

Chefs. Dishes. Restaurants

— *magazine* —

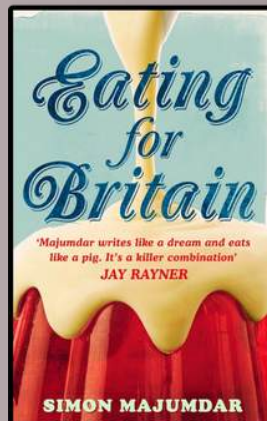
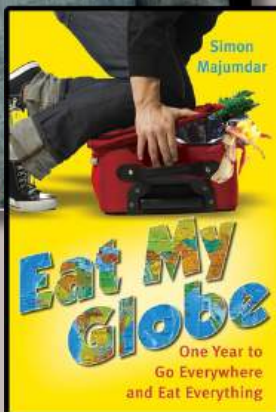
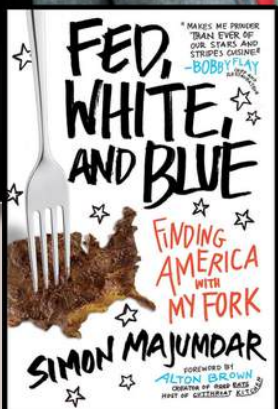


WHERE FOOD
BECOMES MEMORY

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www.chefs-dishes-restaurants.com

Simon Majumdar
Food and travel author,
food television personality.
He has appeared on many
Food Network shows, he
also judges on shows such
as The Next Iron Chef and
Tournament of Champions





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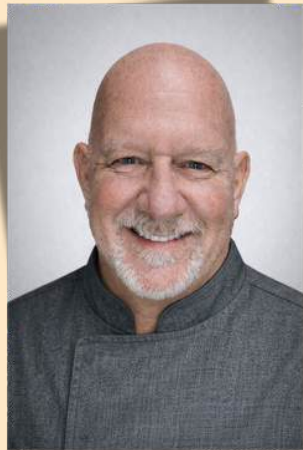
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CHEFS and BOOKS



Matthew Gladstone
Private Chef, Author
<https://www.matthewgladstone.com/>



Let's start with today rather than the past.

You've written two books so far. Do you think there will be a third?

Working on it as we speak, I've done two very different books. one being the memoir, which is a little ridiculous and funny and has many heartfelt moments. The novel, of the other hand, was a chance for me to take a more introspective look at the private service industry. it's fiction, of course, but very much rooted in the reality that I know. as I do most things in life, the third book, will just be all over the place- a collection of short stories fiction, fun some drama, all basically stemming from within the culinary world

One of your books is something of a diary. How would you describe it? Is it a personal diary, or is it more of an insight into the life of a chef for your clients and readers?

More than "something of a diary" it's an actual memoir and the subtitle is a chef's diary. It's actually a very good question. The memoir is a bit of both. It is a personal diary and storytelling of some of the most fantastic moments of my career, but it's also got a chapter or two about insights into being a chef, the expectations and the general mindset of how I think people would perform best in that world.

Your other book feels like fiction, although it's clearly inspired by your own experiences. How much of it is fiction?

Technicality, it is absolutely literary fiction. the names and the situations, it is a story, but you're absolutely right. It is rooted in the very real psychological trauma that many of us go through in personal service. That line drawn between us and them is sometimes very difficult to recognize and when it's recognized, it is sometimes very difficult to live with. it can be a struggle to know your true self worth in private service.

Why did you decide to write memoirs? And what attracted you to writing fiction?

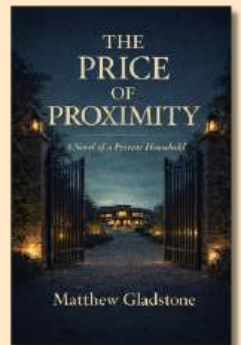
For my entire career, I've always reflected on how ridiculously lucky I am to have experienced some of the most famous people on the planet and the ultra high net worth individuals, and all of their idiosyncrasies, kindness and craziness. When it was finally time for me to hang up my clogs from the long, long long days and weeks , writing those moments down gave my life some clarity and although it started as more of a cathartic energy just to reflect on my life, that reflection started turning into chapters which turned into a book and all of a sudden, I said this is my new world.





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Writing fiction is a great way of being able to tell stories rooted in reality but under the umbrella of a made up world! As an author, I have no ability or desire to write fantasies or things with dragons or young adult books with zombies or romance or any of that stuff! what I know are many many aspects of the culinary world and private service so that's what I focus on, not to be so ridiculously pretentious as to compare myself to a great writer like John Grisham, but just as a for instance-he knew law, and that's how he writes. Jack Carr knows military service and that's how he writes. So the concept of what I'm doing is not new, just not a lot of people have lived this world. Anthony Bourdain did a great job but he lived in a much different style than I did.



When you were a child, what was your dream? As you got older, perhaps as a teenager, did you ever imagine becoming a chef or writing books?

I was actually a fiddle player for my whole life. I played the violin and actually up into my early 20s thought that's what I would do for a living. Then I finally realized that although I could hang with most musicians in a good blues bar, I was not going to become Mark O'Connor or world-famous. I just didn't have it in my DNA. I started cooking almost instinctively because it was something that I knew I could please people with. Becoming an author was never a lifelong dream of mine, but I was always a really good storyteller and so I've just been able to take that ability and turn it into a page or two. Essentially my books are like hanging out with me at a bar and hearing some stories!



When did you decide to become a chef, and what inspired that decision?

I was a young adult. I was definitely what they would call a foodie, and I love the experience of restaurants and food and wine and champagne, it gave me so much pleasure. I saw how it gave others so much pleasure that it was something that I just had to gravitate to, and see if I could make it happen. The decision was more about finding something that I would be able to be impactful with. It wasn't about being a star or being on TV. It wasn't about how much money I could make. I just knew I had to work in a creative field where I can make people smile. (hopefully)

Looking back on your career, where did you feel you were able to express yourself the most as a chef? Was there one place that truly allowed you to realize your vision and talent? Or do you have a different idea of what makes a great place to work?

Well, this is a very good question. It's a huge differential between a restaurant chef and a private chef. You express yourself as a private chef by being able to accomplish what makes the client happy. it's not about you. It's not about showing off. The best private chefs, don't take pictures of their food. We don't live on instagram posting our creations.

We cook what we have learned are within the boundaries of the client that pays us handsomely.





CHEFS and BOOKS

Whether it's a peanut butter and jelly sandwich for the bosses' kid or an over the top 19 course wine tasting dinner, but it's all done in private and it's all done for one very discerning family. My vision and talent was showcased every night... I was able to know what their needs were and be able to transfer that onto the plate. that's not to say that I didn't show off and do things the client had no concept of, but all within certain boundaries. As a caterer in the ultra high net worth circuit, I had no boundaries. It was all about me so my vision and creativity changed every single job. There was always a different theme. There was always a different venue. My least creative work was when I was in the hotel and restaurant business. I can honestly say I did not live up to my full joyful potential in those venues. It was more about management and just trying to get through the day. although I have admiration for these guys that have worked on the line for 30 years in the same place, I would rather put a very sharp, global boning knife in my eye.

Today, it seems that every other chef calls themselves a "culinary artist." What do you think about that? As a pacifist, I'll try to control myself, but I think most people that would consider themselves a culinary artist or a celebrity chef need to be punched in the throat. You're someone that works with food, you play with food, hopefully you're very good at your job and your sole purpose is to do something for very powerful, very wealthy people and you get paid very well for the opportunity. Picasso was an artist.

Mozart was an artist. on some levels someone like Jose Andres is a culinary artist and amazing humanitarian. so unless you're Thomas Keller, or someone at that level who has changed the world ... you're just a guy that is lucky enough to cook for living.

What are your thoughts on the huge popularity of cooking shows? Do you watch them yourself? The shows themselves I find quite annoying. When I was coming up, it was discovery series and Jacques Pepin, and the great chefs of the world on PBS. They were shows that really showed you how to cook, the soul behind why you create what you create... things now are ridiculous silly competitions that are rooted in popularity, and I find them just distasteful. I think Tom Colicchio is an incredibly talented chef. He's brilliant and his restaurant craft was amazing. He was behind the stove at truly iconic New York restaurants. He's a talented guy. He seems to be a very nice person. I'd love to have a glass with him, but there's not enough money on this planet for me to be involved in that end of the industry. That being said, I feel the same way about nearly every reality show. I feel that they promote instant gratification. The idea that there is a cooking competition show for 8 year old kids sickens me. They are mindless, silly, funny things to watch. I suppose, I just find them personally abhorrent.





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Was there ever a moment in your life when you wished you had chosen a different career?

Well, I mean I did toy with the idea of being a brain surgeon or a heart surgeon, but I have massive fear of needles and can't stand the sight of blood. I don't particularly like doctors and I shy away from hospitals at all costs, so that wouldn't have worked out very well for me! And, since I can't add two numbers together, my accounting career would've failed traumatically, sure I toyed with the idea of being a musician, I would've loved to be great, but I never was one that could settle on just average. That's a long winded answer to the question of... No I've never had any desire to choose a different career. And as one that has sort of a chefs shaped body; pole dancing is just out of the question.

What has been the lowest point of your career?

You would think it would be when I would be between jobs as it happens in the private domestic service industry, but honestly, it never really affected me that much. Of course I would have to always work, but those were never the lowest points. The lowest points were never even when I didn't like the client and there were a few, because I always just found them to be ridiculous and I just smiled and did my job. I think the absolute lowest point is when I realized I was with my last client and I realized I had no more joy left by showing up every day making this horrific monster of a client a meal. That was the lowest point and on the other hand, it was probably one of the highest points because I left and became a scribe.

How do you deal with stress and avoid burnout in such a demanding profession?

Don't take yourself too seriously: that would be my advice and I'm quite serious about that. Chefs, including myself and a lot of younger people coming up are so focused on landing that micro green with a tweezer in the exact same spot every single time that it creates stress and burdens the creative soul. They're taking themselves way too seriously. It's just food. Of course, burnout is inevitable so just pace yourself every day.

Laugh as much as humanly possible. For me, daily champagne helps a lot.



What is your favorite food to eat?

I don't really have a particular favorite food to eat. I'm a fish guy and I like pretty much any form of something that has swam in the ocean. I am drawn to big flavors, Latin and southern flavors, but I really like anything that has personality. I do not do well with pretentious food that is overworked and without flavor. That's not enjoyable dining to me, That's about a chef's ego on the plate... which I have no interest in subscribing to.

And what is your favorite dish to cook?

It's a question that is so far removed from my DNA as a private chef. We don't have favorite things to cook. We do our job and we cook what we know the client will hopefully





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spend to. It's an unanswerable question for me. I apologize. Cooking for me is just an act of pleasing others.

How do you see the future of luxury private chefs as a profession?

Oh, I think the future is absolutely positive for luxury private chefs. People are getting richer and richer and are demanding more and more specialized service. The frightening thing is the private chefs that are starting off in the industry are just arrogant and they think that the job is about Instagram posts! Until they become more seasoned, you're gonna have a lot of turnover in the industry. I don't try to 'pretentious the pretentious'.

That's a lesson only learned by people with a couple of trips around the sun.

And what do you think the future holds for fine dining restaurants?

Fine dining will always exist and always prosper, at least I hope so. I would like there to be more middle of the road restaurants that just do great quality food. That to me is one of the biggest losses in the restaurant industry. 80% of the restaurants serve banal boring uninspired foods. The cooks have no palate. The chef is just dialing in menu. there will always be the folks that can afford to indulge at the best of the best eateries of the world. I think the dining establishments in the middle are the ones that are gonna have the issue.

If you were teaching young chefs who dream of working in the luxury sector, what would be the single most important piece of advice you would give them? Get over yourself. It is not about you. It is about the family. It is about the client 100% just do your best. Keep your head down, smile, work cleanly and learn daily. Be better daily. You are literally only as good as your last meal.

Matthew Gladstone

<https://www.matthewgladstone.com/>





THE WORLD AROUND FOOD



Simon Majumdar

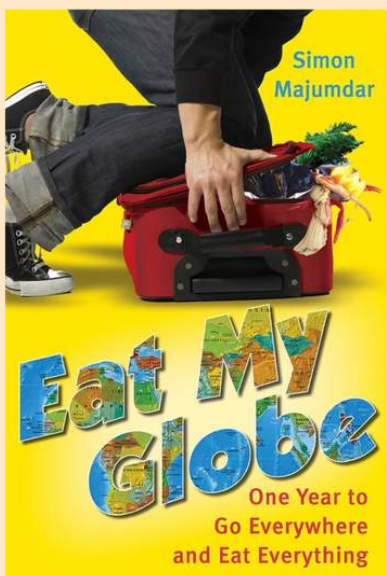
is a world renowned broadcaster, author and cook who has dedicated the second half of his time on this planet to fulfill his ambition to “Go Everywhere. Eat Everything.” It is a journey that has taken him to all fifty states and to dozens of countries around the world. He has written three books: EAT MY GLOBE (2009), EATING FOR BRITAIN (2011), and his latest book, FED, WHITE, AND BLUE, which catalogs his journey to American citizenship, was published by Avery Press (an imprint of Penguin Books) in 2015.

Simon is also a well-recognized TV personality, regularly appearing on Food Network and Cooking Channel shows such as Guy Fieri's Tournament of Champions, Guy's Grocery Games, Cutthroat Kitchen, Beat Bobby Flay, Iron Chef America, The Next Iron Chef, The Best Thing I Ever Ate, and Extreme Chef. He has also recently appeared as an expert commentator on National Geographic's major series “EAT: The Story of Food,” The Next Iron Chef and Tournament of Champions



I'd like to start with something I read. I understand that Eat My Globe began with a dream to travel the world and taste everything it had to offer. Is that true? How did that dream grow within you? And is the Eat My Globe podcast a continuation of that tasting adventure?

Like everybody's story, mine is a long story with me originally having my heart set on becoming an Anglican (Episcopalian) priest and spending my time in King's College, London Department of Theology working towards that. I loved it but both the Professors and I thought that this was not the way I should go. After that I moved into a publishing career and loved the time I spent there. Working for Penguin Books, Orion, Element and finally a boutique publisher called MQP. I really enjoyed my time in publishing but towards the end of my time at MQP, I was beginning to become worn around the edges. Food was my great other passion. I started a blog (www.doshermanos.blogspot.com) which I began with my older brother. I was over 40 years old at this point. This sounds immodest but our blog became immensely popular, and I also then began writing for different newspapers, (The Guardian, The Independent, The Times) and other magazines and began to think where that might lead me.





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That's when I began to think of my trip around the world. I have now been to nearly 100 countries. I quit my publishing job. I had created a decent savings account over the years and decided to use that account to fund my travel, to eat and write about my discoveries. There were only a few books of these memoirs at this point. I was fortunate to receive an endorsement from, Anthony Bourdain who sent me a rather "Bourdain-esq" quote that helped me on my way, this is still on my books. That began the Eat My Globe journey. It is always my thoughts for my life and usually goes with my other great mantra, "Go Everywhere, Eat Everything". I should have added "Meet Everyone" because that has become part of the great adventure.

Including my wife who lives in Los Angeles. The journey took a year, and it was when I was travelling in China that I had an e-mail telling me that my book was sold in many places including the United States and I had become an author. Which was great, if rather frightening.

My journey continues. I am lucky that my wife loves to come on these journeys with me. We have recently been to the "Stan's" (Kazakhstan etc.) which was stunning.

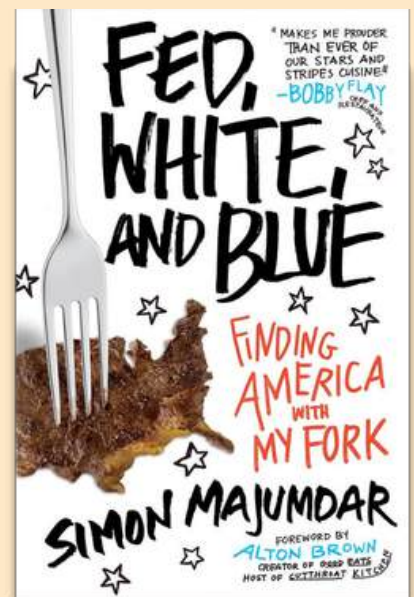
This lead to other opportunities including and most noticeable my many appearances on the Food Network

As for the podcast, I chose the title for this really because I thought it was the perfect title. Not for any other reasons. However, it worked. We (my producer, April and my wife, Sybil) have done nearly 15 seasons. Usually four essays that I write, talking about my passion for food history with stories such as the history of fish & Chips, and others. Alongside four interviews with stars such as Emeril, Alton Brown and Ken Burns who all have amazing passions for the same. Just like my books it has become something that I did for my own enjoyment and fortunately for me, other people seemed to like it too. In fact, I am now working on season 16 as of today.

What does it feel like to be living your dream?

Gosh, well I am living part of my dream. However, I have so much more to do. I want to go and live abroad, for example. I want to go and live in Spain, where my parents had a holiday home. I have been so many times and love, or I want to go and live in The Philippines (where my wife comes from). We also have so many countries to travel to as well. Buthan, Nepal, Indonesia and on and on. I also want to keep writing until the day God comes to get me. I now have a Substack as well where I can write shorter features and reviews of restaurants.

(www.substack.com/simonmajumdar) which is fun too. However, I also am very keen on bringing everything down to earth as well. I'm the one who does the laundry and cooks for my wife every day. I am also keen to use what small amount of time I have on this planet to support non-profits such as www.oligonation.com, a brain cancer organization and others.





THE WORLD AROUND FOOD



You have probably tasted thousands of different dishes over the years. Is there one dish or flavor that you would call your favorite? Or has your favorite changed over time?

I won't call a dish or flavor my favorite. It's as much about the people I get to eat it with as it is the taste. I remember some of my greatest meals being things like fish & chips in Yorkshire, England which I would eat from a tray with my family while watching shows on TV. Eating a meal on a train through Morocco where I had nothing but the family I met on the train invited me to share their food which was very simple, breads, cheese, small fried fish, olives. still so memorable in my heart because of their kindness. Sampling Philippine cuisines when my wife has taken me to the country to visit her relatives and traveling around the United States when I was writing my last book, "Fed, White & Blue". This is about my journey to visit every state to eat the meals of the people I met.

With such a deep passion for food and flavor, why did you never become a chef?

I never wanted to be. Don't get me wrong. I love cooking and I have often spent time in many kitchens from fine dining to being on a food truck. My journey was to go on another route. Writing. One of the things I often tell people when I am doing talks is that being on a culinary journey is not just about spending time in the kitchen. Which is of course great. However, there are other opportunities. Recipe testing, food book styling, tour guides, food history, food criticism. reviews of restaurants, and so many more. Food is a very varied family.

You have served as a judge on many culinary shows. From your perspective, what is the biggest difference between your experience as a judge and the experience of the contestants competing in the hope of winning? I have done both, so I do know that being a contestant is a far harder task than being a food judge. That being said, you only get one minute or you are asked two before you are asked to judge and I know that for many this can be a challenge. It can be something that many people find hard. I know that I am very good at this but not being a contestant.

Today, there are so many cooking competitions and culinary shows around the world. It seems that everyone is cooking. Do you think that's a good thing?

Well, first of all, the more people that cook, the better. I am slightly biased, but I do think that some of the competition cooking shows do have a great purpose. The Next Iron Chef, Iron Chef, Chopped and The Ultimate Baking Championship for example all have a way of teaching while people also enjoy the show. They may well take then take ingredients and techniques back to their own kitchens with them. Some of the other shows are great too but are just for fun. I have done lots of these, but one, Cutthroat Kitchen with Alton Brown and me as one of the judges, became one of the most popular shows ever.

Even though it was primarily an entertainment show





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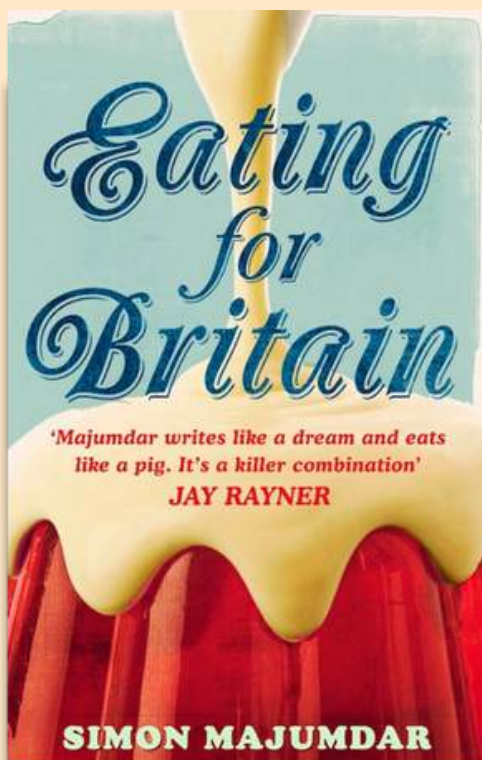
Do you enjoy cooking yourself? If so, are there any ingredients that you especially love working with?

I adore cooking. It is my passion and the kitchen is my safe space. I particularly am fond of cooking from the Indian subcontinent. My father was from Kolkata. I love having the smell of cumin, coriander seed, fennel leaves, Kashmiri chili powder, et al in my kitchen most of the time. I will tell you one of the ingredients I truly despise and that is truffle oil. This, overall, is made from a synthetic compound called 2,4 Dithiapentane and has no relationship to the really gorgeous truffles at all. If you have this in your pantry throw it away.

Looking back at your life, is there anything you would have done differently?

I am a person of faith, so I do believe that my journey, while not pre-scripted, was something I have been guided along. That being said, there are some things that I have said and done towards others that make me feel so disappointed in how I behaved or what I said. I often think back on them and feel very embarrassed even now.

What I do now is to think about the other journeys my life could have taken. If I had followed my faith to be a priest, it would have been so different. If I had stayed in publishing, if I had done my journey around the globe and not sold my book, if I had not met my wonderful wife and moved to Los Angeles etc. This is more through curiosity than any other reason and I am rather enjoying my life.



SIMON MAJUMDAR
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PASTRY WORLD



Roberto Rinaldini

**Pastry chef, world cup pastry champion,
two times world cup gelato champion,
Founder of Rinaldini Pastry S.p.A.**

Now, from the perspective of being a three-time World Champion, do you feel that your career has been successful?

If I looked at my career solely through titles, I would probably say yes. Becoming a three-time World Champion is an extraordinary milestone and represents one of the most significant moments of my professional life.

However, today I no longer measure success by medals alone.

For me, true success lies in having built a path aligned with my values. It means having helped elevate Italian pastry art, training young professionals, and passing on a work ethic rooted in discipline, respect, and a continuous pursuit of quality. It means seeing ideas born in my laboratory continue to inspire fellow chefs. While every accolade has brought satisfaction, it has also served as a reminder that the next day, you start back at zero. In this profession, you cannot live off past achievements; you must keep studying, questioning yourself, and improving every single day. I consider myself a fortunate person. I was able to turn a great passion into my life's work, and to this day, I still get thrilled when creating a new dessert or watching the people who work with me grow. If this is what it means to be successful, then yes, I believe I can say I have had a significant career. Yet, I also feel that the finest chapter has yet to be written.



What was your dream when you were a child? I imagine that becoming a pastry chef was not your childhood dream. When did you realize that pastry would become your life's profession? How did your family react to your decision?

As a kid, I didn't dream of becoming a pastry chef. Like many children, I was fascinated by sports and played volleyball and beach volleyball at a high level. I was really good, and I used to imagine my future at the net. Baking and pastry making entered my life almost by chance, but it was a discovery that changed everything.

From my very first days in the pastry kitchen, I realized this craft combined everything that defined me: creativity, precision, manual skill, and discipline. It was a profession where every detail held meaning and where learning never stopped. From that moment on, I knew it wouldn't just be a job, but the calling to which I would dedicate my entire

life. A defining moment came in 1995. At school, I found a pastry magazine featuring the World Pastry Championship in Stuttgart, and I fell in love with competitions. Seeing the world's best professionals compete with such preparation, technique, and elegance made me realize the true heights this profession could reach. That day, a very clear goal was born inside me: I wanted to measure myself against the best and try, one day, to represent Italy.





PASTRY WORLD



My family always gave me the freedom to choose my own path. At first, perhaps, it wasn't easy to understand how much sacrifice this profession required—demanding hours, constant trade-offs, and immense dedication. Over time, however, they saw the passion with which I faced each day and supported me discreetly, respecting my choices. Looking back today, I believe the most important thing wasn't simply finding employment, but discovering a true vocation. After so many years, I still feel the same curiosity and enthusiasm I had at the beginning. And that, perhaps, is the greatest privilege a person can have.

We often hear chefs say, "I don't make desserts—there are too many details." How would you describe the reality of pastry work?

It's true, pastry arts demand precision. Every single gram, every temperature, and every stage of the process can make all the difference. But I believe the point isn't the details themselves; the real goal is to reach a level of simplicity that stems from profound technical knowledge. Over the years, I've learned that stripping things away is far harder than adding them. It's easy to create a dessert with numerous ingredients, heavy decorations, and complex techniques. The real challenge lies in eliminating everything that isn't essential, leaving behind only what truly contributes to flavor, texture, and emotion.

I constantly look for streamlining in daily work as well. Simplifying doesn't mean making a product basic; it means building a method that allows us to work better, with higher quality, more consistency, and greater respect for the people on our team.

Every unnecessary step is time stolen from focusing on what genuinely matters. I believe this philosophy applies not just to baking, but to every profession. Simplicity is often the result of years of experience, mistakes, study, and a continuous rejection of the superfluous. When a dessert appears effortless, elegant, and immediate, there is almost always a long journey of research behind it. That's why I don't view pastry arts as a complicated craft; I view it as a rigorous one. And over time, it is precisely this rigor that allows us to transform complexity into simplicity.



How difficult was it to win a World Championship? How did it feel the first time? And the second and third times? Winning a World Championship is much harder than anyone can imagine. People only see the few minutes of the competition and the award ceremony, but behind that moment lies at least a year of training, trials, sacrifices, and constant testing. It is a journey built on hundreds of hours in the kitchen, mistakes, corrections, and a relentless pursuit of perfection





PASTRY WORLD



It is also an incredible team effort. No one wins a World Championship alone. You need professionals who share the exact same goal, who are capable of supporting each other through difficult moments, and who put the team's outcome ahead of personal pride. This was one of the most important lessons I learned from competing. The first victory was definitely the most emotional for me. I was very young, just 26 years old, and standing on the top step of the World Gelato Cup podium was indescribable. Among the most beautiful memories of that day is my son, Ruben, who was just one year old.

Having him right there next to me made that moment even more special and unforgettable. The second and third victories as a coach felt different. There was certainly the joy of the result, but also a deeper sense of awareness. After your first win, everyone expects great things from you, and the responsibility grows. I realized that while winning is hard, staying on top is even harder.

Competitions taught me something that I still carry into my daily work to this day: talent alone is not enough. It is discipline, preparation, methodology, and the ability to work alongside others that truly make the difference over time.



How do you create your desserts? Is there something specific that inspires you, do you follow your intuition, or is there another process behind your creativity?

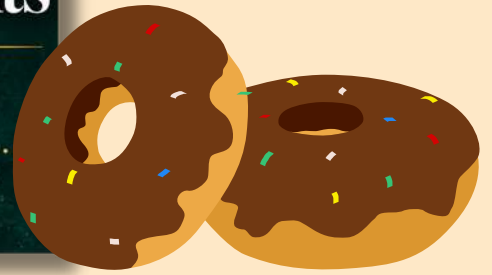
I believe a great dessert is born from the intersection of emotion and methodology. Intuition is important, but alone it is not enough. Every idea must be tested, studied, and transformed into a product that is technically correct, replicable, and capable of evoking the exact same emotion every single time. I consider myself a highly curious person. I observe nature, art, architecture, design, fashion, and everything that expresses harmony. Beauty is a constant source of inspiration, but it is never enough on its own. The real challenge is achieving what I like to call 'the great beauty': a perfect balance of flavor, texture, aroma, temperature, lightness, and aesthetics. A dessert must be good before it is beautiful, because the memory of a flavor outlasts the memory of an image.

My approach is that of a food scientist. Every ingredient has a precise function; every sugar, fat, and protein contributes to the final balance. I don't design a dessert thinking only about the recipe, but about the complete experience a person will have from the first glance to the very last bite. This is why I continuously study the interactions between ingredients, textures, serving temperatures, and sensory perception. Over the years, I've learned that creativity is not about adding elements, but about stripping away everything that is superfluous. When a dessert reaches absolute balance, you no longer feel the need to modify it. It is at that precise moment that technique, taste, and beauty become one.





PASTRY WORLD



Many chefs experience burnout at some point in their careers. Have you ever faced it? How do you deal with exhaustion and those difficult moments?

Yes, I believe that anyone who works with deep passion and responsibility goes through moments of exhaustion. Ours is a highly physical trade: you spend long hours on your feet, often working through the night under intense rhythms, maintaining a level of concentration that must always remain exceptionally high. It is only natural that, at certain periods in life, you can edge close to burnout. Over time, however, I realized that a pastry chef's role doesn't end in the kitchen. My vision for this profession is much broader. This is why I felt the need to study marketing, food science, business organization, and people management. Today, I view myself first and foremost as a professional who must bridge different skill sets, because a great product is ultimately born from a great organization. For me, being a manager doesn't mean staying away from production. It means successfully positioning oneself right in the middle of the workflow: understanding what happens in the kitchen, listening to the team, communicating with clients and suppliers, making decisions, and creating the conditions that allow everyone to perform at their best. That is exactly where a company's true value is generated. During the most challenging moments, I try not to react on instinct. I prefer to pause, analyze what is happening, and identify where to intervene. Often, the issue is not the sheer volume of work, but how it is organized. When a system runs smoothly, even the physical toll becomes more manageable. Today, I believe a pastry chef's success depends not only on the quality of their desserts, but also on their ability to build a healthy work environment, to help their people grow, and to create an organization that keeps improving every single day. That is the challenge I am most passionate about.

What is your favorite ingredient to work with, and why?

If I had to choose just one, I would say without a doubt, Lievito Madre I consider it a living ingredient—one that demands respect, active listening, and daily care. You cannot impose your own timeline on it; you must learn to understand its rhythms and adapt to its nature. It is precisely this continuous dialogue that makes it so fascinating.

I have been working with my own sourdough starter for many years, and I still believe it is one of the greatest expressions of artisanal pastry. Behind a great leavened product, there isn't just a recipe, but a wealth of knowledge rooted in microbiology, fermentation, balance, and sensitivity. Every day, the starter teaches you something new. From a flavor perspective, it is extraordinary: it provides aromatic complexity, lightness, a better shelf life, and a texture that would be impossible to achieve any other way.

But above all, it teaches an important lesson: the best things take time.

In a world that moves faster and faster, the Lievito Madre reminds me every day of the value of patience, consistency, and care. I believe it perfectly represents my approach to pastry arts: respecting nature, understanding the processes, and letting time become a fundamental ingredient of quality.





PASTRY WORLD



You are the founder of Rinaldini Pastry. How challenging is it to manage a company in the pastry sector today?

Managing a pastry business today is significantly more complex than it was twenty years ago. It is no longer enough to be a skilled pastry chef or to create excellent products. You must be able to govern an entire ecosystem driven by people, operational organization, economic sustainability, innovation, communication, and quality.

In recent years, our industry has faced substantial cost increases in raw ingredients, energy, and labor. At the same time, customers have become far more informed and demanding. It is an ongoing challenge that requires a constant balance between creative expression and corporate management. I believe the role of an entrepreneur today is to provide clear vision. While the kitchen remains the heart of the company, it cannot stand alone. You must invest heavily in employee training, build efficient operational processes, elevate your brand, and create a highly recognizable identity. A company only grows when its team grows.

This is why, over the years, I have dedicated a massive amount of time to studying marketing, business management, and workflow optimization. I am thoroughly convinced that quality is never the result of a single person's talent, but rather the output of a system that runs smoothly every single day.

Despite all the hurdles, I continue to believe this is one of the most beautiful professions in the world. When a customer tastes something you made and smiles, you realize that behind that single moment lies the hard work, sacrifices, and dedication of an entire team. That is the ultimate satisfaction, and it is the exact motivation that pushes me to always look forward with enthusiasm and absolute confidence in the future.

What are your dreams and plans for the future?

My dream is not simply to open another pastry shop. My goal is to build an Italian brand recognized worldwide—one capable of representing the absolute pinnacle of gelato, fine pastry, and artisanal leavened products. I want to construct a scalable model while maintaining exceptionally high standards of quality, so that the name Roberto Rinaldini becomes synonymous with excellence and innovation far beyond the borders of Italy.

What do you think about using technologies such as artificial intelligence in the creation of culinary recipes?

I believe that any innovation, when used intelligently, represents an opportunity.

Artificial intelligence can become a highly valuable tool for analyzing data, organizing information, developing new ideas, optimizing production processes, and even supporting research on ingredients and formulation balances. It would be a mistake to ignore its potential. That being said, I do not believe artificial intelligence can ever replace the sensitivity of a professional. A dessert is not born from formulas and numbers alone; it stems from experience, observation, the culture of taste, and the ability to interpret human emotions. There are elements that no algorithm can ever experience firsthand: intuition, the mistake that transforms into a discovery, the relationship with a team, the raw contact with ingredients, and the capacity to make decisions in real-world situations.





PASTRY WORLD



Expertise will always remain the true value. The more technology evolves, the more crucial it will be to have highly trained professionals who are capable of asking the right questions and critically evaluating the answers. Artificial intelligence can accelerate many processes, but it cannot replace the knowledge built through years of study, practice, and hands-on experience. I envision a future where humans and technology collaborate. Artificial intelligence will help us work better, but it will always be the human quality, ethics, creativity, and the ability to evoke emotion that make the difference. Because while technology can suggest a recipe, it is the pastry chef who gives it a soul.

Regarding social media: many chefs and pastry chefs have accounts with thousands or even millions of followers. Do you think social media is truly helpful, or does it have little professional value?

I believe that today, social media is one of the most powerful communication tools available to a professional. It would be a mistake to view it simply as a digital storefront for posting beautiful photographs. When used skillfully, it can become an extraordinary medium for sharing knowledge, telling your story, building credibility, and fostering relationships with people and companies worldwide. Of course, numbers alone do not reflect a professional's true value. Having millions of followers does not necessarily equate to expertise, just as a master of the craft might have a smaller but highly authoritative community. Today, I believe the quality of the audience is far more important than the quantity. Personally, I try to use social media to share what I do every day: research, technique, training, production processes, and the culture of pastry arts. I am interested in creating content that is useful, inspires young people, and contributes to the growth of the profession. If a post sparks curiosity, invites dialogue, or helps someone improve their work, then it has achieved its goal. However, social media must remain a tool, not the endgame. Reputation is built first and foremost in the kitchen—through daily hard work, integrity, and the quality of your products. Social media can amplify that value, but it can never replace it. That is why I see the future of communication as a balance between digital presence and professional credibility. Technology changes constantly, but people will always follow those who know how to convey genuine expertise, authenticity, and real value.



<https://www.rinaldinipastry.com/>





TIMELESS RECIPES from Craig "Burnie" Burns



Craig "Burnie" Burns

Food researcher, Founder of FusiFood and Forgotten Feasts



In the fading light of a Roman evening, a plebeian family gathers inside a modest home near the edge of the city. The day has been long. The father has returned from laboring in the fields outside the walls, his hands rough with dust and grain. The mother kneels beside the hearth, stirring a heavy clay pot as steam rises slowly into the room. Inside is puls, the simple barley porridge that has fed Romans for generations.

Before bread became the center of the Roman table, puls was the food of ordinary people. It did not require luxury, only patience. Barley groats softened slowly in water, thickening into a warm, nourishing meal. Leeks and celery added body, while a little olive oil gave richness. A pinch of salt sharpened the flavor. Fresh coriander, gathered from the garden, brightened the dish just before serving.



The children wait with wooden bowls in their hands. They know this meal well. It is not a feast of senators or generals, but it is filling, familiar, and honest. On better days, a little salted fish or garum might be stirred in for deeper flavor. Tonight, the porridge is plain, but no one complains.

The mother ladles the puls into shallow bowls. The family eats while the city settles into darkness, hearing distant voices from the street and the crackle of the hearth. This meal connects them to the land, the season, and the long rhythm of Roman life.

Puls is more than survival food. It is the taste of Rome before empire became spectacle, before banquets became symbols of power. It is the food of workers, mothers, children, and citizens whose strength quietly built the Roman world.





TIMELESS
RECIPES
from
Craig "Burnie" Burns



Ingredients

- 120 grams (4.2 oz) barley groats (*Hordeum vulgare*)
- 600 ml (20.3 fl oz) water (H₂O)
- 40 grams (1.4 oz) leek (*Allium ampeloprasum*)
- 20 grams (0.7 oz) celery (*Apium graveolens*)
- 15 ml (0.5 fl oz) olive oil (*Olea europaea*)
- 5 grams (0.18 oz) fresh coriander leaf (*Coriandrum sativum*)
- 2 grams (0.07 oz) salt (NaCl)

Preparation Method

Rinse the barley groats thoroughly under cold running water to remove excess starch.

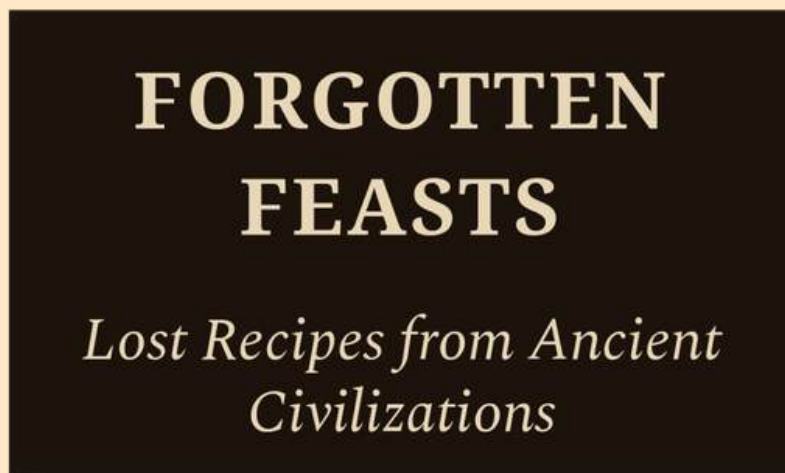
Slice the leek thinly and chop the celery into small pieces.

In a heavy-bottomed pot, combine the barley, water, leek, and celery. Bring to a gentle simmer over medium heat. Cook, stirring occasionally, until the barley is soft and the mixture thickens to a porridge-like consistency, about 50–60 minutes. Add a little more water if necessary to maintain a loose texture.

Stir in the olive oil and salt while the pot is still over low heat, mixing well.

Remove from heat and fold in chopped fresh coriander.

Serve warm in a shallow earthenware or wooden bowl, optionally garnished with a few extra coriander leaves.



<https://forgottenfeasts.com/>





BEING SOMMELIER



Konstantinos Katridis Sommelier



When I was a child, like many of my friends, I dreamed of becoming a footballer. As you can imagine, as a young boy of around 10 years old growing up on an island, I used to play football all the time. As I grew older, I decided to go to university and pursue a career as a captain at sea.

During one summer vacation, while visiting my brother in the UK, where he was working as a chef, I did a stage at the restaurant where he was employed at the time, and I fell in love with hospitality. I was 18 years old and had never worked in the industry before, but something inside me told me that this was who I was meant to be.

At that time, I couldn't drink wine. I couldn't stand the taste of it and couldn't understand how people enjoyed it alongside food. However, while celebrating my brother's birthday at a Michelin-starred restaurant in Scotland and discussing my future, we were observing the sommelier, and I decided to choose the wine pairing with my meal.

The sommelier's passion for wine, together with his curiosity to understand why I didn't like it, left a huge impression on me. He kept trying to explain what I was looking for in a glass of wine, and that was the moment I started taking seriously the idea of becoming a sommelier.

As I mentioned, I come from a very small island in Greece called Aegina, where there are no fine dining restaurants, only tavernas. Because of that, my family could not fully understand what exactly I was doing. However, they were happy that I was focused on my future and studying something that was important to me.

I don't think being a sommelier is a talent someone is born with. However, I do believe that for someone who is extroverted, enjoys socialising, and finds it easy to start conversations with strangers, the journey can be easier. If you ask me, perhaps that is the real talent.





BEING SOMMELIER



Everyone can become a sommelier, especially if they truly want it. It takes time, dedication, and discipline. It requires many hours of studying and investing in yourself through tastings and classes. Sometimes you need to put the "fun" aside and focus on your goal, staying committed to the plan.

I wouldn't say wine is like poetry. For me, it is not black or white. If you are passionate about it, then the way you introduce each glass to your guests allows that passion to come through in your words. I also believe that one taste is never enough to truly understand a wine, regardless of whether you are a wine student or a Master of Wine. Wine is a complicated liquid. It needs time for us to understand it, and it needs time to tell us its story.

I have been working in the industry as a sommelier for nine years. In the beginning, it was difficult. I felt that I had to prove myself to my guests, to my managers, and to myself. It almost became a competition with myself, trying to demonstrate everything I had studied whenever I spoke about wine.

With time comes experience. Once you understand wine and become more confident in yourself, you realise that you don't have to prove anything to anyone. That is when true progression begins, because you are learning and training for yourself, not for others. That was the moment I fell even more in love with wine. Studying, exams, and work all became simpler.

People in the industry will understand the following words.

Yes, there were moments when I thought about leaving hospitality. The work-life balance is difficult, and on top of that, you have to stay committed to studying and exams. Seeing your friends going out or gathering together while knowing that you have to study for two hours no matter what can be difficult. Not being able to spend as much time as you would like with your loved ones is also difficult.





BEING SOMMELIER



After a long day, especially, the thought appears: "Why did I choose hospitality?"

What helped me was learning to balance my priorities. I was fortunate that my people were always there for me, and that I could talk to them and listen to their advice. I remember thinking at the time, "If I feel this way, I can't be the only one. What did others do?" So I prioritised what I truly wanted to achieve, and in the process I realised who my true friends were. They stayed by my side throughout the entire journey. If I had to start all over again, I would choose exactly the same path.

Unfortunately, I have not produced my own wine... yet. I also haven't worked in a winery, although it is certainly something I think about. I believe it is a completely different side of the wine industry.

I absolutely agree that every single wine has a story to tell us. For me, wine has one very important purpose, perhaps the only one: to give us joy, to bring back memories, and to bring people closer together.

As for my favourite style of wine, that is a tricky question. I do have a sweet palate and really appreciate a well-made off-dry wine. Speaking of memories, I remember trying an Egon Müller Riesling Auslese 1999 in that restaurant in Scotland. That was the glass that made me think, "I want to become a sommelier. I want to understand why this tastes the way it does."

I have heard many of my guests mention Drops of God, but I have never watched it. Perhaps I should.

Unfortunately, I can't really answer your question on that one.

Technology has certainly brought many changes. From 2018 until now, one of the biggest changes has been wine lists and the way we update them. Having wine lists with more than 100 pages and needing to take the list apart, replace an entire page, and put everything back together every time there was a change was quite a process. I am a big fan of using tablets as wine lists. They are easier to handle, easier to update, less expensive in the long term, and more environmentally friendly. No paper, no ink — a much simpler life.

The profession of sommelier in Greece has become increasingly popular over the last 10 to 15 years, at least within fine dining. This year, my current role is the first time I have worked as a sommelier in Greece. For me, it felt like a risk. In my mind, it was something scary. Greece has only 13 Michelin-starred restaurants, and coming from a background exclusively in fine dining, I thought I would struggle to fit in.

I am very happy to say that I was wrong.

Ultimately, it depends on what each sommelier wants. For me personally, being back home and working in an environment that feels like home is wonderful. I am able to continue doing what I love with the same passion and standards as before, while also being fortunate enough to have my family close to me.





CHEFS and BOOKS



Yevheniia Klymenko

Chef, Author of Klymenko Method®

Kitchen OS: The Klymenko Method

A practical system built on real kitchens. Designed to last.

Kitchen OS: The Klymenko Method is an original operational methodology for managing professional kitchens with clarity, consistency, and control.

Most kitchens run on the talent and stamina of one person — the chef.

It works, until that person burns out, leaves, or has an off night.

Kitchen OS shifts the foundation of a kitchen from a person to an architecture: documented processes, control points, and metrics that keep working no matter who is on shift.

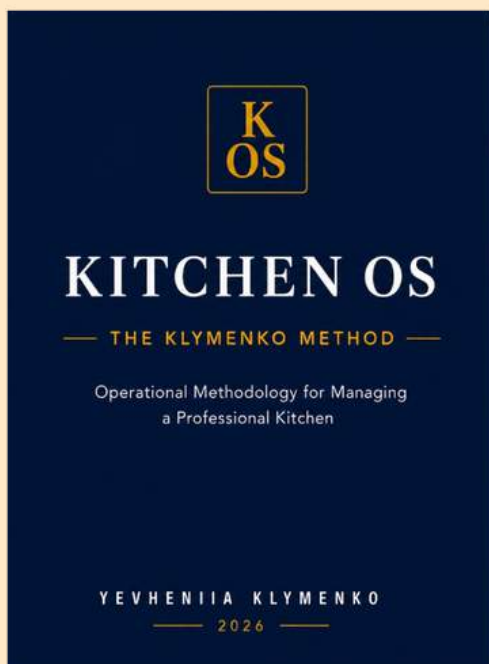
Developed over 14+ years of hands-on restaurant work across Ukraine, Sweden, Kazakhstan, and the United States, the methodology was built inside real, high-pressure operations — not in theory. It draws on launching Belkin (Kyiv) from scratch, stabilizing Blanke in 14 days, day-to-day work at Marisi (San Diego), and consulting projects such as Lova Cafe in Bali.

The book walks through five operational blocks — Design, Engine, Team, Economics, and Standards — using real case studies to show how a kitchen of any size or concept can become stable, scalable, and profitable.

This book gives you the tools to build a kitchen that runs on systems, not survival — no matter the concept or the size.

Yevheniia Klymenko is a kitchen systems expert and consultant with over a decade of international experience, specializing in kitchen architecture, process design, team training, and operational optimization. She is the founder of The Klymenko Method.

Kitchen OS: The Klymenko Method, 2026.



Available on Amazon:
<https://a.co/d/0gayzdef>





RECIPES



Chef Sushil Kothari brings 15 years of expertise in Indian cuisine to the table. Known for his authentic Rajasthani flavors and passion for traditional cooking, he turns every dish into an experience

Laal Maas: The Fiery Legacy of Rajasthan

Born in the royal kitchens and desert camps of Marwar, Rajasthan, Laal Maas is more than just a dish — it's a story of valor.

Dating back to the 15th–16th century, this fiery mutton curry was created by *Rajput warriors and hunters*. After a day of hunting in the Thar desert, they needed food that was hot, high in energy, and long-lasting. Mutton cooked with *Mathania Ghaati chilies, garlic, and ghee* became their answer.

"Laal" means red — and this dish gets its deep crimson color naturally, from dried Mathania chilies, not tomatoes or artificial color. The chilies also acted as a natural preservative for long journeys. Once reserved for kings and nobility, Laal Maas later moved to village dhabas and royal restaurants. Today, it represents *Rajasthani pride, heat, and hospitality*. Served with bajra roti, it's the ultimate winter warmer.

Rajasthani Laal Maas

Yield: 4 portions | Prep: 30 mins | Cook: 90 mins_

Mise en Place

Protein:

- Mutton, bone-in, shoulder cut - 1.2 kg, 50gm pieces

Fat & Aromatics:

- Mustard oil - 80ml
- Desi ghee - 30gm
- Onion, sliced - 400gm
- Garlic paste, fresh - 60gm
- Ginger paste, fresh - 30gm

Spice Mix - Whole:

- Black cardamom - 3no
- Green cardamom - 6no
- Cloves - 8no
- Cinnamon stick - 2inch
- Bay leaf - 3no

- Dry red chilli, Mathania - 25gm, deseeded

Spice Mix - Ground:

- Mathania chilli paste - 80gm
- Soak 25gm whole chillies, grind fine
- Coriander powder - 25gm
- Black pepper, crushed - 5gm
- Kachri powder - 12gm
- Salt - 18gm or to taste

Wet Ingredients:

- Hung curd - 200gm, whisked smooth
- Mutton stock/Water - 500ml, hot





RECIPES



Method - Professional Technique

Pre-preparation

1. Trim excess fat from mutton. Reserve bones for stock if needed.
2. Blanch Mathania chillies in hot water 15 mins. Deseed, grind to fine paste. Strain for smooth texture.

Building the Base

1. Heat mustard oil to smoking point in heavy-bottom handi. Cool to 180°C.
2. Add ghee + whole spices. Bloom 45 seconds till aromatic.
3. Add sliced onions. Caramelize on medium heat 18-20 mins till dark brown. Critical for color & depth.
4. Add ginger-garlic paste. Saute till moisture evaporates, 4 mins.

Bhunai - Most Important Stage

5. Increase heat. Add mutton. Sear on high heat 10 mins till evenly browned. Deglaze with 30ml stock.
6. Reduce heat to medium. Add ground spices + kachri powder. Bhuno 3 mins.
7. Add Mathania paste. Continue bhunai 8-10 mins on low heat till fat separates. Color develops here.

Braising

8. Remove from heat. Temper hung curd to prevent splitting. Incorporate slowly.
9. Add hot stock + salt. Bring to boil, skim scum.
10. Cover with tight lid. Dum cook on low flame 60-75 mins till mutton is tender. Internal temp: 92°C+ for fall-off-bone.
11. Uncover, reduce till gravy coats spoon - nappé consistency. Adjust seasoning.

Color: Should be deep red from chillies only. No tomato, no degi mirch, no artificial color.

Fat: 5mm layer of oil should float on top when done - sign of proper bhuna

Texture: Meat should cut with spoon, not mushy. Gravy should not be watery.

Heat Level: Mathania gives color + aroma, not extreme heat.
Deseeding controls spice
No Haldi: Authentic recipe contains no turmeric.

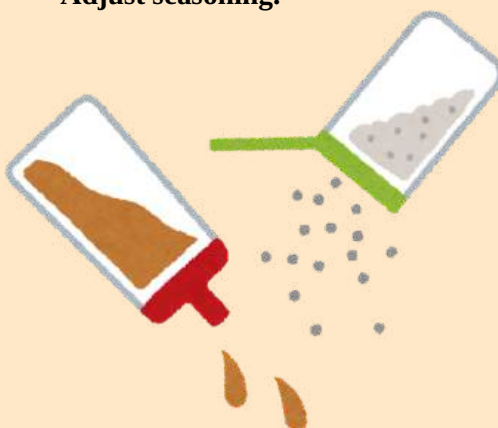
Plating

Serve in copper handi. Garnish with: ginger julienne, split green chilli, fresh coriander.

Accompaniments: Bajra roti, garlic naan, steamed rice, sirka pyaaz.

Food Safety - SNHD Standard:

Cook to minimum 145°F for 15 sec. Hold hot at 135°F+. Cool using 2-stage method: 135°F → 70°F in 2 hrs, 70°F → 41°F in 4 hrs.





RECIPES



Kesha Stickland

Founder, CEO of The Mushroom Meat CO



Red Chile Mushroom Tamales — Inspired by red chili pork; featuring our PULLED MushroomMeat™

This is the second dish in our new curated tasting kit — designed to showcase the versatility of The Mushroom Meat Co.'s products.

Red Chile Pork Tamales (Tamales Rojos de Puerco) is a traditional Mexican dish that features shredded pork braised in a sauce made from dried chiles, wrapped in masa dough and steamed in corn husks.

This version features our PULLED MushroomMeat™ product.

PULLED MushroomMeat™ is made with multiple functional mushrooms + hemp seeds and seasonings yet cooks up like traditional meat. The taste and texture is reminiscent of slow-cooked pulled pork with a hint of mushroom umami.

We seared the pulled mushrooms in a pan and then poured in a savory sauce made from dried Guajillo chilis, onions, garlic, water, avocado oil and spices — including oregano, cumin, bay leaves, salt and pepper.

The filling was folded into a plant-based masa (dough) made with organic masa harina (alkalinized corn flour), warm veggie broth (replacing chicken broth), organic virgin coconut oil (replacing lard), nutritional yeast, sea salt and a bit of the red chili sauce.

It had the familiar flavor and texture of the tamales I grew up eating in LA...but made with functional mushrooms + whole plants

The flavorful masa was topped only by the filling — with that rich red chili sauce, satisfying meaty texture and delicious umami flavor.

The Mushroom Meat Co. makes functional mushroom products for the food service industry. We're elevating mushrooms and hemp seeds from supplements to center stage - making them as familiar, affordable and indulgent to cook and eat as steak tips, ground beef and pulled pork.

The perfect versatile ingredients — standing up to searing, roasting, braising and even long slow cooking. Use them the same way you'd use beef and pork.

Chefs: DM to request a sampling / tasting kit or check out details at our website.





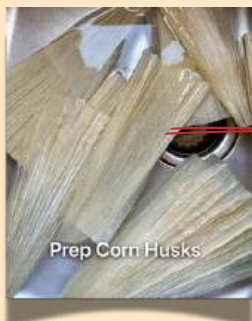
RECIPES



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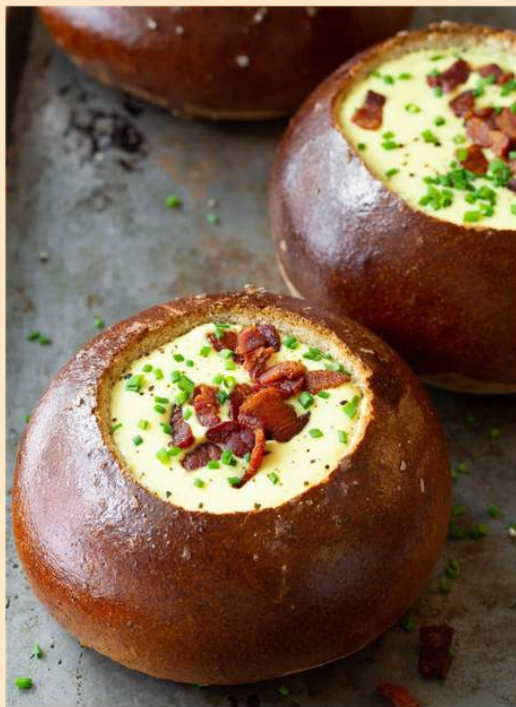


<https://mushroommeatco.com/>





HISTORY and STORIES BEHIND



Beer Soup: From Medieval European Breakfast to Modern Comfort Food

By Julija Toth

Beer soup is one of Europe's oldest and most fascinating culinary traditions. Long before beer became a beverage enjoyed at pubs and festivals, it was a nourishing ingredient used in everyday cooking. For centuries, people across Northern Europe began their mornings with a warm bowl of beer soup—a simple yet satisfying meal that transcended social classes and eventually inspired modern comfort foods such as Wisconsin's famous beer cheese soup.

The origins of beer soup can be traced back to medieval Europe, where it was a staple breakfast dish in countries such as Germany and Poland. Known as Biersuppe in German and zupa piwna in Polish, the soup was valued for its rich flavour, affordability, and ability to provide energy for the day ahead. In an era when breakfast was often hearty and practical, beer soup offered both nourishment and warmth.



Traditional recipes relied on humble household ingredients. Warm beer was simmered with stale rye or sourdough bread, which acted as a natural thickener. Depending on a family's means, butter, cream, or egg yolks were added to enrich the dish and increase its caloric value. What might seem unusual today was, for medieval Europeans, an economical and resourceful way to minimise food waste while creating a filling meal.

Beer soup also reflects the important role women played in early European households. Home brewing was commonly considered women's work, and leftover or flat beer was rarely discarded. Instead, it found new life in the kitchen, making beer soup a practical and sustainable addition to the family table.





HISTORY and STORIES BEHIND



The popularity of beer soup extended far beyond ordinary homes. Historical records reveal that it was enjoyed by both commoners and royalty. Prince Friedrich Wilhelm, Elector of Brandenburg-Prussia, was known for beginning each day with a bowl of beer soup. Similarly, Polish King Władysław Jagiełło reportedly favoured versions of zupa piwna. These royal connections demonstrate that the dish was appreciated across social and economic boundaries.

Its cultural significance is further illustrated in art. In 1652, the Flemish painter Jacob Jordaens depicted a family gathered around a communal pot of beer soup, providing valuable insight into its place in everyday European life. The painting serves as a reminder that food traditions often offer a window into the customs and values of earlier societies.

Beer soup also played an important role during periods of religious fasting and economic hardship. In Bavaria, working-class communities relied on Bier-Brotsuppe during Lent as an inexpensive yet sustaining meal. Its simple ingredients made it accessible, while its nutritional value helped sustain labourers through long days of work.



The story of beer soup did not end in Europe. During the nineteenth century, German immigrants carried their culinary traditions to the American Midwest. In Wisconsin, where dairy farming flourished, traditional Biersuppe evolved into something distinctly American. Local cooks combined beer with cheddar cheese, butter, and bacon, transforming the medieval recipe into the rich and comforting beer cheese soup that remains popular today.

From medieval breakfast tables to modern kitchens, beer soup has undergone remarkable transformations while preserving its essence as a nourishing and adaptable dish. Its journey through history highlights how simple ingredients, cultural traditions, and culinary innovation can create foods that endure for centuries. What began as a practical meal for medieval families continues to warm bowls and inspire cooks around the world.





Culinary Design Award

The Culinary Design Award was created to honour and celebrate the artistry, creativity, and excellence of culinary and pastry creations from around the world. We are delighted to invite chefs, pastry chefs, and culinary artists to submit their creations free of charge through the official website of Chefs. Dishes. Restaurants Magazine. Submissions are open until 1 September.

Submissions are now open!

If your creation is selected, you will be invited to provide a brief description of your submitted dish or pastry creation. Each competition category will recognise outstanding talent with 1st and 2nd Place Awards, presented with Gold and Silver Certificates. In addition, exciting prizes from the Award's sponsors will be announced prior to the Final.

Judging:



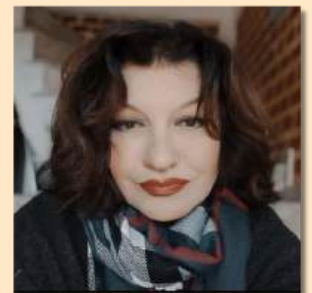
Deborah Wehrens
Chef, Founder and
CEO of Culius
Method©



Craig Burns
Founder and CEO of FusiFood
and Forgotten Feasts Projects,
food history researcher, and
creator of culinary content on
Instagram and Facebook,
reaching more than 100,000
followers and over 5 million
views.



Marco Silva
Chef and Author



Julija Toth
Founder of Chefs. Dishes.
Restaurants Magazine





Chefs. Dishes. Restaurants

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• WHERE FOOD BECOMES MEMORY •

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