

# TASTE OF GOLD

THE DIGITAL NEWLETTER



Above: Impressive display of the GPA logo Optus Stadium

## Gold Plate Awards Gala 2024 – Celebrating Excellence in Hospitality

This year, the gala took place on October 28, 2024, at the Optus Stadium in the Riverview Room. The evening kicked off with pre-dinner drinks at 6:30 PM, followed by a seated dinner at 7:00 PM. The stadium screens were displaying the Gold Plate logo, adding a touch of excitement and glamour to the evening. As the guests entered the stadium, dressed for the event, there was a feeling of anticipation in the air. With a view of the city as a backdrop, Tim Gossage welcomed all to the event. The President of the Catering Institute was introduced, Vicki Mayell addressed the crowd and opened the 57<sup>th</sup> Gold Plate Awards. The Gold Plate Awards is about rewarding and recognising those involved in the hospitality industry. As all the finalists were acknowledged for each category, Tim announced the winner with a hint of suspense. The night ended with the guests dancing and enjoying the remainder of the night. Thank you - to finalists and winners that attended. Your time to be there is appreciated in an industry that demands a lot of hours. To Hon. Jackie Jarvis MLC, for taking the time to represent the state Government. To Tim Gossage, seasoned professional. The Gold Plate Awards are a wonderful opportunity to celebrate the hard work and dedication of industry professionals in hospitality. To Perth Events and Optus Stadium for their assistance for putting on the event. To Ammon Creative for the photography. The Gold Plate Awards are truly a wonderful opportunity to celebrate the hard work and dedication of hospitality professionals.

### A Word from Vicki Mayell ----- PRESIDENT-----

Welcome, to the Catering Institute of Australia’s (WA) Newsletter  
Moving into the new year The State Council would like to wish everyone a successful 2025 and a Merry Xmas.  
Thanking those who have given feedback from the judging process to assist us in keeping up with Industry changes and taking on board the ongoing challenges of the industry.  
We look forward with two revised events for 2025 which will highlight industry standards and reward those who wish to promote their skills to both the public and industry.  
With the Gold Plate being launched in February 2025 we look forward to catching up with you and having your ongoing support.

Regards  
Vicki Mayell  
President – CIA



### What’s Inside

- Sustainability Suggestions - Page 2
- Current Food Trends in the Industry – Page 2
- Policy and Compliance Updates – Page 2
- Gold Plate Awards 2024 Winners – Page 3
- A Word from Premier’s Recipient Tanveer Sohal – Page 4
- Spotlight on Punjab Indian Restaurant – Page 4
- Member Spotlight – Craig Hicks of Art of Seafood Restaurant – Page 5
- Upcoming Events – Page 6
- Health and Business – Page 7
- Proud to be a Chef, WA finalists – Page 7
- Recipe – The Perfect Cheesecake – Page 8
- Gold Plate Awards Photo Gallery – Page 9





Ube- A starchy root vegetable commonly used in the Philippines to make desserts and confections. It is growing in popularity.

# Current Industry Trends

## The biggest food trends

Here are some of the top food trends for 2024:

- **Fig Leaves:** Chefs are getting creative with fig leaves, using them in everything from ice cream to curry. Their sweet, creamy, herbaceous flavour adds a unique twist to dishes.
- **Hot Sauce:** Demand for hot sauces is soaring, with retailers reporting significant increases in sales. People are exploring flavours from around the world, making hot sauce a staple in home cooking.
- **Global Flavors:** Dishes that blend different cultural influences, like wafu Italian restaurants and Filipino British bakeries, are gaining popularity.
- **Asian Ingredients:** Ingredients like black sesame, ube, and milk tea are becoming more common in various dishes, from cookies to hot chocolate.
- **Sustainability:** There's a growing emphasis on eco-friendly practices, with companies prioritizing sustainability in surprising ways.

## Sustainability Suggestions

Do you do the below in your business?

- GOOD IDEAS
1. **Reduce food waste** by minimizing waste and using local and seasonal ingredients.
  2. **Reduce meat on the menu** by introducing meatless options.
  3. **Use energy-efficient appliances** and install a smart thermostat.
  4. **Promote reusable containers** and use sustainable packaging.
  5. **Use eco-friendly cleaning products** and recycle/compost.

Restaurant sustainability is all about food businesses minimizing their impact on the environment by using sustainable packaging, reducing delivery carbon emissions, minimizing food waste, introducing healthy menu options, buying energy-efficient equipment, composting, and more.



Symbol of Sustainability Practices

# Policy and Compliance Updates



## New 2024 WA Government Requirements

In Western Australia, as of December 8, 2023, new food safety management standards will be enforced for food businesses handling unpackaged, potentially hazardous, ready-to-eat foods. Food handler training must cover safe handling of food, food contamination, cleaning and sanitising of food premises and equipment, and personal hygiene.

This course meets all the requirements of the 2023 Food Standards Australian New Zealand. Once successfully completed a Certificate of Completion will be issued, which is valid for people working in the preparation or service of food in all Australian states and territories.

If you have not yet completed a course in the new Food Standards, be sure to book yourself into a course in 2025.





# Gold Plate Award Winners 2024

**BEST LICENSED CAFÉ**

- Bar Cicchetti (Hillarys Beach Club), Hillarys

**UNLICENSED CAFÉ**

- Finlay & Sons, Inglewood

**RESTAURANT/CAFE WITHIN A TAVERN/PUB**

- Empire Bar, Lathlain

**BEST COFFEE SHOP**

- Little French Nest, Fremantle

**BEST HIGH TEA**

- Firewater Grille @ Duxton Hotel, Perth

**LICENSED INDIAN**

- Punjab Indian Restaurant, Innaloo

**LICENSED CHINESE**

- Silks @ Crown Resort, Burswood

**LICENSED ASIAN**

- Nobu @ Crown Resort, Burswood

**UNLICENSED ASIAN**

- Dusit Cottesloe, Cottesloe
- Paste Thai, Ardross

**NEW WAVE DINING**

- Arirang Korean BBQ, Karrinyup

**BEST PIZZA – METRO**

- Ischia on Claisebrook, East Perth

**TAPAS/SMALL BAR**

- Lygon Lane, Claremont

**EXCELLENCE IN HEALTH**

- Rusty Fig, Perth

**FRESH PRODUCE AWARD**

- Elliott’s Steakhouse, Margaret River

**BEST BREWERY**

- Boundary Island, Erskine

**RESTAURANT/CAFÉ WITHIN A WINERY METRO**

- Woodcutters Restaurant at Nikola Estate, Middle Swan

**RESTAURANT/CAFÉ WITHIN A WINERY REGIONAL**

- Wise Winery, Eagle Bay



**WINE LIST OF THE YEAR**

- C Restaurant, Perth

**EUROPEAN/MEDITERREAN DINING**

- Modo Mio @ Crown Resort, Burswood
- La Bastide, Shenton Park

**SEAFOOD DINING**

- Art of Seafood, East Perth

**FAMILY DINING - METRO**

- Bailey’s Brewing Co., Henley Brook

**FAMILY DINING – REGIONAL**

- Swings & Roundabouts, Yallingup



**FRONT OF HOUSE EXCELLENCE AWARD**

- Courtney Hardwick, Firewater Grille @ Duxton Hotel

**PRIX D’HONEUR**

- Inglewood Hotel - Restaurant/Cafe Within a Tavern/Pub
- Sandalford Wines - Licensed Dining – Metro
- Swell Mullaloo Beach, Mullaloo – Best Licensed Café
- Rambla on Swan – Modern Australian Dining

**CHAIR OF JUDGES AWARD**

- La Lune, East Fremantle

**PREMIER’S AWARD**

- Punjab Indian Restaurant, Innaloo

**STEAKHOUSE/BBQ OR GRILL**

- Elliott’s Steakhouse, Margaret River

**BEST BREAKFAST – REGIONAL**

- De Bernales, Kalgoorlie

**BEST BREAKFAST – METRO**

- Swell Mullaloo Beach, Mullaloo

**MODERN AUSTRALIAN DINING - METRO**

- Sandalford Wines, Caversham

**MODERN AUSTRALIAN DINING – REGIONAL**

- Lime 303, Albany

**VENUE CATERER’S AWARD**

**WEDDING**

- Sandalford Wines, Caversham

**WEDDING SMALL**

- Novotel Vines Resort, The Vines

**CORPORATE**

- Perth Convention and Exhibition Centre, Perth

**TOURISM RESTAURANT – REGIONAL**

- Mantarays Ningaloo Beach Resort, Exmouth

**TOURISM RESTAURANT – METRO**

- Sandalford Wines, Caversham

**NEW RESTAURANT**

- Ludo at the Station, South Perth

**NEW RESTAURANT - ASIAN**

- Spice Town, Inglewood

**LICENSED CASUAL DINING – METRO**

- Sandalford Wines, Caversham

**LICENSED CASUAL DINING – REGIONAL**

- Blue Manna Bistro, Dunsborough

**FORMAL CONTEMPORARY**

- C Restaurant, Perth



# PREMIER’S AWARD RECIPIENT

## Tanveer Sohal

I am pleased to share that our recent achievement of winning the prestigious Premier's and Gold Plate awards represents an important step forward for our restaurant and our dedicated team. This recognition serves as validation for our hard work and commitment over the years.

Winning the highest honour in our field motivates my staff and me to focus on continuous improvement and strive to exceed our customers' expectations. This award encourages us to further develop our offerings and elevate the quality of service we provide. We are committed to enhancing our dining experiences in a way that reflects both our passion for culinary excellence and our dedication to exceptional hospitality



Above: Tanveer Sohal accepting the Premier’s Award at the 2024 Gold Plates Gala

## Member Spotlight – A History of Punjab Indian Restaurant

History of Punjab from Tanveer’s point of view

In 1981, at a time when Indian food was considered a very exotic cuisine in suburban Perth, a family from the Punjab region of India opened The Punjab Indian Restaurant. Punjab, meaning “Land of Five Rivers”, is both mine and my wife’s home state, and it is where the majority of our families’ are still living.

I first started working at Punjab in 1988 as a waiter while studying and purchased the restaurant in 1993. Since that time I have poured my heart and soul into the restaurant to make it what it is today. Most evenings you will find me doing what I love, greeting guests and ensuring the quality of food and service at Punjab is at the standards our clients have come to expect.

Originally a small suburban restaurant, many years of careful planning and renovations have transformed Punjab into a fine dining restaurant. Gone is the brown brick façade and red neon signage, along with the fabric sail above the reception area and the need to leave the restaurant to find the bathroom. Nowadays, patrons are welcomed to an elegant dining experience, elevated by a true passion for serving only the best quality food and service

Producing quality food and an enjoyable dining experience for every guest, every time, has always been my aim. To do this for over thirty years has required a lot of effort and attention to detail. I don’t follow the latest fads or continually look for the cheapest option. Consistency is key.

I am lucky to have dedicated staff who share my vision. Most staff at Punjab are long term employees, with 4 key staff being employed for 15 or more years, with some of their children and my own being employed over the years. I try to look after my staff and they in turn look after Punjab.

Choice of produce is also important. Local produce is used wherever possible. In some cases, to obtain the traditional taste we are known for, spices need to be imported directly from India. I found the best way to ensure quality was to import them myself, which has led to my ‘day time job’ of running a wholesale import business which now supplies many Indian restaurants and supermarkets around Perth.

Other businesses have come and gone over the years, but you will usually still find me where I began - greeting guests and ensuring the quality of food and service at the Punjab Indian Restaurant.





## Member Spotlight – Craig A Hicks

### Chef Patron

### Art of Seafood Restaurant

### Winner – 2024 Best Seafood Dining



I currently reside in the kitchen of AoS Art of Seafood Restaurant in East Perth, We opened just over 3 years ago in the middle of Covid and the restaurant has survived and going from strength to strength each year, We currently retain The Gold Plate for Seafood Dining WA hanging at the main entrance as you walk in, for the second year in a row which is a testament to the hard work and commitment from all of my staff.

We occupy the venue that used to be Kude De Ta at On the Point, the irony of this is that the original opening Executive Chef of Ku De Ta Bali Robert Staedler was one of my apprentices from when I was the Executive Chef at the 6 Star Hotel Como in Melbourne.

I pride myself on the fact that we can support the Western Australian fisheries and fishermen in using only sustainably caught or farmed local seafood, on any given day you can watch as the oysters are opened daily, the Cambinata yabbies, Geraldton Crayfish are bought out from the cool rooms live. I fillet 90% of our whole fish myself, Mitchel my 2<sup>nd</sup> year apprentice is working on the other 10%.

Being that I am a highly motivated professional with a deep background in the food & beverage and hospitality world, I have been fortunate enough to have spent the past 35 years working in the industry that I love and still enjoy though.

It can take its toll on family time and your body at my age the mind is still willing to work 80 plus hours a week, but the body tells you otherwise.

My personal drive is to utilize my experience in mentoring and teaching the new generation of Food and Beverage professionals in all aspects of the hospitality environment.

I started out in Newcastle in 1988 at a small restaurant in a beach side town then moved under the training of Chef Scott Webster until in my 3<sup>rd</sup> year. Chef Hans Blaser convinced me that I should finish the apprenticeship in Switzerland (this was back when it was a 4-year term) and to learn the Swiss way. I was fortunate enough to meet Hans again 30 years later here in Perth attended our Opening night.



I have had the opportunity to open 5-star Hotels, Private Members Clubs, Multi site operations and Fine Dining Restaurants within my many years as a Chef, I even delved into the mining sector for a while as Regional Executive Chef for 22 mine sites operations, this was an experience, and we had some very talented chefs at the time.

When I first took that role, I received many a phone call or email from concerned Chefs and friends “What are you doing to your career? Simple answer was that it was Monday to Friday based in head office with no kitchen and I had just turned 40 and it was time for my young kids and wife to see me every night.

After 23 years in kitchens around the world I thought I had earned a break. But it wasn't as if I hadn't enjoyed myself as a young Chef working as a Chef de Cuisine for the prestigious Mandarin Oriental Hotel group at the age of 22 in Phuket Thailand, postings in Hawaii training under Roy Yamaguchi (considered the father of fusion in the USA) Cebu Philippines, Koh Samui & Macau with Mandarin Oriental as Executive Chef at the young age of 25- crazy or stupid, yes, I could cook but I was in the fortunate position to work with Bruno Huber as my General Manager and mentor, because I had no idea of what a CAPEX was or how to present a Budget and I sure as hell couldn't Google it. Bruno and I are still close friends he currently resides as GM Movenpick Cam Ran Vietnam; I highly recommend as a place to stay in recharge your batteries.

But after 18 years in Southeast Asia my wife and I returned to Australia for the birth of our first child as I wanted my children to have a solid grounding here in Australia and not wanting them to grow up as Expatriate kids having nannies, maids and drivers etc. I wanted them to know Australia as home and Vietnam as their second home.

Both my children work in the restaurant as well as completing their studies at university, my 19-year-old daughter is my 2IC and trains the FOH staff and delivers the standard of service that she has grown up with and expects and sometimes helps in the Larder and Pastry.

My time spent in hospitality has allowed me to accomplish quite a bit in my career. Intangible assets like a strong lead-by-example mentality and communication skills are the cornerstones of my management style. I believe that the more time you spend training and teaching your staff the less time you need to check and correct.

In 2019 I returned to Vietnam as Director of Hospitality for Vise Group, I left alone leaving my family as I wanted to be sure that I had taken a role that I would enjoy and grow with. This encompassed 5 venues in Saigon and one in Nha Trang with another 5 restaurants planned for 2020, Our company also had the 1# nightclub in Saigon, this is when I learnt what EDM music was, not a fan. But in May 2020 I returned to Perth to relocate my family to Vietnam but they closed the borders, and I was very fortunate to arrive just before and that's how Art of Seafood came to be.

I do have a real passion for people and product. If you can follow that formula the successes are not too far behind!

See you at AoS soon.

Regards

Craig

# Upcoming Events

## Workshops and Webinars

CHART Webinars: The CHART (Culinary Hospitality Association of Australia) offers free online training webinars every month. These webinars feature top industry speakers and cover best practices, solutions, and in Tourism Council WA Workshops:

The Tourism Council WA provides practical workshops and events to help hospitality professionals level up their businesses. Topics include marketing, photography, social media, and more innovations



Here are some upcoming foods and catering professional shows and competitions in Australia for 2025:

Melbourne International Coffee Expo – 20-22 March 2025

Foodservice Australia - May 18-20, 2025, Melbourne Convention & Exhibition Centre

Chef of the Year Competition - Part of Foodservice Australia, showcasing the skills of top chefs.

National Restaurant Conference - Also part of Foodservice Australia, featuring industry leaders and experts

2025 AHA Hospitality Trade Expo – 24-25 June 2025, WA’s largest annual hospitality trade convention.

AHICE APAC 2025 - Adelaide Oval, Adelaide (May 6-8, 2025)

Fine Food Australia 2025 - Sydney Convention and Exhibition Centre, Sydney (September 8-11, 2025)

Melbourne Food and Wine Festival - March 15-24, 2024, Melbourne

## World Events 2025

Here are some notable international cooking competition and expos happening in 2025:

- Bocuse d'Or - January 26-27, 2025, Lyon, France
- World Food Championships - July 4-6, 2025, Melbourne, Australia
- FOODEX Japan - March 11-14, 2025, Tokyo, Japan 43.
- Anuga - Food & Beverage Fair - October 4-8, 2025, Cologne, Germany
- International Production & Processing Expo - January 28-30, 2025, Atlanta, USA

These events offer incredible opportunities for chefs and food enthusiasts to showcase their skills, learn from industry leaders, and network with peers from around the world. Are you planning to attend any of these events?



# Health and Business

## A Word from Healthy Mind Menu

Exciting news for WA hospitality professionals!

Be among the first to access the **Wellbeing In Hospitality For Leaders Program**—an exclusive opportunity for WA's hospitality industry workers in management, supervisory, or leadership roles, including small business owners.

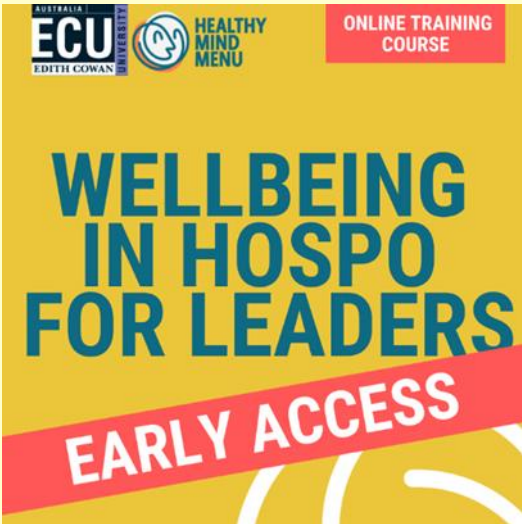
The program is proudly developed by **Healthy Mind Menu** in collaboration with researchers from **Edith Cowan University**, bringing evidence-based resources to support wellbeing in the hospitality industry.

Early access is now open for registrations, but hurry—registrations close in February 2025.

Don't miss your chance to be part of the **founding group of mental health leaders** shaping this groundbreaking resource. Your participation will directly help develop this essential program.

👉 **Register now and lead the change!**

For more info or to get involved, visit: <https://healthymindmenu.org.au/pilot-program->



## Health and Well-Being

- 1.. **\*\*Practice Self-Care\*\***: Make time for activities that you enjoy outside of work. Whether it's a hobby, exercise, or spending time with loved ones, self-care is essential.
- 2. **\*\*Set Boundaries\*\***: Establish clear boundaries between work and personal life. Try to avoid taking work home and ensure you have time to relax and recharge.
- 3. **\*\*Stay Active\*\***: Regular physical activity can help reduce stress and improve overall well-being. Even short walks or stretching exercises can make a difference.



# Proud to be a Chef – Proudly sponsored by Anchor Food Professionals



Anchor Food Professionals – Sponsor of the Catering Institute of Australia (WA).

Powered by Fonterra and Anchor Food Professionals, the Proud to be a Chef program aims to nurture and celebrate emerging culinary stars from across the country. Each year, top honors are awarded to outstanding individuals who have demonstrated exceptional skill, creativity, and passion for the culinary arts.

This program is something AFP and Fonterra extremely proud of.

Here are the WA finalists for 2024. The finalists will be going to Melbourne in February 2025

Watch: [AFP Brand Video](#)



# Recipe from the kitchen of Anchor Food Professionals

## The perfect cheesecake for any occasion.

BROUGHT TO YOU BY ANCHOR™ FOOD PROFESSIONALS

As any good chef knows, good ingredients are key to making the perfect dish. That's why chefs across New Zealand are reaching for Anchor™ Food Professionals Smooth & Creamy.

Traditionally made with an excellent bake stability, Smooth & Creamy has the perfect mild creamy flavour and firm texture that cheesecake customers won't be able to resist.

### TRY IT FOR YOURSELF New York Baked Cheesecake



**TOP TIP:** For a smooth & creamy cheesecake use room temperature ingredients for a lump-free, smooth mixture. They're also easier to work with!

#### CHEESECAKE BASE

- 600g Biscuit crumb
- 160g Mainland™ Unsalted Butter, melted
- 50g Brown sugar

#### METHOD

1. Blend all of the ingredients together to form a crumb.
2. Press the crumb into the prepared cake tin.

#### CHEESECAKE FILLING

- 650g Anchor™ Food Professionals Smooth & Creamy Cream Cheese
- 220g Caster sugar
- 5g Vanilla paste
- 20g Lemon Juice
- 1 Zest of lime
- 200g Anchor™ Whipping Cream
- 4ea Eggs

#### METHOD

1. Whisk the eggs, vanilla and sugar together until just combined.
2. Soften the Anchor™ Food Professionals Smooth & Creamy Cream Cheese and whisk until smooth, do not over mix.
3. Blend the egg mixture into the softened cream cheese mixture until combined, do not over mix.
4. Pour the cheesecake filling over the prepared biscuit base and then bake at 160° C until partially set.
5. Allow the cheesecake to cool to room temperature before placing into the fridge.
6. Allow to cool in a fridge overnight.

To find out more about Smooth & Creamy, visit [anchorfoodprofessionals.com](https://www.anchorfoodprofessionals.com)



Reproduced with permission from AFP



# Gold Plate Gallery 2024





# Gold Plate Awards Sponsors



## Become a Member

If you are interested in becoming a member of the Catering Institute of Australia please complete an online form on the website [www.cateringinstitute.com.au](http://www.cateringinstitute.com.au)



## Submit your Story

Do you have an interesting story about your working life?  
Or a story about your journey through the hospitality industry?  
Or maybe you have a funny tale.  
Or are you searching for someone to work in your restaurant or have a special upcoming event.

Also, don't forget feedback or suggestions.

We would love to hear from you. Send contributions to [info@cateringinstitute.com.au](mailto:info@cateringinstitute.com.au)



## Catering Institute of Australia 2025 Calendar

- Gold Plate Awards Launch – Mon 3<sup>rd</sup> Feb 2025
- Entries Close – Mon 10<sup>th</sup> March 2025
- Round One Judging – March to June
- Finalist Announcement Cocktail Party – Mon 28<sup>th</sup> July 2025
- Round Two Judging – Mid July to September
- Ticket Sales for Gold Plate Gala Open – Fri 1<sup>st</sup> Aug 2025
- Ticket Sales Officially Close – Fri 3<sup>rd</sup> Oct 2025
- Gold Plate Awards Gala – Mon 27<sup>th</sup> Oct 2025

*Have a safe and wonderful Christmas and New Year  
The Catering Institute of Australia (WA)*

*We hope to see you all back in 2025*