



Welcome to CHOPPED, our Society magazine.

So the season has changed and a change in season means a new issue of CHOPPED. It's warming up outside and it'll certainly be warming up in your kitchens. I can imagine each and every one of you have been busy creating new menus recently and as World Master Chefs, I already know they're outstanding.

As always, we are here to help whenever possible and carry our profession forward as the true culinary art. Please feel free to pass the word onto your colleagues and encourage them, where possible, to become members.

I hope you enjoy the Spring 2022 edition of CHOPPED.

Speak to you soon,

Russell Morgan

The World President

HQ news.



Until the end of May, enjoy only paying our annual membership fee when signing up to become a World Master Chefs Society Member.

No registrations fees are needed - that's a saving of up to £280!

This is our lowest membership offer to date. It has never been easier to become a member of the World Master Chefs Society.

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 Chefs 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

Apply for membership and make a huge saving!



Tracey Hills

The World Master Chefs Society Manager

Please welcome our new Society Manager, Tracey Hill, who has taken over from Kim Chapman. Tracey will be your first port of call if you have any questions, queries or concerns about your membership. She is determined to continue the great work which Kim did for so many years and she is looking to grow the society from strength to strength.

"I am very pleased to say I have recently taken over the position as Society Manager for the World Master Chefs Society. I really look forward to working with all of our World Master Chefs.

Previously, I worked full time in a local primary school for over 19 years as the Office & Business Manager where I managed the school Budget, HR and the school office."

You can contact Tracey via email - mail@worldmasterchefs.com

Alan Coxon President of Chef Sans Frontieres

Alan Coxon, President of Chefs Sans Frontieres, has launched a new charity called 'Chefs Sans Frontieres' also known as CSF. It has been created for the purpose of raising funds for small artisanal food producers and farmers who have lost livelihoods and business through natural disasters.

Alan says that the aim is to support, rebuild lives, and businesses of local, regional food and drink producers, retaining cultures, skills and traditions that contribute to regional gastronomy around the world and add a beating heart to many countries and their culinary cultural heritage. The funds raised will go towards purchasing vital equipment, products, produce and livestock.

To learn more and to donate, please visit their website here.

To help this great cause, for every new member that joins The World Master Chefs Society, we will donate £20 to CSF.



New members.

From around the world.



Luca Massimiliano Radice

Executive Chef, Maldives

@lucamassimilianoradice

orld Master Chef, Luca Massimiliano Radice, was born in Milan in 1979. He moved to Chiavari (Genoa) in the Ligurian Riviera in 1998 where he now resides. Luca loved cooking as a child and his passion led him to take up the profession of Chef. He began to work in the most prestigious 5 star hotels in Portofino, Santa Magherita and Rapallo, where he began to learn high-level cuisine alongside the most important chefs on the National and International scene.

Living by the sea inspired him to undertake the career of chef on board American and European cruise line corporations 5 and 6 stars, where he had the pleasure of learning and collaborating with celebrity Master Chefs at Michelin star level. Master Chef Luca Massimiliano Radice has held many positions in his career by directing the culinary operations of many cruise ships, hotels and resorts of the most important world brands.

Onboard the third largest ship in the world in 2014, he met as his guest Mr Enan Galaly, Founder of Helnan Hotels. Mr Galaly is the Ambassador of Denmark for historical Relations to the Middle East, holds the title of 1st Degree Knight of Dannebrog from her majesty the Queen of Denmark Margrethe II, in addition to multiple prestigious posts. This meeting took Luca from the cruise lines and he was made Area Director Executive Chef in hotels in Egypt, Denmark and Morocco including the Helnan Palestine Hotel at Montaza Park, Egypt.



Helnan International Hotels, Scandanavian Chain gave Luca the opportunity to work in high-level hotels and resorts. He was able to build and develop many projects inspired by the innovation of culinary operations at international level.

Previously married in Brazil Rio de Janeiro where his daughter resides, he had the opportunity to learn the most varied and advanced South American culinary new trends combined with European, American, Asian and International classics.

Executive Chef Culinary Talent Development in Scenic-Luxury Cruises & Tours, due to the COVID 19 pandemic, Luca decided to leave cruise ships, and bring his contribution and experience to the Asian market of the Maldives.

Luca has recently been appointed with the prestigious honour of being Denmark's representative Ambassador for the charity initiative, 'CSF' (Chefs Sans Frontieres).

Cuisine sans frontières invites to the table to resolve conflicts and foster community spirit. Cooking and eating together improves our quality of life: conversations take place, relationships are built and problems are solved, thereby strengthening the foundations of every community. Csf builds gastronomic meeting places and training facilities in areas of (social) conflict, always in cooperation with a local partnering organization. Their goal is at all times to secure the long-term independent economic sustainability of the projects.

Luca has also recently been appointed as an Ambassador for World Master Chefs Society. Luca is the first chef in the Maldives and Europe to hold two Ambassador titles of Master Chef level.



Honoured to serve Prince Henrik of Denmark on his annual trips to Egypt as personal executive chef in 2015, 2016 and 2017.



James Leo Executive Chef, Singapore

Master Chef, James Leo, is the owner and Executive Chef at Wild Chef's in Singapore. He has travelled and worked as a Consultant in USA, Australia, Saudi Arabia and Asia. He has worked in hotels, restaurants, clubs, airlines, schools and cruise ships over the last 40 years.

Jitinder Singh Executive Chef. USA

rowing up with an Army father in New Delhi pushed Chef jitinder Singh to attempt cooking for himself and his Dad during his high school years. To his delight, his father complimented his cooking and that was the beginning of Chef Jitinder's journey into the world of culinary. He started his journey into the world of cooking 27 years ago. He amplified his cookery skills in accordance with the specialty of flavours of different places with different cuisines. His unique blend of creative flair and passion for food since childhood made him become a chef.



In an effort to diversify his cooking, Chef Jitinder would begin to experiment cooking chicken and vegetables dishes with the fresh herbs and spices available in his home. Peeping in his mother's kitchen in the village during school holidays also inspired his creative mind to create his own recipe.

His mother is known for being a good cook in the village, Chef Jitinder takes every opportunity to learn her cooking technique to which he perfected with his own ingredients and cooking technique for his own recipes.



When he completed high school, his Father enrolled him in the Institute of Hotel Management, Pusa, New Delhi, India. Under the mentorship of his lectures, Chef Jitinder enhanced his culinary skills and perfected his creativity in creating his own recipes.

After graduation, he took up Apprenticeship training at Hotel Imperial Jan Path New Delhi India and from then on, there was no turning back for Chef Jitinder, he went on to work in luxurious properties in Asia.

Chef Jitinder attributes his flair for creating new recipes by the abundance of fresh herbs and spices found in Asia. In sustaining his signature dishes Chef Jitinder uses only fresh herbs and spices to ensure his recipes are in a class of their own.

Jitinder believes that the mark of a creative chef is the ability to create recipes for any kind of meal, with any ingredients available.

He is passionate about progress. It's the muse behind his cooking, the energy in his writing, and the engagement in his teaching. He truly believes that he can change the world from his dinner plate!

Every chef has the ability to create their own unique recipe, gastronome cooking is all about mixing together unique ingredients in an appealing combination and displaying it in a tempting presentation that catches the eye.



Mark Sargeant

Chef Patron. UK



orn in the picturesque Kentish countryside, chef and restaurateur, Mark Sargeant, is a former protege of Gordon Ramsay and was his right-hand man for 13 years. Sargeant first joined Ramsay at Aubergine in 1997 before spending three years as Sous Chef at Restaurant Gordon Ramsay in Chelsea which was awarded three Michelin stars in 2001. He then opened Gordon Ramsay at Claridge's and was head chef when the restaurant was awarded its Michelin star in 2002, the same year Sargeant won the prestigious National Chef of the Year award.

Sargent was instrumental in overseeing the opening of Ramsay's three London pubs, including The Narrow, The Warrington, The Devonshire and The Foxtrot Oscar as well as co-writing Ramsay's 12 cook books and assisting with the production of his TV work.

Departing Ramsay's restaurant empire in 2009, Sargeant joined the Swan Collection as Creative Director; released his own cookery book, 'My Kind of Cooking' and then in 2011 he decided to return to his Kentish roots, beginning an exciting solo career as chef and restaurateur with the energy, enthusiasm and ambition to transform Folkestone into the next Padstow.

Opening two restaurants, Rocksalt and Smokehouse, Sargeant's respect and love for the best seasonal produce from local suppliers, farms and producers, combined with his Michelin background, soon turned them into foodie destinations for locals and tourist alike, followed by Wife of Bath in Wye and The Duke William in Ickham in 2015.

Always believing in serving classic dishes that diners love, Rocksalt was soon winning awards and was listed in Restaurant Magazine's Top 100 UK Restaurants 2013; Best Restaurant in Kent 2014, Top 5 Best Rest Restaurants By The Sea in The Times, two AA Rosettes and four AA stars.

Mark will be getting back behind the stove by opening his brand-new venutre, The Brasserie MS, in Folkestone this Spring. Sargeant is going back to his roots, offering classical French cuisine at The Brasserie MS, a speciality that he cut his teeth on in the formative years of his career. His new restaurant will have a new Art Deco feel, echoing some of the great restaurants of the late 90s.

Sargeant has always believed in serving classic dishes that diners love, sourcing the very best ingredients and preparing them so that they are as good as they can possibly be.



Mark Brooker

Executive Chef, UK

ark has been a chef for over 25 years working in a variety of establishments including Glyndebourne Opera house, restaurants from Australia to India and most recently a role as Head Chef at Brighton Centre. He was inspired to start his career as a chef from both of his grandads who were passionate chefs themselves Mark takes a lot of his menu ideas menu ideas from international cuisine, he lived in India for a year and gained some great knowledge of the culture and cooking practises. He is passionate about sustainability, Liverpool FC, family and happy customers.



Danny Bungenstock

USA

Nutritional Services Director (Chef of Dietary), Villaspring of Carespring Healthcare Centre & Rehab

Yahya Mujahed

Jordan

Chef de Cuisine, Hyatt Regency Aqaba Ayla Resort

Mohammadreza Golboostanhaghighi

Turkey Student chef

Saeed Mirsaeedi

Turkey

Student chef

Aslan Alirezaei

Turkey

Student Chef



Receive a free WMCS apron

When you refer a new member to join The World Master Chefs Society

Refer a friend or colleague to become a member and receive a free WMCS apron as a thank you from us. To qualify, please ensure they give your details on the application form.

Click here for the official form



SOCIETY

News from the USA.

Master Chef Michele Brown CEPC, USA Chapter



On Sunday 27 February 2022, The USA Chapter of the World Master Chefs Society lost Chef Michele Brown CEPC, WMCS. Sadly she lost her battle with cancer.

Just one year ago she was preparing to compete in the National Pastry Chef of the Year competition at the annual ACF Convention when those plans were suddenly changed by an unexpected diagnosis.

Michele was an active member of the World Master Chefs Society since 2013 who had a competitive spirit. She travelled as a member of the WMCS-USA team to compete in two Culinary Olympics and a Culinary World Cup.

She also competed with a Canadian team in a 3rd Olympics alongside her two sons who were both on the team. Chef Brown was also active in the Texas Chefs Association, American Culinary Federation and served on the ACF National board as a member of the Certification Commission, she was also active with the local chapter of Les Dames d'Escoffier.

In 2015 she was honoured as the Pastry Chef of the Year for the State of Texas and was recognized by the Dallas Chapter as the Pastry Chef of the year on two separate occasions. In 2016, Michele cooked at the American Culinary Federation's Regional Pastry Chef competition as one of four finalists from the Central region of the USA.

Besides being a formidable competitor, Chef Michele was also a pastry instructor who taught at Collin College in Frisco then later at Texas State Technical College in Waco. She helped shape the next generation of pastry chefs.

Rest in peace Chef Michele!

Words by USA Ambassador, Patrick Mitchell

The World Master Chefs Society are saddened by the passing of Michele Brown. She fought a courageous fight with the love

Our thoughts and prayers are with her friends and family during this difficult period.

Inspirational.

Inspirational Ambassador Eslam Ahmed, Turkey, shares his thoughts on organic farming and food trends.

rganic Food offers a more sustainable, long term solution for four main reasons: It helps rebuild soil health and stops harmful chemicals from getting into our water supplies. Water and soil are two extremely extremely important resources necessary for growing food. Organic farmers don't rely on non-renewable oil-based fertilizers and pesticides we may not always have access to. It also results in greater biodiversity and it releases fewer greenhouse emissions.



Eating organic is eating sustainably! Organic food is a long-term solution resulting in less soil and water pollution, a decreased reliance on oil-based fertilizers and pesticides, greater biodiversity, and less greenhouse gas emissions.

Food trends across the globe

The food trends of 2022 point toward an overall goal of better health for our bodies, planet and wallets. From cooking styles to star ingredients, and some of this trend.

Flexitarian food & diets

Retailers take note: the flexitarian movement is going strong. In Whole Foods Market's latest Trends Council report, 'reducetarianism' was dubbed a top trend to watch for 2022, perfect for "plant-curious eaters" who aren't ready to give up meat entirely.

The plant-based food sector is certainly growing – online food platform ShelfNow said between 2020 and 2021 sales of vegetarian food products increased by 156% and vegan product sales jumped 150% and products like dairy and meat alternatives are a growing market.

Veganism & vegetarianism

While veganism and vegetarianism are hardly a "trend," the influx of people joining the lifestyle is on the rise. Increasing concerns over mental and physical wellbeing, not to mention the environmental impact, has led many to reconsider their meat-centred diets.

Many are giving up animal products completely in effort to live a healthier, more eco-friendly life.

Mental health cooking

Food and nutrients play an integral role in maintaining overall mental and cognitive health. There is no denying that when your body is malnourished of certain nutrients, it can leave lasting effects. This is exactly why eating for your mind and body will be coming into focus as a rising food trend of 2022. There are so many wonderful ingredients and superfoods that can boost your mood, soothe anxiety, combat depression and support your mental health.

Elevated desserts

As attention to healthy eating takes centre stage this year, desserts are far from being left out of the picture. In fact, desserts are becoming a form of art on their own with new innovations. This is the part of the menu where creativity can shine, especially with the usage of unique ingredients and even plant-based resources. Trying to find the fanciest desserts in your city is a fun way to spice up an anniversary date idea or even a girls night idea.



Social.

Our Social Ambassador, Harry Linzmeyer, shares his thoughs on sustainability.



hen I was asked to write an article about Sustainability, the question that came to my mind: What is Sustainability? and even more, what is Sustainable Gastronomy? It's a kitchen where the benefits of the land and what is born from them are exalted, the ingredient and its seasons are respected and fair trade is exercised with the small producer and the people who work in the field, it is also of a natural and healthy kitchen.

According to the UN (United Nations Organization) "Sustainable Gastronomy" refers to the "promotion of the natural and cultural diversity of the planet, in addition to the promotion and promotion of responsible food consumption with the environment."

According to another definition, sustainable gastronomy is "the system that provides healthy food to meet dietary needs, while maintaining balance in ecosystems."

I was perplexed to learn that every year 1.3 billion tons of food are wasted and even more so that 795 million people are undernourished. Meanwhile, one of the world's greenhouse gas emissions is caused by the food sector. We must act every day for a better future, and our plates are an important place to start.

We have a lot of work to do, but don't be discouraged. Be thrilled by new discoveries, forgotten joys, the inspiring power you wield as an individual, and the extraordinary potential of an inspired community.

Sustainability has increasingly become a way of living that seeks to harmonize with the environment to cause the least possible impact on it and responsibly take advantage of the resources that Mother Earth provides. In recent years, it has been involved in all aspects of life, including food, which led to the birth of a new way of cooking; sustainable gastronomy.

Thus, sustainable gastronomy focuses on the use of typical products from each region to encourage their consumption, help local producers and take care of the specific ecosystems of each region.

Sustainable development is based mainly on three points: environmental, social and economic.

Sustainable gastronomy must take these three points into account. It begins with the way food is produced, its origin and how it is wrapped and transported, and continues with the way it was prepared in the kitchen. Sustainable gastronomy must also respect the culinary traditions of each region and the people who grow the food.



Pillars of sustainable gastronomy

- Waste reduction
- Rational use of resources
- Sustainable production
- Respect for seasonal products
- Social commitment to promote fair trade

Why should we support this form of gastronomy?

- The use of local products is promoted
- Promotes agricultural development
- Promotes the efficient use of natural resources to reduce damage to ecosystems
- Promotes the consumption of products of natural and healthy origin

Sustainable gastronomy seeks to meet the food needs of current generations without compromising the ability to meet the needs of future generations.



This is just a brushstroke of what sustainability means. In order to make changes in our habits, we must have the concept of sustainability rooted in our thinking. This takes a long time.

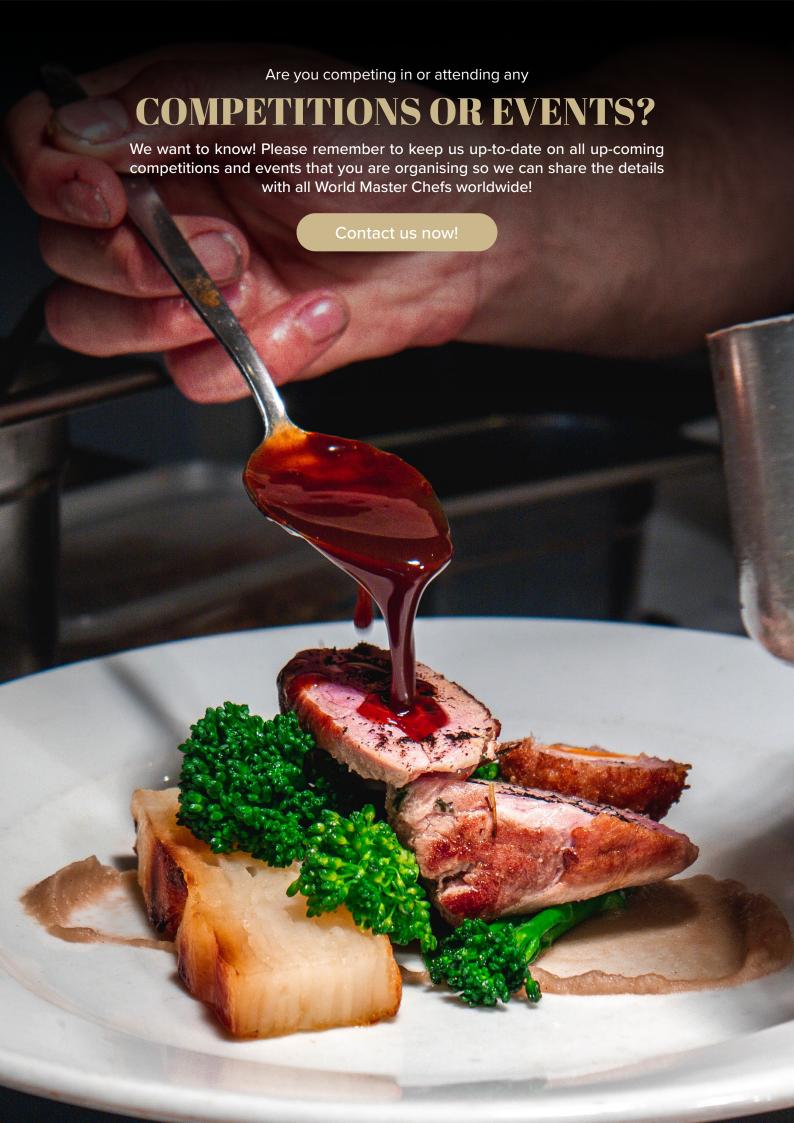
It is time to change.

Valentine's Buffet, February 2022 – Ambassador Master Chef Luca Massimiliano Radice, Maldives



Many congratulations to Chapter Chairman Sylvester Rozario, India, who has been awarded the Golden Chefs Award on 24 February 2022.





Competitions.

Master Chef Wilson Chu (China) shares information on an upcoming competition.

aster Chef Wilson Chu, China, Vice President of Disciples Escoffier Macau, is delighted to announce the upcoming Macau regional selection of the young chef candidates for the Disciples Escoffier 2022. The candidate should be 24 years old or under on the selection on 23 May 2022. Winner of this selection will join the candidates from the other 10 delegations in Asia and compete at the Asia Final at the Disciples Escoffier Theatre at in Hong Kong in November 2022. Winner of the Asia Final will enter the World Final in France 2023.



Uniforms: Candidate must wear a professional Chef's uniform composed of a white Chef's jacket, Chef's trousers, an apron, a closed slip-resistant kitchen safety shoe, and a professional Chef's hat. **The jury:** The jury will be composed of renowned chef from Macau and Disciples of Escoffier Delegation Macau and may have a journalist to be part of the jury.

Master Chef Wilson Chu will oversee the drawing of the ballots of order in which the candidates will engage cooking and the designation of kitchen stations in a fair manner. This is simply an opportunity not to be missed to train the young chefs of tomorrow, share and transfer our knowledge through coaching these chefs and prepare them internationally. Please express your interest by returning an email to info.mo@disicplesescoffie.asia

Skills for Chefs Conference

The Skills for Chefs Conference is back on 29 & 30 June after a two year break. The conference will spolight topical issues that affect chefs today. In addition they have a stellar line up of presenting chefs that will share their skills providing great professional development for delegates.

Details are at: www.skillsforchefs.org.uk - booking information is now available and you can book online via the website or invoices can be raised. In summary here are the highlights:

Wednesday 29th June at 6:30pm - "An Audience with Paul Ainsworth"

Michelin Starred Paul Ainsworth is a great ambassador for our industry and he will open the conference with an important discussion and debate about issues affecting the hospitality industry.

They will look at recovery, chef recruitment, the role of colleges, training, career development and much more. This session is followed by a networking dinner.

Thursday 30th June from 9am until 5pm

Culinary presentations from:

- · Hrishikesh Desai (1 Michelin Star)
- · Henrique Sa Pessoa (2 Michelin Stars)
- Jason Howard
- Ross Sendoon: Executive Pastry Chef at the Balmoral
- · Chris Wheeler & Martin Eccles
- The business day will conclude with "An Audience with Pierre Koffmann".

Thursday 30th June from 9am until 5pm

The Skills for Chefs Awards Dinner - smart dress (not black tie).

Places at the conference start at £85 plus VAT.

£395 plus VAT for all sessions and two nights accommodation at Jonas Hotel at The University of Sheffield.



Recipe from Maldives.

A recipe from Luca Massimiliano Radice at Vilamendhoo Island Resort & Spa, Maldives

Royal Chateaubriand of Beef Tenderloin Serving size: 50

Ingredients:

16kg Beef Tenderloin3lt Bearnaise Sauce0.25 It Vegetable Oil5kg Benny Potatoes2.2kg Sunburst Squash0.05kg Chervil2.2kg Turned Carrots0.10kg Salt

0.25kg Butter 0.025kg Black Pepper

3lt Madeira Sauce

Method of Preparation:

- Season and sear the beef in the vegetable oil
- Place in a 375F (190C) oven and roast to desired degree of doneness

To Finish:

- Cook the squash and carrots separately in boiling salted water
- Drain, combine, toss with a little butter and season
- Form the benny potatoes into 25—30g balls and fry
- Plate as per picture





Master Chef Wilson Chu, China, who works at Macau Fisherman's Wharf Rio Restaurant, has a new menu specialising in international cuisine.

He has created several new Asian dishes for all foodies, upholding of Californian cuisine injected with French, Italian, European, Mexican, Japanese, South East Asia cuisine elements. All foodies will be surrounded by elegant décor and authentic food.

One speciality is Bacalhau Croquette stuffed with foie gras ganache, a traditional Portuguese Bolinho de Bacalhau stuffed with French foie gras ganache, a popup of a different favour laver.

Practical.

Tips on how to acquire a Michelin Star.

hefs dream about earning the coveted Michelin Star at one point in their life due to the weight it carries in the culinary world. You achieve a new level of respect amongst your peers and it introduces you to a new branch of customers who want to see the newly decorated Michelin restaurant.



There's no knowing how Michelin restaurants are selected as the publication are secretive about its selection criteria. Inspectors can turn up to review your restaurant at any given moment without you knowing. They'll look like any other diner. They will determine if a restaurant receives a star or loses one.

Michelin stars are the culinary world's greatest achievement, but how does one acquire a star and the respect of the Michelin guide inspectors?

What is a Michelin Star?

A Michelin star is a global restaurant rating system from the Michelin guide. It was started by the Michelin brothers who wanted to increase the demand for Michelin tires and their aim was to promote all the places one could go to. Since 1926, they've graded restaurants on the quality of ingredients used in dishes to the overall dining experience. If a restaurant passes, they will be rewarded with one, two or three Michelin stars.

It's not set in stone, but here is a rough guide that provides an idea of what it takes to achieve a star:



Use top-quality ingredients and products in your dishes

The Michelin inspectors will look closely at the ingredients you're using in your dishes as they seek out the best of the best. You will have to start paying attention to where you're sourcing your ingredients from and start going above and beyond to find produce that is of high quality.

We must state that this doesn't mean you need to use premium ingredients like turbot and caviar in every dish, it's more about making the products look and taste sublime.

Master your techniques and flavours

Ingredients are important — but so is your approach to designing the dishes on the menu and the techniques you use to create them. Michelin starred restaurants pay close attention to detail and how they can align the restaurant's identity in their dishes — not to mention how the restaurant is proving to be sustainable.

Show off your personality

It's no secret that chefs have colourful personalities, so Michelin wants to see this in the dishes that you create. They don't want dishes that you can get elsewhere, they want a totally unique experience. Let your character shine through and don't be afraid to experiment.

Good value for money

Take this with a pinch of salt. What matters to Michelin inspectors is having an overall memorable experience and they'll determine if the experience is worth the price. So you need to ask yourself – is our dining experience worth the prices we charge?

Consistency

If there is any hint of inconsistency to any part of the inspector's experience then it can contribute to you not getting a star or losing one. They will look at every aspect of your restaurant all the way down to the kitchen-to-table serving time. If you're having a bad day, this will work against you. Luckily for you, Michelin inspectors will visit two or three times before making a decision.

So, let's say you've earned your Michelin Star - what happens next?

Well, there will be added pressure from the new wave of attention and it can sometimes get too much for cooks or staff as they strive to hit those high marks day-in-day-out.

Everything that happens will be under the watchful eye of the Michelin guide and any slips ups can cause you to lose it.

If you're a restaurant owner, you'll need to look at ways to keep morale high and to make sure that your staff do not suffer burnout. The offer raises or incentives to your staff. They've worked hard for you to get the star, don't make let them become exhausted from pressure and workload.

Take all of these factors into account and you'll have a great shot at earning an award that millions of chefs aspire for.

It won't come overnight. It can take years, even decades, to get everything right and for you to be in a position for Michelin to even consider coming to your restaurant.

Just ensure that your food is up to a high standard, your guests have a wonderful experience every time they sit down with you and that you're consistent with your output.



You'll have to be disciplined but the payoff is worth every day that you put into this.

