

Hot in this Issue:

- **Competition Calendar 2014**
- **Recipes for 5 any season**
- **Through the eyes of our President**
- **ATTA what did we do**

Pic of the Month



FreddingScow.com

2014



NAMIBIA CHEFS ASSOCIATION

Contact us:

Web: www.namibianchefs.com / Face book: Namibian Chefs Association

Member of: World Association of Chefs Societies



MERRY CHRISTMAS AND A HAPPY NEW YEAR

We would like to take the opportunity to thank our members, sponsors and supporters for their continuous support throughout the Year. Without your help we wouldn't have been able to master all the competitions in 2013. A special thanks goes to the chefs that came in to judge and shared their knowledge with our local chefs.



2013 Highlights

Ultimate Establishment Challenge

WACS Semi Final for Africa and Middle East

Chef of the Year Competition

Checkers Boerewors Competition

African Culinary Cup

Unilever Chef of the Year RSA

Competition Calendar for 2014

Date

March 7., 2014

June 24., 25. & 26.

June 26th evening event

June 26th business lunch

September 09., 10. & 11.

Sept ember 11th evening event

November 18th

November 19th

Competition

Ultimate Establishment Challenge

Chef of the Year Seniors & Juniors

Chef of the Year Prize Giving Ceremony

AGM of the NCA

Schools Chef of the Year Teams & Individuals

Schools Chef of the Year Prize Giving Ceremony

Under 25 Chefs Competition

Pastry Chefs Competition

Venue

Polytechnic Hotel School

Polytechnic Hotel School

TBA

TBA

Windhoek Afrikaans Privaat Skool

TBA

Polytechnic Hotel School

Polytechnic Hotel School

See how it looks



NAMIBIA CHEFS ASSOCIATION



What to eat between the Years

Butternut Soup with Crispy Bacon Bits

Ingredients

2x Butternut (Cleaned and Cubed)
Salt and Pepper
½ tsp of Cinnamon Ground
½ tsp of Ginger Ground
½ tsp of Cloves Ground
½ tsp of Nutmeg Ground
250ml Vegetable Stock
250ml Water
250ml Cream
Diced Bacon

Method

Place Butternut in pot with the water and vege-

table stock

Cook until Butternut is soft (make sure there s enough liquid in the pot that the butternut does not burn

When Butternut is soft, add the cinnamon, ginger, cloves, nutmeg and blend with a stick blender until smooth.

Add salt and pepper to taste

Simmer for 5-10min, while adding the cream-

Fry the diced bacon until crispy

Set aside on paper towel to drain all the excess fat off

Taste soup to make sure there is enough spice , salt and pepper

Place in bowl garnish with Cream and Crispy

Bacon Bits

Chantel Loteryman, Freelance Chef

And more to come

Lamb recipe to continue

Method:

- 1.Seal the lamb loin, roll in the crushed peanuts & honey & set aside at room temperature
- 2.Reduce the sugar & vinegar, add the fruit puree & lamb stock & reduce
- 3.Prepare the mashed potato by adding hot water gradually. Then add white egg. Panfry the potato as if you are making a blinis
- 4.Slice mushroom & grill
- 5.Cook the mizuma with sugar & water to obtain a puree
- 6.Cut the fruits in brunoise & saute in the tamarin sauce
- 7.Cook the crusted lamb in oven for about

15 minutes

8.Garnished the dish with roquet & lamb sauce after adding butter

Source: Internet

The perfect summer dessert!!

And easy to make!

Strawberry salad with balsamic vinegar and fresh basil, mascarpone cream with Amarula and vanilla

Wash and cut the strawberries..

Namibian roasted Lamb crusted with Peanuts & Honey, Fruit Ratatouille, Mashed Potato & Mushroom

Serves: 10, Preparation time: 60, Cooking time: 30

Ingredients

3½ kg Namibian Lamb Loin (Roasted)
500 g Mushroom
500 g Tropical fruits
50 g Rocket
50 g Mizuma
500 g Mashed potato
400 ml Lamb stock
200 g Peanuts (crushed)
400 ml Honey
10 g Tamarin sauce
30 g Sugar
20 ml Vinegar
50 g Fruit Puree
30 g Butter

Mix the strawberries with 1 soup spoon of balsamic glaze and the freshly chopped basil.

Keep in the fridge for the taste to infused together..

Mix your mascarpone cream with 2 shots of Amarula and 1 coffee spoon of vanilla powder, using a fork.. Mix all the ingredients together until you get a nice creamy texture..

Dish up the mascarpone cream on the plate, topped with the strawberry salad. A perfect combination will be with a slice of chocolate brownie, simply for the yummy combination of all the tastes.

David Thomas, Lyon des Sables, Walvis Bay

NAMIBIA CHEFS ASSOCIATION



Our Youngsters a winning team, through the eyes of Sanet Prinsloo

This was the first competition of its kind in South Africa. It was launched during InfoChef in Johannesburg on 2-4 September 2013.

The Namibian Chefs Association (NCA) decided to send a team of under 25 chefs to go and partake in this competition. As a team captain we chose Chef David Thomas from Restaurant Lyon Des Sables in Walvisbaai. This year he won the title of Namibian Senior Chef of the Year for the third time. He also represented Namibia in an international cooking competition in Abu Dhabi two years ago, so he has experience.

The two hot kitchen chefs on the team, were the first and second runners up at the Junior Namibian Chef of the year competition earlier this year. They are Tommy Anwil Dick from the Diaz Coffee Shop in Luderitz and Stallin Steenkamp, who is Chef Thomas' right hand man at Lyon des Sables. We needed a pastry chef and decided to ask Natasha Hamman, who is currently working at the FBI cooking school in Johannesburg, to join our team. This young chef has deep understanding of the sweet stuff, so we were very happy when she agreed to join our team. Sanet Prinsloo, president of the NCA, went along to keep the youngsters in check and to liaise with chefs from all over the world at InfoChef.

The competition kitchens were fantastic, well equipped and well designed kitchens by McBrothers. The six countries that took part were Kenya, Lesotho, Swaziland, Namibia, South Africa and then the United Emirates. We all received a list of all the ingredients available, 4 days before the competition so the chefs could already do some menu planning and start thinking about tastes and textures on the plate. The whole team met up the first time on Monday eve -2 September, when master chef Nicolas van der Walt was kind enough to let us abuse his kitchen at the FBI cooking

school in Johannesburg. All the components were prepared and then the plating options started. It took many plates and many different shapes on the plate, before we could go back to the lovely Maslow hotel in Sandton for a few hours of sleep before our driver Wonderboy, who is on the African clock and always a few hours late, collected us.

On Tuesday the teams all drew a kitchen number and got to see and touch the equipment available and then it was time to sit down and word the menu.

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. Celery 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

In the meantime there was a fascinating welcoming speech by the president of the South African Chef Association(SACA), Stephen Billingham. Did you know that if you belong to NCA, you are also a member of the World Association of Chefs(WACS)? WACS is a chef-hood with around 10 million members in 70 member countries around the world.

We watched a few demo's and started interesting conversations with our fellow contestants. In the late afternoon the team went to see one of the largest operational kitchens in the country, run by the brilliant Chef Garth

Shnier in the Sandton Sun Hotel. He can feed up to 3000 guests per day. Tuesday evening we were spoilt rotten by yet another master in the kitchen, Chef David Higgs, who invited us to taste his masterpieces in the very classy Restaurant 500 in the Saxon Hotel.

Wednesday was the big day and Natasha had to rush the team to Nazrec, seeing as Wonderboy was missing in action. Upon arrival they discovered that all the refrigerated ingredients, were actually in a freezer for the night so we were presented with rock hard Ostrich fillet. Luckily all the teams were in the same predicament.

Work order and planning, general health and safety and wastage was some of the things watched closely by the kitchen judges, Chef Martin Kobald and Chef Henrik Jonsson. The teams were given 5 hours to prepare their menu for 30 guests and of course the Judges.

Judges included WACS president Gissur Gudmundsson and WACS-accredited judges Arnold Tanzer, SACA president Stephen Billingham and top competition chefs Garth Shnier and Heinz Brunner. Some less experienced chefs who are the next generation in training shadowed these masters.

Soon after it was time for feedback and then we were whizzed back to the fantastic Maslow hotel to rest a few hours and get ourselves dressed and ready for the Prize giving gala event that took place in the Maslow Hotel. I must say, the bar was filled with very nervous looking chefs when I came down for the function. We got served a great meal by Chef Dallas and his team, and then.....And the winners are.....NAMIBIA!!!!!!

What an absolute perfect ending to a wonderful week of new friendships formed, culinary experiences, and then winning the cup.



Application form for the 2014 competitions will be soon available on our web site



Das Kitchen Gogga asks: is this appetizing?

NAMIBIA CHEFS ASSOCIATION



Boosting the Namibian Hospitality

Adventure Travel World Summit –Namibia 2013

By Sanet Prinsloo

I had the exciting opportunity to attend the very well organized opening of the above event in the Parliament gardens in Windhoek not too long ago. The buzz and the energy was palpable throughout the beautiful event. I never realized just how big this industry is and while I was sitting there listening to all the speeches by the international guests, as well as our own Honorable President, I felt extremely proud to be a NAMIBIAN!

Lodge owners from all over our country were there to entertain and cart around the 1200 guests from around the Globe. I chatted to a travel writer from Canada and he was over-

whelmed by our beautiful country. Can you imagine coming to Namibia for the first time and taking in our breathtaking views and experiencing Africa for the first time? I think we forget what we have here.

Myself and Tom gave Gladys from the Windhoek Municipality a bit of advice on how to organize the caterers for the day, and I must say the chefs looked stunning. The food stalls were well placed, very neat and inviting and the food looked appetizing. Tom did a fantastic job in giving the caterers a bit of training in food service and hygiene. I could see our president's nod of approval as he was walked through the different food stalls. He could not resist a Meatco steak or a crispy mopane worm prepared by Rebekka from Fusion Restaurant.

I hope events like these will help our country and all the roll players in the travel industry to realize the importance of good food and well trained chefs in complimenting and fulfilling their guests' Namibian experience.

Keep Cooking!!

Das Kitchen Gogga talks: Eyes eat too!

Das Kitchen Gogga talks:

Eyes eat too!

The other day there was a hustle and bustle in my kitchen! A bunch of real young chefs was sweating – and no they did not dare to swear, even though there was some old guys in white jackets continuously swirling around them. So much traffic that they almost tread me platt.

But my dodging and daring was worth the while because I learned a lot, and what I saw was very much to my fancy. I liked to hear what they were told by the old guys: you don't cover up the good food with dark – or thick - sauces! I mean, these guys did not use sauces out of the pakkie, they made them themselves – but still!

Its about time for these humans to learn. I remember what my mother told me about the kitchen where she was a Kitchen Gogga – if the recipe went wrong, the sauce got thicker! And I hear from many of my colleague Kitchen Goggas around the country there are still many 'mothers kitchen' around.

The other thing I learned is that you do not pile all the food on top of each other and try to cover up how awful that looks by putting some parsley or fancy cut carrots or tomatoes on top of it – they call that decorating.

No – you arrange the different foods nicely, in a straight line, next to each other, sauce sparsely around everything. One should be able to see the good meat or fish, the veggies

and side dishes in their original colour and texture. And the best piece, be it a soft filet steak or a well grilled fish or crustache sits prominently in the middle of the plate.

Then you can see what you eat – after all eyes eat too – or something like that.

Yours truly -

Das Kitchen Gogga

