's eyes, celebrate the triumphant life in the face of death, and acknowledge victory over adversity and bitter days. Hope returned triumphant.

Gastronomy has an incalculable heritage value, the fundamentals of the human are found enhanced to its maximum expression. From ritual to memory, we are connected with the symbols of knowledge of each town, home, family, where we recognise ourselves as part of a whole. In this industry, as in few others, a virtuous chain is created which ranges from the artisanal fisherman, to the small farmer co-operative, to the small food producer. It is not a single-production industry which does not provide work and preys on the environment, on the contrary, large numbers of human beings with their ventures and ways of doing are related to it, in a humane, fraternal and supportive way.

We will have to learn something after this experience, it is said that the world will never be the same again and of course we all hope that it is better than what we have built so far.



The notable Uruguayan gastronomic critic, Hugo García Robles, “Sebastián el Cano” - pseudonym with which he signs his books and reviews, says in one of them:

“Prestige is a powerful argument. Work in favour of the prestigious thing. It conditions, anticipating any trial, the opinion of the witness if he has been violated by the glare that proclaims the excellence of a product, a brand, a person. When we do not come to the virgin experience of that insidious coercion, the judgement is wounded in its objectivity. There is also a contrary prestige, the loss of prestige, which also hurts equanimity with the fame of the bad, of the undesirable.”

I comment on this because the great risk that I see in this return to normality is losing our essentiality. Almost like a shadow, a saying is fashionable in power groups today, reinvent yourself. Is reinventing ourselves ceasing to be what we are? Stop doing what we've done for generations? The crianceros, in what should they reinvent themselves? the pottery, the cochayuyo vendors, the artisans, the artisanal fishermen, the defenders of our own seeds, not understanding the importance of the heritage of a people is to destroy its origins.

But this intimate need for roots and belonging must start with each one of those who inhabit this wonderful land, we must transmit it to our children and feel proud of who we are. Our American peoples, today more than ever, must be attentive to the defence of their heritage, of their essentiality, we must insist on showing the world what we are.”

News from South Korea.

Our Chapter Chairman in South Korea, Master Chef David Dong-Hyun Kim, organised an on-line competition to reunite as many members and chefs as possible during the Covid pandemic.



Food Photography.

Robert Stordy, FWMCS from the UK has sent us his thoughts on capturing your creations.



Chefs and food handlers spend much of their time considering how the food will look once presented to the customer. It is an essential aspect of kitchen work and allows the chef the opportunity to apply his or her artistic flair in order to make food appealing to the diner. We all understand the meaning of the saying ‘we eat with our eyes’; we are drawn to food that looks interesting appealing, but how many times have you seen a photograph of a food item or dish which not only does it an injustice, but more especially makes it look totally unappealing and unappetizing?

In fact, there are times when I have searched a food outlets website only to find images of their menu offer and thought that they would have been better not to show any images of it at all rather than to show poorly presented mounds of food on a plate. There are many common failings to be seen, from gravy that looks so thick it could be carved, dry looking meat to dull brown lifeless vegetables or limp herb garnishes.

Images taken by a professional food photographer can be a great marketing tool since they can be used in advertisements, social media posts, menus and much more. But professional photography can be expensive and various self-reliant restaurants, cafes and bars are unable to afford such a luxury. The other alternative is to take your own photos - why not? It can be fun, a lot cheaper and extremely rewarding. Even so, you may feel you need to enhance your photographic skills so as to achieve a more accomplished result, in which case it is worth taking time to do a bit of research and try experimentation, utilising diverse techniques. You may also find some of the advice and tips I have given below of use.

It is evident that one of the main pre-requisites for photographs of food with that wow factor must be that the food is prepared and cooked to the highest standard. Not only is the aim to capture the look of the food, but also to try to convey everything from taste and smell to texture. Perhaps one of the most important steps in ensuring a successful outcome is planning; done well, this will reduce the amount of time needed for the shoot, thereby safeguarding the natural vibrancy of the food in question.

Ingredients such as herbs and salad leaves which can wither quickly in a warm environment benefit from a few misty bursts of water with an atomiser, making them appear as if they’ve just been plucked from the garden.

“

With the advent of the modern versatile smart phone fitted with multiple lenses, the opportunities for taking high quality photographs in-house has become seemingly effortless.



Some fresh fruit, in particular those that have been cut, can quickly discolour, so leave this task until the end, or treat the fruit surface with a little lemon juice. Food such as meats and fish begin to dry out quickly but can be brought back to life with a light brush of oil. By their very definition green vegetables should be green, overcooking spoils the natural vibrant colour, it is probably worthwhile just blanching or partially cooking them for the purposes of taking 'their likeness'. When plating a dish which has a frozen component, such as ice-cream or sorbet, then every other ingredient must be in place before finally adding the item.

If you can choose the surroundings in which to take the photos, the more control you will have over what will impact on the picture. The best source of light is natural light. Although this can be challenging when the weather is overcast or dark, it still provides a natural illumination; lamps and built-in flash don't do the food justice, front-on will flatten the dish and remove any delicate natural shadows that were present before.

Try taking shots from different angles, it can change the whole aspect of the subject by adding or removing shadows. Certain dishes have a strong graphic identity and will look far more effective when photographed from directly above. Take close-up and long-distance shots; you may want to just show one element on the plate or a wider aspect can incorporate items such as pieces of tableware like cutlery or glasses which can subtly contribute to the mood and success of the shot.

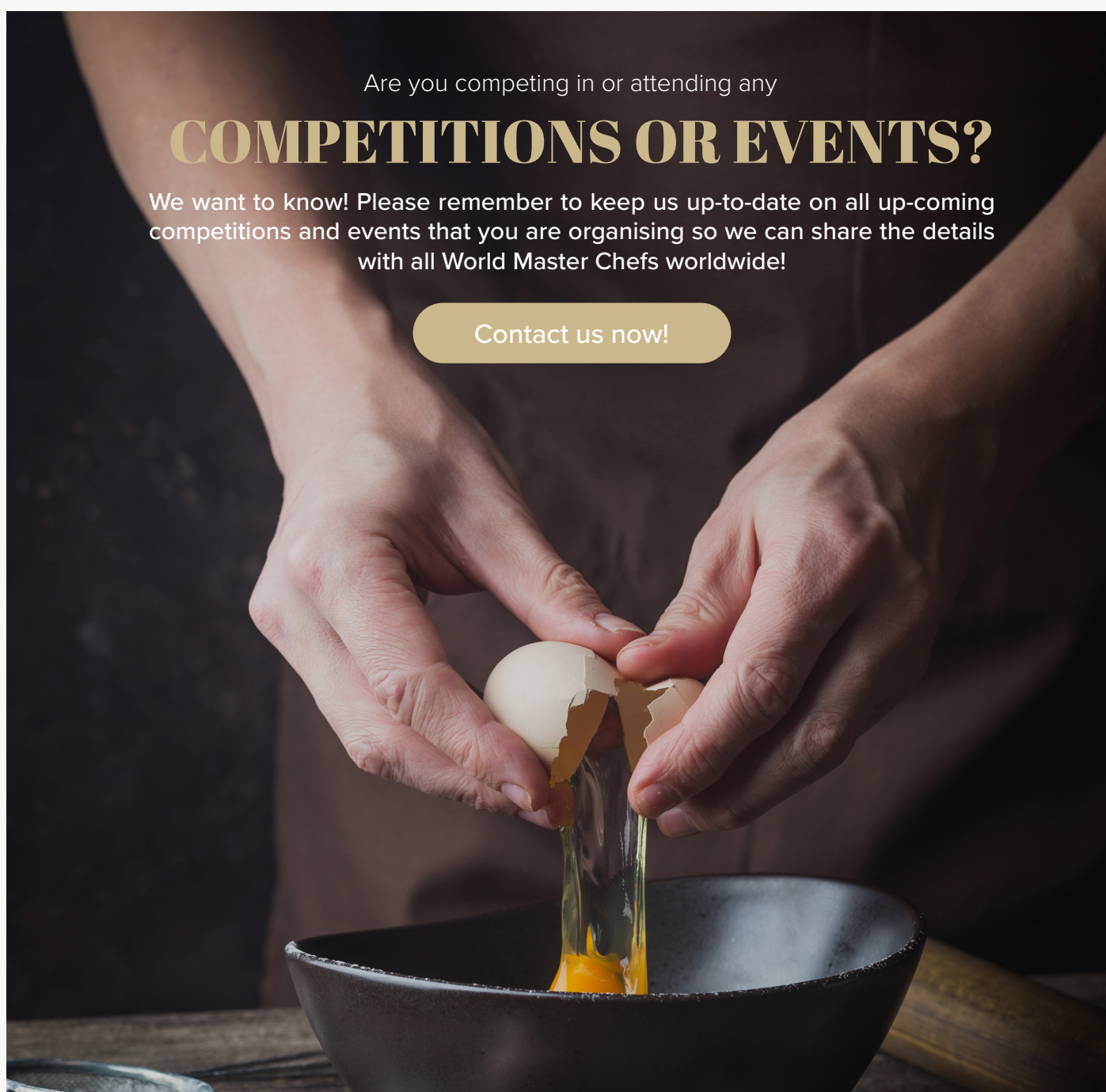
By the way, it's a myth that you need a complicated, 'all-dancing' camera to take good food photographs, so many smart phones now have very versatile lenses and allow even the most inexperienced to take quality images. Although perhaps to the dismay of some restaurateurs, high-end restaurants and the like, clearly appreciating the importance of visually portraying their menu offer on their websites in the best possible way it has to become an integral part of their marketing strategy.

Are you competing in or attending any

COMPETITIONS OR EVENTS?

We want to know! Please remember to keep us up-to-date on all up-coming competitions and events that you are organising so we can share the details with all World Master Chefs worldwide!

Contact us now!





News from Pakistan.

Master Chef, Mohammad Raees, sent us the below to showcase what is happening in the Pakistan hospitality industry

Biography

Chef Mohammad Raees

A native of Karachi, Pakistan, Mohammad Raees found his calling in cuisines while he was a high school student in his hometown.

He enrolled in 2 year-apprentice programs at Avari Tower Karachi in 2001 and embraced his calling with passion. After finishing his apprenticeship program, Raees joined Carlton Hotel Karachi before he moved to Grand Mercure Karachi Airport in 2007 as Demi Chef de Partie.

In 2008 he was transferred to Grand Mercure Jebel Hatta, Al Ain which marked his first step in UAE's culinary world. Raees secured a position of Junior Sous Chef at The St. Regis Saadiyat Island Abu Dhabi in 2012.

In 2014, Chef Raees joined Ajman Saray, a Luxury Collection Resort as a Sous Chef and quickly became an indispensable asset to the resort. In 2016, he

became the best chef in the region and best cuisinier overall winner, bringing his exquisite palate and creativity to everything he touched. In December 2016, he was named Executive Chef, a role in which he continues to delight guests with his refined, contemporary cuisine.

In 2017 again he was awarded the 'Best Chef' award and winner of overall in MENA region. In 2018 he represented the MENA region in Worldchefs Congress in Malaysia. Currently he is serving in a renowned restaurant chain in the United State of America. Chef Raees has a strong passion, a great commitment for culinary, and his style of cooking is very modern.

Competition, he believes, is the real place for creativity and innovation



Recipe from Nepal.

Master Chef, Bhavi Khanal, talks us through the process and recipe for Slow cooked chicken.



Slow cooked chicken

Ingredients

- Chicken (200 grams)
- Chickpeas (80 grams)
- Polenta (Corn Crush Flour) (20 grams)
- Sesame Seed (15 grams)
- Natural Ghee (20 grams)
- Mixed Vegetables (110 grams)
- Normal flour (30 grams)
- Mustard oil (10ml)
- Coriander (15 grams)
- Cumin Seeds (15 grams)
- Fresh Tumeric (20 grams)
- Tomato (80 grams)
- Seasoning (dependant on taste)



Process

Season both sides of the chicken with the prepared seasoning. Cook the chicken for 15 to 20 minutes in a hot skillet without moving them around, very slow heat. Flip the chicken over, add 1 tablespoon of natural homemade ghee to the skillet; swirl ghee around and continue to cook the chicken. Cooking time will always depend on the thickness of the chicken. Remove the chicken from skillet; set aside and keep covered.

Repeat the same method with the remaining chicken. When finished, transfer the chicken to a cutting board; let rest for 5 minutes, then you can serve with condiments.

Chicken Puree: Drain and rinse chickpeas and put them into a saucepan. Cover with cold water by 2 inches. Add salt and pepper, to taste, smashed garlic cloves and the bay leaves and bring to a boil.

Reduce heat and simmer beans until tender, about 45 minutes to 1 hour. Drain, reserving about Put the cooked chickpeas into a food processor or blender. Add the natural oil, lemon juice and zest, whole garlic, and salt and pepper, cumin powder to taste.

Process until smooth; add some of the reserved thin if, needed. Serve as a base to grilled marinated slow cooked chicken or put into a serving dish and garnish.



Techniques from Jordan.

Barbecue Techniques from Master Chef and Ambassador Kamal Alkhatib, Jordan, which he recently presented to his Saudi Students

Controlling combustion

To control the temperature of the barbecue pit, which is critical, you have to control the combustion of the wood. Barbecue newbies often approach the firebox the wrong way, loading it with enough wood to sustain a hot, smoky smolder. This approach invariably leads to a crowded fire that produces more heat than necessary for the pit.

To discourage that heat, it's tempting to stifle the fire by closing the damper, thus limiting the supply of fresh air. This, however, will result in acrid, soot-laden smoke—and, ultimately, meat that is the opposite of delicious.

An experienced pit master considers the amount of heat needed to maintain a steady smoking temperature, factoring in the cooking load (the total mass of food), the present temperature of the food, and the humidity in the pit.

A large quantity of cold meat in a relatively dry pit will need more heat early on but proportionally less as the meat warms and approaches the desired low-and-slow cooking temperature.

For all but the largest pits, a few chunks of wood or perhaps a handful of chips can generate all the smoke you need. But working with such a small quantity of wood does require anticipating the evolving cooking conditions in the smoker and tending the smoldering fire accordingly.

Controlling flavour

Measure your rub: Sure, you can just sprinkle rub liberally onto your food. But when consistency is important, sifting a measured amount of rub onto ribs is the only way to go.

Controlling humidity

Successfully smoked food has a vibrant patina and robust, smoky flavor. Achieving this requires the right balance of surface conditions throughout the smoking process. If the surface of your food is ever too wet during smoking, the smoke won't undergo reactions that give barbecue its attractive appearance and appealing flavor. A bone-dry surface is no better. What we're after is enough surface moisture to make the food feel sticky but not wet. The good news is that with a bit of attention, it's easy to keep conditions optimal inside the smoker.

Early in the smoking process, as the food begins to warm, the humidity in the smoker is low. This helps to dry the surface of the food until smoke will start to "stick" to it. At that point, it's not uncommon to have to do some work to keep the surface from becoming too dry. Mopping the meat with wet sauce is a common solution.



Large-scale barbecue operations continually add cold, wet meat to their smokers as finished meat is removed and served. This provides a steady supply of moisture so that the humidity level stays just right. How can you practice the effect?

Fill a tray with a whole lot of ice and place it in your smoker. Doing so will benefit your barbecue in two ways: First, as the ice melts and then evaporates, it will keep the humidity high enough that the surface of the meat can stay just moist enough to make smoke stick.

Second, the ice acts as a heavy, powerful heat sink that keeps the temperature in the smoker from becoming too hot—which can happen easily when the smoldering wood is several hundred degrees hotter than the ideal cooking temperature for the food.

Controlling doneness

While heat is an important consideration, it's possible to achieve delicious results over a wide range of temperatures. Hot smoke, cool smoke, cold smoke—each can produce food with great smoked flavor. But poor-quality smoke from a mismanaged fire or food with a too-dry or too-wet surface will always result in barbecue that is nowhere near as good as it could be.



The most important temperature to measure, then, is the temperature of the food's surface, not the core. If you're smoking for more than a few hours, the core temperature will always reach the surface temperature, and because moist food sweats while it cooks, the surface of the meat will have a lower temperature than the surrounding air.

This is precisely why we prefer to insert a fine thermocouple wire just beneath the surface of the food and use that reading to regulate the temperature of our smoker by adjusting how fast we're burning wood.

For tough cuts, what really matters is not precise doneness, as with tender cuts, but how long you hold the food at its cooking temperature, since a longer cooking time allows tough collagen to transform into tender gelatin. If you can hold the meat at your desired temperature for longer, the results will be ever more tender over time.

Sous vide + smoke = amazing

Smoked meat is awesome; on that we can all agree. But managing the temperature of a smoker is tedious and managing it throughout a sleepless night—and well into the next day—verges on masochistic. Purists may revoke our place at the pit, but we prefer the ease of sous vide cooking.

The unrivaled accuracy and convenience of an immersion circulator makes it an amazing tool for a divide-and-conquer approach to barbecue. In testing the method, we were surprised to discover that you really need to apply hot smoke for only a few hours to fully develop the appearance and flavor of your food. Turning tough cuts tender—which takes up the rest of the traditionally long cook time—can be easily achieved with sous vide.

So, should you smoke your food before or after you cook it? Smoking prior to low-and-slow sous vide cooking has the advantage of allowing the flavor and color to continue to develop. The components of smoke react with the components of food in a way that resembles the Maillard reaction.

That's the reaction between amino acids and sugars that happens when protein-rich foods are heated above certain temperatures. The molecules keep reacting to one another in ever more complex ways, helping to develop rich aromas and deep brown color.

Once these reactions have begun, they'll continue to evolve as the cooking continues inside a sealed sous vide bag. This means that the patina of smoke will darken, the rind will become chewier, and the smoky flavor will mellow.

If you want a more vibrant, traditional pit-smoked flavor, then we recommend smoking after the sous vide-cooking step.



“Some of the ingredients in a rub will dissolve in water, some will only dissolve in fat. As the meat roasts slowly at, say 225 °F / 107 °C, moisture from the meat and water vapor in smoke dissolves the water-soluble compounds in the rub, such as the salt and sugar, melting the rub into a gritty slurry.

Fats bubble up from within, mix with the rub, and dissolve some of the spices that are fat-soluble. Salt penetrates deep inside the meat by electrochemical reactions with the water, but the molecules in most of the other rub components are too large to get beyond the surface so they stay there, essentially becoming a glaze.”

Barbecue maestro Meathead Goldwy

Thus, you'll want to control the amount of rub in order to control the ultimate consistency of the meat.

I like to use about 3 percent of the weight of the ribs in rub for optimal glazing and flavor development. If you've never barbecued before, start with 3 percent and adjust according to your preference. Once you hit the sweet spot, stick with it.

Strive for blue smoke: Smoke is an aerosol made of a cloud of droplets dispersed into a plume of invisible vapors. And it's these vapors that do most of the work of smoking. Wisps of pale blue smoke are a telltale sign of high quality. What you don't want: a thick, grey fog, which indicates the presence of droplets of tar, creosote, and acrid soot. Burning dry, seasoned wood—and giving it plenty of fresh air—will help you avoid this nasty smoke.

Use the best wood for the job: Different woods impart different flavors and colors to your barbecue.



