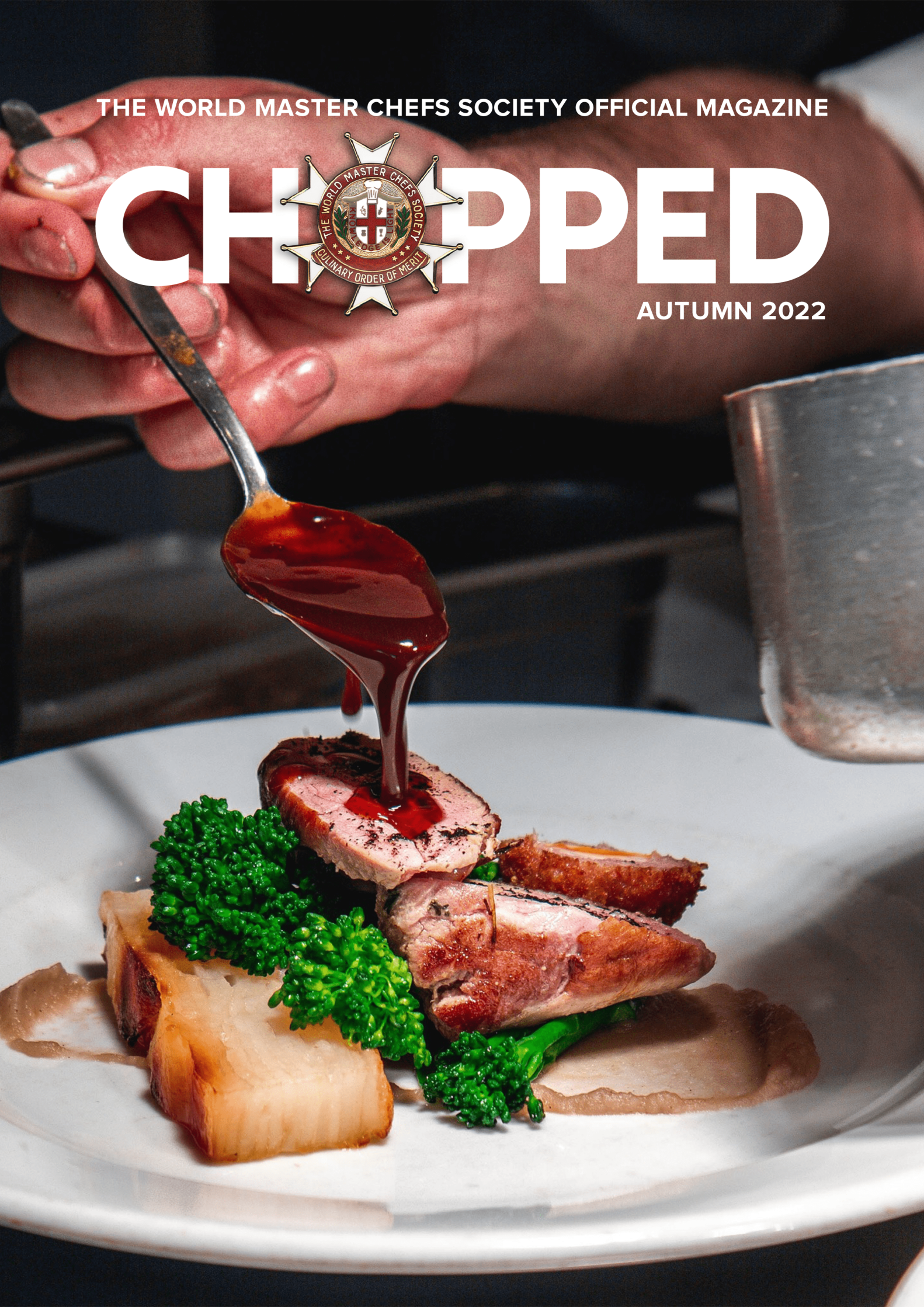


THE WORLD MASTER CHEFS SOCIETY OFFICIAL MAGAZINE

# CHOPPED

AUTUMN 2022







## Dear Members of The World Master Chefs Society

I have pleasure in sending our Autumn copy of Chopped magazine, which I am pleased to say goes from strength to strength. Not only does it inform our existing members about our new members, which I am pleased to say grows from day to day, but it also has some interesting stories which I hope you will enjoy reading.

We are always looking for contributions to Chopped magazine, so if you feel you would like to write something to be included in Chopped magazine please send it to our Society Manager. Christmas, for instance, will soon be upon us, Are you undertaking something special for Christmas? Please let us know.

Our next Chopped magazine will also have in it a section called Latest News, which can be company news from around the world or local news from within your region. Please let us have as much information as you can. If you quote anything from any local press sources please let us know who they are so we can give them accreditation.

Enjoy the read.

**Russell Morgan**

The World President

# New members

From around the world



## Maha Naseer

MWMCS, Maldives

**M**aster Chef Maha Naseer is the Creative Culinary Director at Oaga Art Resort and is currently one of the few handfuls of female Executive Chefs from the Maldives. She first started her kitchen adventures at age 8 and had a firm decision on becoming a renowned chef since. A professional chef and mother of 4 she started her career 8 years ago to cater for international clients.

Maha is a graduate in Culinary Arts and Cuisine from Singapore's Creative Culinaire. She currently holds the position of the Secretary General of Chefs Guild of Maldives and is a world chefs-approved rookie Judge in pastry. The enthusiastic entrepreneur has won multiple national and international awards and recognitions over the years. Maha's goal is updating, curating, and elevating local cuisines with quality products that reflect what she sees from her travels around the world. Her aim is to offer unique conceptualisation developments and exclusively designed programs in the industry.

At Oaga Art Resort, her role is to elevate the culinary journey with artistically experimental creations, fun innovations and a fusion of local culture.

# Scott Lucas

MWMCS, UK Chapter

**M**aster Chef Scott Lucas began his cooking career in 1985, studying catering & hospitality at City of Bath College whilst working at the Bath Priory Hotel (Relais & Chateaux). Work experience has also included Michelin-starred restaurants and Windsor Castle.



Photography © 2022 Rob Wicks at eatpictures.com

Over the years working in England and abroad - achieving a high standard of culinary skills and awards whilst studying further qualifications; including advanced patisserie, sugar craft skills, degree in teaching (Teaching cookery at Bristol Catering College for six years), Diploma in Food Hygiene (awarded Fellowship of the Royal Society of Public Health). Member of the following organisations: Craft Guild of Chefs, Master Chefs of Great Britain, British Culinary Federation, World Association of Chefs & Cooks Society. Have judged cookery competitions across the UK and enjoy passing on help and knowledge to staff and students alike. Now company director at [www.ferrousblackpudding.co.uk](http://www.ferrousblackpudding.co.uk)



# Americo DiFronzo

## MWMCS, USA



**M**aster Chef DiFronzo is the Executive Chef of The Union Oyster House in Boston, Massachusetts USA, a landmark restaurant that opened its doors in 1826 and is America's oldest continuously operating restaurant. He also serves as the Epicurean Club of Boston Club's Financial Secretary and is a past president, is a National Officer of the American Culinary Federation and is the Chair of the American Academy of Chefs. In addition, he was a culinary instructor at Boston University School of Hospitality Management for eleven years.

Master Chef DiFronzo is nationally and internationally recognized Chef who has received some of America's most prestigious awards. He has also been recognized by 6 International Culinary Associations and is a member of 10 American Culinary Associations as well as 10 International Culinary Associations.

Master Chef DiFronzo avidly collects culinary memorabilia, books and photos, and has made 3 donations consisting of many one-of-a-kind items to the Schlesinger Library's Culinary Art Collection at Harvard University in Cambridge, Massachusetts, USA.

# Choi Kwangil

## MWMCS, Cambodia

**M**aster Chef Choi worked at a five star hotel in Korea for about 10 years.

He then joined an all-inclusive luxury resort as a Korean Cuisine Training and Menu Manager for Club Med Asia.



After successfully completing 10 years with Club Med, he now works at Cambodian Sookdal Korean BBQ Restaurant, Baitong Hotel as a Bakery and Pastry Executive Chef. He is now responsible for managing and planning Fusion Korean food, dining Western food, Japanese food, Chinesfood, cake, bread and menus.



# Ting Kiong Dong

## MWMCS, Malaysia

**M**aster Chef Dong has 21 years of kitchen experience. French cuisine has begun to come to Malaysian cuisine and he has served as a chef of cooking shows and host of live broadcast platforms. International product spokesperson and product promotion ambassador. He once served as the catering director of a listed group chain theme restaurant abroad. Master Chef Dong now works as a Food and Beverage Ideal Consultant in Malaysia.



# Sunday Ogundana

## MWMCS, Nigeria

**M**aster Chef Sunday Ogundana is Nigerian, living on the western part of the Africa continent.

He sees himself as a cosmopolitan, viewing the chef profession in different cultural and diverse aspects, bringing invention and enjoyment to life. He thrives on challenges and constantly sets goals for himself; he is not comfortable with settling and is always looking for opportunity to do better and achieve greatness.



# Mohamed Shehab

MWMCS, UAE



**M**aster Chef Mohamed is an Executive Chef specialising in Healthy Food, International and European Cuisine, including French, Italian, and Spanish. He has a talent for implementing molecular gastronomy and developing complex flavour combinations.

He has over 15 years of progressive experience managing the provision of fine dining for resorts, restaurants and hotels; refining the art of cooking; developing impressive menus; and preparing culinary dishes influenced by culturally diverse regions around the globe.

His passion for cooking started at the age of 12, and then he decided to join a specialised institute to learn culinary arts and started his professional career at the age of 13 alongside his study.

He has worked in the most prestigious hotels in Hurghada / Egypt. He has refined his skills in international cuisine and gained high experience in Italian and French kitchens and cuisines as well as the rich and varied Arab oriental cuisine.

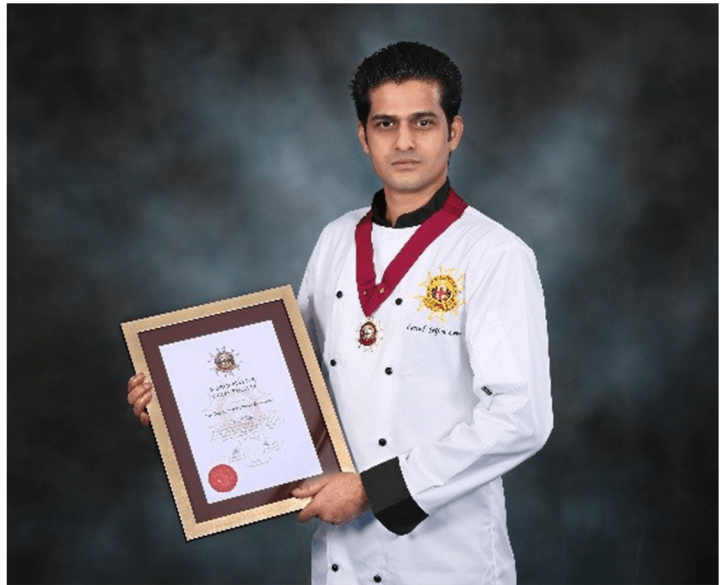
He has participated in many competitions and in 2012 was the youngest Executive Chef to win the World Master Chef award twice.



# Cornel Stifen Costa


**MWMCS, Bangladesh**

**M**aster Chef Cornel Stifen Costa has been working in the culinary industry for 22 years. Everyone knows him as a talented, hardworking Culinary Professional. He is a fine dining, casual dining and cafe expert. Chef Cornel's cuisine specialty is Asian, International and bakery.



He has worked in various hotels, resorts, restaurants and multi-complexes as an Executive Chef and Consultant Executive Chef. At present, he operates six outlets of a restaurant group as a Corporate Executive Chef. He is also working as a guest faculty and Judge on Culinary Institute and Culinary Contests.

Chef Cornel comes in the culinary industry from a traditional chef's family. His grandfather was the first professional chef in Bangladesh who opened the first 5 Star Hotel in 1966 named Hotel Intercontinental Dhaka. His father also started his Chef career from Hotel Intercontinental Dhaka and worked in gulf countries.



Put forward those who you believe can qualify for

## Student membership.

We want to help the next generation as much as possible. For decades, we've helped mentor and raise student chefs to become the chef they've always dreamt of being.

Student membership will only be granted to those whom you recommend. Our fee is £70 per member.

By becoming a student member you will receive an official World Master Chefs membership certificate, pin badge, apron and recommendations for placements when they qualify. Student membership. Put forward those who you believe can qualify.

Have a student that you want to put forward? Speak to us today.

## Other New Members:

- **Simon Mealing**  
MWMCS, UK Chapter
- **Rabee Naseer**  
MWMCS, UAE
- **Zurath Kamdin**  
MWMCS, Portugal
- **Esben Siew Kok Wai**  
MWMCS, Malaysia
- **Francisco Guarniz Miranda**  
MWMCS, Peru
- **Sunil Chauhan**  
MWMCS, USA
- **Yehia Hassanin**  
MWMCS, Canada
- **Royal Bakhishov**  
MWMCS, Azerbaijan
- **Ali Magerro**  
MWMCS, Russia
- **Toni Hung-Fung Mak**  
MWMCS, Hong Kong
- **Matthew Helm**  
MWMCS, Singapore
- **Irfan Khan**  
MWMCS, India



# NEWS FROM AROUND THE WORLD

## Australian Black Truffles.

**Master Chef Daniel Hiltbrunner, MWMCS, Australia,  
who has now moved to the Bahamas.**



Having lived in the Canberra region, the truffle season became very exciting, especially as a chef living a few minutes' drive from various truffle farms. As a chef, you're blessed when you can get seasonal products on your doorstep and use them straight away. It is very satisfying and a privilege to go truffle hunting in the morning and cook up a special for lunch service.

Australian truffles are slowly getting the recognition they deserve as they are equal to their counterparts in Europe. The Canberra region has a very similar terroir like France, Italy, or Spain, where most of the truffles originate.

## What are Truffles?

Truffles are a fungus that grow underground due to a symbiotic relationship with the roots of particular trees (e.g. oaks and hazelnuts) infected with the appropriate mycorrhiza (literally, fungus root). They form in summer and slowly mature during autumn, ready to harvest in winter.

They can be found breaking the surface of the ground or down to 200 millimeters deep and are best located by a trained truffle dog, from the aroma released when they are ripe.





# Why the Fuss?

Well, they taste incredible. They can turn ordinary foods into gourmet creations, and they are very versatile and can be used in all sorts of dishes.

But it's also the mysterious way they grow, the harvesting method and prices they command that make truffles so fascinating to foodies all over the world over.



The Italian composer Rossini loved truffles and gave his name to the famous truffle dish, Tournedos Rossini. The Black truffle has also been referred to as the Mozart of truffles and the diamond of the kitchen. Apart from the exotic aroma, a truffle contains glutamic acid making it a flavour enhancer, hence its affinity with any food. Every aspect of the meal becomes more satisfying, including dessert. In today's time we often refer to this as Umami taste.

## Hunting and Harvesting.

The truffle is the fruiting body of the fungus. It is located up to 200mm below ground and weighs between 30 and 300g, but can be as heavy as 1.2kg. The shape of truffles varies wildly with some being a uniform round shape while others may have numerous crevices and lobes.

The shape appears to be partially influenced by the soil. Truffles formed in soft soils with fewer stones tend to be rounder while truffles formed in hard stony soils may be knobbier in appearance. While the shape does not seem to confer any particular characteristics, restaurateurs and retail outlets may favour the more evenly shaped truffle.

Female pigs have been used as one of the principal truffle hunters; however pigs will eat the truffle if they can and it can be very difficult to prevent a pig from eating truffles or your fingers. So today dogs are used to sniff out the scent of the truffles and the truffle hunt is normally earlier in the morning before the wind picks up.



Dogs are generally trained to 'mark' the site where they smell the truffle by lightly scratching the ground. The handler will smell the soil, usually by taking a handful or trowel-full of earth. The aromas of a ripe truffle permeate the local soil creating a rich sweet earthy smell. If this is present, the dog is rewarded and the truffle is dug up either by hand or with a small trowel. It is often more practical to have a second person to dig up the truffles after the dog handler has marked the sites where ripe truffles have been detected.

The next step is carefully washing and drying the truffles before they are weighed and graded for the price.





## How to Use Truffles in Cooking?

As truffles have a unique flavour, it should be used in simple dishes like many chefs have done for centuries. From soups, pasta dishes, gnocchi & risotto, potatoes, scrambled eggs, sauces, butters, stuffing, pates and terrines to desserts like panacotta, crème brulee and ice cream, added into honey and spirits. Experiment and enjoy. Fresh truffle are very unique and you will never use truffle oil again.

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## Is Classical Cuisine still a selling point in upmarket restaurants in South Africa?

**Master Chef Manfred Muellers, Ambassador MWMCS, South Africa.**

# A history of French Cuisine.



**F**RENCH cuisine often an elegant dining experience, at times somewhat rustic, and always highly palatable, has been for many years the ultimate cuisine for a young chef to master.

Great role models such as Escoffier have prompted the rise of new masters in French Cuisine. The 20th century brought about many changes in France. Traditional haute cuisine (grande cuisine), made famous by its subtle and delicate preparation and its precise presentation.

It was essentially the main type of French food until some food critics began to critique it for being far too impractical for modern gourmards and the public at large. The creation of new cuisine (nouvelle cuisine) in the 1970s was in essence a reaction to classic French cuisine. While many chefs consider the mastering of the art of French cooking to be the pinnacle of their culinary achievement, the extent to which the cuisine is currently appreciated in the 21st century is debatable.

Grand Cuisine has established its worldwide recognition because it focused on the pleasure of eating instead of just nutritional aspects. All cuisines include the pleasure part of eating but it was only in France, especially in Paris at the beginning of the nineteenth century, that a cuisine that focused on the pleasure of eating became socially institutionalised. Previously the aristocracy had determined the styles and fashions of the times, including the Haute Cuisine, but this privilege was lost with the French Revolution.

The middle class also used the Grande Cuisine to demonstrate a cultural superiority over the social groups with growing economic power and, thus, the potential to rise on the social ladder.



At the same time, new and special restaurants created for Grande Cuisine, came into being and were spatially institutionalised. In France, more than in any other European society, eating and drinking well came to symbolise the “good life”. This style of eating led to the description and the characterisation of the French style of living as *savoir vivre*.

Grand Cuisine became the model and basis for an internationally renowned cuisine and was socially and culturally more valued than other regional or national cuisines. This perceived value reflected clearly in the prices charged in restaurants.

The perception around the world is that the Grand Cuisine is a National Cuisine, not realising perhaps that there are several different French regional cuisines. The former originated in an urban, aristocratic, and bourgeois environment: the latter represent rural and lower class cooking. They are not variations, one on the other, but opposites, each with different” cultural capital”.

The Grand Cuisine is considered to be well developed, refined, and luxurious; rural cooking is described as simple plain, and modest. One might think that there are no better options than recipe collections and cookery books to reconstruct what in former centuries was considered delicious cooking. Such sources however, are inherently biased because only the wealthy classes could



read and consequently, could not always have strictly followed recipes. There are no written reports about the cooking customs of the majority of the population.

In general, cookery books and recipe collections are examined historically for two reasons. One of them is to discover tendencies in the regionalisation of cookery in France. A second reason is to reconstruct long-term changes in cooking customs in order to discern process of cultivation and civilisation.

The oldest known cookery book is the *Viandier* de Taillevent, published by Pierre Gaudol between 1514 and 1534. In both we can only find a few clues to the regional origins of the recipes and other instructions. Another resource, very famous and popular in Europe at that time was the cookery book *De Honesta Voluptate* (c 1475) by Platina. Taken together these cookbooks give the impression that there was no regional or rural differentiation in cooking in Europe during the Middle Ages. Cookery books, regardless of who their readers might have been, diffused culinary models inspired more by aristocratic practices than by those of the common people, and were more cosmopolitan than regional.

Common European cooking traditions endured until the seventeenth century, when national cuisines began to develop. Before the seventeenth century cookery books and recipes were seldom published. In the seventeenth and eighteenth centuries many cookery books appeared. The first of this series was *Cuisinier Francois* by François Pierre de la Varenne, published numerous times from 1651 until 1738. Other very influential cookery books were the 1656 *Le Cuisinier* by Pierre de Lune, the 1674 *L'Art de Bien Traiter* by L.S.R. François Massialot's *Le Cuisinier Royale et Bourgeois* (published 1691-1750), and Menon's *Nouveau Traite de la Cuisine* (1739).



These books described terms like ancient and moderne, which were also used to indicate changes in other arts. The cookery of the Middle Ages was criticised as being rude whereas the new cookery was considered to be refined and cultivated. Culinary tastes had obviously changed. The cooks of the seventeenth century complained about the medieval customs of cooking food too long and over-seasoning it. Spices were hardly used in the new cuisine but native herbs became popular.

The new culinary taste was also apparent in meat choices. During the Middle Ages the menu of the aristocracy consisted mainly of dishes with chicken or venison. Beef and pork were scarcely ever eaten; however beef was used in broth and soups. Other meats consumed seem exotic, for example, swans, storks, cranes, peacocks and large sea mammals.

Beef and some pork dishes became trendy, but only those that used the most valuable and exquisite parts. Until the nineteenth century it was common to serve food *à la française* which meant that many dishes were offered at the same time. It is true that the guests had a much greater choice than today, but many of the hot dishes were cold by the time they were served and people had the opportunity to eat them.

# The Emergence of the Grand Cuisine in the Nineteenth Century.

## Haute cuisine was institutionalised in the *salle à manger* (dining room) of the aristocracy.

It is noteworthy that in the second half of the eighteenth century, haute cuisine was one of the last cultural areas in which aristocratic taste still dominated. Indispensable characteristics were wealth, good taste, an innate sensitivity the desire to eat well, generosity, gracefulness, vividness, and a predilection for order. That money alone was not enough to run an excellent household could be observed again and again among the *nouveaux riches* (the “new rich”) of the French revolution.

## The Change of the Grande Cuisine.

In the nineteenth century the bourgeois grande cuisine was still detached from the traditions of the aristocratic haute cuisine, although not completely so. During this phase, the grande cuisine was influenced by Antonin Carême, said to be its founder, and by Antoine Beauvilliers, one of the first restaurant cooks. Carême focused on the visual aspect of cookery and not much on food flavour. He also held to the service à la Française, viewing as much elegant the service à la Russe, which gaining popularity in restaurants. The latter corresponds mainly to today’s style of service: The food is put on plates in the kitchen and served immediately to guests.

Two cookery books published later in the nineteenth century became very famous: These were Felix Urbain Dubois and Émile Bernard’s *La Cuisine Classique* and Jules Gouffé’s *Le Livre de la Cuisine*. Here the tension between artful food decoration and the development of flavour and taste was discussed, but no unanimous decision was arrived at. Dubois and Bernard did not favour the service à la russe because for them, cookery had to appeal to all of the senses. They did however simplify food decoration.



The cooks of the cuisine moderne reacted to alterations in taste as well as to social changes. The grande cuisine has scarcely been concerned with the health aspects of food, but now cooks attempted to link pleasures of eating with foods that were healthy.

The nouvelle cuisine also accepted regional cookery traditions to an unprecedented extent. With this development the dominance of Parisian cuisine which had existed since the emergence of haute cuisine, was diminished. The nouvelle cuisine in restaurants was expensive, and only a few were able to afford it. The grande cuisine had begun to influence private cooking.



# SOUTH AFRICAN CULINARY FARE – AN OVERVIEW.

**S**outh African cuisine is today an amalgamation of the recipes from the many cultural groups that have co- existed in the country during the course of the last 360 years or so. Very little French cuisine is found anymore. The first known inhabitants of the country, The Khoisan, were mainly hunter-gatherers. Later, the Nguni peoples introduced agriculture to the country and planted maize, sweet potato, gem squash and other vegetables for their consumption.

The Dutch arrived in 1652, followed by the British in 1804, and they introduced sausage, which later on resulted in "boerewors" (farmer's sausage). The Cape Malays who were initially slaves at the Cape, introduced bobotie. Stews, such as "potjiekos" were the creation of the Dutch Trekkers. The slaves, imported from the east (India and Malaysia) introduced curries, biryanis and other spicy foods to South African dishes. The first Europeans in South Africa were the Portuguese explorers, and they introduced fish dishes and peri-peri (red peppers) to the range of cuisines.

In 1994, the policy of apartheid ended and a multiracial government was elected under Nelson Mandela. Since then, the economy has been adjusting to the new structure of society and this shift has also affected culinary tastes. There has been a marked shift away from eurocentric foods such as French cuisine, although other European restaurants are still relatively popular.



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Today, the larger cities of South Africa have a wide selection of restaurants that specialise in Thai, Greek, Italian, Chinese, Mexican, Portuguese, French and other ethnic foods. French cuisine was highly sought after during the 1960-1980s, but this 'fad' gradually diminished so that today there are also many restaurants that serve traditional African local dishes.

Traditional dishes include 'pap' which is maize meal porridge, or crumbly "phutu" pap. A large variety of savouries are used to accompany pap, such as spinaches and other green vegetables, which are flavoured with chilli. A dish called "Umngqusho" is by all accounts ex-President Mandela's favourite dish. This comprises of "stamp" mealies; desiccated dried maize kernels, with potatoes, onions, sugar beans, butter, chillies and lemons, which are prepared by simmering them for a while.

Another unique and very popular delicacy is the traditional dish called Mashonzha. This is the Mopani worm (caterpillar) that is cooked with

chilli. South Africans also brew their own sorghum beer. It is very rich in vitamin B and is called "Umqombothi". The braai (barbecue) dating back to the days of the Trekkers (1830s) is the country's favourite culinary pastime.

Another favourite dish is the delicious "waterblommetjebredie" stew. Meat is stewed together with a flower (the Cape Pondweed) which is common in the many dams and marshes of the Western Cape province. Bobotie is originally a Cape Malay dish consisting of minced meat cooked with brown sugar, apricots and raisins, milk-soaked mashed bread and curry flavouring. Tripe is also a favourite dish amongst South Africans and it is considered to be a delicacy. South African fish such as sole, kingklip, snoek, red roman, hake etc are delectable to the palate and found in many family seafood restaurants. As far as desserts are concerned Melktert is the most famous South African dessert. It is puff pastry filled with a mixture of milk, flour and eggs and lightly flavoured with cinnamon sugar.

## CONCLUSION - French Cuisine today:



In recent years it has become apparent that for many in South Africa and elsewhere across the globe, French cookery is no longer seen as the culinary standard, or even as the most refined cuisine. Cuisines, such as those of Italy or Japan, are regarded as on an equal level.

In my opinion, several different styles of national cookery have achieved acceptance as being perceived to be equally delightful and this is further changing as fusion style cookery is increasing across the globe. In South Africa, a unique style of fare has emerged. So while French cuisine is a unique, cultural experience that blends flavourful food with beauty and leisure, and requires methodical preparation, it is sadly waning in acceptance in South Africa. French cuisine is undoubtedly an art to master, and it is an exceptionally artistic rendition of culinary fare at its very best and it is rather distressing to master chefs that its value is not appreciated as it should be in South Africa, but then South African food is also a special treat.



# The importance of Mentorships for young Chefs on their Journey.

**Master Chef Elaina Kourie, CCC, CCE, Ambassador MWMCS, Canada  
Director - Top Toques Institute of Culinary Excellence.**

The hospitality industry is changing at a pace we have never seen before. To make these challenging times slightly easier, a greater emphasis needs to be placed on mentoring and training the younger generation of chefs to ensure the future of the culinary industry is stronger than ever before.

Leadership and communication are perhaps two of the most useful skill sets that young chefs need to learn. They are transferable to almost every industry – they are empowering and they are invaluable to success. In the professional kitchen, the ability to take charge, make split-second decisions and effectively communicate to a large, high-strung staff makes you a great leader. The primary purpose of mentoring is to drive personal growth and build skills and knowledge.



They encourage the team to share ideas with each other and praise them when they come up with something new and innovative, they lead by example and work alongside the team whenever possible to showcase professionalism and excellence through their years or experience.



**We think too much of education as having a beginning and an end. We need to think about learning more iteratively and in milestones.**

**--John Leutner**

Mentorship is a necessary part of development. Our industry offers a unique set of hard-to-navigate challenges for young chefs. Food is highly emotional, not only does a chef put their whole heart into their creation, but a customer brings their heart to the table. Balancing the emotion that goes into cooking with a solid foundation of skill and technique is a uniquely personal journey and one that is greatly benefited from someone more experienced who can guide and shed light along the path.

One lesson that we learned from Georges Auguste Escoffier was that a true professional is a person who embraces the discipline to perform at the highest level, and to look the part and earn the respect of others in the process. This discipline takes place in the kitchen through the execution of established cooking methods, the understanding that even the simplest task must be approached with the discipline of consistency.

Excellence is the condition of surpassing the standards of expectations. It's a habit, but it is also a feeling that is ingrained in the people who practice the art and craft of cooking. Anyone can be trained to assemble ingredients, follow a recipe, present food attractively on a plate. When a chef sees excellence as a habit, they work to apply the principles with even the smallest task and not just follow processes. Professional Chefs who believe in excellence practice at the highest level.



To be the benchmark by which all others are judged takes passion, courage and dedication to the art and craft of cooking. Mentors play a particularly meaningful role in the lives of upcoming chefs.

Established chefs often credit the support and guidance of a chef mentor as an essential ingredient to their success. They help develop the skills, knowledge, and enhance the chances for success for the young chefs under their tutelage. As skilled professional chefs, we have benefited from the teaching of others, in turn, we have a responsibility to share our learning and to ensure the future of the Culinary Industry.



## Master Chef Luca Massimiliano Radice

has recently moved from the Maldives to a new position of Executive Chef at Al Thiqa Company in Kuwait.



Also, congratulations to Master Chef Luca Massimiliano Radice who has been appointed a member of the International Jurisdiction Board of Italy, from the Supreme Council of Arab Chefs.

## The importance of continuously studying the culinary arts.

**Master Chef Luca Massimiliano Radice, Ambassador MWMCS, Kuwait.**

**P**reparing food isn't just about sustenance or about helping people enjoy what they eat (although those are certainly two reasons to prepare food for people), it's also about sharing art with people.

The way you plate your dishes is an art form in itself, something that your customers can take pleasure in looking at. Food is closely intertwined with culture. Think about all the different foods that are available from all over the world and how people often pass down family recipes from one person to another.

Many chefs these days have emphasised the importance of creating delicious dishes that are actually healthy in order to promote nutrition to their customers. It's why many restaurants offer vegan options these days. Some restaurants, such as farm-to-table restaurants, also practice sustainability and environmental responsibility.



By act of being farm-to-table, they spread awareness for those important subjects to their customers. Instead of just learning from a single chef at a restaurant, you'll be taught by numerous culinary professionals, all with their own unique experiences and skill sets, which they will share with you. This allows for a more well-rounded view on the culinary arts that will have a positive influence on your future.

Studying culinary arts will help you expand your horizons in many ways. Not only will it help you become a professional chef, it will give you a deeper appreciation for food as culture, food as art, your health and more.

## WMCS Merchandise

Ordered yours yet? Have a look at our full range at [www.worldmasterchefs.com](http://www.worldmasterchefs.com)

### Included in this edition's offer



## COMPETITIONS AND EVENTS

**Please do remember to keep us up to date on all up-coming competitions and events that you are organising in order that we can share the details with all World Master Chefs worldwide!**

**Please email [mail@worldmasterchefs.com](mailto:mail@worldmasterchefs.com)**



# EVENTS

**Eslam Ahmed, Ambassador MWMCS, Turkey and upcoming chefs for International Chef's Day – 20 October 2022.**



# COMPETITIONS

**Young Chef and Young Waiter Competition, Singapore.  
This will be its very first year to be held in Singapore.**

Master Chef Matthew Helm, Singapore, is honoured and very proud to be to be a part of a panel of talented expert judges. This is a fantastic competition for young professionals, which will be a stepping stone to propel careers and aspirations.

Please click on link for entry details - Singapore - Young Chef Young Waiter  
<https://youngchefyoungwaiter.com/singapore/>

## CORPORATE SPONSORSHIP

We are looking for corporate sponsors to partner with as there will be so many benefits for everyone. Please do recommend us to everyone you know!

# RECIPES FROM MEMBERS

**Harry Linzmeyer, Ambassador MWMCS, USA.**

## **Bacon Dashi, Poached Crispy Skin Black Cod, Pork Stock Braised Quinoa with Lime Beans.**

### Ingredients

3 cup Water  
2 sheets Kombu  
3 strip Bacon  
1 piece Ginger  
2 tbsp Mirin  
1 tbsp Soy Sauce  
1 tbsp Sake  
4 oz Lime Beans  
10 oz Red Quinoa  
Lemon Zest  
2 lbs Black Cod (4 fillet 6 oz each / skin on)  
Sea Salt



### Method of Preparation:

- Put butter in a pan and place the fish on the skin side and brown for 4 minutes. Then finish poaching it in a saucepan.
- Bring the water to 140° F and add the kombu and ginger in it.
- After steeping for 30 minutes, discard the kombu (or reserve for another use like a seaweed salad). Add the bacon, keeping the temperature similarly low for another 30 minutes.
- Discard the bacon and ginger. Next, season the dashi with mirin, sake and/or soy sauce.
- Pour the sauce into a shallow saucepan and keep warm until you are ready to use it to poach the fish.





## **Eslam Ahmed, Ambassador MWMCS, Turkey**

### **Gluten free Coconut Mille-Feuille.**

#### **Ingredients**

300 GM coconut sheet (gluten free)  
3/4 cup thickened cream  
1/4 coconut cream  
2 tbsp icing sugar  
1 tsp coconut essence  
2tbsp shredded coconut  
3 bananas purée  
100 GM rose purée  
dry roses for the garnish



#### **Method of Preparation:**

Place cream, icing sugar, coconut cream and coconut essence in a small bowl. Whisk until soft peaks form add the banana purée (don't over whisk). Refrigerate until required.

Place one piece of coconut sheet on a large serving platter. Dollop 1/3 of the cream mixture over pastry. Repeat layers with remaining pieces of pastry, cream mixture. Drizzle with coconut shredded. Sprinkle with the coconut sheet crumb mixture. Serve immediately.

## **Manfred Muellers, Ambassador MWMCS, South Africa**

### **Napoletana Sauce.**

#### **Method of Preparation:**

Finely grate 200g celery, 3 carrots and 2 onions and put into a thick bottomed pot with 100ml olive oil. Simmer on a low heat for about 3-4 minutes. Add 800g of chopped Italian (tinned) tomatoes and simmer for about 2 hours. Add a little olive oil from time to time. Add salt and pepper to taste and fresh basil (about 50g).

You can keep this for a few days in the fridge and reheat slowly, it seems to taste better when reheated (you may need to add a little tomato juice when reheating),



# Luca Massimiliano Radice, Ambassador MWMCS, Kuwait

## Tian of Crab, Scallop and Shrimp Tower (Serves 50).

### Ingredients

6kg Papayas, peeled and seeded  
1kg Shrimp, headless  
1kg Scallops  
0.3L Fish stock  
1kg Crab meat  
0.125kg Dill, chopped  
0.01kg Mustard seeds  
0.1L Lemon juice  
0.085kg Capers, drained  
0.75kg Mayonnaise  
2.5kg Oranges, segmented, 2 per portion  
0.75kg Golden caviar  
0.75kg Salmon caviar  
1kg Sour cream  
0.03kg Dill sprigs



### Papaya Dressing:

Papaya trimmings  
0.03L Fish sauce  
0.3L Fish stock, as needed  
0.1kg Salt  
0.025kg Pepper

### Papaya Dressing:

- Puree the remaining papaya trimmings from the Tian with the fish sauce and fish stock, season.
- Transfer to a squeeze bottle, ready for service.

### Method of Preparation:

- Cut the papaya into medium dice to yield 2.5kg. Put remainder to side for the papaya dressing.
- Remove tails and dice shrimp equal size to papaya and add to diced papaya.
- Shallow poach the scallops in fish stock. Cool, dice equal size as papaya and add to papaya shrimp mixture.
- Add to mixture – crab, dill, mustard seeds, lemon juice, capers and mayonnaise.
- Fold together and check seasoning.

### To Finish:

- With a ring mold arrange the seafood mixture towards 12 o'clock.
- Place two pieces of orange segments on top of the Tian and spoon on the salmon caviar.
- Garnish the plate with three spots of the papaya coulis and one spot of the sour cream, picked dill leaves and a small quenelle of golden caviar.



# Beef Wellington with Truffle Madeira Demi-Glace

## Serves 50.



### Ingredients

7.5kg Beef shoulder fillet (3x5lb rolls)  
4kg Puff pastry sheets  
2.5kg Pullman ham, cooked and thinly sliced

### Farce

1.5kg Mushrooms, chopped  
0.2k Butter  
0.5kg Onions, chopped  
0.5kg Chicken livers, chopped  
0.5L Madeira  
0.5kg Pate de foie gras, chopped  
0.225kg Eggs  
0.6kg Brioche breadcrumbs, as needed

### Glaze

0.225kg Eggs  
0.1L Milk  
0.05kg Sugar

### Sauce

3L Madeira sauce  
2 Truffles, chopped

### Plate

4.5kg Duchesse potatoes  
50 Spinach flans  
2kg Turned carrots, blanched  
3kg Artichoke bottoms  
1.5kg Tomato concasse, small dice  
0.02kg Basil, chiffonade  
0.125L Olive oil  
3kg Asparagus, blanched  
1.75kg Mushrooms  
0.2kg Butter  
0.04kg Thyme sprig  
0.1kg Salt  
0.025kg Pepper

### Method of Preparation:

Season and sear the beef shoulder fillet and allow to rest.

### Wellington

- Place a silicon sheet onto the table and lay the ham slices equal to the measure of the beef.
- Spread the duxelle evenly over the ham.
- Place the seared shoulder in the centre and roll, keeping the beef in the centre.
- The duxelle should be an even thickness all round.
- Leave to rest.
- Place the roll beef on a puff pastry sheet and roll pastry around, sealing in the beef.
- Egg wash the edges and seal neatly. Let rest.
- Beat the eggs, milk and sugar glaze ingredients together and brush the wellington. Repeat every 2 hours.
- Bake in a 350F (176C) oven until internal temperature reflects desired degree of doneness. Let rest for 20 minutes before carving.

### Duxelle:

- Run the mushrooms and onions through a bowl chopper or pulse in a processor.
- Heat the butter and cook the mushroom/onion mixture until almost dry.
- In a separate pan put the butter and quickly saute the chicken livers.
- Deglaze with Madeira wine, reduce and set aside to cool.
- When chilled, add the livers to the bowl chopper with the pate foie gras.
- Add the mushroom mixture, eggs and the brioche breadcrumbs. Season to taste.

### To Finish:

- Toss the tomato sauce concasse with the basil chiffonade, olive oil and season.
  - Heat the artichoke bottom and stuff with the concasse. Keep warm.
  - Heat the carrots and asparagus separately in boiling salted water. Toss with a little butter and season.
  - Brown the mushroom caps in a saute pan with the butter and season.
  - Heat the Madeira sauce and stir in the chopped truffles.
  - Plate as photo.
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## NO LONGER MEMBERS

Narayan Thapaliya, Nepal  
Bhavi Khanal, Nepal  
Paul Yeo, UK Chapter  
David Newstead, UK Chapter  
Carmelo Vadicchino, Canada  
Ram Karki, UAE  
Nicolaos Nikitas, Greece  
Gerald Fairbrace, UK Chapter  
Mahesh Dhakal, Australia  
Rajiv Tikania, Australia  
Yan Ng, Australia  
San Jin Han, Canada



# ADDITIONAL ARTICLES

## **Compass raises more than £680m towards net zero ambitions 13 September 2022 by Katherine Price, The Caterer**

Compass raises more than £680m towards net zero ambitions.

Compass Group, the world's largest food services company, has issued two sustainable bonds which will be used to fund its global net zero target.

The bonds have raised £433m and £250m respectively and will be used to progress Compass' sustainability initiatives.

In October 2021, Compass became the first international company in the contract catering industry to announce a global commitment to climate net zero by 2050.

The bonds will be used on projects that will enhance responsible sourcing, among other initiatives.

These will include:

Goods which are certified sustainable, Fairtrade or organic;

Goods from local, socially diverse or minority suppliers;

Expenditure in support of the group's net zero commitment, such as the costs of electrifying fleet, use of renewable energy, promotion of plant-based products, and investment in regenerative food production; Food waste reduction projects including measurement technologies and systems;

Waste reduction projects including tackling plastic waste, and the promotion of reusable items; and

Investment in healthy eating initiatives, including in unit education, labelling and staff training.

Palmer Brown, group chief financial officer of Compass Group, said: "As a group, we recognise the importance of acting on climate change and are committed to delivering a sustainable future for all. Our new sustainable bonds and sustainable financing framework not only reflect our objective to be a socially and environmentally responsible organisation for our clients, employees, suppliers, and wider society; they also support our long-term climate net zero ambitions.

We intend for the proceeds of the sustainable bonds to initially support the increased purchase and tracking of Fairtrade and sustainable goods within our supply chain, reducing our Scope 3 emissions footprint, while funding diverse and minority suppliers.

Furthermore, by providing a sustainability reporting framework for our colleagues to adhere to, we expect to see additional operational benefits across the group's businesses, reinforcing more sustainable practices and behaviours, while accelerating existing projects that underpin our growth and drive efficiencies.

Compass generated annual revenues of £18.1b in the year to 30 September 2021. It serves meals to millions of people in more than 40 countries and employs and engages with more than 500,000 people.

The company specialises in providing food and a range of support services across sectors including: Business & Industry, Healthcare & Senior Living, Education, Sports & Leisure and Defence, and Offshore & Remote.

