

THE WORLD MASTER CHEFS SOCIETY OFFICIAL MAGAZINE

CHOPPED

WINTER 2023





Welcome to CHOPPED, our Society magazine.

I have pleasure in sending our Winter 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 grow 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. Valentine's Day for instance will soon be upon us, are you undertaking something special for Valentine's Day. 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.

I hope you enjoy the Winter 2023 edition of CHOPPED.

Speak to you soon,

Russell Morgan

The World President

HQ news.



No Registration Fees in January

Until the end of January, 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 £345!

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!](#)

New members.

From around the world.



Zurath Kamdin

MWMCS, Portugal

Master Chef Zurath Kamdin has been a professional chef of over 30 years, with an international culinary background and a constant student of the History of Food and its travels throughout the ages. He has recently relocated to Portugal from Hong Kong, where he looks forward to continuing his culinary journey.

While in Hong Kong, he was known as the 'Magic Chef of Hong Kong' for his ability in preparing a range of food, whether for a private gathering or a 200 people catering event.

As a professional chef his culinary abilities span cuisines of different regions of the world; each cuisine style is carefully studied and dishes created to please the palette and the senses.

He was also the only chef in South East Asia, and currently in Portugal, to prepare the very little heard of and known about, Parsi Cuisine of India.

Cooking is his passion...and at the end of it all a smile from the patron is the most satisfying!

He learned to cook at his Grandma's elbow, who taught him the true methods of cooking and spices, and how to use them. He has attended a course in Hotel Management from IIM, Chennai. Over the years he has studied different cuisines of the world, either through study courses or training with other chefs.

He says *"a role model for cooking is myself, simply because I am proud of what I do and I do it better each day"*.

His secret - The Art of Manasolassa, is the ancient art of exciting the mind from the aromas of food. Modern day presentation is only visual appeal. He finds that during his preparation if a guest says "that smells so good", the flavours of the food prepared have already made their way into their senses and they look forward to eating, rather than looking for visual effect.

Francisco Guarniz Miranda

MWMCS, Peru



Master Chef Francisco graduated from Le Cordon Bleu Peru. He has extensive experience in national and international cuisine. He is a restaurateur, consultant and lecturer and is passionate about the conservation of world gastronomy and investigating new trends such as molecular cuisine.

He prides himself with culinary professionalism, with the aim of contributing to good nutrition for the people of the world.

He is also:

- President of Escoffier Peru
- Vice President of APCCA Peru
- Director of Aregala Peru International
- Member of Federazione Italiana Cuochi

Mathias Rozario

MWMCS, Bangladesh

Master Chef Mathias is a talented pastry chef with 36 years' experience in the hospitality industry, specialising in patisserie, pastries and bakeries.

He is also an expert in a la carte, gourmet and buffet dining. He prides himself on being an extremely knowledgeable, inventive and resourceful chef. He is also an expert in a la carte, gourmet and buffet dining. He prides himself on being an extremely knowledgeable, inventive and resourceful chef.



Irfan Khan

MWMCS, India

Master Chef Irfan is a passionate chef, an explorer of scrumptious delicacies and always on board for gastronomical adventures. He is always ready to create interesting and unique recipes. Initially his father emphasised on him to be a doctor and, therefore, opted for science stream as a career.

But his passion lied in cooking and he convinced his family to follow his passion. His journey to being a chef was pre-destined as he picked up the art of cooking as a child and grew up with an intention to be a chef one day.

Master Chef Irfan is from Jaipur in India and works as an Executive Chef cum Director Operations with Ihmcs pvt.Ltd. He is also a freelance Chef Consultant and Recipe Developer.

He has a wide range of international experience in the hotel industry and hospitality education sector.



Other accomplishments:

- HACCP certified Culinary Professional
- President and Secretary General of World Association of Master Chefs India Chapter
- Ambassador of Best of Gastronomie International for Rajasthan India
- Member of the International Jury of India from The Supreme Council of Arab Chefs around the world
- Representative (Ambassador) of Tourism Syndicate Egypt/Arab for India
- Best Chef Indian Cuisine Award by Leamanah Ab Consulting
- Best Culinary Educator Award by food critics and bloggers association
- Gold medal for the title of golden chef 2021 from Best of Gastronomie International
- Gold medal from the Supreme Council of Arab Chefs around the world for the title of Golden Chef 2022
- Certified International Culinary Judge
- Member of National and International chefs associations

Matthew Helm

MWMCS, Singapore

Master Chef Matthew brings over 30 years of Integrated Resort (IR) and Hotel Food & Beverage experience to his role as Executive Director of Culinary. He leads a 600 strong culinary team at Marina Bay Sands, overseeing the property's food supply chain and menus, and making sure its 40 individual kitchens run seamlessly round-the-clock.



Chef Matthew is also responsible for the IR's extensive dining requirements, including the hotel's 24/7 In-Room Dining operations serving over 2,200 rooms and club lounges, Marina Bay Sands operated restaurants as well as banqueting for the Sands Expo & Convention Centre. Internally, he supervises the operations of two Team Member Dining rooms, which prepare close to 15,000 staff meals daily.

Prior to joining Marina Bay Sands, Chef Matthew was Executive Manager of Food and Beverage and Culinary Operations at the Galaxy Entertainment Group in Macau, from 2015 to 2020, and more recently a pre-opening member of NUSTAR Resort & Casino in Cebu, the Philippines, until early 2022.

Born and raised in Canberra, Australia, he pursued a professional culinary education in 1991 as he embarked on his career as an apprentice chef at the Park Hyatt, Canberra. He went on to rise the culinary ranks across IRs and distinguished hotel restaurants around the world, including luxury five-star resort The Oberoi Sahl Hasheesh in Egypt, Raffles Hotel in Singapore, and Wynn Resorts in Macau, where he spearheaded its culinary academy and led the team to win several Michelin stars and Forbes Travel Guide awards.

Chef Matthew currently serves as President of the Macau Culinary Association – a role he has held since 2019 to promote culinary education and cultural exchanges amongst the F&B community. He also shares his wealth of knowledge as culinary advisor to the Chaîne des Rôtisseurs, Macau, where he has been active since 2015 to advocate values of excellence in hospitality and fine dining.

Simon Gomes

MWMCS, Bangladesh



Master Chef Simon's culinary career began early on, inspired by his Executive Gardmeger Chef father Michel Nirmol Gomes and his family's love and respect for quality and tradition. After completing his trainings on Food & Beverage and Food Safety, Simon sought opportunities to further develop his own creativity.

Chef Simon's culinary method flourished during Industrial Attachment at Dhaka Sheraton Hotel followed by Sofitel City Centre Hotel & Residence Dubai, United Arab Emirates as Commis 1, where he further refined his culinary techniques. He proceeded to Jebel Ali Golf Resort & Spa Dubai, United Arab Emirates where he served as Demi Chef. He extended his skills as Sous Chef at World Steak House Restaurant London, UK pleasing the palettes of the restaurant's most exclusive clientele. After spending two years in London, Simon returned to his motherland to take on the role of Chef De Partie at The Westin, Dhaka. Chef Simon continued to be Operation Manager & Executive Chef, Sous Chef (Banquet), Head Chef and Executive Chef at Thirt3 Fine Dining Restaurant Dhaka, Westin Prince Toronto, The Raja Fine Indian Cuisine Ontario, Hotel Executive Inn Dhaka, Calhou Restaurent Lagos respectively.

In 2019, Master Chef Simon joined as the Trainer of F&B Production at ICI-International Culinary Institute. Chef Simon has infused flavours from his global travels – to Dubai, UK, Portugal and more – into his dishes at eatery, bringing acclaim from diners all over these places. He also opened Simon's Cook in the winter of 2019, a state-of-the art training centre fully dedicated to empower practitioners.

A winner of the 22 Karat Gold Plate for the best food fusion from the World Chef Association's competition, Simon has since established himself as an authority within the culinary industry and has also been featured on many national TV and Print Media networks.

Philip Chui Chee Wei

MWMCS, Malaysia



Master Chef Philip has been involved in food and beverage recipe research and development for corporate showcase and demonstration for the past 20 years.

In 2018, he founded PC Studio Café and has since been certified as a plant-based instructor and plant-based chef. He now focuses on researching and developing plant-based protein alternatives and creating plant-based dishes.

Toni Hung-Fung Mak

MWMCS, Hong Kong

Master Chef Toni Mak is an Executive Chef at AsiaWorld-Expo. With more than 40 years' experience, Toni is entrusted to his professions and experience.

In the early stage of his career, he held various important positions at the Peninsula Hong Kong and the Hong Kong Convention and Exhibition Centre. Chef Toni was then actively engaged in Hong Kong and Macau's five-star hotels as Executive Chef, including Hong Kong Royal Garden Hotel, Studio City, Macau, and Sands Macao. Chef Toni demonstrated his leadership skills by overseeing professional teams, and earned recognition by serving political and business leaders, as well as celebrities around the world.



Jesus Ordonez

MWMCS, Cambodia



Master Chef Jesus Eduardo Ordonez is a Mexican Chef with 15 years of expertise working in hospitality with different luxury brands around the world. His current location is the South of Cambodia. For the previous four years Master Chef Jesus worked in the Maldives, one of the top luxury destinations in the world, showing his flavours, his passion and leadership.

Lance Stalnaker

MWMCS, USA Chapter

Master Chef Lance Stalnaker spent over 20 years as an executive chef in restaurants, hotels, and private clubs. For the last 10 years, Chef Stalnaker has been giving back to the next generation of chefs as a culinary arts instructor.

His students have finished in the top three at nationals twice in the past five years in the culinary arts category.

Chef Stalnaker encourages students and others he mentors to stay active with continuing education no matter where they are in their careers. He sets an example by continuing to get professional certifications, attend national culinary arts conferences and conventions and by participating in professional competitions regularly. Chef Stalnaker is an active member of the World Master Chefs Society, World Association of Chefs Societies and The American Culinary Federation.



Franciane Tartari

MWMCS, UK Chapter



Being presented with her WMCS Order of Merit Medal and Diploma from Senior Vice President Master Chef Daniel Ayton.

Royal Bakhishov

MWMCS, Azerbaijan



Other New Members

Ibrahim Al Tamimi

MWMCS, UAE

Tan Wing Xin

MWMCS, Malaysia

Choo Wai Ket

MWMCS, Malaysia

Majed Alkhatib

MWMCS, Saudi Arabia

Chiew Chan Fuh

MWMCS, Malaysia

Sylvester Kudaka

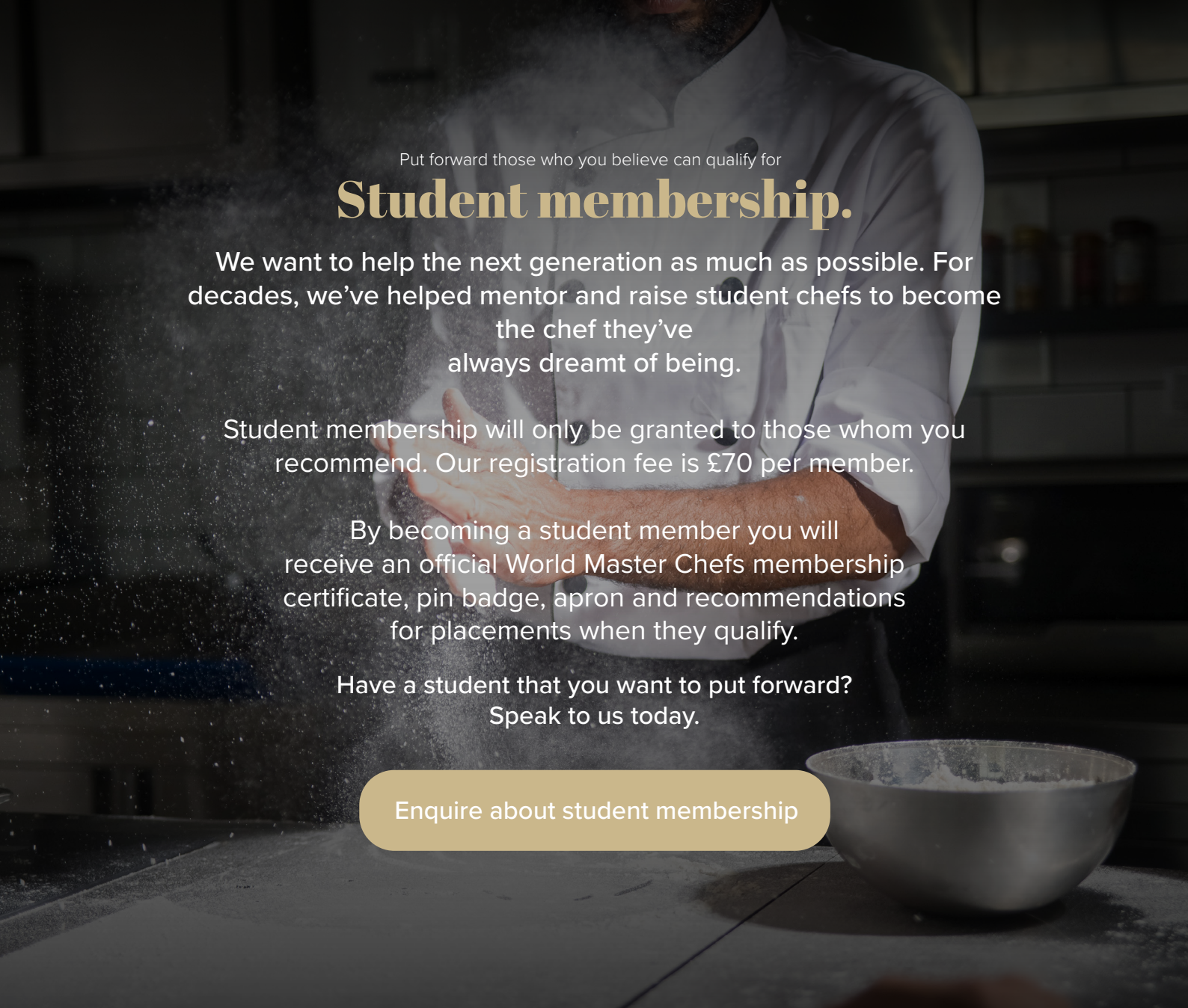
AWMCS, Kenya

Rama Aloush

MWMCS, Saudi Arabia

Nikolaos Kotsis

MWMCS, Sweden



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 registration 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.

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

[Enquire about student membership](#)

No Longer Members

Khim Bahadur Baral
Nepal

Hermann Hiemeyer
USA Chapter

Harish Pathak
India

Reda Ibrahim Abdullah
Saudi Arabia

Jewel Rozario
Bangladesh

News from around the world.

News from USA

Master Chef Patrick Mitchell

Ambassador MWMCS, USA Chapter

During the last week of July 2022, Master Chef Rick Neal CEC MWMCS, competed in the USA National Chef of the Year Competition in Las Vegas, Nevada. He worked his way through the Regional Qualification process to ultimately make it as a finalist in the National Competition. The competition was held in conjunction with the American Culinary Federation's Annual Conference. Through Regional Qualifications, the field was narrowed down to the top 12 "Best of the Best" who then faced off against each other at national level. During the conference there were other competitions going on; National Pastry Chef, Student Pastry Chef and a Student Team Competition.

Once all the competitors completed the qualifiers, the ACF announced the criteria for each of the competitions. In Chef of the Year Competition, they were required to prepare a two course menu, plating six plates of each course. The appetizer needed to be Lacto-Ovo vegetarian and the entre needed to use a whole duck that had to be fabricated during the competition. The criteria were sent to the finalists for each competition about six weeks prior to the actual competition. The competitors need to create their menu based on the criteria, taking into consideration nutrient values, skill level as well as showing different cooking techniques. They had a specified time to prepare and plate their food during the competition, two hours to fabricate and cook with a 15 minute window for plating. There were also allowed 15 minutes prior to the start and at the end of the competition to set up their station and clear away.



Chef Neal plating up under the watchful eye of Judge Chef Thomas F Recinella, CEC, AAC

I asked Chef Neal after he came out of the kitchen how he felt about his performance. He was on fire with excitement and told me that he “did exactly what he came to do!” He walked out of that kitchen with no regrets, no mistakes, no unforeseen issues that he couldn’t recover from. He said “if someone else has a better program than mine and they win, I tip my hat to them”.

That is how you want to walk away from a competition, executing your program exactly how you wanted.

At the Presidents dinner on the last evening of the conference, they present all the awards. I watched Chef Neal and his wife sit through the entire dinner, until they finally got to the last award, the most coveted of National Chef of the Year. Chef Neal’s name was announced sooner than he would have preferred but he walked away with a silver medal and in 4th place overall! I don’t recall the final scores but I’m pretty sure there wasn’t five points difference, out of 100, between 4th and 1st place! It was exhilarating to watch this whole process and I would encourage everyone to either compete, coach or mentor a young culinarian.

Chef Neal’s appetizer was a dish with three components – a crouton with whipped goat cream cheese, braised fennel & onion then topped with a tomato jam; roasted grape tomato with skin on leaning against a cucumber, onion, Tzatziki salad; olive oil drizzled between with a pea tendril. In the cup is a tomato “cappuccino”. (Unfortunately, by the time I took the picture the foam had deflated).



The entrée was duck breast with farce under the skin; a braised duck leg and mushroom fritter; cauliflower puree with a roasted cauliflower floret and garlic flower; served with Farro, asparagus, apple paraisian, carrot & edamame. The sauce is from the braise of the legs.



Master Chef Elaina Kourie

Ambassador MWMCS, Canada

CCC, CCE, Director - Top Toques Institute Of Culinary Excellence

The Foodservice Industry in Canada -v- The Cost-of-Living Impasse

Restaurants in Canada are raising prices, shrinking menus and reducing hours in an effort to survive inflation and labour shortages.

The annual Foodservice Facts report, put out by Restaurants Canada, released in September of this year, paints a bleak picture of the hospitality industry which is continuing to struggle financially, with half the countries restaurants operating at a loss or just breaking even. The report is a market overview and projection of the state of the Canadian restaurant industry, revealing a struggling industry that has “a bumpy road to recovery,” in essence due to “rising expenses, low customer counts, high debt, and low profitability.” The report notes that the cost of food has soared to its highest levels since the 1980s.

Consequently, quick-service restaurant prices are up 7.1%, full-service restaurant menus are up 7.8%, and prices at pubs and other eateries have risen by 3.8%, compared to prices of the year before.

Restaurant owners are responding to these rising costs by reducing the number of menu items, “diversifying suppliers, absorbing the increase, cutting back on portion size and raising menu prices,” notes the report. While Restaurants Canada predicts a return to pre-pandemic levels of sales in 2022, the numbers for real sales for this year (adjusted for inflation) are still 11% below 2019’s numbers.

Debts incurred by pandemic closure mandates and restrictions continue to weigh down and act as an impediment to the restaurant industry, as the report notes that 85% of independent, full-service restaurants took on new debt due to COVID-19. Combine that with high levels of labour shortages and rising food costs due to inflation, and you have a restaurant industry that is struggling to pay back those debts because of low profitability.

The good news? The Foodservice Industry Forecast for 2022-2026 put out by Restaurant Canada, highlights “a return in consumer confidence, business dining and tourists will help Canada’s foodservice industry return to pre-pandemic levels in 2023, with annual sales forecast to rise to \$83.3 billion. By 2026 foodservice sales are projected to increase to more than \$97.5 billion due to a rebound in spending by consumers, businesses and tourists”. More and more people are once again becoming comfortable eating at restaurants in 2022, with 89% of Canadians polled feeling comfortable with eating indoors compared to only 48% in 2021.

Despite the challenges ahead, the restaurant industry has become more resilient and innovative than ever, with the hope that things can only get better from here. It will be a gradual return to normal with successful restaurants addressing rising food costs with a comprehensive approach, including creative sourcing of lower-cost ingredients and making menus simpler and shorter to reduce food waste. Implementing a margin menu pricing approach, “rethink menu offerings to focus on easy to execute items and ingredient cross-utilization, which allows for reduced labour and food costs and streamline inventory in turn, keeping guest-facing process more stable”, said in the report. The Foodservice industry has a cultural imprint and the statistics support the importance of food establishments for local economies. Our industry fosters regional job growths, supports local agriculture and keeps the hard-earned money in our communities!



News from Slovakia



Master Chef Peter Kristof

Ambassador MWMCS, Slovakia

A greener menu? It is easy!

Seven steps to the success of Peter Krištof - Culinary Advisor of Upfield Professional!

Plant-based cuisine is difficult only at first glance. The main key is to know a few new ingredients and simple substitutes for familiar products and spend some time revising recipes so that you can delight guests with the delicious taste, enticing aroma and wonderful textures of new plant-based foods.

There is nothing to fear. It's easier than it seems!

1

Choose quality products

When choosing herbal products, do not be guided only by the price, but above all pay attention to the quality and the brand. There are really many herbal products on the market and the offer is constantly expanding. However, not all products are of high quality. In practice, I regularly compare our proven products with competing products and I can confirm that I can't help but be surprised, but at the same time I'm also happy, because our products always hold up perfectly.

2

Place the products in sequence

When transforming favourite dishes, start with well-known dishes such as Chilli Con Carne or Spaghetti Bolognese. Show customers how delicious a plant-based version of these well-known and guest-favourite dishes can be. Only then try to expand the menu with other more sophisticated or lesser-known options.

3

Menu stars

List plant-based meal alternatives on the menu right next to other main dishes containing animal protein. This way, customers will see the offer well and understand that they have a choice. In the menu, mark the dishes with a symbol (for example VEG) and add an explanation in the legend: "This dish can also be prepared in a vegetarian or vegan version".

Never create a separate section in the menu called vegan/vegetarian/meatless dishes. If you include the dish in such a separate section, the average customer will consider it as a variant intended only for vegans and vegetarians.

According to a survey carried out by the London School of Economics (LSE), it is not appropriate to label plant-based foods as something different. Especially nowadays, when the number of people who want to reduce the consumption of animal products or have, for example, an allergy to milk, lactose or gluten, is increasing.

According to the LSE survey, a total of 13.4% of respondents chose plant-based food when included among regular meals. However, when the dishes were placed in a separate section (Vegan/Vegetarian), only 5.9% of respondents chose them.



4 **Let the food shine**

Due to the fact that this is a new food category, some customers may still approach it with scepticism. However, you can easily overcome these possible obstacles as long as your dishes from plant-based alternatives are delicious, appealing to the eye and properly named.

I recommend avoiding the following words in the names of dishes: meat-free, vegan or vegetarian. In short, try it differently - original, and you will see that the probability of an order will increase by several percent, and the dishes will literally sell themselves.

Well, tell yourself... Doesn't e.g. "creamy black bean soup" sound better than "vegetarian black bean soup"? Therefore, use terms like crispy, fragile, fresh, creamy, etc. in the names.



5 **Train the staff**

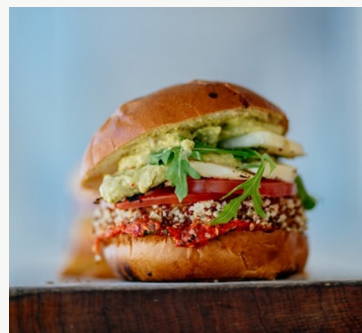
Train your staff to know which meals can and cannot be made plant-based. Teach them to answer questions about the taste and texture of these alternatives compared to real meat. Remind them to check customers for possible allergies or intolerances before serving.

6 **Spread awareness**

Customers in your area are certainly already looking for meat alternatives, but you have to let them know that you also offer them. Consider branding your restaurant or using social media to attract attention.

7 **Offer a tasting**

Organise a tasting event for your guests with dishes from your new offer. Prepare them, for example, quesadillas, miniburgers, pastries with a spread, etc.



Be greener with Upfield Products Professional



We are Upfield Professional - proven plant products for professional kitchens with excellent taste and stability. We have been producing plant-based alternatives to butter, cream and animal fats since 1871, which, in addition to their ease of use and stability, at least comparable to animal products, will win you over with their great taste. Our innovative products contribute to the taste of food that is rich in nutrients and more considerate of our planet. Our portfolio includes three brands - Flora Professional, Rama Professional and Violife.

Flora Professional is our flagship in the plant-based future of everyday food

Flora Professional products do not contain common allergens (lactose or gluten), are 100% of plant origin and at the same time maintain stability and meet the requirements of professional kitchens. With Flora Professional products, you can prepare a great cream menu for all your customers, regardless of their dietary restrictions.

Rama Professional

Rama Professional products are proven helpers in every professional kitchen. Thanks to the unique combination of vegetable fats, oils and animal fats, they are always a guarantee of high stability, do not clump and give every dish a unique creamy taste.

Violife

Violife is a vegan alternative to cheese that not only tastes great, but is also great for cooking with. Violife products are available in a number of delicious flavours and styles. Whether you enjoy them straight from the package, sprinkle them on pasta, cut them into sandwiches or melt them on pizza.



We are very proud and honoured to be the favourite brand of so many vegans, vegetarians and flexitarians around the world.

News from the UK

Master Chef Krzysztof Gawlik

Vice President MWMCS, Poland

Master Chef Zenon Holubowski

MWMCS, Poland

Master Chef Daniel Ayton

Senior Vice President FWMCS, UK

The Polish Culinary Cup 2022 final

...which took place in Poznan, Poland on 26 - 27 September 2022.

The Polish Culinary Cup is the most prestigious competition in the catering industry in Poland, the aim of which is to select masters of taste, support them in their further professional development and create a culinary route leading through the kitchens of the best chefs of the young generation in Poland. The competition is supported by leading associations, industry, excellent chefs and authorities in the gastronomy world.





Master Chefs Gawlik and Holubowski were joined as judges by Master Chef Daniel Ayton, Senior Vice President FWMCS, UK, who assessed the work, professionalism and competition dishes of the chefs participating in the competition.



Each of the finalists are selected as winners of other national competitions held throughout the year across Poland.

This year, the competitors struggled with a competition task, which was to prepare dishes from ingredients symbolizing the three elements: watercress as the element of water, beetroot as the element of the earth, tomato as the element of air, and of course there will also be four fire elements, which are never missing in the kitchen.



Master Chef Krzysztof Gawlik

Vice President MWMCS, Poland

and

Master Chef Daniel Ayton

Senior Vice President FWMCS, UK

Working with a care centre for young people with intellectual disabilities at RM Gastro Culinary Studio, Poland.



Culinary workshops were held and the contact and involvement of the young people working in the kitchen was fantastic; smiles and satisfaction compensates and gives strength for further action and help.

Master Chef Daniel Hilrunner

MWMCS, Caribbean

and

Master Chef Daniel Ayton

Senior Vice President FWMCS, UK



Chaine des Rotisseurs Jeune Chefs International Competition

The Young Chefs Competition was first organised by the Chaîne des Rôtisseurs in Switzerland in 1977 to support and promote future young chefs by giving them the opportunity to develop and demonstrate their skills.

This annual event offers young chefs the opportunity to demonstrate their culinary skills in a competitive environment with their peers. It also allows the 'Jeunes Chefs' to showcase their talent and creativity in an international arena.

The competition is open to chefs under 27 years of age on 1 September in the year of the competition. Competitors must be working in one of the Chaîne des Rôtisseurs member establishments, and have qualified in a national competition before competing at the international level.

Competitions are held annually at regional, national and international levels in Bailliages around the world. The goal is to encourage and promote the cultural diversity in food preparation and presentation while using and applying a traditional approach.

Each competitor receives an identical black box, permitting them to compose a menu of their choice to be prepared for four people, consisting of appetizer, main course and dessert.

While examining the black box, competitors have 30 minutes to write out a three course menu, in their home language. The menu must be prepared for four persons within 3.5 hours. The total time for the menu and preparation was four hours.

During the menu writing period, the President of the Competition and Kitchen Supervisor inspected all competitors' toolboxes. Only approved tools were permitted to be taken into the kitchen area.

This is Senior Vice President Daniel Ayton's eighth time of being a member of this jury and Daniel Hiltbrunner's fourteenth.



WMCS Merchandise



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Media Release

from Master Chef Elaina Kourie

Kitchener's Top Toques culinary team wins silver in 2022 Taste Canada's Cooks the Books competition Aidan Moher and Maggie Miller place in competition to discover Canada's Best Student Chefs KITCHENER, ONTARIO - November 08, 2022 – Aidan Moher and Maggie Miller, students at Top Toques Institute of Culinary Excellence, brought home the silver award at this past weekend's Cooks the Books competition in Toronto.

Taste Canada, a not-for profit organisation that celebrates and promotes Canadian cookbooks and food writers, hosts the annual event to find the nation's best student chefs "Maggie and Aiden have a true passion for the craft. They are creative, highly skilled, focused, and have the positive team mentality that's extremely important in professional kitchens," says Chef Elaina Kourie, owner of Top Toques and one of the team's trainers. This year, the Top Toques team competed against those from seven Canadian culinary colleges, representing three provinces. Participants were challenged to create original recipes that draw from their heritage and incorporate contemporary food trends (such as local and seasonal ingredients) while spotlighting Canadian ingredients. This year's star ingredient was Canadian beef. A team of seasoned and nationally respected chefs judge recipes and the teams' performances in a live cooking event. "We received great mentoring from Chef Elaina," says Aidan Moher, team lead and Chef de Cuisine Diploma student. "She showed me the importance of balancing flavours and how food feels when you eat it." Maggie Miller, who's enrolled in the Culinary Management Program adds, "We worked hard under Chef Elaina's and Chef Dean's guidance. They encourage and understand all their students and I am amazed at what great teachers they are, I have learned a lot".

Chef Kourie and Chef Dean Michielsen, Top Toques' lead culinary instructor, worked closely with the students for six weeks, preparing them for the competition. Moher and Miller's competition dish, Sous Vide Flank Steak Roulade with Smoked Maple Barley Parcels, showcases some of Waterloo Region's abundance. The plate is balanced with puréed butternut squash, sautéed oyster mushrooms, and a honey-ginger aronia berry sauce. Many ingredients, including smoked maple syrup and aronia berries, are sourced from Miller's home garden.

Both students were born and raised in Waterloo Region.



After working in Toronto's restaurant scene for five years, Moher, aged 25, returned to enrol in Top Toques' Chef de Cuisine Diploma. Miller, aged 20, discovered a spark for cooking while a student at Waterloo's Bluevale Collegiate Institute. She's enrolled in the school's Culinary Management Program. To celebrate Moher and Miller's achievement, Top Toques hosted a five-course dinner on the evening of Tuesday, November 15, featuring their competition dish.

About Top Toques Institute of Culinary Excellence Top Toques Institute of Culinary Excellence (formerly Liaison College, Kitchener Campus) is a Kitchener, Ontario-based private culinary arts career college. It is committed to supporting student success through transformative and dynamic learning experiences based on the principles that culinary education must be complete, rewarding, and practical. Top Toques is on Canada's list of Designated Learning Institutions. As at November 2, 2022, 97 per cent of its 17,000 graduates are employed in the foodservice industry.



Recipe from Sylvester Kudaka

AWMCS, Kenya

Chicken Tikka with Mashed Potatoes

Ingredients

For the Chicken Tikka

1 Onion
1 Tomato
Pinch of salt
½ tspn ginger and garlic paste
½ tspn coriander powder/ fresh
Few leaves on mint
1 Capsicum (green, red & yellow)
½ tspn dry spices (turmeric, paprika powder & chaat masala)
½ dry herbs
Few drops of mustard
Few sprinkles of soy sauce
½ natural yoghurt/curd
½ Gram flour (Besan)
2 tblspn lemon juice
2 Chicken breasts
4 Skewers

For the mashed potatoes

3 Potatoes
½ Onion
2 Garlic gloves
1 serving spn of cooking vegetable cream
1 tblspn frying butter
Pinch of salt
Pinch of white pepper

Method

1. Wash the vegetables in a running water then soak with a sanitising tablet.
2. Cut into desired cuts (preferably cubes).
3. Cut the chicken breasts into cubes and set aside.
4. Mix all the spices in a mixing bowl, add garlic & ginger paste, salt, mustard, gram flour (besan), lemon juice & yoghurt/curd. Mix the marinade evenly.
5. Put the chicken in marinade, mix well, smear the left over marinade on the vegetables.
6. Wet skewers with water, pierce through the chicken and veg alternating.
7. Seal (Grill) the skewered chicken tikka first 10-15mins.
8. Put in the oven for 5-10mins
9. Serve the chicken tikka with BBQ sauce and mashed potatoes.

Potatoes

10. Wash, pill then wash again the potatoes.
11. Make a paste of onion & garlic the set aside.
12. Boil then mash the potatoes
13. Put oil in a pot, add onion & garlic paste, stir till browns.
14. Add the mashed potatoes, season with salt & white pepper, add cooking cream for natural taste.
15. Then serve and garnish with fresh coriander (dhania) or sprinkle chaat masala.



Recipes from Sylvester Kudaka

AWMCS, Kenya

Gina Taang Manok

Spicy chicken in coconut sauce and chilli.

A tasty, mild and naturally creamy flavoured Filipino dish.

Ingredients

Chicken
Coconut milk
Spinach
Celery
Fresh Chillies
Garlic, Onion
Turmeric powder
Cooking oil
Salt
Water

Method

1. Wash and cut your vegetables then set aside.
2. Spinach and Chillies whole.
3. Cut, then wash the chicken.
4. Make your coconut sauce.
5. Saute the onions, garlic till golden brown, add turmeric and chillies.
6. Put in the chicken let it simmer 10mins.
7. Pour in the coconut sauce, check the seasoning.
8. Now add the spinach, stir and leave it for 5-10mins.
9. Serve with rice or your favourite starch.



Tapiaka

Ghanian delicacy – breakfast or dessert.

Ingredients

Cassava (fresh/raw)
Hot milk
Hot water
Sugar
Ground nuts

Method

1. Pill, wash, cut, grind or blend roughly the cassava and squeeze all liquid out.
2. Sun dry or oven or other alternative methods.
3. Soak in hot mix of water and milk for 15-30 minutes.
4. Roast/deep fry nuts.
5. Add your nuts and sugar then mix evenly.



Recipe from Peter Kristof

Ambassador MWMCS, Slovakia

Vegan Borscht

Ingredients

Rama Culinesse Profi - for frying
0.300 kg Carrots, diced
0.250 kg Onion, diced
2 large stalks of celery leaves, diced
1,000 kg Beetroot, diced
0.600 kg Large potatoes, cubed
0.100 kg Fresh/frozen mushrooms, cubed
3,000 l Vegetable broth
0.900 kg Head of red frying cabbage, chopped
0.300 kg Carrots, diced
0.600 kg Tomatoes,
0.250 kg Onion, diced chopped
2 large stalks of celery
4 cloves Garlic, chopped leaves, diced
Salt, pepper - to taste
1,000 kg Beetroot, diced
0.600 kg Large potatoes, cubed
0.100 kg Fresh/frozen mushrooms, cubed
3,000 l Vegetable broth

Serving:

0.300 l Flora Professional Plant 31%
2 lemons (juice)

Method

1. Roast the diced vegetables on the Rama Culinesse to soften them a bit. Add beets, potatoes and mushrooms. When they are partially cooked, add the broth. Simmer for about 30 minutes.
2. Add cabbage, tomatoes and garlic, finally cover the pot with a lid and simmer for another 30 minutes. Season with salt and pepper.

Serving:

1. Before serving, pour the soup into a vase.
2. In a separate bowl, mix Flora Plant 31% with lemon juice, then top the soup with a large dollop of acidified Flora Plant 31% and garnish with fresh dill.



Recipe from Peter Kristof

Ambassador MWMCS, Slovakia

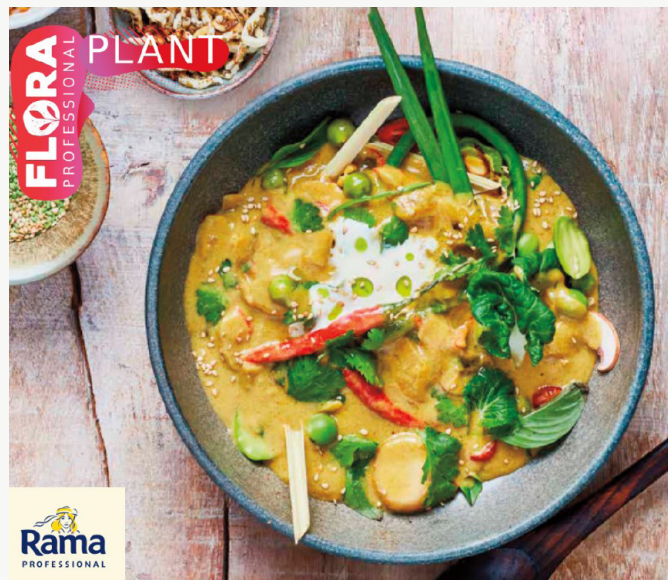
Yellow Curry

Ingredients

Rama Culinesse Profi - for frying
0.120 kg Shallot & cloves Garlic
0.250 kg Mushrooms
1 pc Chili pepper
0.090 kg Yellow curry paste
0.020 kg Ginger root
7 pcs Kafir lime leaves
0.002 kg Turmeric
0.002 kg Cinnamon
0.500 kg Zucchini
0.500 kg Red pepper
0.100 kg Green pepper
0.400 kg Boiled potatoes
10.600 l Coconut milk
0.500 l Flora Plant 31%
0.400 kg Green beans
10.150 kg Mung bean sprouts lime Guice)

Method

1. In a large pot, heat the Ramu Culinesse and fry the chopped shallot, garlic, sliced mushroom strips and chopped chillies without seeds.
2. Add pepper, yellow curry, grated ginger root, kaffir lime leaves, turmeric and cinnamon. Fry on moderate heat for 2 minutes.
3. Cut the zucchini into slices, the pepper into strips and the boiled potatoes into cubes.
4. Pour coconut milk and Flora Plant 31% into the pot.
5. Cook on low heat for 10 minutes.
6. Then add zucchini, pepper, boiled potatoes, beans and simmer for 5 minutes.
7. Remove the curry from the heat, add the mung bean sprouts, season with lime juice and salt



Recipe from Peter Kristof

Ambassador MWMCS, Slovakia

Vegan Eclair

Ingredients

Filling:

0.230 l Flora Plant 15%
1 pc Vanilla pod
0.020 kg Sugar
0.250 l Flora Plant 31%
Salt - at discretion
0.250 l Water
0.028 kg Rama Plant Butter 0.100 kg Sugar
0.012 kg Vegan eggs
0.060 kg Corn flour
0.118 l Mineral water
0.060 kg Rama Profi
0.118 l Aquafaba
4 teaspoons Baking powder

Chocolate frosting:

0.001 kg Xanthan
0.100 kg Chocolate 70%
0.125 kg Wheat flour
Flora Plant 31% - at
0.005 l Wine vinegar discretion

Method

Eclair dough:

1. Mix Flora 15% with sugar, salt and Rama Plant Butter in a pot. Bring to a boil.
2. In a bowl, thoroughly mix vegan eggs with water.
3. Add vinegar and baking powder. The bowl must be large, because the mass will begin to foam.
4. Mix thoroughly and add aquafaba, mix again and set the bowl aside.
5. When Flora boils 15% in a pot, add xanthan and flour. Stir the dough intensively with a wooden spatula over low heat until it starts to come away from the sides of the pot.
6. We transfer the dough to the bowl of the mixer, to which we attach the ends for mixing the dough. Add the liquid part of the dough at medium speed of the mixer. After 3 minutes, increase the speed of the mixer. The dough must be smooth.
7. Place the finished dough in an eclair pastry bag (about 8 cm long) and press it onto a silicone baking mat. Preheat the oven to 210 °C. Brush the desserts with water and put them in a preheated oven for 20 minutes. After this time, reduce the temperature to 190 °C and bake for another 10 minutes. When the time is up, we open the oven door and leave the desserts inside the others.


Fillings

1. Scrape the seeds from the vanilla pod and add to Flora 31%. Mix with water and bring to a boil.
2. Mix sugar and cornstarch in a bowl. Pour in half of the hot liquid and stir vigorously so that no lumps form.
3. Pour the mass back into the pot with the rest of the liquid and slowly heat while stirring. When the mass begins to thicken and boil, we remove it from the fire, stirring constantly so that it does not burn.
4. When the cream cools down a bit, add Rama Profi while stirring intensively.
5. Cover the cream with food foil and let it cool. Fill the cooled desserts with cream.

Chocolate frosting:

1. Melt the chocolate in a water bath and mix it with Flora 31%.
2. Coat the top of the muffins with chocolate and decorate as desired.





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