

Keep it cooking!

Hot in this Issue:

- * Namibians in Top Spot 2x!

Pics of the Month



NAMIBIA CHEFS ASSOCIATION

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Member of: World Association of Chefs Societies



Junior Chefs win African Culinary Cup

The inaugural African Culinary Cup – a project launched by the South African Chefs Association (SACA) to create greater networking opportunities and unite chefs from across the continent – took place during InfoChef Africa on 3 and 4 September.

The Namibian Chefs Association sent Tomeo Anwill Dick, Natasha Hamman, Stallin Steenkamp to represent Namibia. David Thomas accompanied the team as manager to support the youngsters during the competition. In charge for the after-party activities was our chairlady Sanet Prinsloo, who also attended the Annual General Meeting of the South African Chefs Association (SACA).

The challenge for the team was to produce a 3 course menu from a mystery basket of ingredients, which was presented to them in the afternoon of the 3rd. They had time to visit the kitchen and then had 1 hour time to design and submit their menu. On the day of the competition the community table was only available for 2 hours and they had to know exactly what to choose from it.

And then the team had 3 hours time to prepare their menu for 30 people, a huge challenge which they mastered with excellence – they made the **1st Place!**

Their winning menu was as follows:

Starter – Mussel terrine, smoked trout tartar with grapefruit and almond braised fennel with star aniseed. Fennel mousse, honey pepper tuile, yoghurt, mustard and fresh herb dressing.

Main course – Ostrich fillet with a cocoa marinade. Crispy polenta with oyster mushrooms. Parsnip puree, beetroot and cocoa pate. Celeriac chips, macadamia nut shavings and red wine sauce.

Dessert – Dark chocolate cashew nut marquise, cinnamon chocolate sponge with sous vide blueberry compote. Orange baked pudding with crème anglaise and citrus fruit crumble, white chocolate vanilla bead truffle, coral sugar.

Congratulations to Natasha, Stallin and Tom – and also to David who had trained with the team at his restaurant the Lyon des Sables for a couple of days prior to going to Joburg.

[part of text from: www.hotelandrestaurant.co.za/tourism/team-namibia-wins-inaugural-african-culinary-cup]

STOP PRESS: David COTA Winner

Unilever: “*The Unilever Food Solutions team has travelled across the country putting South Africa’s culinary talent to the test in Durban, Johannesburg and Cape Town; we are glad to announce that we have selected the best of the best, and look forward to a sensational cook-off on 12th September 2013.*”

Our NCA Chef of the Year 2013, David Thomas participated in the South African Unilever Chef of the Year 2013 Competition in Cape Town’s cook-off.

David: “*The competition was held at Eleven Kitchens in the Boulevard Office Park. Some really good chefs, all from the greater Cape Town region were there - Mount Nelson Hotel, Blauwklippen Vineyard, de Grendel Restaurant, etc.. A nice field of competitors!*

That event in Cape Town was already something special, but the next step in Durban, on the 12th of September will be unique for me!

I would have never believed, when I arrived in Namibia from France a few years ago, to one day have the chance to compete in Namibia, represent Namibia in Abu Dhabi and recently Cape Town for the Unilever Chef of the Year!

Thank you very much to the NCA for all the support and for pushing me to participate in that Unilever journey!! Awesome!!

As Tom always says: all the previous competitions, the hard work, the pressure when competing - they are slowly paying back and making me feel more and more comfortable and ready to handle new challenges!!”

David won the Unilever Chef of the Year 2013 competition in the category “Senior Chefs”!



NAMIBIA CHEFS ASSOCIATION



Pic: Quick Chicken and Prawn Curry



Tersia Mettler's Quick Chicken and Prawn Curry

Ingredients:

500g Chicken Breasts (cubed)
 1 Onion (diced)
 2 Garlic Cloves (chopped finely)
 2 tsp. Ground Coriander
 1 tsp. Turmeric
 ½ tsp. Ground Ginger
 ½ tsp. Chili Powder
 2 tsp. Vinegar
 250g Black tiger prawns
 1 cube Chicken Stock

300 ml Coconut Milk
 Oil for frying
 Fresh coriander
 Rice to serve

Method

Make a paste with the ground coriander, turmeric, chili powder, ginger, cumin and vinegar.

Fry onion and garlic until translucent. Add curry paste and cook through for 2 minutes.

Add the chicken cubes and cook through for 2 minutes.

Crumble the chicken stock cube and had a little water to cover the ingredients. Cook for ten minutes.

Add the prawns and the coconut milk. Cook until sauce is thickened and add a handful of chopped coriander.

Best with Basmati rice.

Enjoy

Tersia Mettler is a chef at the Kalahari Sands Hotel in Windhoek

Correction Newsletter 2013-05:

- * We mixed up some names in the article about the Chefs Auction at the recent NCA Gala Evening:



it wasn't Garth Shnier

it was Martin Kobald who was auctioned.

The editor apologizes for mixing up these two grand chefs.



Das Kitchen Gogga—on holiday

I am still in holiday mood – so there's no story today - except a little bit on the trip to the Central Kalahari.

When I saw them chefs oukies packing their kitchen box I quickly hid myself amongst the meat and milliepap – thought those chefs oukies are going to yet another competition.

That Central Kalahari is a dry place – no other googas!

Those chefs oukies were always waiting for a lion – but there were only honey badgers. And then I found out: the googas in daardie plek are underground. And their enemies are these honey badgers digging them up and eating them. What a lovely fate – not Doom as with us here.

And then I experienced a funny thing: on the way back there was a gate on the road with a big sign that says "no raw or unprocessed meat beyond this line". And

then this official looking oukie started digging through all boxes—and he found a pakkie of frozen boerewors from Hartlief in Windhoek—which the chefs oukies had forgotten. He wanted to confiscate this! Although it did not come from north of the red line! And probably he thinks boerewors is raw meat—not processed meat! So the chefs oukies unpacked a poitjie and prepared and ate the boerewors right there! I don't know whether they did that because they did not want to give the wors to the oukie to eat or because it was the day of the Boerewors Competition in Windhoek!

Yours truly - Das Kitchen Gogga

Das Kitchen Gogga translates:

*Oukies = guys;
 in daardie plek = in that place
 milliepap = a porridge made of maize*

flower

Doom = insecticide that kills anything crawling or flying

Pooitjie = typical cast iron pot used all over here

Red line = veterinary control fence crossing Namibia from west to east, no meat from north of it may enter the south due to foot and mouth disease

