

Hot in this Issue:

- * AGM & Exco
- * Upcoming Competitions
- * Meatco Media Braai

Pic of the Month



NAMIBIA CHEFS ASSOCIATION

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Member of: World Association of Chefs Societies



The NCA AGM 2012

The Namibian Chefs Association AGM was held at Flaunt Daytime Bistro on October 3rd, 2012. Only the limited number of 12 members out of 87 attended this AGM.

Following a brief overview over the Presidents report:

- NCA is a full member of WACS and Team Namibia.
- The membership has grown over the two years however the full potential has still not been reached.
- The president named a few key sponsors and thanked them for their overwhelming support.

- During the outgoing year NCA held various competitions itself or participated in others:
- Namibia Chef of the Year Competition
- Baking Competition
- Boerewors Competition
- The Ultimate Establishment Challenge
- Valentine's Dinner at The Wine Bar to raise some funds
- Judging Competitions
- The Global Chefs Challenge and Hans Buesckens Young Chefs Challenge Abu Dhabi
- The International Chefs Day
- The Holiday and Travel Expo

- with a station in the Checkers/ Shoprite stand. Three chefs from South Africa, Arnold Tazzer, Stephen Billingham and Jeff Scheurmans completed our team.
- Hopefully the NCA can add more to this in the future, especially in the regions.
- The finances are in good standing, the financial year ended in a surplus of N\$ 12,511.96.

The New Executive Committee

A new Executive Committee was elected:

- Sanet Prinsloo
President
- Chantel Loteryman
Vice President
- Tom Mutavdzic
Public Relations Officer



- Anthony Rossouw
Coastal Representative
- Riana Jacobs
Southern Representative
- Elke Mutavdzic
Treasurer



Additional Members:

- Jurgen Wilckens
- Erna Loteryman

Honorary Members:

- Stephen Billingham,
- Jodi-Ann Pearton,
- Hospitality Association of Namibia (HAN),
- Die Republikein

And since December 2012

- Barbara Huber-Schenck
Secretariat



National Competitions



Meatco Media Braai Final



NAMIBIA CHEFS ASSOCIATION



National Pastry Chef and Under 25 Chef Competitions

The Namibia' National Pastry Chef and Junior Chef Competitions will be held on Saturday the 26th of January 2013.

Both competitions are aimed to strengthen our International Representation in the World of Chefs and encouraging food service professionals to attain and promote quality food and service provision in the hospitality industry in Namibia. The winners of these competition will then be participating in the Semi Finals of the Global

Chefs Challenge for the African Continent held in May 2013 by the Namibia Chefs Association in Windhoek.

The Pastry Chef competition is open for all interested Chefs in Namibia.

The Junior Chef competition is open for Chefs that will turn 25 years of age after the 6th of July 2014.

Meatco Media Braai Final

On Friday 30 November, three members of the Namibian Chef's Association (NCA) judged the Media Braai final at the new Meatco Value Addition plant in Windhoek. Meatco has just recently got the green light to start exporting deboned lamb and game to the European Union and other lucrative markets.

Five Media teams competed in the final – The Economist, Informanté, Die Republikein, Kanaal 7 and Nampa. All the participants as well as the 3 judges – Sanet Prinsloo, Jurgen Wilckens and Tersia Mettler, first went on a tour through the new plant. They are currently deboning and packing 200 lamb carcasses a day. Those

people know how to handle a knife!

We were given a demonstration on the deboning of a lamb shoulder: start by removing the gland and then the cutting starts. It certainly looked much easier when the expert was busy doing it. One member of each media team got 10 minutes to debone a shoulder and The Economist won.

Then the cooking started – the deboned shoulder had to be stuffed and cooked over an open fire. The teams had to serve the meat with a summer salad of quinoa, butternut and red pepper. It is always interesting to see how 5 teams can use the same ingredients in five different

Events for 2013

- 26 January 2013**
Under 25 Chefs Competition
Pastry Competition
- 14 March 2013**
Ultimate Establishment Challenge
- 17 -2 20 March 2013**
HOSTEX Johannesburg
- 15 & 16 May 2013**
Semifinals for the Global Chef Challenge,
Global Pastry Chefs Challenge
Hans Buesckens Young Chefs Challenge,
- 29 May – 1 June 2013**
EXPO
- 1 – 4 July 2013**
Chef of the Year Competition
- September 2013**
Boerewors Competition

ways. In the end Kanaal 7 was victorious with their lamb shoulder stuffed with a mix containing Turkish dried apricots.

They received a gift voucher of N\$5000 worth of meat to give to their charity of choice. Die Republikein came second and they get to give away N\$3000 worth of meat and in the third place Informanté get to give a way N\$2000 worth of meat.

I can just imagine all those happy faces when whoever receives their meat in time for a lovely Christmas meal.

THANK YOU MEATCO

Recipe of the Month



Merry Christmas to all members, sponsors & fans of NCA



NAMIBIA CHEFS ASSOCIATION



Roast Duck with Marsala Gravy

Ingredients

- 1 duck (roughly 1.6kg)
- sea salt and freshly ground black pepper
- 2 heaped teaspoons of five-spice
- 1 clementine
- 6 fresh bay leaves

for the gravy

- 1 bulb of garlic, halved across the middle
- 2 carrots, trimmed and sliced
- 2 red onions, peeled and sliced
- 3 tablespoons plain flour
- 100ml Marsala
- 1 litre organic chicken stock

Method

Remove any excess fat from inside the cavity of the duck, then using a sharp knife carefully score the breast and legs all over in criss-cross fashion, roughly 1cm apart.

Season the duck with salt, pepper and the five-spice, rubbing all over so the flavour catches in all the nooks and crannies. Halve the clementine and place it into the cavity along with the bay leaves. Place the duck in a medium-sized roasting tray, cook at 180°C/350°F/gas 4 for around 1 hour 20 minutes.

When the time's up, remove the duck from the oven and drizzle your par-boiled veg (see Gorgeous roast vegetables) with some of the fat from the tray then toss to coat (save the remaining fat for another day). Lift up the duck, scatter the garlic, carrots and onions into the tray and sit the duck back on top. Cook for a further 40 minutes, or until the duck is beautifully crisp and the meat falls easily away from the bone.

Remove the duck to the tray of roast veg while you finish your gravy. Add the flour to the broken-down veg, then mash everything together with a potato masher, scraping up all the sticky goodness from the bottom. Place over a medium-high heat. Pour in the Marsala, stir well and let the alcohol cook off for a minute or two. Add the stock, then bring to the boil and reduce to a simmer for around 15 minutes, or until thickened and reduced. Strain through a coarse sieve, skim away any fat from the surface, then season to taste. Shred or carve up the duck, then serve with a jug of gravy, apple and cranberry sauce, crispy roast veg and all the trimmings.

A Special Thank You to all our Sponsors of 2012