



# Chef's New



Issue 8/2006

Dear Valued Member's,

Warmest greetings & Best Culinary Wishes from the Chairman & General Committees! Please find below some of the latest updates of our activities for your perusal. We strongly advise our entire valued active members' to send in his/her latest email, home & office addresses, telephone # & h/p contact so that we can interact more efficiently. Happy Reading!

## Monthly Chefs Table

Richard Top Taste Café, Butterworth	15 <sup>th</sup> August 2006	Confirmed
Cinta Sayang Golf & Spa Resort, Sungai Petani	12 <sup>th</sup> September 2006	Confirmed
Audees Cuisine, Wines & Jazz	17 <sup>th</sup> October 2006	Confirmed
Berjaya Georgetown (Annual Dinner)	31 <sup>st</sup> October 2006	Confirmed
Hotel Crown Jewels	14 <sup>th</sup> November 2006	Confirmed
Open	12 <sup>th</sup> December 2006	Tentative

Calling all CHEFS! Anyone interested to organize the next chefs table are welcome to contact Mr. Albert Goh PJM h/p # 019-4137217 / 012-5807217 or Mr. Peter Chan PJM h/p # 012-4733432. Our Chefs Table is a social event organized to foster comradeship and is open to all members & industrial players, all are welcome to participate, please RSVP with Albert Goh 019-4137217 / 012-5807217 for confirmation of seat.

\* Cost per person: Member's Rm28.00 & Non-Member's Rm35.00

## Memberships:

Total members:	430
Active members to date:	176
Corporate Member:	1
Diamond Corporate Member:	3

- In order to enjoy your maximum benefits you are reminded to renew your membership as per your expiry date.
- Any member's who had lapsed more than 3 months would have to pay Rm75 for renewal and additional Rm25.00 for reactive their membership furthermore he/she would losses 3 months of their privileges
- For new members, you must be a paid up active member for minimum of three months to enjoy our association membership benefits and privileges.

- Please do not hesitate to contact any committee members for your membership benefits claimant or renewal.
- All active members are requested to submit your recent email address to our secretariat for rapid respond to latest updates whether job availability and food promotions opportunities.
- Any active members who are interested to do part time duties such as Food Demo, Penang Food Promotion, any Culinary Arts Specialty demo or tutor can register your interest with our Secretariat for future attention.
- Be active in our activities and you will enjoy more benefits.

### **Club House @ 26-B Rangoon Road**

Operation Hour: Tuesday to Friday from 1.00pm to 5.00pm (Closed on PH & others)  
 Contact: Ms. Ooi (Administration Clerk)  
 Office Tel / Fax # 604-2268659

Facilities available included Computer with scanner & printer, Karaoke (night only), working station, meeting area, kitchen utensil & more. Bring your own F & B and your favorites VCD for Karaoke session. Those who are interested to utilize these facilities are to contact Peter Chan PJM @ h/p # 012-4733432 or Ms. Ooi for reservation.



## *The New Asia Cuisine & Wine Scene*

NC&WS July / Aug 2006 issues had arrived! Please collect from our secretariat during operation hour (Tuesday to Friday 1.00pm – 5.00pm) or contact Peter 012-4733432 for outside collection.

### **2<sup>nd</sup> Penang Chefs Challenge 06**



2<sup>nd</sup> Penang Chefs Challenge 2006 Backdrop Banner



Thanks, Thanks, Thank you & many more thanks!

# PANEL of JUDGES



## **Jochen Kern - Chief Judges**

*Enjoy and working now 2 years in India at the InterContinental The Grand Mumbai, a beautiful 390 room hotel with five Food Outlets and a 120 Chef Brigade. That super kitchen and Restaurant giving me the hip needed to be a great chef.*

*I am grateful to the Penang CAM Chapter for inviting me to pleasure judging at my former Hometown. For sure I will give the best to be fair and real by judging since my experience in cuisine is above 40 years and my respect to our profession above all.*

## **Johari Edrus - President of CAM**

*Currently the President of Chefs Association of Malaysia. Chef Johari had over 40 years experience working in the hospitality industries. From 5 stars hotel in and out of our country to GM of International chains of franchises outlets. Now spending his time passing down his vast knowledge in making other outlets to better management.*



## **Rudolf Muller - Vice President Hong Kong Chef Association**

*Rudolf Muller joined Hong Kong Disneyland in July 2003 as its Executive Chef, in charge for developing the menus and recipes for the Theme park and its 2 Hotels. Together with the F&B team he also is involved with the F&B training program, the kitchen organization, charts, the hiring of 500 culinary cast members and the set up and work flow of each kitchen, 17 of them in the Theme park and all the F&B location in the hotels...*

## **Eric A. Roos - 4 years Apprentice as Baker and Pastry Confiscur Lucern,.....**

*worked at families Business in Switzerland before moved to USA for 15 years as area and opening Executive Pastry Chef for Hyatt Hotels USA Sowie corporate Executive Pastry Chef for Radisson*

*Hotel in USA. Also worked for Royal Sonester Group competition with gold, silver and prose medals,*

*to Asia in the Year 1986 to Singapore as Executive Pastry Chef for the new opening of the Marina Mandarin Hotels.*

*After ward's moved in the year 1992 to Thailand, Pattaya Royal Clift other Destination in Thailand, Landmark Hotel and until now Sofitel Central Plaza Hotel. Since 1993 was nominative as Honorary Judge for several International Food Competition.*



**Amy Beh** - *Celebrity chef, food columnist, cookbook author and culinary consultant to many multinational companies, In spite of her 40-odd years in perfecting her cooking skills and pursuing excellence, she continues to expand her culinary portfolio of activities, including holding cooking demonstrations in aid of charity. Amy is the author of two very popular cookbooks, At Home With Amy Beh 1 and At Home With Amy Beh 2. More volumes are being planned. She has a regular weekly column in the STAR newspaper as well as in the STAR Online Cyberkuali.*



*Amy dedicates her culinary success to her family, relatives and friends who have in one way or another, contributed their own secret recipes to good home-cooked meals. The art of cooking to Amy is to be able to use common ingredients in easy ways that taste the same as in "grandma's kitchen".*

**Tony Khoo** - *With the string of impressive culinary achievements that Chef Tony Khoo has garnered. The Chef who has earned the title the Most Outstanding Chef in the FHA International Salon Culinaire 1990.*

*Although Chef Khoo is a master of European Cuisine, especially Mediterranean, the Chef who has 26 years of experience. Who participated in 35 local and international competitions and food festivals. He won more then 20 international awards to date and is now a World Association of Chefs approved Judges in International culinary competition.*

*Adept at indulging the Asian palate, Chef Khoo was invited to co-author the book on Asian Staple-Rice, The Great Book of Rice was bestowed the Golden Feather award in by The Gastronomic Academy of Germany.*



**Peter Lum** - *Had over 30 year working experience working in International Hotels, Resorts and Airline Catering services. Currently attached to Singapore Airport Terminal Services as the Executive Pastry Chef. Strong knowledge in Pastry & Bakery, winning many awards and medals in International and domestic competition.*

*Peter had being actively involved in judging for Penang International Salon Gastronomique, Penang Culinary Challenge, Culinaire Malaysia and FHA to name a few.*



Winners Trophies awaits its owner!



Genting Team - 1<sup>st</sup> Runner up



Sheraton Imperial KL – Runner Up



Fullerton Hotel Singapore – Champion



Organizing Team with panel of judges



Winning Dishes!

For more details, please contact Organizing Chairman Peter Chan PJM at [campg2005@yahoo.com](mailto:campg2005@yahoo.com)

## *New Chef in Town*

Chef Walter Doerig was appointed the Executive Chef of the newly refurbish and upgraded Shangri-la Rasa Sayang Resort & Spa soon to be open.

## *On the Move >>>> or Promoted*

1. Chef Walter Doerig – Ex. Chef Shangri-la Rasa Sayang Resort & Spa
2. Chef Murugan – Sous Chef of Northam All Suite Hotel

## *Vacancies*

For latest updates please send an email to [campg2005@yahoo.com](mailto:campg2005@yahoo.com) or [peterosa@streamyx.com](mailto:peterosa@streamyx.com)

## *Coming up Activities:*

1. Mooncake Festival Celebration, tentative 6/10/06 – Gathering of 2006 chefs holding mooncake and lantern for a march of 1 Km or more.
2. Charity Egg-ka-thon in conjunction with International Chefs Day 21/10/06. More detail please contact Chef Bruce Lee PJK PJM
3. Look out this year Annual Dinner @ Berjaya Georgetown 31<sup>st</sup> October 2006. “Chef of the Year” award, “Best Commis”, Chef’s Signature Cookbook, Chef’s Children Educational Excellence Fund recipients. Contact Chef William Thong Organizing Chairman.

# Health Tips

## MIRACLE OF SPICES

Everybody have the question why and what's the use of these spices and herbs, and here I am writing some of the uses of spices and herbs as home medicines, which Indian people use for small diseases. You can have a look at this and use this as a medicine at a cheaper rate and at home, as quick relief.

These are some of the uses of spices and herbs as medicine, which my mother knows from her ancestors. These are the ancient type of making medicines, which became popular from mouth to mouth. So, if you read this you will come to know of the miracle of spices. I hope it will help most of you people.

NASTHIMULAM ANOUSHADAM (There is no herb in the world without any medicinal Value).

DARMARTHA, KAMA, MOKSHANAM, AROGYAM MULAMUTHTHAMAM: Health is very important than anything else (religion, money, sex, etc.)

### **BLACK PEPPER:**

- It is very much helpful for singers to keep their throat in good condition.
- For cold and cough: An equal proportion of pepper powder and honey taken thrice a day decreases heavy cold and Cough.
- Fever: Pepper boiled with water or with milk is very helpful to decrease high fever.
- Digestion Problem: If you eat pepper it helps your digestion to become normal.
- Cough and wheezing problem: Prepare a mixture of Pepper powder, stone sugar and honey in equal proportion take everyday a pinch of it and drink the juice of that keeping in your mouth,
- Cold: Burn Pepper and take that flame (smell) from your nose, sure it decreases cold.

### **TURMERIC**

- Throat Pain and Cough: For hot milk add little turmeric, Black pepper powder, sugar and ghee to and drink it, to get relief.
- Cold: To get relief from cold, Heat charcoal and put turmeric over that and keep your face in front of it, then your cold comes out with in minutes.
- For skin diseases and Itching: Mix a spoon of turmeric with butter or coconut oil and massage on your skin.
- Burning in Eyes: Boil water and add turmeric and cool it, wash your eyes in that water.
- Regularly occurring Cold: Fry turmeric, jaggery and ghee in equal proportion, store it in a bottle And take a pinch of it every day.
- Avoid the growth of hair in the unwanted Regions of the body: Wash the place with water and apply turmeric everyday on that place it acts as hair remover.

### **CORIANDER**

- Decreases the excess heat in the body.
- Burning in any parts of the body: Rinse Coriander seeds in water for 4 to 5 hours and drink that water to get relief or you can wash the burning part of your body with that water (Eyes, palm, feet, etc).
- It helps in controlling the body temperature.

### **CUMIN SEEDS**

- It is a very good medicine for Indigestion.
- It helps very much for summer thirst.
- For Pitta (Skin problems), to keep your digestive system in control, for taste, to increase hunger, it helps.
- When you are not feeling hungry and Indigestion: Fried cumin seeds powder, with a glass of buttermilk or hot water after dinner, with salt helps a lot.

### **COOKING SODA**

- Sodium Bicarbonate or cooking soda helps a lot for our respiratory organs.
- For Cough, respiratory burns, wheezing: Boil soda leaves in pressure, drink the juice of that with honey.
- Piles disease, Heavy menstruation in women's, bleeding from the nose: Cooking soda helps a lot.
- Cough: Drink this leaves powder with honey.
- Body ache (Pain): Boil the water, adding Soda leaves, and Take bath with that water.

## SANDAL WOOD

- **Burning in any part of your body:** apply sandalwood paste on that part or drink adding with water.
- **For any skin problems (Itching etc.):** Mix sandal wood or chandana with lemon juice and apply on the decessed part.
- **As Deodorant:** In summer you can apply it to your body to avoid from sweating smell and pimples.
- **Burn in Urethra or constipation:** rinse sandalwood powder in water overnight, and drink that water.
- **Headache or Migraine:** apply the paste on the forehead to get relief.
- **Burn heals:** Apply Paste of sandalwood.

## CARDAMOMS

- It is called as "**Heaven Grain**".
- **Vomiting:** to decrease vomiting mix a spoon of this powder with honey and ghee, Keep this mixture inside your mouth and drink the juice of that.
- **Bad Breath:** Chew cardamoms keeping in your mouth.
- **Cough:** Keep this in your mouth and take the juice.
- **Heart Burns etc.:** Drink cardamom with water.
- **Digestion:** It helps digestion, and constipation.

## LEMON

- **As thirst quencher:** In summer you can use this with water and sugar to decrease your thirst.
- **Blood purifier:** If you eat everyday with honey it purifies the blood inside the body.
- **For dandruff:** Before washing your hair applies lemon juice to your hair, it controls dandruff and gives shinning too.
- **Pregnant:** To control vomiting at the time of pregnancy take lemon juice with water and sugar.
- **As Face wash:** Mix lemon juice with milk cream and apply to your skin , after some minutes wash it with cold water, it softens, gives shinning, removes oil in the skin, brightens and removes any mark in your face.
- **Pimples:** Mix lemon juice and turmeric powder, make a paste and apply to your face.
- **Good Looking feet:** Rinse and wash your feet with 2 t/spoon of lemon added into water.
- **Food Poison:** If there is any Poisson in the food, accidentally, lemon juice is very much helpful.
- **Gastric Problem:** Drink lemon juice with water, salt and sugar.

## MINT

- **Cold and any external Body pain:** Grind pudina leaves and massage on the painful Parts.
- **For cold,** massage grinded pudeena paste near heart and nose area.
- It helps for **digestion**, and for **Dental Pains, vomiting**, etc.
- For **Dental Health** and **Bad Breath**: Chew Mint leaves after dinner,
- **Headache:** Apply Mint leaves paste on forehead and massage.
- **Throat Problem:** Drink Mint Tea.
- **Indigestion and related stomach pain:** Drink Mint leaves juice, Eat Mint chutney with buttermilk.

## JAGGERY

- Old, stored Jaggery is very much useful for **Heart problems, Cold, Cough**, etc.
- It is useful to keep **body healthy**.

## HING

- **For Indigestions and stomach ache:** Fry Hing in ghee, and add this to the hot water and drink.
- **For worms inside the stomach:** After dinner, add hing to the buttermilk and drink.
- **Ear pain:** Heat oil and add hing to that and put that mixture inside the ears.

## BANANA

- **Heartburn and other gastric problems:** eat Banana daily.
- **For Piles disease:** Every day eat one Banana with a Cardamom.
- **Irregular heavy Menstruation for women's:** Make curry with Banana flowers, eat with rice or curds.
- **Kidney Stone:** Stem of the Banana (make curry) and eat, it is very much useful for men's.
- It helps to keep your **body healthy**.
- For **constipation** it helps a lot.

## POMEGRANATES

- Mouth ulcer and Throat pain, for itches: wash your mouth with Pomegranates flowers juice.
- White discharge in women's: Wash the parts with the Stems paste.
- Worms in stomach: Pomegranates roots with large quantity of filtered water drink 3 or 4 times.
- Dehydration with blood: Paste of the Branches of Pomegranate tree paste helps in controlling.
- Excess heat in the body and strength: Drink this fruits juice with Stone sugar.

## FRESH VEGETABLES AND GREEN LEAVES

- For healthy Body: Rinse Green Moong Dal whole Rinsed for one day, and make dishes with that.
- Healthy Blood and health: Moong dal Boiled water is useful.
- For Excess heat in body: Boil Moong dal, Put sugar, coconut and cardamom to it and drink.
- Any Green leaves dishes helps in Good digestion and good for constipation.
- Burn in urethra and constipation: Eat fresh cucumber.
- Spinach leaves, Methyl leaves, curry leaves, coriander leaves etc. etc. Helps for healthy Body.
- All or most of the leaves are useful for eyes (eyesight, burn in eyes, for brightness).
- For Dandruff and healthy hair: Rinse your hair in Methyl Paste and take bath. It also removes excess heat in the body.
- For excess heat in body eat methyl leaves dishes, or methyl with curds.
- To remove black circles or marks and to give shining to the eyes, keep a slice each on eyes and relax for few minutes.
- At the time of fever and heat body people, drink coconut water.
- Women's should specially use more curry leaves as it contains Iron which is more essential for them.
- Eating cucumber slices keeps you away from thirst and indigestion.

## HOLY TULASI

- Caught with cafa: extract juice from the tulasi leaves and eat with honey.
- Cold and fever: Extract juice from the leaves filter it and add with honey and take.
- To control Mosquito: Keep tulasi plants in your home, it gives good smell and health.
- Ear ache from cold wind: Extract juice from leaves of tulasi, warm it and put inside the paining ear.
- For any small skin problems: Mix tulasi leaves and salt make a paste and massage on the infected parts of the skin.
- Good Health: Tulasi juice with hot water is very much useful.
- For Dental pain from worms: chew Tulasi leaves in your mouth.
- Healthy Hair without worms and dandruff: Wash your hairs with this leaves.

## NEEM LEAVES

- Skin allergies: Make a paste of turmeric powder and Neem leaves; apply smoothly to the infected parts.
- For Chickenpox etc. for children: spread Neem leaves over the bead, on which affected children sleeps.
- As insecticide inside the home: Burn Neem Dry leaves inside the home, when the fog spreads throughout the home it kill all the mosquitoes and disease causing small insects.
- Fever: Drink Neem stems paste with water.
- Stomach worms: Grind Neem leaves, and eats with cumin seeds.
- Dentist: Use Neem stems as toothbrush and paste. You don't need any toothpaste or brush.
- Skin problems: Eat daily 2-3 Neem leaves.
- Former: Mixture of Neem leaves and seeds help as insecticide in the form.
- Healthy skin: Add Neem leaves to the hot water, and take bath with that water.
- Dental Pain: Apply Neem oil to the paining region.

## GARLIC

- Skin problems: Massage Garlic on the affected part.
- Joint pain, Caught related problems: Everyday Eat Garlic clove removing skin and cutting in the middle, drink Hot water after that, do this in the morning with empty stomach.
- Ear pain: Mash Garlic and fry inside oil, put that drops of that Oil inside the ear.
- Gastric Problem: Eat Garlic daily mixing with food.
- Wheezing problem, Menstruation problems for women's, Asthma, dehydration etc., Use Garlic in your food.
- Garlic is very much useful for Heart related problem and Gastritis(Gastric problems)

## OTHER USES

- **Hurts and pain in any part of the body:** Heat salt, wrap inside the cloth and Keep on the region.
- **Caught:** Starting stage of caught Drink Hot water again and again.
- **Dry Caught:** Drink the juice of raisins and honey keeping inside the mouth.
- **Burn in eyes, ears, feet, urinethea:** drink Yellow moong dal Boiled with water and sugar.
- **Body ache and strain:** Take bath with hot water.
- **Thirst:** drink Pure distilled, filtered water.
- **For Hitchkies and peace of mind:** drink pure water slowly drop by drop.
- **Head ache and migraine:** drink Hot Coffee, Keep Ice covered with cloth on the paining region.
- **Head ache:** Apply warm coconut Oil, and massage it to the roots of the hair.
- **Migraine and Headache:** Tie tightly a cloth (dry or dipped in hot water).
- **Cold, Fever, Throatpain:** Drink strong, Hot Coffee.
- **To be active, for sleeping sickness, remove excess heat:** drink Hot Tea.
- **For cold and fever:** chew stone sugar,
- **For Good Memory:** Use spinach leaves in your dishes.
- **First Aid:** For any hurt, or dog or snake bites, small accidents etc., Wash the part with pure water.
- **Dental Pain:** For dental pain from worms. Put cloves Oil to the affected region.
- **Brightens of Eyes:** Collect Hailstones and put that water inside your eyes.
- **Thirst and strength in summer:** Drink Buttermilk with water, adding salt.
- **For Good health and to come out of many diseases:** Drink 6 cups of water before brushing your teeth.

## HEALTHY, LONG HAIR

Grind to paste:

- 1/4 cup Methy seeds,
- 1/4 cup White Hibiscus leaves,
- 1/4 cup Jasmine and Curry leaves,
- 1/4 cup Rose Petals,
- 1/4 cup Mehandy Leaves,
- 4-5t/s of Left over Tea powder after making Tea.
- 2 t/s Cumin seeds,
- 2 t/s Lemon juice,
- Make the paste of all or some of these ingredients, apply to your hair, rinse an hour and take head bath.

## HEALTHY DRINK INGREDIENTS:

- Coriander Seeds Powder 1 cup
- Cumin seeds Powder 1/2 cup
- Ginger 1t/s
- Black Pepper Powder 2 t/s
- Cardamom Powder 1t/s

## PROCEDURE

- Fry Coriander seeds, Cumin seeds, Ginger and Pepper.
- Filter all this Powders.
- Add cardamom Powder and Store it in a Clean Bottle.

## PREPARATION

- Boil 1 cup of water, add 1t/s of the Powder mixture,
- Boil and filter it, Add sugar (Jaggery) and Milk (Like coffee or Tea type),
- Drink daily 2 or three times.

**WARNING:** Before using any of these methods, Make sure that you are comfortable with all these ingredients.

**Good Health to you all.....**

**Note:** All information's is correct at time of printing. Any error is greatly regretted.  
**Prepared by Chef Peter Chan PJM (Hon-Secretary)**