



School of Culinary Art

News

September 2011 Issue 14

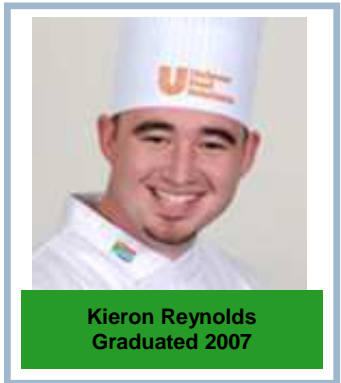


HTA Well Represented in Culinary Team South Africa

HTA School of Culinary Art is proud to announce that eight out of the twenty-member squad of the South African Culinary Team are past graduates of HTA School of Culinary Art.



Robert de Carvalho
Graduated 2003



Kieron Reynolds
Graduated 2007



Justin Simpson
Graduated 2008



Zola Luwaca
Graduated 2008



Natasha Fernandes
Graduated 2009



Abubaker Bagaria
Graduated 2008



Kgomotso Rasepae
Graduated 2010



Jerome Norton
Graduated 2009



HTA Students Participate in Bidvest World Chefs Tour Against Hunger



250 international chefs from 47 countries touched down in South Africa to embark on an unforgettable culinary journey as part of the Bidvest World Chefs Tour Against Hunger. The Tour was presented by the South African Chefs Association and was held from the 20th to the 30th of August.

Motivated by the desire to raise funds and awareness for the plight of starving children in South Africa, these chefs, along with over 700 local chefs, gave up their time and shared their expertise during a massive 10-day fund-raising drive throughout the country. Proceeds went to the Bidvest World Chefs Tour Against Hunger Trust Fund, which will feed children from The Akani Diepsloot Foundation and the African Children's Feeding Scheme for the next five years.

The public could show support for the drive by attending a Food Demonstration held at Sun Coast Hotels, booking a special meal cooked by one of the visiting chefs at a Southern Sun Hotel, or by booking a table at one of the Charity Gala Dinners.

HTA Students showed great dedication and commitment while serving at both Bidvest Functions and SACA's Charity Gala Dinner. Their attendance, punctuality and personal grooming were excellent and they certainly did themselves, their parents and HTA School of Culinary Art proud. HTA has since received many positive and favourable comments from numerous key players and employers in the Industry, which can only be beneficial for each and every Graduate upon leaving the School.

The students are urged to continue with the same positive attitude and outlook as they finish their studies at HTA and enter an exciting yet challenging career in Professional Cookery.



Welcome In-Service 1st Year Group B

We would like to welcome the new Apprentices on the 1st Year Group B Block Release of 2011.

The first day was filled with nervous smiles and hellos from the local and international Apprentices. From being handed a file heavy enough to crush chestnuts, tasting ingredients blindfolded, being photographed and videoed (we stopped short of fingerprinting you!), writing a test and being handed TWO assignments, this was only the beginning.... What to say, what to think!



The Chef's Table was a successful event which featured a very ambitious menu and a lot of new skills being put on display. The block release then came to an end with the successful completion of the exams and with Dean Seddon being crowned the Culinary Mastermind.

Chef Leanne and myself wish each and every one of you success and that you will come to love this world you have chosen even more as you learn about it.



Story By:
Chef Amelia



EVERYONE CAN COOK , BUT IT HAS TO COME FROM THE HEART!



The South African Chefs Association and The Department of Tourism launched the National Youth Chefs Training Programme. The Department then asked the South African Chefs Association to run this massive training program around the country.

Looking back to May, when the National Youth Chefs Training Programme commenced , learners were placed at different Training Providers and 35 learners were assigned to HTA.

Over the next five months, we took these 35 “raw” learners, who had never been in the kitchen and up-skilled them from unemployed students to Future Stars of the Culinary Profession.

The programme is divided into Theoretical and Practical Components. Learners were placed into groups of 18 and 17 respectively, to ensure that sufficient attention was given to each student. Students spent one day with us and the other four days in the Professional Industry.

In such a short period of time, the learners’ culinary skills and knowledge improved tremendously and they quickly developed passion and became 101% committed. With this positive attitude, we see them becoming better Chefs in the industry - and the feedback from the Establishments where our students are placed is amazing!

The 2011 National Youth Chefs Training Programme has being an amazing and successful journey and we are looking forward to watching them continue in their journey towards becoming master chefs. Well done to all of them for their commitment.



tourism
Department:
Tourism
REPUBLIC OF SOUTH AFRICA



Story By:
Chef Daniel



The trainees proudly display their handiwork.



NYCTP Group B poses for a photograph with their lecturers, Chefs Daniel and Thandi (back row).





Back to Basics



Life is about challenges! In order to succeed in our industry, we are faced with many challenges in many different forms and we learn to deal with them as we go along.

Since I am now working in a different 'department' of the industry, my challenges have changed and evolved as well. Deadlines, functions, parents and exams. - each day presents itself with a new challenge and a new opportunity to grow. Recently I have been faced with a whole new challenge though... *Master Chef*.

Don't get me wrong, I love the fact that our industry has evolved so much that there are so many TV shows dedicated to our profession. Every night I watch religiously and can't wait to see the end products. Every Mystery Box, I work out in my head "...what would I have done?" I bite my nails down to the bone in every Pressure Test and wonder, "Would I be able to deal with that?" My problem lies not with the show, the competitors or the presenters. Well, maybe the presenters are not helping my cause, as they are very good at what they do, but the real issue for me is with the *audience*. Every morning I am faced with something like this: "Cheeeef... In *Master Chef* they don't do it like that..." or "... but why can't we do it like in *Master Chef*?"

Just because they do it like that on *Master Chef* or any other cooking show for that matter, does not necessarily make it right. Yes, there is more than one way to skin the proverbial cat and each to their own I suppose, but we are here to show you the classics.

Crawl before you walk. Talk before you sing. Escoffier before Blumenthal. Learn the basics! Correction - MASTER the basics. Know how to do it right before you do it easy. That is why you are here after all! That doesn't mean, however, that you shouldn't watch these shows – you should make every effort to broaden your minds and horizons. Explore all options, but come back to school the next day and be just as open to learn how it should be done.

This will make you a well-rounded professional and will enable you to be a teacher yourself. Young Chefs will look up at you one day and aspire to have your basic knowledge. They will want to know what you know. They will want to do what you do. "Cowboy" techniques for TV or when you are in trouble! There is nothing as liberating as being able to think on your feet and come up with a quick and fool proof way to perhaps poach an egg in a bag or make an instant hollandaise in the microwave.

Classics are there for a reason. If they did not work, they would long be forgotten. If classics did not matter, you would not have to come to school, we would have no basic knowledge and we would have nothing in common.

Save time, by all means, but never ever sacrifice quality. Never compromise the integrity of a Professional Chef and never underestimate the beauty and efficiency of a classically made soup or sauce. Go back to the basics! Crawl before you walk, fry before you confit, béchamel before Mornay, classique before nouvelle.



Molecular Gastronomy

Just a passing fad, or a touchstone of modern cooking?

Should chefs—who are by nature inquisitive, creative, and theatrical—allow a revolutionary epicurean practice to be dismissed as a passing fad? After all, we are not talking about a mere nouvelle cuisine that is obsessed with taste and presentation. I am referring to a scientific achievement (the outcome of many years of research) that is changing the way people eat.

The term "molecular gastronomy" was coined in 1988 by late Hungarian-born physicist Nicholas Kurti and the French chemist, Hervé. Some chefs prefer the terms "culinary physics" and "experimental cuisine." Using studied processes, molecular gastronomy is a modern style of cooking that is concerned with the physical and chemical processes that occur during cooking. This new culinary trend offers easy to understand techniques in food preparation to chefs and anyone preparing dinner for their family. Not only do the champions of this method seek to understand the transformation of ingredients during the cooking process, but these connoisseurs are also interested in the social and artistic components of culinary and gastronomic phenomena in general.



Harold McGee lectures and writes about the chemistry of food and cooking. He wrote in the foreword of Chef Heston Blumenthal's *The Fat Duck Cookbook*: "It was a cook who started the 'Molecular Gastronomy' meetings, it was cooks on their own who started the revolution in modern cooking and Heston who brought new ideas to Erice." The cook he refers to was an English teacher of cookery, Elizabeth Cawdry Thomas, who suggested that professional cooks would benefit from an understanding of the physics and chemistry of cooking. The first such workshop was held in August 1992.



I see Molecular Gastronomy as the ability to approach cooking, food preparation, and ingredients with an open mind. I suggest you leave all your inhibitions and prejudices behind and let your imagination run wild. When I feel challenged, I like to think up innovative solutions, no matter how far-fetched it may seem. I rely on experience and inspiration to bring my food to life—in the pot and on the table. I believe a sound understanding of the principles of scientific cooking should be embraced wholeheartedly by chefs and every one else who prepares food for consumption—not only do we need to know what happens to our food on a molecular level during preparation and cooking, but also what happens psychologically when we see specific colours and taste certain flavours.

For the past ten years of my culinary career, I have been following the ancient credo of 'master and apprentice,' respecting my teachers and head chefs and bowing to the traditional culinary masters: Escoffier, Carême, Point, Pepain, Bocuse and Roux, White and Ramsay. There are many successful chefs who have attained Michelin stars. As a rule, their kitchens have a military likeness, where a brigade of staff with different ranks are expected to fall in line and take orders regarding culinary rules and recipes. Well, I have had my fair share of being submissive while learning. But I am no longer a student—I am a culinary artist.

In November 2010, my partner bought me *The Fat Duck Cookbook* for my birthday. To my delight, I discovered a new credo (à la Blumenthal): "Question everything." That was all I needed to change my life and the way I think about food. In addition, I have acquired Harold McGee's *On Food and Cooking: The Science and Lore of the Kitchen*. With new knowledge and attitude, I am experimenting at home with my partner (who loves to tinker with robotics) and his best friend (who is a qualified chemist). Even with ten years of professional experience under my belt, I am learning to cook all over again, and I am looking at tried and tested recipes and cooking methods in a totally fresh way. Discovering the findings of scientists and chefs around the world who had inspired Blumenthal to question everything, I have rekindled my passion for the food craft.



I agree with Blumenthal and others: "If you're not going to embrace modern technology, you should only cook with fire." After all, the greatest revolutions in home cooking, such as the toaster, electric kettle and microwave stove, have all come from advances in modern science. My wish for the 21st century is that chefs all over the world augment their classic training with modern scientific gastronomy and culinary physics.



Story By:
Chef Leanne



What is Kobe or Kobe-style beef?



You may have noticed Kobe-style beef cuts in the butchery sections of high-end supermarkets and speciality food stores. What exactly is Kobe or Kobe-style beef?

Kobe beef is a delicacy, much as caviar would be, and almost as expensive should you be able to get your hands on the real thing. Kobe beef refers to cuts of meat from the Japanese black Tajima-ushi breed of Wagyu cattle. These animals are bred and reared to strict traditional methods in the Hyogo Prefecture of Japan. The meat from these animals must fulfil all the conditions required in

order to be labelled under the registered trademark of the Kobe beef marketing and distribution promotion association. Kobe beef is revered for its flavour, tenderness and well-marbled texture.

As coming across a selection of imported Kobe beef cuts in your local supermarket is highly unlikely, Kobe-style cuts are available for those of us not lucky enough to be in Japan. These cuts are taken from animals which are a cross-breed of Wagyu and Angus cattle. Most of the producers in this industry do attempt to replicate some of the traditions used in Japan, but of course, it is and will remain Kobe-style and not Kobe beef.



Story By:
Chef Amelia



CHS Boerewors Competition

The CHS Boerewors Competition will take place on the 7th of September 2011 at the Fountain Valley Resort, and HTA will be entering three teams. In anticipation of this event, I have decided, in good faith, to share with you one of my all-time epicurean delights which I have engineered into a *culinary masterpiece!* The highly underrated *Sausage-on-a-stick*, roasted to perfection over a roaring fire, deserves a space in the archives of timeless comfort recipes!

Do not be fooled, dear reader: the roasting of a good quality pork or beef sausage over an open flame sounds deceptively simple, but should not to be scoffed at! You'll need some high-calibre pork or beef sausage, of sufficient dimensions, to skewer on a stick. To turn a mundane sausage into a veritable feast, you will also require some Canola oil infused with rosemary and garlic. Of course, no sausage is complete without the companionship of a few freshly baked, fluffy white *Boerie rolls*.

Finally, the *coup de gras!* No feast is complete without copious amounts of beer and, of course, an angry fire! Your experience can further be enhanced by the sweet melodies of *Worsie Visser* playing softly in the background...

The roasting of your sausage is the easy part. Ever so slowly and a safe distance from the licking flames, turn your skewered sausage, in a clockwise direction, for about 15 minutes, basting it often with your infused oil.

Voila! Sit back and relish the flavours. *Boesmanland* has never had so much meaning! Be proud of your sausage! Some tears are not uncommon at this stage, but don't fight them! 'Worsie Visser! Vat my hand!'

Good luck, Team HTA! May the *Wors* be with you!



Story By:
Chef Jacob

How to convert recipe amounts from grams to millilitres

Quite simply, the easiest way would be to consult a good recipe book as most would contain a conversion chart. However, if you do not have access to a chart, the conversion can be done manually:

As grams are a measure of weight, and millilitres are a measure of volume, the conversion factor would depend on the **density** of the substance being measured. Density is measured in grams per millilitre (g/ml) or grams per cubic centimetre. 1 cubic centimetre = 1 millilitre. Take the weight of the item in question in grams and divide it by the density of the material to get equivalent cubic centimetres and then translate to millilitres.



Story By:
Chef Amelia

It may interest you to know that water is a special case where 1 gram equals 1 millilitre. Therefore the density of water is 1 gram per millilitre. (This is for water at 4°C, as density changes with temperature.)



CULINARY Q'S AND A'S

1. Why does brushing a pastry item with egg wash cause the pastry to turn golden-brown?

A. An egg is made up of 6.6g protein, 0.6g carbohydrates and 6g fat.

Scientifically, it would be because of the Maillard reaction. The carbohydrates are divided into complex sugars, double sugars and simple sugars. When the egg is heated, the sugars in the carbohydrates undergo various complex chemical reactions. This is known as caramelisation, and results in a colour change and distinctive flavour.



2. How is blue cheese made and is it safe to eat?

Blue cheese is made from cow's milk, sheep's milk, or goat's milk cheeses that have had cultures of the mould *Penicillium* added so that the final product is spotted or veined throughout with blue, blue-gray or blue-green mould. These fungi are found commonly in nature. After the mould cultures are introduced to blue cheese, the "needling" begins. Wheels of cheese are pierced (either by hand or by a device that can poke many tiny holes at once) to create tiny openings. Air enters the wheel of cheese, feeding the mould, and blue/green veins form.

Blue cheese is safe to eat, as the type and amount of bacteria used is strictly controlled. However, there are some concerns. The most widely used moulds in blue-veined cheeses are *Penicillium Roqueforti* and *Penicillium Glaucum*. These are related to the mould from which the antibiotic, penicillin, was extracted and so still contain some active substances that destroy the bacterial cell walls. This could have negative effects on intestinal microflora. Children under 10 and pregnant women should avoid blue cheese. Blue cheese which has been exposed to incorrect storage and transportation temperatures should also be avoided, as the bacteria can become pathogenic.

At the same time, it would be wrong to think that blue cheese is absolutely unsafe. Moderation is the key: blue cheese is absolutely safe only if eaten rarely and in small amounts. British doctors recommend eating no more than 30 grams of this product at once, and combining it with wine, which is known for its ability to bind and remove the toxic by-products of the cheese.

3. Why do fizzy drinks go flat?

The bubbles in fizzy drink are bubbles of carbon dioxide gas.

Carbon dioxide gas is compressed into the bottle and dissolves in the drink.

When you open the lid of a fizzy drink the sound you hear is the carbon dioxide escaping into the air. This decreases the amount of carbon dioxide in the drink and eventually, its level in the drink is so low that the drink tastes "flat".



Story By:

Chef Kabelo



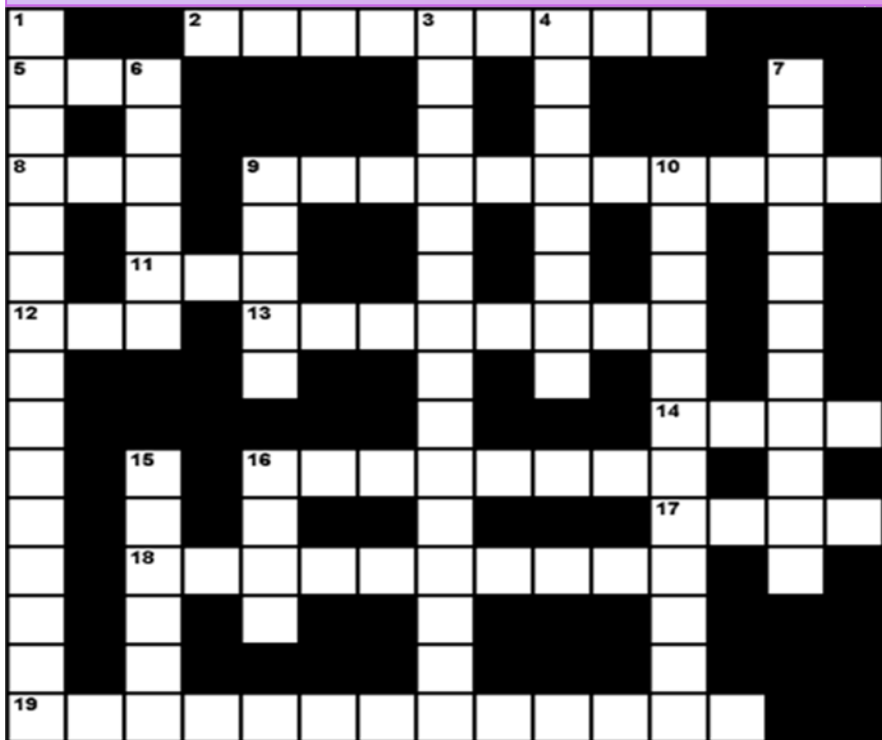
Fun Page



Question:

In England in 1877, the Local Government Board found that a quarter of the milk that was examined contained excessive water or chalk. What was found to be in 10% of bread, 8% of butter and 50% of gin?

Crossword



Across

- 2. Aromatic bulbous stem base eaten cooked or raw in salads
- 5. A large vessel for making coffee or tea.
- 8. Second most popular sandwich at the deli
- 9. Becomes red when ripe
- 11. Distilled from fermented molasses
- 12. Fermented beverage heavier than beer
- 13. French loaf
- 14. Small open pie
- 16. French for a wooden spoon used to stir sauces.
- 17. Borecole
- 18. Long bean pods always sliced into half-inch lengths; a favourite in Britain
- 19. Cooking place measures

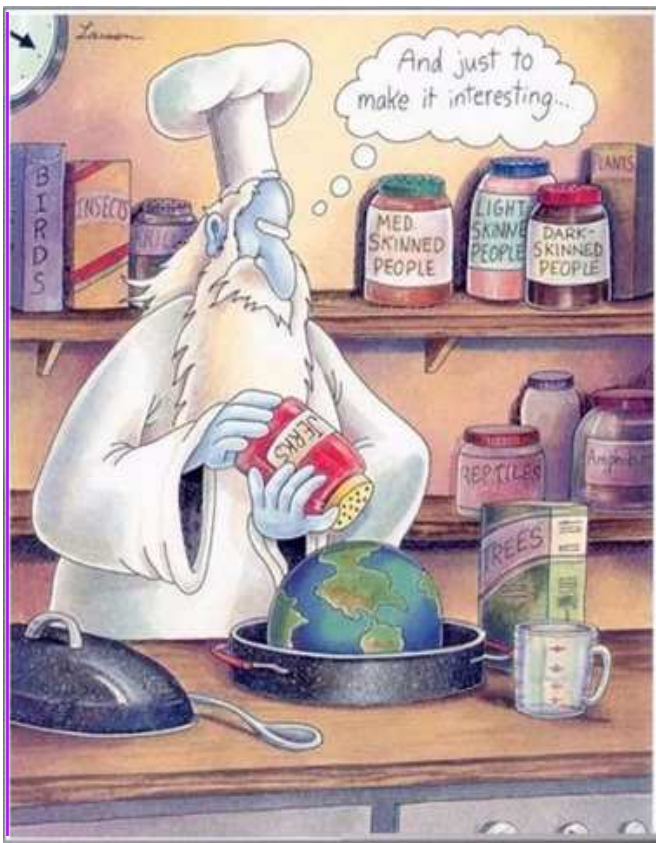
Down

- 1. (British) leftover cabbage and potatoes and meat fried together
- 3. Wines from the Ardeche region, on the right bank of the Rhone
- 4. A portable electric appliance for heating or cooking or keeping food warm
- 6. The essential qualities or characteristics by which something is recognized
- 7. Used for turtle soup
- 9. okra
- 10. A type of spatula
- 15. An ice containing milk
- 16. Cultivated for their aroma and used for flavouring.

Did you know?

The term "brain freeze" was invented by 7-11 in America to explain the pain one feels when drinking a type of drink called a Slurpee too fast.

There is a real scientific name for "brain freeze" – it is sphenopalatine ganglioneuralgia (try saying that 5 times fast!) When something very cold (usually ice cream) touches the top palate of the mouth, it causes the blood vessels to constrict. This makes the nerves send a signal to the brain to re-open them. The rapid re-opening of the vessels causes a build up of fluid in the tissues causing a slight swelling in the forehead and, therefore, causing pain. It normally takes 30 – 60 seconds for the fluid to drain, relieving the pain.



Copper was used to heighten the colour in some foods and drink such as Gloucester cheese. Red lead was also used to give Gloucester cheese its red colour. These additives caused many gastric problems and sometimes fatal food poisoning.

Answer: Copper



Answers

