

INFUSION

AUTUMN/
WINTER
2022

Inspiring THE NEXT GENERATION

Simon Attridge & the Gleneagles
APPRENTICESHIP PROGRAMME



Simon Attridge
Executive Chef

WORLD CHEFS

CONGRESS REVIEW

SCOTTISH CULINARY

Team

LATEST NEWS

Training & SKILLS DEVELOPMENT

Special Edition


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Comrie PH6 2AB
(+44) 01764 679736
wildethyme@entier-services.com



WELCOME

Welcome to the second edition of our emagazine Infusion.

A warm welcome to all our readers for this the second edition of our emagazine INFUSION. We were delighted with the response to the first edition and hoped you enjoyed reading it as much as we did compiling it.

We have centred this edition round training and skills development – such a key part of our industry. Here at Scottish Chefs we are passionate about encouraging the next generation of chefs to develop their skills and our board members often take part in judging at events that showcase what young chefs have learnt.

I myself am recently just back from judging with fellow board members Joe Queen and Kevin MacGillivray at the North East of Scotland Young and Senior Chef of the Year. What a great pleasure it was to part of this high standard event. It has been two years in the waiting due to the pandemic and was great to be back! You can find the results here in the magazine.

Scottish Chefs has also been busy with many constructive projects to encourage chefs at all levels to compete in or take part in an activity that promotes opportunities for chefs across the board. The Scothot brochure will be ready to launch late November and I would encourage as many of you as possible to get your entries in to compete.

Our very own Scottish Culinary Team showcased their skills at the Culinary Dinner we held at Heart of Midlothian Football Club in October. What an amazing night. We were very grateful and honoured that Michel Roux Jr. our Patron could be in attendance. The night was the perfect opportunity for the team to have a practice run through before going to Luxembourg to compete in the Culinary World Cup in Late November. We wish Orry, Fraser, Craig Palmer, Alanna, Craig Couper, David & Rory every success for Scotland.

We would love to hear from our readers about any important events or news articles that we can include in a future edition of INFUSION or on our social media. If you have anything you think would be of interest to your fellow readers please get in touch with our editor Chloe via the email address you can find on the right hand column of this page.

Finally, I must take this opportunity to thank all our current sponsors past & present who have enabled us to continue to run the organisation & help fund the Scottish Culinary Team.

I do hope you enjoy this second edition of the Infusion

I would like to wish you all a Happy Christmas and a successful New Year.

Robin Austin
Scottish Chefs President

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Editor

Chloe Black

For information, feedback or just to get in touch please email chloe.black@scottishchefs.com

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SCOTTISH CHEFS Podcast



The Scottish Chefs Podcast is the first dedicated UK chefs podcast and covers a range of topics including interviews with some of Scotland's finest chefs in addition to covering culinary events throughout the year.

Our host Jak O'Donnell has been chatting to lots of industry leaders over the past few months - here are some of the highlights.



EPISODE 37

Gary Maclean
- Scotland's National Chef

Gary is one of Scotland's most well-known chefs. He is the past winner of the BBC Masterchef The Professionals and was also named Scotland's National Chef. He has a wealth of experience and knowledge which he now imparts to his students at City of Glasgow College.



EPISODE 39

Julie Lin
- From Malaysia to Glasgow

Julie Lin's love of cooking with her mother led her from a career in retail to owning her own restaurant in the south side of Glasgow Julie's Kopitiam specialising in Malaysian and Asian Cuisine. She speaks to Jak about her passion for food and the reasons behind her decision to open her own restaurant.



EPISODE 40

Guy Cowan
- A Guy for All Seasons

Guy was one of the most iconic restaurants in Glasgow. In this episode Guy Cowan recalls his experience of over 40 years cooking for some of the world's most famous people and provides an honest opinion of the industry today.



EPISODE 45

Orry Shand - Team Captain

Orry Shand is Scotland's Team Captain for the 2022 Culinary World Cup in Luxembourg. He has represented his country internationally on many occasions and is also Executive Chef at Entier Food Services, one of Scotland's premier food service companies. He talks to Jak about what it takes to represent your country as well as his role with Entier.



EPISODE 48

Jamie Scott
- Rising to the Challenge

Jamie Scott is Chef Patron of the Newport Restaurant in Newport-on-Tay. He chats to Jak about his career, the challenges along the way, who inspires him and about his growing portfolio of restaurant & bakery operations in Fife.



EPISODE 51

Alan Hill - A real HIT

Alan Hill is one of the most highly respected chefs in Scotland. He talks to Jak about his career working in establishments such as The Dorchester Hotel, Savoy Grill and Gleneagles where he brought Andrew Fairlie to the hotel to operate his own 2 Michelin Star Restaurant. He also talks of his passion for working to raise funds for HIT Scotland.



Listen and subscribe now through your regular podcast station or follow this link: scottishchefs.libsyn.com

Produced by award winning chef and author Charles Carroll of MyCompany Radio.

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NORTH EAST OF SCOTLAND CHEF AND RESTAURANT

Awards 2022

17 October 2022

It was great to have this competition back after the pandemic. More than 20 chefs cooked up a variety of courses at North East Scotland College to be crowned the winner of their category.

Chefs representing restaurants such as Buchan Hotel in Ellon, Braided Fig of Aberdeen and Raemoir Hotel in Banchory battled it out in the kitchen to challenge for awards such as Chef, Young Chef and Game Chef of the Year. All dishes were judged by our very own board members Robin Austin, Kevin MacGillivray and Joe Queen. Congratulations to all of the winners!



North East of Scotland Chef of the Year

Joe Gordon

Rothsay Rooms, Ballater



North East of Scotland Young Chef of the Year

Ross Boyd

Amuse by Kevin Dalgleish, Aberdeen



North East of Scotland Game Chef of the Year

Cassie Wilton

Rothsay Rooms, Ballater

Interview with **FRASER CAMERON**

by Jacky Moss

Chef Fraser Cameron is on a roll at the moment, he is the current Catering Scotland Young Chef of the Year for Scotland, a finalist in the Craft Guild Young National Chef of the Year and will shortly be representing his country at the Culinary World Championships in Luxembourg – all this at the tender age of 25! We caught up with Fraser in the kitchens at The Globe Inn, Dumfries where he is the senior sous chef to find out more about him, how his training and experience has led him to this point in his career, and what's next for this talented young man.

Tell us about your college training at Perth UHI, what you enjoyed the most during your time there, and at what point everything fell into place and you felt a culinary career was a real possibility?

Perth College UHI was a brilliant place to study! As in depth as the course was, I felt that it was the staff and lecturers who really made the course what it was. Without the years of knowledge and experience they were all able to offer it would have just been another course. Along with this knowledge, their list of contacts and industry friends is tremendous and they work hard to start a brilliant career off for each student.

You were awarded the SQA Local Student of the Year whilst at college, what impact did that have on you and your plans for the future?

To be awarded the SQA Local Student of the Year Award was a brilliant way to round off my time at college. I feel it gave me that little extra confidence boost when I started applying for my first big jobs.

Tell us about the Andrew Fairlie Scholarship, your feelings as a young chef about winning such a prestigious award and how it felt to be part of such a great team at the Restaurant?

Simply incredible! I was just 17 and my mind was absolutely blown from the minute I met Chef Stevie in the interview. I remember he took me into the Restaurant and I was in awe of how perfect everything was! Tables set to the millimetre, everyone so friendly



| Roast pigeon and sprouts a la crème

and all with the same goal of offering a world class experience to the guest. In my time there I was able to learn so much, not only about cooking but about how I conducted myself in life and my approach to any task set in front of me. I feel very lucky and honoured to have had the opportunity to learn there.

What was involved in your role as Chef Ambassador for Real Galloway Beef? Do you think these roles help develop your own skills as well as promoting the initiative, and what did you learn on your trip to Australia?

As part of my role with Real Galloway Beef I went to Australia on a learning journey to learn about the supply chain of Galloway Beef as a whole. Alongside this we brought several products to the supermarket shelves, including 2 runs of Galloway Beef Burgers which both sold out in under a week! To round it off I have also done several demonstrations

including one where I was lucky enough to cook with whisky from Annandale Distillery valued at £1,000,000! Admittedly, it has been an easy role as the beef speaks for itself, it is one of those things that as soon as you taste it you just want to keep eating.

As a past Young Ambassador for Scottish Food and Drink how did you get involved in the promotions? Did you specialise in certain areas?

Being a Young Ambassador for Scottish Food and Drink was brilliant. The majority of our involvement was in the build-up to the Scottish Food and Drink Fortnight and to be part of something that celebrates the bountiful food and drink Scotland has to offer while shining a light on young people all across the industry, from chefs to suppliers through to producers, was special. I have made brilliant connections with people through the many networking events I attended, some of which I am still in touch with today!

How did you feel about winning the QMS Young Scottish Chef of the Year after chasing it for so long, has it inspired a love of competitive cookery? And how do you respond to the pressure? Every Chef is a perfectionist, right?

In a word, Proud. Mum always brought us up with the mantra that if at first you don't succeed, try and try again until you achieve what you want. We were brought up to be resilient and persistent. There were so many obstacles to overcome on the journey from my first attempt at 19 and I am incredibly proud that I can say **"I am the Scottish Young Chef of The Year!"**

Competitive cooking is like a bug, I fell in love as soon as I had my first taste of competition! I really enjoy Scotchot as there is a real buzz around the event and you get to catch up with a lot of familiar faces while witnessing competition between some of the country's best chefs. As soon as each competition that I take part in is over I say to myself "Right! Enough now - you don't need the stress" then a week later I'll be

searching for the next one! I've been able to learn a lot from competitions and feel I've improved myself massively. I think competitive cooking is something every chef, young or well established in their career should try at least once.

The build-up to any competition is full-on, but I find that intensity one of the most enjoyable parts, meticulously going over each detail and every movement, trying to work out what you can streamline and where you can sharpen your performance. At times it is difficult when you think you have performed really well, then Chef tells you that you are way over time and rips your dish to shreds! However, that's part of the experience of bettering yourself and refining your performance to put on a great show for the judges, and the sleep you have after competition day is also one of the best!

What does it feel like to now be a part of the Scottish Culinary Team?

I feel very lucky to have the opportunity to be part of the team and represent my country at an international competition. From just spending time in the kitchen with the team I have learned so many little things! It's crazy to think that I have gone from washing dishes at the age of 13 to representing my country doing what I love! It's huge for the kitchen team at The Globe as well, as any ideas I can take or learn are getting implemented straight into our kitchen!

Apart from chasing your first Michelin Star (for The Globe Inn) and now being a part of the SCT, what other aspirations do you have, and where do you see yourself in 5 years?

In 5 years', I would love to have kept the consistency and be at the level of

a Michelin star. Along with this I would also love to expand our operations at The Globe and open a bakery!

In your own words, what makes a good Chef? Genuine enjoyment, passion and stamina are a given - what else do you see as essential?

Alongside passion, enjoyment and stamina I think what you need to be a good chef is attention to detail, critical thinking, problem solving, listening, creativity and teamwork.

And lastly Fraser, if you could cook for anyone, living or not, who would you choose and why? And what would you cook?

If I could cook for anyone I think Bruce Springsteen would be pretty cool! Scrabster Crab, Orkney Scallop, Pickled Beetroot and Tarragon!

We wish this talented young Chef all of the luck for his future career and will be watching with interest.





SCOTTISH CULINARY TEAM

WORLD CUP Menu

CULINARY WORLD CUP 2022

LUXEMBOURG, NOVEMBER 2022



By Kevin MacGillivray, Scottish Culinary Team Director

As this edition of INFUSION will have been published before the Culinary World Cup takes place our Scottish Culinary Team will already have competed, and fingers crossed will have done not only themselves proud but the Scottish hospitality sector proud. The whole team has been working extremely hard to prepare for the Culinary World Cup, a very exciting and prestigious competition which is now celebrating 50 years. The event has always been a happy hunting ground for the Scotland's national team having previously won double gold in 1996 finishing 5th overall and continually delivering medals since then.

We are currently ranked 13th in the world rankings of which we are extremely proud. We achieved our best result since 2006 at the IKA Culinary Olympics in Stuttgart in February 2020 where the team, captained by Orry Shand, won Silver at The Restaurant of Nations and Silver for the Chef's Table. This placed Scotland 13th in the world and will give them access to all international competitions due to their high ranking.

The Culinary World Cup is divided into two disciplines: the first is cooking a three-course meal for 110 covers which is to be reflective of your country and in our case

showcases the best Scottish produce from Scottish Seafood and Scotch lamb. The second is a "Chef's Table" for 12 covers which is over six courses starting with bread and onto finger food, fish platter, main course, plant-based third course, dessert followed by petit fours and with a show piece thrown in there as well! So I hope you can appreciate the workload that the team have to contend with.

We are extremely grateful to the Scottish Government for helping immensely to fund the team and the support we have received from QMS & Seafood Scotland not only for helping source fabulous produce

but also in ensuring the product gets to the team in Luxembourg for them to compete with. This takes a huge amount of pressure away from us regarding exporting the goods especially with all the restrictions that have been caused by Brexit. We are also very thankful to Peter Bruce & Entier for their continuous support as well as our FAB50 sponsors.

We have lots of opportunities going forward for companies to get involved with sponsorship whether it be through direct monetary donations or product. If you would like more information on this please email neil.thomson@scottishchefs.com.

CAPTAIN



Orry Shand

Multi-award winner and Executive Chef at Entier Food Services in Aberdeen



Fraser Cameron

The Globe Inn Dumfries

Current Scottish Young Chef of the Year and a finalist in the Young National Chef of the Year for Great Britain



Baked Scottish Halibut, Pea & Wasabi, Kohlrabi, Mousseline, Tartar, Smoked Butter Sauce



Craig Palmer

Entier Aberdeen



Craig Cooper

Entier Aberdeen



Roast Scotch Lamb Loin, Crispy Lamb Haggis, Sweetbread Farce, Celeriac & Chestnut, Braised Chantarelles, Whisky Lamb Sauce



Alanna McCarthy

Meldrum House Golf & Country Club, Inverurie



David Millar

Jupiter Artland Edinburgh



Malt Mousse, Blackcurrant, Salted Caramel & Whisky Cake, Hazelnut Ice Cream

Scottish Chefs would also like to thank Rory Taylor and Simon Perkins for their contribution to helping the team in Luxembourg.

SCOTTISH CULINARY TEAM DINNER

Monday 24th October
Heritage Lounge,
Tynecastle Stadium,
Edinburgh

The Scottish Culinary Team hosted a special Culinary World Cup Dinner for 110 diners including special guest Chef Michel Roux Jr., our patron, who was attending his first Scottish Chefs event since succeeding his father the late Chef Albert Roux, OBE KFO in the role in 2021.

Also present representing the Scottish Government was Dr William George Burgess, Director of Agriculture and Rural Affairs alongside sponsors of the Scottish Culinary Team including Quality Meat Scotland, Seafood Scotland, Entier Services Aberdeen, HIT Scotland and RBR.

The team captained by Orry Shand, Executive Chef at Entier Services Aberdeen served the menu to be presented in the Restaurant of Nations at the Villeroy & Boch Culinary World Cup in Luxembourg later this month when Scotland will compete against the World's top 20 ranked culinary nations.

The evening concluded with a prize raffle and auction conducted by MC Scott Wilson which significantly boosted the funds to send the team to Luxembourg. At the end of a very successful evening Ann Budge, Chair of Heart of Midlothian, presented Michel Roux Jr. with a specially named strip and apron.



SCOTTISH CHEFS ANNUAL *Golf Day*

By Kevin MacGillivray

The annual Scottish Chefs Golf Day has now been running for 19 years with the first event taking place at Strathmore Golf Club in Perthshire and was attended by only 14 golfers! We are absolutely delighted with how it has progressed over the years and how well it is supported by so many individuals and sponsors. It really has been one of our most successful and most enjoyed events over the years.

2022 saw us once again return to the fantastic picturesque setting of The Carrick Golf Club on the banks of Loch Lomond on Monday 8th August. We were very fortunate to have the weather on our side and a fantastic day was had by all. As always The Carrick looked after us extremely well with the BBQ overseen by chef legend James Murphy. We had an overwhelming amount of raffle & auction prizes and we are so grateful to those that donated especially as all monies raised on the day go towards our Culinary Team and their trip to Luxembourg in November to compete in the Culinary World Cup.

Our 2022 winner this year went to Robbie Neilson, Hearts Football manager, with a massive 40 points. The Team prize was also won by Hearts Football club. A massive thanks goes to our sponsors on the day, Neil Morgan of Independent Catering, Ferro Fabrication & Aaroc Solutions Ltd.



SCOTTISH CHEFS ANNUAL GOLF CHALLENGE CARRICK COURSE LOCH LOMOND | MONDAY 8 AUGUST 2022 WINNING RESULTS

Winner: Robbie Neilson	Longest Drive@11th H/C 0-10 Fraser Hasslehof	Nearest the Pin @ 2nd Phil McQuillian
Runner up: Lee McCulloch	Longest Drive@11th H/C 11 + Robbie Neilson	Nearest the Pin @ 14th Neil Morgan
Best Team: Robbie Neilson Lee McCulloch Grant Smith Fraser Hasslehof	Nearest the Pin @ 2nd Phil McQuillian	Beat the Pro @ 14th Jonnie Ferguson
	Nearest the Pin @ 14th Neil Morgan	

Riso Gallo YOUNG RISOTTO CHEF

Now in its 6th year, Riso Gallo's Young Risotto Chef competition is going from strength to strength with the continued support of their many friends within the industry. It is open to young chefs aged 17-23, either still in education or starting out in their professional careers and is a great opportunity to cook a wonderful, imaginative risotto dish and have it evaluated by professional chefs at the top of their game.

Closing date for this year is 01.12.22 and regional heats will be held next January/February before the Grand Final in London with the winner receiving a 3 day culinary stage at a 2 Michelin star restaurant in Milan under the tutelage of Fabio Pisani and Alessandro Negrini. The prize also includes a trip to Gallo's own rice mill to learn all about sustainable rice culture.

The competition has gone from strength to strength over the years and the standard of dishes the young chefs are now producing is absolutely stunning. With heats at Fife College and representation at ScotHot there is a real opportunity for young people to have a go, see what they can produce and potentially do Scotland proud.

Full details of the competition visit the website www.youngrisottochef.com



OLYMPICS *of Meat*

At the cutting edge of butchery talent



By Gordon Newlands

The World Butchers' Challenge, otherwise known as the 'Olympics of Meat' recently took place in Sacramento, California, bringing together butchers from across the globe for a test of workmanship, meat cutting and displaying.

I was fortunate enough to judge at the competition, which saw participating teams granted a three hour and thirty-minute period and a side of beef, side of pork, a whole lamb and six chickens to then transform into a themed display of value-added products.

The 13 teams, deriving from Great Britain and various other corners of the world, were allowed to bring their own signature seasonings, spices, marinades and garnishes to the iconic Golden One Centre venue, tasked with creating products that pushed creative boundaries, yet were still cookable and sellable in a retail setting.

As judges, we were on the look out for technique, skill and precision; product innovation; efficient yet hygienic working; minimisation of carcass waste and ultimately, cohesive teamwork. What I witnessed exceeded all expectations, and watching some of the world's best butchery ambassadors break barriers on the world stage was both a source of inspiration and celebration of the craft inherent to the trade.

Team GB's performance was nothing short of outstanding. Following an intense selection process, the lead up to the event saw months of training,



Gordon with event compère Jess Pryles

discipline and sacrifice for our final six men and women, including Scotch Butcher Club member, Barry Green from Cairngorm Butchers in Grantown-on-Spey. Despite it being his first time performing in an international setting, Barry excelled in both his individual tasks, and unofficial role in boosting morale and holding the team together. Combined with his exceptional talent and technique, Barry's work ethic is unmatched, embodying everything the modern butcher should be. A true ambassador for the UK, he is the ultimate role model for any young person considering the trade.

With that in mind, the World Butchers' Challenge is more than just the competition itself. The butchery industry is global, but when teams and industry professionals get together, and discuss the challenges they are collectively facing, it doesn't feel like that. Regardless of the continent, we are all striving for the

same goal: excellence within our red meat sectors, and to be the best we can be, for years to come.

Across borders, our community is battling labour shortages and recruitment struggles however, and generating a pipeline of eager, disciplined and skilled young recruits has become the mission of many. With the prestige and publicity of events such as the World Butchers' Challenge, we hope to inspire the next generation to pick up a cutting knife of their own, and pursue the career that is brimming with heritage, comradery and craftsmanship.

As well as attracting a 2000-strong in-person, and very enthusiastic, crowd, the competition was livestreamed on YouTube, allowing members of the public to watch those butchers at the top of their game showcase their abilities. If seeing teams representing their nation encouraged just one young person to consider the trade, I would argue that our job is done.

Admittedly, competitive butchery may not be for everyone, but it's important to have awareness, and aspirations, about what is possible: whether that's winning the world title, receiving awards and accolades within the sector, or simply doing an excellent job of serving your local community. If we, as an industry, can continue translating this positive messaging to the younger generations, then we should be on the correct footing for a thriving UK butchery industry for the decades ahead of us.

UK & IRELAND YOUNG RISOTTO CHEF 2023

OPEN FOR ENTRIES!

The UK & Ireland Young Risotto Chef competition is one of the most respected competitions for young chefs aged 17-23. Supported by Riso Gallo with UK and Italy's finest chefs and outstanding prizes.

Please follow @youngrisottochef on twitter, youngrisottochef on Instagram, and please do encourage your young chefs, students and apprentices to enter.

Find out more and enter online...
YoungRisottoChef.com

Supported by





and land use, our economy and environment, our physical health and mental wellbeing. There can be no silos here! Whether it be fine dining in an acclaimed restaurant or a rural picnic, budget family suppers or a gastronomic adventure, food comes in all shapes and sizes, together forming a rich tapestry of flavours and experiences, following the seasons and the desires of its consumers.

Food writers paint a foodscape – the people, the produce and the environment that benefits food production, and none more so than in our book, “Meadows: The Swedish Farmer & The Scottish Cook,” co-written with my husband Bosse Dahlgren.

With the world’s climate under scrutiny and much of our food production industrialised we felt it time to shine a light on not only the best ways to grow food and rear animals but also how the planet benefits from our doing so; increasing biodiversity and creating beautiful



| The Swedish Farmer & Scottish Cook

Scottish FOOD GUIDE

by Wendy Barrie

Meadows: the heart & soul of our food system

Much as I love Scotland it was with great pleasure that I accepted an invitation to speak on the Mediterranean isle of Menorca this autumn for the inaugural Congress of Gastronomic Journalists and Writers, as part of their year as European Region of Gastronomy. My presentation was entitled “The Proof is in the Pudding: quality is judged on direct experience.”

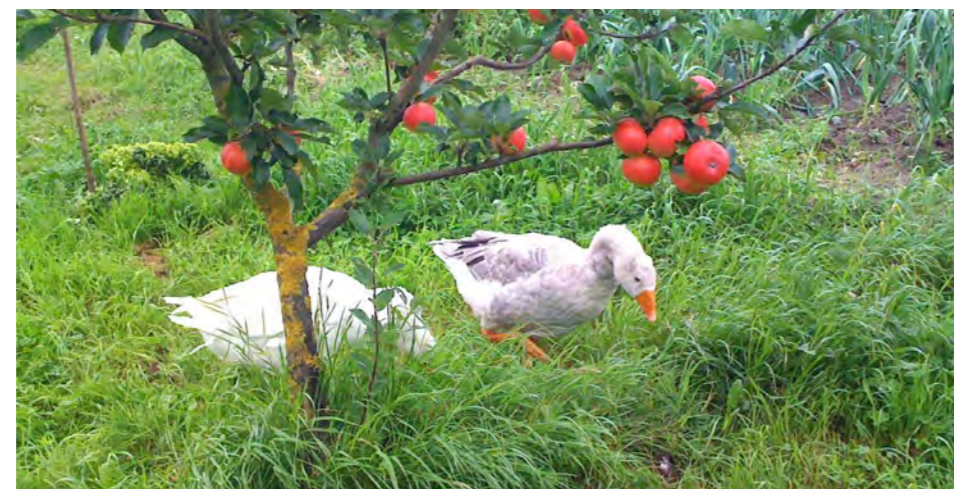
equally passionate as myself about accuracy and integrity.

I was there as part of the global experts network of The International Institute of Gastronomy, Culture, Arts & Tourism along with writers from Basque, Catalonia, Menorca, Greece and France. We presented on themes ranging from digital gastronomy, sustainability, food

critics from Babylon to Tripadvisor, and many more topics in between. We experienced Menorca’s exotic and traditional culinary scenes and delved into their gastronomic past, including its legitimate claim to be the birthplace of mayonnaise.

Food is such a powerful topic whether we eat to live or live to eat. It inextricably links with politics

I reminisced briefly on my time as chief inspector for another national guide before the eureka moment when I founded Scottish Food Guide and its associated Cheese Trail and Farm Shops - exactly twenty years ago.



Story telling has been the recurring theme this year on Scotland’s food scene. Although a worthy initiative, I found myself exasperated by the embellishment that took place at times, so it was refreshing to compare notes, debate and discuss topics with fellow food writers,



| Making mayonnaise in Menorca

environments. Contrary to some loud voices in the media, grass-fed ruminants are our saviours not our foes and in our book we explain why. Through Bosse’s farming experiences and my tales from the kitchen we explore and explain ethical food options from land to table, how flavours are affected by breed and feed, and how a range of varieties of the same fruit can have very different

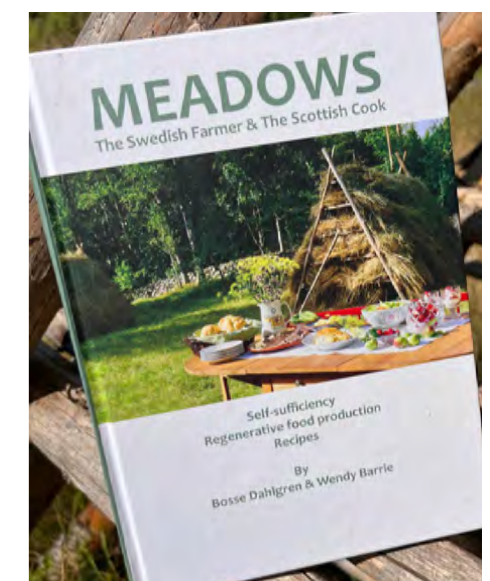
characteristics and applications. We highlight sustainable food solutions across the world and take a long look at dairy production.

Indoor-reared hybrid pig production, colossal poultry units, intensive farming and monoculture prairies are not part of an ethical food system; nor will they keep our planet – or its people – in good health. For that we need a new approach to food production, learning from the past to feed the population of the future whilst respecting our planet. We offer these solutions in our book, increasing biodiversity whilst enjoying a great range of delicious flavoursome foods.

So why do we call our book Meadows? Meadows are the rainforest of the north, without which we cannot rear the native breeds required to produce the food we all deserve to eat. Meadows provide a biodiversity you can only dream of, superior produce from summer grazing, and herbaceous nutritious winter fodder. Animals fed on fresh meadows and meadow hay have a high welfare long life, providing us with the finest of flavours and contributing to our

planet’s biodiversity, not diminishing it. Meadows reveals how various landscapes, from wetlands to highlands, can feed us all in ways that work with nature, not against it. It explodes urban myths and highlights transformative land use – it’s guaranteed to enlighten and hopefully inspire you.

“**Meadows: The Swedish Farmer & The Scottish Cook,**” is available from selected farm shops and online. Details on www.scottishfoodguide.scot



Scottish Culinary CHAMPIONSHIPS AT SCOT HOT 2023

By Joe Queen

The Scottish Culinary Championships brings together some of Scotland's finest culinary talent providing an opportunity for chefs of all ages to display their skills to their peers. The Championships this year will introduce several new and innovative competitions. Building on the success of previous salons when we introduced the Skills Arena it will once again offer competitors a showcase for displaying skills in butchery, knife skills and food service.

The Scottish Culinary Championships Live Theatre will comprise of 8 adjacent workstations in which there will be a back-to-back programme of hot live classes both days of the show. Also in the Live Theatre there will be a range of new competitions including The Soil Association Sustainable Award and the Plant-based Bowl Food Challenge. The most prestigious of the Championships is of course the Scottish Chef of the Year and Young Scottish Chef of the Year competitions. The Culinary Art categories always prove popular where competitors can showcase their creativity across a range of static classes. Again for this year is a class in Food Photography which will be judged by professionals from the photography industry.

There will be a wide variety of competitions available to suit all levels of experience and across all industry sectors. If you would like to enter a competition then please visit www.scothot.co.uk where you will find further information, including an entry form, details of the fees and payment facilities. There will be a limited number of places in each class, so early application is recommended.

To stage The Scottish Culinary Championships requires the efforts of many people all of whom give their time and commitment to ensure that we present an outstanding event. It also depends on sponsors and companies who give their support and investment to ensure that ScotHot remains amongst the most prestigious events in the Culinary Calendar. My thanks to all of you.

Finally, I would wish to welcome all visitors to the Scottish Culinary Championships and ScotHot 2023 and hope that you will enjoy the skills on display from some of our most talented chefs engaged in the Hospitality Industry.

LIVE THEATRE TIMETABLE

Wednesday 8th March 2023

TIME OF COMPETITION	LENGTH	CLASS NO	NAME OF CLASS
07:30 – 08:10	40 Minutes	OC1	Sustainable Fish Dish
08:25 – 09:25	60 Minutes	OC4	Street Food (Team of Two Competition)
09:45 – 11:15	90 Minutes	RC1	Compass Scotland Junior Chef of the Year
11:30 – 12:10	40 Minutes	RC2	Food for Life Challenge
12:45 – 13:30	45 Minutes	OC3	Braehead Foods Mystery Basket
13:45 – 15:45	120 Minutes	JC1	Scottish Young Chef of the Year 2023

Thursday 9th March 2023

08:00 – 08:40	40 Minutes	OC2	Plant Based Vegan Main Course
09:00 – 09:40	40 Minutes	JC2	Junior Pasta
10:00 – 10:45	45 Minutes	OC5	Risotto Challenge
11:35 – 14:35	180 Minutes	RC3	Scottish Chef of the Year 2023

Please note: the timetable is a guide only, and whilst every effort will be made to adhere to these timings, amendments may be made in order to facilitate more chefs to compete. All competitors will be advised of the final timetable as soon as it is confirmed.

SKILLS ARENA TIMETABLE

Wednesday 8th March 2023

TIME OF COMPETITION	LENGTH	CLASS NO	NAME OF CLASS
10:00 – 10:30	30 Minutes	JC3	Chicken For Saute
10:45 – 11:15	30 Minutes	JC4	Fish Preparation
11:30 – 12:15	45 Minutes	JC5	Vegetable Preparation Heat 1
12:30 – 13:15	45 Minutes	JC5	Vegetable Preparation Heat 2
13:30 – 14:00	30 Minutes	OC6	Lamb Challenge French Trim Rack of Scotch Lamb

Thursday 9th March 2023

10:00 – 10:30	30 Minutes	JC6	Roll Design & Shaping
10:45 – 11:15	30 Minutes	OC7	Restaurant Flambé
11:30 – 12:00	30 Minutes	OC8	Table Laying & Napkin Folding
12:15 – 12:45	30 Minutes	OC9	Cocktail Mixology
13:00 – 13:30	30 Minutes	JC7	Hollandaise Challenge

Please note: the timetable is a guide only, and whilst every effort will be made to adhere to these timings, amendments may be made in order to facilitate more chefs to compete. All competitors will be advised of the final timetable as soon as it is confirmed.

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Gleneagles

INSPIRING THE NEXT GENERATION



It's a bright autumn morning at Gleneagles, the iconic Scottish hotel and sporting estate, and a group of six people are being given a tour of the property. After lunch, they'll don wellies and ear defenders as they blow off steam at the clay shooting range, participate in team challenges, and join a workshop hosted by motivational speaker, Gavin Oates, on positive psychology and self-care.

These adventurers are not a corporate group visiting for a team building day. They're the newest intake of Gleneagles culinary apprentices, who will hone their skills in the hotel's kitchens over the next two years.

"Our Apprenticeship Programme is just one strand of our approach to the development of chefs," says Simon Attridge, Gleneagles' Executive Chef. "The industry is going through a time of transition; there's a global shortage of chefs, so inspiring the next generation is crucial to safeguard the future of the profession.

"The scale of our operation at Gleneagles presents a diverse range of restaurants in which our chefs can learn their craft," says Attridge. "From afternoon tea, bar food and private dining, to Tandoor cooking, Italian-American cuisine and fine dining, these apprentices will do rotational placements across the full culinary spectrum. That's attractive to young chefs, because they can build their skills and their knowledge of different cuisines while determining where they'd like to specialise longer term.

"One of the most rewarding aspects of developing as a chef

is being able to support younger professionals as they progress in their careers. To champion that development and instil a culture of excellence, we encourage them to enter competitions and awards. It's easy to forget how daunting it is to find yourself competing against your peers, but we support them through the whole process and it's so important for developing self-awareness, self-reflection and resilience."

As well as engaging young new chefs, Attridge's attention is also on engaging the existing culinary brigade at Gleneagles, by ensuring all his chefs have continual opportunities to develop new skills and knowledge. "A big part of that is getting them out of the kitchen to meet suppliers, farmers, growers, gamekeepers, fishermen, and learn about the produce in its natural environment. We also run a programme of masterclasses throughout the year, covering everything from butchery skills to cheese tasting, to elevate their technical skills, appreciation for produce and product knowledge."

But, for Attridge – who earned a Michelin Star at the tender age of 25; was crowned 'Hotel Chef

of the Year 2020' in the coveted Hotel Cateys Awards; and whose career has spanned two decades across some of the world's finest hotels and restaurants – one of the most important strands of chef development is building leadership skills. "Most chefs have an instinctive passion for cooking food, but as they progress, so does the requirement for them to develop new leadership and business management skills. Succeeding as a chef is no longer just about putting great food on the plate; you're responsible for building an eco-system where others can do their best work and have the capability to be effective in role.

"Through our partnership with Skills Development Scotland, we now have a well-defined skills matrix outlining what skills a chef requires at each career level. This provides us with a career blueprint, so we can target development requirements more purposefully, promote from within, and build highly competent chefs for the future."

One aspect of Gleneagles that inspires Attridge is the culture – the fact that the hotel takes a holistic view of people's wellbeing and genuinely cares about each employee. "It's not just about how you show up to work," he says. "When I first trained as a chef, the kitchen was a tough environment. Head chefs expected their brigades to leave their emotions, problems and personal lives at home. You'd find that same approach in every kitchen across the world, but that mindset is no longer relevant nor ethical in the modern workforce.

"Senior chefs and employers have a duty of care to ensure team members are happy, supported and fulfilled, and therefore need to think in terms of the whole person, not just what the chef is doing during their time in the kitchen. It's a win-win situation; contentment and wellbeing unlock chefs' potential, ambition and engagement."

In the past 12 months, Gleneagles' People & Culture team has launched a raft of exciting development programmes for every role and team, to ensure that all employees are supported to reach their potential.



This includes development programmes centred around personal impact and career development, training for team managers on how to have quality conversations with their people, and the introduction of regular performance and development check-ins – an opportunity to reflect on achievements over the past six months and discuss the support needed for success in the future.

“We’ve also appointed a dedicated Development Partner,” Attridge explains. “He’s a skilled chef whose passion is now nurturing talent. The goal is to create a warm and caring culture where everyone feels valued and supported to be their best.

“One strand of that commitment for us is fostering wellbeing in the kitchen: making it a safe space to talk about challenges and worries, and providing access to a raft of support services, from confidential counselling to relationship and debt management advice.

“Another part of it is ‘growing our own’ – cultivating potential at the earliest possible stage – so we can begin to build a pipeline of talent for

tomorrow, not just for Gleneagles but for the industry. Whether that’s mentoring school pupils, offering culinary demonstrations to student chefs, or providing internships, placements and apprenticeships, focusing on early careers is something the whole industry really needs to get behind if we’re to attract young people and address the global shortage of chefs,” Attridge says.

“We’re also embedding a more sustainable operating pattern, including the capping of hours and the introduction of flexible working, putting the wellbeing of our team at the top of our priority list. For the past 100 years, chefs’ shift patterns have been notoriously gruelling, but that’s something that needs to change, again industry-wide, if we’re to inspire a new generation who we already know are seeking greater flexibility, choice and balance.

“The industry cannot continue putting all chefs in one box; flexibility and choice mean something different to everyone, so our working practices are designed to meet everyone’s needs. Some chefs only want to work weekends, some want each Sunday

off, some only want to work four-day weeks, and we’re committed to supporting those needs and wants. These changes come at a financial cost, of course, so it’ll be a seismic shift for the industry and will take time before it’s the norm.”

But Attridge believes it’s a cultural re-set that the industry has had coming for a long time and the alternative – standing still or burying heads in sand – isn’t an option if hospitality is to continue to thrive.

Another key priority in his strategy that ties into the development of chefs is innovation – restaurant, menu and product innovation, seasonal pop-ups, chef collaborations, brand partnerships, and working with Food & Beverage professionals to develop new concepts.

“We’re always elevating and evolving our food concepts and menus, keeping them fresh and creating real opportunity for growth and diversification in culinary skills,” he says. “We involve chefs at all levels in

that process – whether that’s putting them in groups and asking them to develop a new dish, or encouraging them to come up with a new culinary theme. The best ideas don’t start as fully-fledged concepts. Someone is given the safe space to introduce an idea, which is bounced around the team, enhanced, developed, refined, tried, tested, long before it’s enjoyed by a guest.”

“To gain confidence and reach your potential, you need the chance to make suggestions like that, learn from mistakes, challenge the status quo, make your mark and innovate. Our Estate Sous Chef, Callum Roberts, is a shining example of that approach. He joined us nine years ago as a Commis and has steadily risen through the ranks – from Commis to Junior Chef de Partie, to Chef de Partie, to Sous Chef and now Estate Sous – taking on increasing responsibility, pushing himself and others, even me, along the way. That kind of raw talent, continuous development and ambition is inspiring for any chef to watch.”

I ask him if he thinks that kind of talent and ambition is difficult to

find and feed now, in the wake of the pandemic, which has seen a so called ‘great resignation’ of chefs. “There is still no other career that can offer the same excitement and passion as the kitchen,” he says. “Around the world, the pandemic has certainly seen some chefs leave, but I believe that, collectively as chefs, we can change that conversation, listen to and accept new and different viewpoints, retain the talent we have, attract new chefs, and reposition culinary as a progressive and supportive career path that’s relevant and appealing to the next generation.”



Archerfield Culinary EXCELLENCE PROGRAMME

Chef Apprenticeships

Young Chefs Sign Up For Skills Training

Five aspiring young chefs are embarking on the inaugural Archerfield Young Chefs Culinary Excellence Award, under the watchful eye of board member Joe Queen, Executive Chef and Culinary Director at the East Lothian resort.

Beginning in September, the 5 young people, recruited from local schools and colleges through a robust application process, will take on the two-year apprenticeship under Joe's guidance.

The programme will see Joe and his team oversee the five apprentices as they gain experience across the full range of different disciplines and kitchen environments, from restaurant service and private dining to banqueting, functions and events.

Once they successfully complete their apprenticeship, all five will be guaranteed a position within the Caledonian Heritable Group, Archerfield's parent, and operator

of a range of prestigious restaurants and hotels in Scotland, including the Dome and The Peartree in Edinburgh. The programme is being run in partnership with Edinburgh College.

Central to the programme is a new £200,000 state-of-the-art training kitchen facility at Archerfield, where the apprentices have a platform designed to ensure they learn the basic skills, and which will help them develop their career over the two-year period.

Joe will oversee the education wellbeing of the five young candidates, as well as ensuring the candidates gain invaluable experience across the industry,



placing them in a variety of venues and working environments, so they can gain great knowledge to set them on their career path.

Joe says: "The purpose behind the initiative is to help develop the next generation of talent. The recruitment crisis in the hospitality is real, and major support is needed to try and encourage young people into the sector and show them that this can be a fantastic career option. We hope by starting our own in-house apprenticeship we can not only offer these young people a job, but a lifelong home."

Joe Queen is one of the most recognised figures within the industry, having been awarded a Lifetime Achievement Award from HIT Scotland. He is past President of Scottish Chefs and is an ambassador for Springboard UK.

Archerfield is owned by Caledonian Heritable, which has a variety of restaurants within its portfolio. Archerfield is renowned for its understated quality and service with seventy bedrooms including the magnificent Archerfield House. Two Golf Courses, The Callaway Centre of Excellence, The award-winning Fletcher's Cottage Spa, and the Magnificent Waterfront Pavilion.



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SKILLS DEVELOPMENT SCOTLAND

Skills Development Scotland (SDS) is Scotland's national skills body, contributing to Scotland's sustainable economic growth by supporting people and businesses to develop and apply their skills. This includes working with our partners to provide services delivering the best outcomes for Scotland's people, businesses and the economy.

SDS works directly with employers across Scotland, providing trusted advice that helps employers invest in existing skills, develop new talent using equal and inclusive recruitment, and get the right products to grow their business.

Our Skillsforce is the SDS web portal which supports employers with online, and face-to-face services including free consultancy, HR support and access to funding. It provides employers with advice and information on recruitment, training and development as well as restructuring and succession planning

Skills for Growth is a fully-funded service for businesses with less than 250 employees. Employee skills and knowledge is vital to any business, and Skills for Growth can help assess

the skills needs within the business and create a detailed people plan and pinpoint the right support to help fill skills gaps.

The Flexible Workforce Development Fund (FWDF) supports businesses in Scotland to upskill and reskill their employees to support inclusive economic growth in Scotland. Employers can use it to address priority skills gaps and get training tailored to specific skills needs.

More information on Skills for Growth, FWDF and other skills support for employers can be found at ourskillsforce.co.uk

Apprenticeships are a great way to develop the skills of existing staff or to take on and train new talent. There are over 100 types of apprenticeships in Scotland, from hospitality to

supply chain management. Choose from Foundation, Modern or Graduate Apprenticeships to get early access to future talent and help fill skills gaps. Visit apprenticeships.scot or call **0800 783 6000** to find out more.

A toolkit is also available to help new entrants into the Tourism and Hospitality industry. Developed by industry and supported by SDS and the Scottish Tourism Alliance, it includes resources and guidance to find support with training, upskilling and reskilling opportunities. It also includes information on achieving net-zero and Fair Work. The toolkit is available at scottishtourismalliance.co.uk/tourism-hospitality-staff-induction-toolkit-launched/



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COLLEGE NEWS

FOCUS ON COLLEGE MEMBER - CITY OF GLASGOW

City of Glasgow College is Scotland's largest technical and professional skills college. Its award-winning twin-site super campus in the heart of Glasgow offers outstanding resources and opportunities for students to gain essential skills for their future careers.



Innovative approaches to teaching and learning enable personalised development across a range of subjects on campus and online. Up to 8,000 graduates leave the college each year ready for the world of work, with over 90% of successful students progressing directly to further learning, apprenticeships, or employment.

In the Culinary Arts and Bakery department alone, we host around 500 students who are working through professional cookery or bakery courses.

We deliver Professional Cookery from Access Level Three right up to HND level eight and in Bakery we from Access Level Three up to HNC Bakery which is in its first year of delivery.

During the academic year we deliver bespoke courses to our industry partners ranging from local city-based companies to

offshore businesses. We have a great relationship with the Royal Navy base at Faslane who support students looking to join and offer occasions to participate in events.

Students have a wide range of opportunities when they graduate from COGC, some articulate to university studying courses such as Home Economics teaching and Food Science and many students take up full time employment in the industry. We also have many students who leave and start up their own business ranging from specialist chocolatiers, cake decorators, bakers & doughnut makers to name but a few.

If you are interested in getting into college and studying with us go to the college website www.cityofglasgowcollege.ac.uk where you can find all the information needed to help you chose the right course for you.

In the last 2 years we have faced a challenge of modernising our membership in the new landscape of COVID. Scottish Chefs membership has always been built around bringing chefs together whether that be partaking in competitions, on the golf course or enjoying dinner at a fundraiser.

In the last two years we have utilised digital tools to engage with existing and potential members, this started with our first ever digital membership survey. This provided us with a large amount of data to use while improving our membership offering. Regarding price increases, one clear piece of feedback that came from the survey was that 97% of respondents were in favour of a price rise of the membership fee to £40 per annum. We did however make the decision to hold off the price rise until the end of February 2022 due to clear hardships faced by our industry during COVID.

The next step was to take our AGM online, in a world where pretty much anything can be done by Zoom it made sense to extend this to our AGM. This makes it easier for members across the country and the world to get involved and have their say. This was done again for 2022 but with the board appearing in person.

The final and most important change is that we are taking our membership process online and you can now purchase your membership instantly on the membership page on our website. This will automate your billing and allow us to share information with members much more easily.

To become a member simply visit our website and choose the best membership package for you.

- Standard £40
- Overseas £60
- Premium £150
- Retiree £10
- Group £POA
- Education £250
- Student £20
- FAB 50 Business Partner £500

If you require further information or have any questions please contact jamie.reid@scottishchefs.com

Our college members



Worldchefs CONGRESS 2022



By Neil Thomson

After a break of 4 years the Worldchefs Congress returned to the culinary calendar in 2022. The Congress was held in Abu Dhabi from 30th May to 2nd June where the hosts the Emirates Culinary Guild presented a magnificent event for nearly 1000 delegates from all corners of the globe. Running in parallel with Congress and Global Chef Challenge Finals was the Expo and the Emirates Salon Culinaire.

The theme for this year's Congress was 'Rise Together' which after the global pandemic was the call to celebrate our industry. Delegates were treated to a comprehensive programme of speakers and supporting educational seminars. There was so much variety over the 4 days that delegates were indeed spoilt for choice but having said that there was something for everyone. Among the speakers was John Buenaventura, Executive Chef at Hilton Abu Dhabi, Yas Island who presented a 'Taste the Philippines', Chef Edgar Bhurs, the Veal Chef and Jan Sinjders, Master Butcher of the Van Drie Group who jointly presented 'Veal Meet Again' an amazing demonstration of butchery skills.

The Global Chef Challenge Finals was a popular venue for delegates bringing together some of the world's top chefs over 4 days of intense competition. Chef Marco Tomasi from Italy was crowned Global Chef Challenge Winner with Michael Anderson of Sweden and Leong Wei Ming of Singapore being 1st and 2nd Runner Up. It was a cruel blow that 4 days before departing for Abu Dhabi Scotland's Orry Shand tested positive for Covid thus robbing him of the opportunity of competing in the final. This was particularly disappointing for Orry as he

had spent months practising his menu and for this to be taken from him was devastating. We would wish to put on record our thanks to Orry and also his employer, Entier Services in Aberdeen, who had invested so much time and resources to give Orry the best possible chance in Abu Dhabi.

Worldchefs President, Thomas Gugler, in his address to the General Assembly, emphasised the 'Power of The White Jacket' calling on all chefs throughout the world to Stand for Peace and this was supported by a video produced by Saudi Airlines Catering Company (SACC) featuring contributions from members of Worldchefs giving their own personal message.

President Gugler also announced and presented the 2022 Awards and Medals recognising those who had made a significant contribution to Worldchefs over the last 2 years, most notable among the list of recipients was Hazel Mulberry from Scotland who was presented with a Presidents Medal.

The Dr Bill Gallagher Junior Forum was also a magnificent event with sixty young chefs experiencing the Arabic culture, food and hospitality.

THE NEXT WORLDCHEFS CONGRESS WILL BE IN SINGAPORE IN 2024



Worldchefs ACADEMY

Culinary Training for Anywhere, Anytime!

By Cornelia Volino

Worldchefs Academy Program Manager & Worldchefs Secretary

Worldchefs Academy offers an exciting online opportunity to learn the culinary basics required to start a career in culinary arts, review culinary foundations with international standards, and help deepen knowledge of sustainable culinary methods.

Empowering team members at every stage of their career, from onboarding, to working, to growing, the Worldchefs Academy online platform provides culinary training for in-demand jobs with foundational knowledge and professional certificates that bridge skill gaps, support effective team building and reinforce sustainable practices.

"We are very excited to support global culinary training", stated Cornelia Volino, Worldchefs Academy Program Manager & Chief Advisor. "By offering learning opportunities for culinary professionals in all stages of their career, we will help to reinforce the culinary basics and international standards recognized worldwide."



Worldchefs Academy features the Pre-Commis Chef Course and Certificate in Culinary Foundations in 7 languages (English, Arabic, Spanish, Portuguese, Italian, German, and Mandarin), providing effective e-learning methodology in Culinary Theory, Nutrition, Kitchen Operations, Hygiene & Sanitation, Professionalism and Professional Cooking.

Sustainability Education for Culinary Professionals is also included with the Worldchefs Academy line-up of free courses available. This online course includes 8 lessons to help learners engage with key themes to deepen their knowledge of sustainable culinary methods and is available in English with more languages to follow.

Explore the educational opportunities with Worldchefs Academy today and visit www.worldchefsacademy.com or download the Worldchefs Academy mobile app from Google Play or the App Store, and Let's Get Started!



WORLD CHEFS Academy





If you would like to donate, the just giving page for Toby is still open at <https://www.justgiving.com/fundraising/toby-wand1>



AN AFRICAN TREK TO SUPPORT SCOTTISH CHEFS

By Toby Wand, Co-Director of 365 Events Ltd

A month ago, I found myself in a position I had never imagined - atop the largest freestanding mountain in the world alongside fellow members of Scotland's culinary scene! The trek was a charity fundraising expedition to summit Mount Kilimanjaro in honour of late two Michelin-starred chef Andrew Fairlie, who sadly passed away of terminal brain cancer in January 2019. Led by Hospitality Industry Trust (HIT) Scotland and Andrew's brother Jim, the goal was to make the same climb that Andrew completed in 2011, when he famously cooked the 'World's Highest Burns Supper' atop the summit.

Andrew was a giant in the industry. Not only did he possess incredible culinary talent (he was the first winner of the Roux Scholarship in 1984) but he gave back most generously to the community that supported his success, establishing the Andrew Fairlie Scholarship alongside HIT to award career-changing educational opportunities to aspiring chefs each year. He also supported me personally by always encouraging his teams to compete at our ScotHot show where most famously Lorna McNee from Gleneagles won Scottish Chef of the Year in 2017.

In October, we made the climb to support this same charity, alongside the Cornhill Macmillan Hospice nursing staff who provided incredible care to Andrew and his family in his final weeks. This voyage was a long time in the making – a worldwide pandemic foiled the original scheduling of a 2020 trip, and after two years and some new faces, the trek finally began on 7th October.

The journey to the summit took eight gruelling days, during which the full effects of altitude sickness and exhaustion set in. Luckily, our team of hikers had enough spirit and motivation to push each other through, despite the physical and mental toll. On the 17th October, we finally reached the summit. That final day began at midnight the evening before, as we fought through polar conditions of minus 18 degrees and thinning air to finally reach 5,895 meters by midday. Once we were at the peak though, that breathlessness takes on a new meaning – and you're faced with the stark reality that you've made your way to the top of the world.

While that feeling alone was worth the journey, the true accomplishment came from the support we saw from the community for the mission we were there to achieve. Once the group had returned home safe and sound, we were shocked by the donations large and small that allowed the campaign to exceed its £100,000 goal. To date, the collective fundraiser has reached an incredible £102,973 in donations collected from 1,169 supporters. The experience, while one of the most difficult I've faced, is one I will always cherish for the deep bonds it created and the good that we were able to accomplish.

Toby Wand is founder of 365 Events and Managing Director of ScotHot. Scotland's leading showcase for food, drink, hospitality, retail, and tourism, which is returning to the SEC Glasgow from 8 – 9 March 2023 for its 50th Anniversary. The show offers an unmissable opportunity to meet with over 200 suppliers showcasing the finest local Scottish produce and the latest and most revolutionary innovative products on the market and learn about the latest trends from across the industry.

If you are keen as a chef to compete at ScotHot23 visit www.scothot.co.uk/scc

To find out more about visiting go to www.scothot.co.uk/

Seasonal Recipe

Butternut Squash, Fennel and Chilli Soup with Pumpkin Seed Pesto

This is a rich and warming winter soup that is full of flavour as well as being vegan and gluten free. Engevita is nutritional yeast flakes and readily available in supermarkets. It is substituted for parmesan in the pesto and replicates its cheesy, umami flavour.

EQUIPMENT REQUIRED

- Large heavy based pot
- Stick blender and jug
- Mortar and pestle

INGREDIENTS for the soup

- 1 large butternut squash
- 2 cloves garlic
- 10g fennel seeds
- Pinch chilli flakes
- 2 sprigs rosemary
- 50ml light olive oil
- 1 onion
- 1 carrot
- 1 stick celery
- 1 litre veg stock
- salt

METHOD for the soup

1. Turn your oven on to 200c.
2. Don't worry about peeling the squash just cut into 1/8ths.
3. Scoop out the stringy core and discard.
4. Sit the wedges on a lined baking sheet and set aside.
5. Toast the fennel seeds in a dry pan till fragrant and remove from the heat.
6. Place the fennel seeds, rosemary, garlic and a good pinch of salt into your mortar and pestle. Add a small pinch of dried chilli (or more if you like it spicy).
7. Pound the ingredients down to a paste. (The salt acts as an abrasive and hastens this process).
8. Add the oil gradually till you have a looser, fragrant paste.
9. Brush or spoon the herby paste onto the cut edges of the squash and roast for 30-40 minutes. The squash is cooked when a knife can be inserted without meeting any resistance and the cut edges are taking on a golden, caramelised tinge.
10. While the squash is cooking peel the onion, carrot and celery and cut them all into a fine dice.
11. Sweat the vegetables in a little oil on a low heat till soft, translucent and well cooked.
12. Scoop the cooked butternut squash flesh away from the skin and add to the vegetables along with any leftover marinade from the tray.
13. Add three quarters of the vegetable stock and return the contents of the pan to a simmer.
14. Remove from the heat and blend to a smooth consistency using your stick blender.
15. Check the seasoning and adjust with salt if required. If the soup is too thick then add a little more stock to loosen.

INGREDIENTS for the pesto

- 50g pumpkin seeds
- 25g sage
- 50ml virgin olive oil
- 25g engevita
- 2 garlic cloves
- salt

METHOD for the pesto

1. Scatter the pumpkin seeds on an oven tray and toast for 10-15 minutes while the squash is in the oven.
2. Remove the seeds from the oven before they take on too much colour and cool.
3. Pick the sage leaves and discard any fibrous stalks.
4. Place all the pesto ingredients into a jug and blend to a smooth paste.



To serve

Ladle the soup into warm bowls and drizzle the pesto over.



ENERGY CRISIS

...a thought by David Hunt

How the energy crisis is effecting chefs

Energetic is a term that applies in the hospitality sector but now with a double headed meaning. Many businesses are seriously looking at the **three S's - Slim down, Shut or Sell.**

As the worst energy crisis we have known in most of our lifetimes is currently taking a grip of our industry, at the time of writing the government is looking at an energy support package that will support but will it sustain? We await with trepidation – only time will tell.

This led me to thinking about the energy basics that chefs do daily: refrigeration –

- Are fridges frost free?
- Temperature controls – are the seals intact?
- Are the burners burning clean?
- Are the taps still dripping?
- Are the air flows clear?
- Is your kitchen kit energy efficient and up to the task?

I'm sure it's not only me that remembers the time when the pass hot plate lamps burned all night alongside the burning fryer oil...

Microwaves – the stigma still surrounds them but in the right situation they are energy efficient, quick and I suggest now part of the norm.

Would thermal flasks be advantageous at service points rather than burning excess energy?

Induction cooking is still a large expense to install so would the plug in versions be worth a try?

A good friend of mine installed sensor lighting years ago in his kitchen "madness!" I thought at the time but perhaps actual genius, and ahead of his time. (Thanks for that Bruce!)

Now more than ever overall waste management is so important in the kitchen from raw all the way through to cooked.

Chefs now more than ever have to consider the labour needed to produce their goods from refrigerated to frozen and consider the true running costs of their businesses.

Buying less labour intensive energy and time efficient prepped food stuffs is standard practice and no longer frowned upon as it once was.

An update and training session won't go a miss here it can only yield informed and more thoughtful cooking and food processing management.

Are solar powered kitchens now a reality? Watch this space - "beam me up chef!"



QUEEN MARY 2

A Transatlantic Experience

By Neil Thomson



If you are as keen on cruising as my wife and myself are then the transatlantic crossing has got to be on your wish list. I first crossed the Atlantic to New York in 1998 on the iconic QE2 and since then have made the trip on many occasions but this time we found ourselves on the Queen Mary 2 (QM2).

Our latest voyage took place in September & October this year when we sailed both ways on QM2. The voyage takes 7 days and is far more relaxing than all the hassle and inconvenience of flying, plus if time is not your enemy you get a 7-day holiday whilst you cruise. Carrying approximately 2600 passengers the 150,000-ton QM2 is spacious with a guest to crew ratio of 2:1. You never feel that the ship is crowded and there is also plenty to keep your interest every day. There is an excellent programme of speakers covering a broad range of topics. On our return trip from New York, we had Roger McGuinn (founding member of the Byrds, Mr Tambourine Man) who gave three presentations along with some music. We also had the Royal Shakespeare Company on board who gave 2 excellent performances as well as many other masterclasses which kept us busy.

Food on the QM2 is generally of a good standard and quality. There is also plenty of variety in all the restaurants and for a small supplement you can upgrade to the speciality Verandah Restaurant which we did on two occasions and it was certainly worth the extra with attentive service and extremely comfortable surroundings. Afternoon tea in Cunard ships is a must, at least once on every voyage, but we have found it is best to pace yourself and remember that you have a 4-course dinner in the evening! You cannot really hope to eat everything – there is a vast variety of sandwiches, pastries, cakes and scones

with cream & jam amongst other treats. On this voyage we only had afternoon tea on one occasion although some guests never miss the service. Breakfast in the restaurant is very good. Service can be a bit slow, but you are not going anywhere anyway so what is the hurry? The buffet breakfast served in the King's Court is also very popular, but we preferred to dine in the Britannia Restaurant or alternatively used room service which we found to be very efficient.

Some people worry about crossing the Atlantic with their imagination running amok about the Titanic. The QM2 is the only liner at sea and its construction is different from any other ship with 40% more steel, and it cuts through the waves with ease. This trip we were lucky enough to have some of the best weather we have ever had with smooth seas and sun all the way – we have crossed in winter when the seas can be rough and there can be force 9 + gales. If you are squeamish and worry about seasickness there are remedies you can take - luckily we have never been affected and I find a G&T in the bar usually does the trick for me!

We have already booked our 2023 cruise on the Queen Elizabeth which of all the Cunard ships is a personal favourite. This time we will be in the Queen's Grill which provides a higher spec of stateroom and dining plus other rewards which we are already looking forward to.



PASTURES FOR LIFE

by Fred Berkmler of l'escargot bleu
(the UK's first Pasture for Life certified restaurant)



Founded in 2011, Pasture for Life champions the restorative power of grazing animals on pasture, and the positive impacts this brings for biodiversity and carbon, human health and wellbeing, and animal health and welfare. They work to restore ecosystems, implement positive change in food and farming systems, and to demonstrate the benefits of 100% pasture-fed.

By choosing meat raised purely on pasture, we know it's of a much higher quality, it's healthier than grain-fed meat and it tastes better. Pasture for Life farms not only treat animals well, but they also put goodness back into soils rather than depleting them, encouraging more wildlife. We can also trace the provenance of every single piece of meat.

"The Pasture for Life story is one of community and ours has, unsurprisingly, come of age in the past couple of years. Our farmers wouldn't be able to do what they do without supportive butchers, chefs and retailers and, ultimately, members of the public. Chefs, in particular, have captured the public imagination in recent years and have a key role to play in communicating the story of farming to the public. We're delighted to have Fred and his team at l'escargot bleu on board and it's heartening

for farmers to see such unflinching insistence on quality at a time when it would be understandable to look for the easy option." Jimmy Woodrow, Pasture for Life's Executive Director.

The food system in this country has become so industrialised that chefs like me struggle to source quality ingredients. I realised over a decade ago that things were only getting worse. If I am not supporting pasture-fed meat producers, and educating my customers and staff, who is? It's becoming increasingly political, and joining Pasture for Life not only strengthens my relationships with suppliers, but it also sends a clear message to the restaurant trade that customers want the option to eat better meat.

I feel an alliance with the Pasture for Life farmers. Just as they are the ones who will save the countryside by protecting its biodiversity, I feel as a restaurateur, I'm protecting my trade by preserving the trust between chef and customer. Everything in the food chain is connected and every link must play their part as best they can.

Find out more about Pasture for Life [here](#).

SCOTTISH CHEFS

Ambassadors

In 2021 Scottish Chefs wanted to highlight some of our overseas members who are so proud of being Scots chefs on foreign land so we invited them to be Scottish Chefs Ambassadors.

The Scottish Chef Ambassadors are chefs that have been associated with Scottish chefs over the years and have helped make an impact on our association and even from afar they are helping drive awareness and membership.

Our ambassador chefs are:

Robbie Robertson, Scandinavia. Managing Director, Compass Group Sverige & Compass Group Norge

William Gibb, Singapore. Regional Lead in Hospitality, Wellness & Workplace Experience, Asia Pacific



John Higgins, Toronto, Canada. Director, George Browns Chefs School.

Andrew May, Palmerston North, New Zealand. Chef Owner, Amayjen The Restaurant.

Gordon Macgregor, Brisbane, Australia. Chef Owner, Ertire Catering.

A spotlight on Gordon McGregor

Embracing the land of Australia quite literally with his latest venture, Gordon MacGregor has recently opened the modern rustic style Farmhouse Restaurant & Coffee Shop in Wellington Point, a Bayside Village of Redlands Coast in Queensland.

The Farmhouse sits at the centre of rows of perfectly ploughed red soil and provides captivating views of Wellington Point Farm, one of the few remaining operational market garden farms in the Redlands.

In only its first year and since opening in 2021 The Farmhouse have received the 2022 local Business Excellence Award for hospitality and been recognised by the people of the community, being awarded Redland Coasts People's Choice award for hospitality.

The iconic establishment is widely known for the intent to preserve the farm and hold on to, as best they can, the farming heritage of the Redlands and has recently been featured on QLD weekender Tourism TV series as well as, Australia's national agricultural television program – ABC Landline where Gordon shared the 'star aligning' moment he connected with the Farmhouse journey.

What's next? The Farmhouse journey has only just begun and there is so much more to come. A Chefs kitchen garden is currently being developed to extend on the fresh produce and ingredients which inform the seasonal menu and paddock to plate concept.

An educational program is also being developed to promote a healthy eating philosophy and help educate the wider community on the food chain.

Gordon's Chef journey continues with one particular focus, to keep the industry alive and ignite the passion of the next generation.



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INTERNATIONAL CHEFS DAY 2022

Here are a selection of photos from New College Lanarkshire – just one of the many events which took place across Scotland for this inspirational day

INTERNATIONAL CHEFS DAY
20 OCTOBER 2022

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FAB 50

Fab 50 Business Partnership is a unique group of companies - food or non-food related - who are dedicated to the support of the Scottish Culinary Team.

The Scottish Culinary Team was formed in the 1980's and over the last 40 years successive Scottish Culinary Teams have competed internationally across the globe promoting both the skills of our chefs and the finest Scottish produce. Scotland as a culinary nation is ranked within the top 20 countries in the world and this status gives the Scottish team direct access to the major international competitions, most notable of these are IKA Culinary Olympics and Culinary World Cup.

We are delighted to be working with the following companies:



If you are interested in becoming a FAB 50 member please email membership@scottishchefs.com



Open the door to a world of opportunities

The Apprenticeship in Hospitality Scotland (AHS) is an award winning programme which began in 2014 as a partnership between hotels across Scotland.

The AHS vision was to create a world class, industry led, hospitality apprenticeship programme aimed at young people to encourage them into the world of work in Hospitality & Tourism and this is exactly what has been created. Our purpose is to ensure that our programme will inspire, nurture and develop the next generation of highly skilled talent for the Scottish hospitality industry.



The Apprenticeship in Hospitality Scotland offers two routes to training, one being the Hospitality Apprenticeship and the second being the Professional Cookery Apprenticeship, launched in 2021.

Developed to offer an alternative to university, the 2 year apprenticeship is designed to encourage young people to enter the hospitality industry and start a lifelong career in one of the most rewarding industries. Each apprentice is paid at least the national minimum wage, as the programme was designed to remove the stigma of the hospitality industry as a career path and the course is supplemented with masterclasses and learning journey's to enhance the learning of the apprentices.

Become a partner

The Apprenticeship in Hospitality Scotland aims to inspire, nurture and develop talent for the Scottish Hospitality Industry and your business could be at the forefront of a truly world class project.

We invite potential partners to join our apprenticeship each year and if you wish to express interest in joining then please get in touch via email on enquiries@apprenticeshipinhospitality.scot



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For more information or to apply now, you can also visit our website

<https://apprenticeshipinhospitality.scot>



2022/2023 CALENDAR OF EVENTS

OCTOBER 2022

- 5-7 National Association of Care Catering (NACC) Conference, East Midland Conference Centre, Nottingham
- 6 HIT Scotland Rhubarb Club, Prestonfield House Edinburgh
- 7-20 HIT Scotland Fundraising Challenge, Kilimanjaro Tanzania
- 7 Foodservice Cateys, Westminster Park Plaza, London
- 20 Worldchefs – International Chefs Day
- 20 BCF Chef's Club Lunch, Churches Mansion Restaurant
- 24 Scottish Culinary Team Dinner, Hearts of Midlothian, Tynecastle Park
- 25 British Student Catering Championships, London
- 27 HIT Scotland Truffle Club, Kimpton Blythswood Square, Glasgow

NOVEMBER 2022

- TBC Cateys, Westminster Park Plaza, London
- 4 HIT Scotland Edinburgh Lunch, Sheraton Hotel, Edinburgh
- 9 Scotland's National Tourism Industry Conference, EICC
- 10 HIT Scotland London Lunch, Grosvenor House, London
- 21 HIT Scotland Scholarship closing date for entries
- 24-28 Culinary World Cup, Luxembourg
- 30 BCF Chef's Club Lunch, The Grove, Narbeth, Molleston

DECEMBER 2022

- 1 HIT Scotland Christmas Party, Crowne Plaza Hotel, Glasgow

JANUARY 2023

- 19 Major International Competition, Hartlepool College

FEBRUARY 2023

- 10 Major International Competition, Eastleigh College
- 16 HIT Scotland Truffle Club, Kimpton Blythswood Square, Glasgow
- 23 HIT Scotland Rhubarb Club, Prestonfield House, Edinburgh

MARCH 2023

- 8-9 Scottish Culinary Championships SCOT-HOT, Glasgow
- 10 PACE Conference, Village Hotel, Blackpool
- 20 HRC Show, ExCel London
- 21 Country Range Student Chefs Competition
- 23 Contract Catering Awards, Leonardo Royal Hotel, London
- 23 HIT Scotland Industry Dinner, Hilton Hotel, Glasgow
- TBC Scottish Chefs AGM

APRIL 2023

- 13 Public Sector Catering Awards, London Hilton Metropole
- 19 Hospital Catering Association Forum, Hilton Hotel Birmingham
- 20 London Coffee Festival, Old Truman Brewery, Brick Lane London

MAY 2023

- 1 Craft Guild of Chefs Awards, Westminster Park Plaza, London
- 1 HIT Scotland Rhubarb Club, Prestonfield house, Edinburgh
- 8 HIT Scotland Truffle Club, Kempton Blythswood Square, Glasgow
- 15 BFFF Dinner Dance and Awards, The Brewery, Chiswell St, London
- 23 Skills for Chefs, University of Sheffield

JUNE 2023

- 4 Cateys
- 5 LACA Education Catering Exhibition
- 24 TUCO Conference, St Andrews University

JULY 2023

SUMMARY OF ALL SPONSORSHIP RATES

SCOTTISH CHEFS PODCAST

Title Sponsor	£7,500	for 26 episodes payable in 1 or 4 instalments
Gold Sponsor	£4,000	for 26 episodes payable in 1 or 4 instalments
Episode Sponsor	£1,000	payable in 1 or 2 instalments
Patron Sponsor	£750	
Segment Commercial	£250 -	£350 per episode
Bundle Sponsor	£1600	payable in 1 or 4 instalments

SCOTTISH CULINARY TEAM

Fabulous 50 Business Partner	£500	payable annually
Logo on Team Chef Jacket sleeve	£1,500	payable Bi Annually

SCOTTISH CHEFS MAGAZINE 'INFUSION'

Full Page + editorial	£300
Half Page	£200
Quarter Page	£150

10% Discount on above rates for 2 issues

SCOTTISH CHEFS WEBSITE

Title Sponsor	£2000
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SCOTTISH CHEFS EVENTS

Scottish Chefs Golf Challenge	£1000
Scottish Team Dinners	P.O.A

For further information on the Scottish Culinary Team and opportunities for sponsorship contact:

General Sponsorship

(Neil Thomson)
Tel 07909 056 690
email neil.thomson@scottishchefs.com

Culinary Team Sponsorship

(Kevin MacGillivray)
Tel 07762 795 097
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