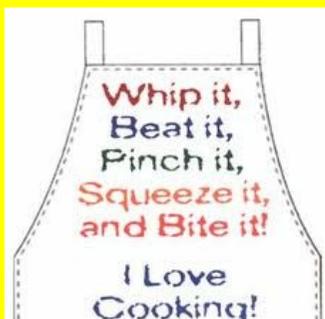


Hot in this Issue:

Who is representing the young chef at the Hans Bueschken Challenge, May 2013? See page 3

Pic of the Month



# NAMIBIA CHEFS ASSOCIATION

Contact us:

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Member of: World Association of Chefs Societies



## Web Site NEWS

The second edition of the new NCA Newsletter is out. We do hope you enjoy reading it. If you do, drop us a line some-time. If you do not, then please mail us immediately.

The NCA is currently also busy revitalizing its web site. The most important pages will be updated by the end of February. And step by step travelling through Namibia's culinary world with a mouse-click will be made faster and easier thereafter.

With these two upgraded publications out of the NCA kitchen we hope to address your gusto.

Due to limited space available in the Newsletter we will publish the latest news

and tidbits from the industry only as well as the latest yummy recipes. A little bit of space will though be available for our sponsors and corporate members to advertise their products and service at special rates.

Sorry – but here there will be no place for you, the Namibian chefs and professionals in the food catering service, to offer your services.

This space will be available on the web site, i.e. through one of the new features on [www.namibianchefs.com](http://www.namibianchefs.com):

the 'Employment' page where career opportunities, career seekers as well as the services our members provide can have their offers posted.

## Ultimate Establishment Challenge

After a big success last year, this competition will now be held for the second time.

Again teams from restaurants, Hotels and Lodges are invited by the NCA to compete in the 2013 UEC on March 13th, at the Polytechnic Hotel School Training Kitchen.

The final deadline for registration is February 12th. So for those that are invited, hurry up with registration!

The establishments come in with a team of 4 people and cook a 3-course meal of their choice for 11 guests. Each team can use 2 staff members in the kitchen and

the other 2 have to do the decorations as well as the table settings and serve their guests. Each team is also responsible for the drinks pairing with every course. The teams bring in all the food as well as the drinks for the pairing.

The teams will be judged on the table setting, the service, the drinks pairing and most importantly, on the food.

The NCA is bringing in some of the top SA chefs as judges. The tables will be sold to corporate business people that are always on the scout for new favorite restaurants. This gives the participating teams a great

Certainly companies will also have the chance to advertise their products and services in the upcoming vamped up ads area of each page of the web site.



chance to promote their establishments to the local corporate world.



The UEC trophy

Cooking for Newsprint Namibia

Newsprint plates



# NAMIBIA CHEFS ASSOCIATION



## Cooking for Newsprint Namibia

As a spin off of our yearly Chefs Auction, we welcomed Chef Richard Pearce from Johannesburg in Windhoek in November. He arrived with a huge plastic crate filled with magic foodie stuff.....and then we cooked. We cooked for 35 guests invited by Glenda Manthe-Grobler and Newsprint Namibia. The event was held at the Bistro-Playhouse Theater. It was a 6 course menu filled with sumptuous food and some traces of magic – molecular gastronomy.

The first course consisted of Scallops in a pistachio crust, served on a apple and dill marshmallow and rounded off with spiced rice paper.

Second up was a puff pastry sandwich filled with Hummus and roasted tomatoes, a hint of pesto, served with a green salad. Third course was Namibian Crab cakes served with a Lobster sauce and White wine & lemon jelly, topped with deep fried georgette. Fourth up was Watermelon, ginger and coriander grinata and a champagne foam Fifth was a duck breast cooked to perfection and served on roasted garlic mash and roasted butternut, dark chocolate sauce and a pappadom hand. The final dish was a Chocolate brownie, twirl, vanilla ice cream, a tube of butter-scotch sauce and bottled candy floss with freeze dried raspberries –WHOW, what a mouth and plate full!

The guests were bowled over by this gastronomic roller coaster and I am sure this is one meal they will not easily forget. I feel privileged to have worked with a master like Richard and I would like to thank Tom and Elke Mutavdzic and Chantel Loteryman who pitched in to perfect the evening.  
Sanet Prinsloo, President



## Upcoming International Competition

The Namibian Chef Association is preparing for a big event on their 2013 calendar : the WACS (World Association of Chefs Societies) Semi Finals for the Global Chef Challenge for Africa and the Middle East with the semi finals for the Hans Bueshkins Challenge as well as the semi finals for the Pastry Challenge. These Challenges will be taking place on the 15th and 16<sup>th</sup> of May 2013.

There are 7 WACS Semi Finals taking place internationally, being for Asia, Africa/Middle East, the Americas, Pacific Rim, Europe North, Europe Central and Europe South. The winners will compete in the finals that will be held in Stavanger,

Norway on 2nd-6 th July 2014. The chefs representing their countries have usually won their National Chef of The Year Challenge or a similar Challenge. The Namibian Chefs Association has had their challenge and Tersia Mettler will be representing Namibia in the Global Chef Challenge. However we run the U 25 competiton to see who will represent Namibia, as the winners of the Junior competition 2012 are all three over 25 and as such do not qualify for the Hans Bueschkins Challenge for junior chefs. The countries that will be competing in Windhoek are Egypt, South Africa, United Emirates and of course Namibia. Each participating country may bring a judge

from their country, there will how ever be judges from WACS as well. Last year Namibia competed in this competition in Abu Dhabi and brought home two bronze medals. This year we want to improve on this status and will therefore train with the representatives of Namibia as much as we can. However this will be quite a costly business and we will rely on our sponsors heavily.



# NAMIBIA CHEFS ASSOCIATION



## Under 25 Chef competition January 2013

On Saturday the 26th of January the first competition for this year - the Namibia Under 25 Chefs of the Year Competition – took place at the Polytechnic Hotel School Training Kitchen, the ideal location to host such a competition.

3 aspiring young chefs Edwine Beukes, Uwe Hanssen and Annelise Niemand competed in an exciting competition.

The competitors were well prepared and cooked their yummy menus in 3 hours.

It was not that easy for the judges, Janina Clinning from Flaunt, Ralf Herrgott, Chef of the Polytechnic Hotel School and Tom Mutavdzic, the NCA PRO to asses all this creations and come to a conclusion.

For starter they had to taste a sea food potjie with herb bread, a seafood trilogy and a creamy fish soup.

The beef fillet and the parmesan that had to be used in the main course or side dishes of own choice gave the competitors the scope to let their imagination play. From slow roasted beef with parmesan mashed potatoes over oven baked beef roulades stuffed with mushrooms and parmesan cheese, a sweet potato mash with orange juice to a whole beef fillet stuffed with avocados and parmesan cheese had to be evaluated.

Last but not least the dessert. A chocolate mousse glazed with rooibos, chocolate

fondant and tea infused chocolate cake, amazed the judges taste buds.

All three contestants did very well and receive a certificate.

Uwe Hanssen decided the competition for himself and will represent Namibia in the Hans-Bueschkens Semi Finals of the World Global Challenge in May 2013.

A big Thank You to our Sponsors

Superspar  
Hartlief  
Sea Source  
Fruit & Veg City  
Polytechnic Hotel



## Under 25 Chef competition

### U 25 plates



## U25 Competitors Profiles

### Uwe Hanssen

I am twenty three years old and currently employed as a junior chef at NICE.

Food and the art of cooking has always been a part of my life from a young age.

In the beginning of 2010 I got a scholarship to go study for a chef and immediately moved to Windhoek. I went through a lot of training in different areas of hospitality and by August 2010, I was employed by NICE, in the position of junior chef, while I still continued my studies.

Driven by my Christianity and love for cooking, the last two years of studying and working has been an incredible experience. My aim is to someday own my own restaurant and to be recognized world wide as an accomplished Namibian chef . I want to continue cooking with passion and look forward to any challenges and opportunity that will present itself. Cooking is a gift so use it!



### Edwine Beukes

I am 20 years of age and living in Windhoek.

My greatest passion is to become a chef, which is why I am currently studying at NICE.

I see food preparation as an art and thus I am of the opinion that cooking is not only talent, it is a passion which leads to a career.

My motto in life is to understand failure in order to value success.



### Annelise Niemand

I always had a sweet love for cooking and being creative when it comes to the finer detail.

I took part in a chef competition while still in school. Not only was this a lot of fun, but also very educational for people considering the chef industry for a career. Once I finished school I worked in a lodge kitchen – pre-



paring meals for guest from all over the world. After moving to Windhoek I started working as a pastry chef, made cakes and other special request and had the opportunity to learn about catering and food preparations. I had the opportunity to work with very talented chefs and restaurant owners where I learned a lot of new thing like gourmet cooking and learning to work under pressure. After that I worked in a bigger set up with loads of new people and a bigger kitchen. This taught me how to work under pressure and to work in a stress full environment with other staff, without causing any conflict.

A highlight was the opportunity to represent Namibia in Dubai for the U 25 Hans Bueschkens Young Chefs Challenge as well the Global chef challenge as assistant to the senior chef of Namibia. Now I took part in the U 25 again and met new people and also learned it doesn't matter what goes wrong in the completion, always carry on...

## Events Calendar

14 March 2013

- Ultimate Establishment Challenge

17 -2 20 March 2013

- HOSTEX Johannesburg

23 March 2013

- Team Namibia Independence Day, Pick n Pay, Katutura

15 &amp; 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

6 July 2013

- Biltong Fees

30 &amp; 31 August 2013

- Boerewors Competition Final at the Heart of Windhoek

# NAMIBIA CHEFS ASSOCIATION



## Recipe of the Month

### White and Dark Chocolate Mousse Cake with Vanilla Ice-Cream and a

#### Berry Couli

#### Ingredients

- 4 Egg Whites
- 4 Egg Yolks
- 1 ½ Tablespoon Whipped Cream
- 20g Melted Dark Chocolate
- 20g Melted White Chocolate
- 15g Castor Sugar

#### Method

- Whisk eggs whites until stiff, in a separate bowl mix the egg yolks
- With the castor sugar and whisk until the sugar has dissolved
- Fold in the melted chocolate first and then the whipped cream. ( Be sure to fold these in separately)

Add your egg whites and fold into mixture

Place in small decorative cake tins and bake at 140' C for 10 to 15 minutes or until firm

#### Berry Couli

#### Ingredients

- 10g Mixed Frozen Berries ( When fresh berries are available use them)
- 6g Castor Sugar

#### Method

- Place the berries in a blender and blend until smooth
- Place the berry mixture in a saucepan and add the sugar
- Heat gently and stir until sugar has dissolved
- Remove the saucepan from the heat and allow the mixture to cool

down before pouring it over the ice-cream

Recipe By Chantel Loteryman



## Das Kitchen Gogga

*Das Kitchen Gogga talks:*

What's a Chef?

Namibia is the country of chefs, lots of chefs!

Chefs that kind of ended up in a kitchen cooking.

Chefs that cooked with another chef and now are a chef themselves.

Chefs that participated in a 1-2-3 week cooking course and now are a chef.

Chefs that cook up a stroganov or cover a steak with lots of sticky pakkie sauce.

Chefs that think a heap of meat with over-cooked veggis and a blikkie fruit salad is state of the art.

But are these really chefs?

Is a chef not somebody who was trained for years?

Is a chef not somebody who learned her/his skills at a certified training institution?

Is a chef not somebody who earned his ropes by working under real chefs for a couple of years?

Is a chef not somebody who, apart from cooking up a storm, manages the kitchen? And with managing I do not mean the Namibian style of managing – only skill well attained is to let others work and not recognizing them for that. No I mean managing in the real way, always knowing what is going on in her/his kitchen, with her/his budget, with international trends of meal preparation, with feeling at ease with dietary or kosher techniques, who is not afraid of matching her/his skills with others in competitions and who never stops improving his pro-

fessional skills.

Being chef is a vocation, is a calling, not a job!

A chef is an academic with an additional high portion practical skills.

And as long as we in Namibia do not differentiate between chefs and cooks, in regards to title, duties and salaries, Namibia will stay a barren chefs desert with only the occasional camel-thorn tree in blossom standing there in solitude!

*Yours truly - Das Kitchen Gogga*

