



A GOLDEN YEAR FOR THE ICA RECENT AWARDS THAT SET THE ICA APART

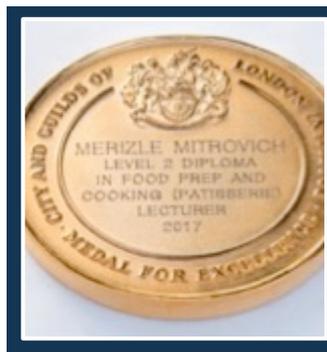
EAT OUT
LANNICE SNYMAN
LIFETIME ACHIEVEMENT
AWARD



CITY & GUILDS
INTERNATIONAL
CENTRE OF EXCELLENCE
AWARD



CITY & GUILDS
INTERNATIONAL
MEDAL FOR EXCELLENCE



FOOD24 / PHILIPS
NEXTGEN
BEST CHEF SCHOOL IN SA



CHEF TRAINING 2018 STARTS

A scorching hot summer's day in Stellenbosch could not keep away the new first year recruits, eager to register and start the journey into an exciting professional culinary career at the ICA. Students from all over the world, from as far as Saudi Arabia, Namibia and Kenya, enrolled again this year, together with their fellow South African first years. The new students received detailed orientation through a full induction programme to help equip them for the high standard of the ICA training environment. From the word "go", training at the ICA is intensive and focused, bringing with it a standard that has proved the ICA to be SA's very best training facility for world-class chefs.



As the new recruits set foot at the picturesque Banhoek Campus outside Stellenbosch, a new life-chapter awaits. It is, however, business as usual for the ICA Lecturers to ensure that 1st year students are introduced and familiarized with the HOW, WHAT, WHERE & WHEN of Campus life at **The Institute of Culinary Arts**.



FIRST WEEK ON CAMPUS



First year students have already learned an incredible amount in the short time they've been on campus. From wine tastings to knife skills in the cooking kitchen and lean dough baguettes, petit pain and pain epi in the pâtisserie kitchen, students are progressing at a steady pace and mastering the techniques! At the ICA, the focus falls on intensive, theoretical and individual practical training through a lecturer-to-student average ratio of 1:6.

ALUMNI ACCOMPLISHMENT



KATELYN WILLIAMS

ICA Graduate, Class of 2009
WINNER: SA BEST FOOD & WINE BLOG

The prestigious SA Blog Awards recently took place, showcasing the very best – from fashion, to entertainment, parenting, music, business, science and of course Food & Wine! The ICA is proud to celebrate former graduate, Katelyn Williams, who has done it yet again, clinching the title of **SA Best Food & Wine Blog** for her award-winning blog, **The Kate Tin**, her 3rd win (2014, 2015 and now again for 2017)!

ICA PROVIDING STUDENTS WITH CUTTING EDGE TUITION

Chefs Training (TTAT) is a London based company specializing in training chefs to effectively and confidently communicate their art, whether at an interview, a presentation, demonstrating to a live audience or through a camera as a social media chef. Working with the Institute of Culinary Arts, their highly interactive sessions aim to equip students with the confidence and tools to excel in their chosen career path.



In today's highly competitive, but rewarding culinary industry, there are so many opportunities, both inside and outside the kitchen. For the modern day chef, TTAT's expertise in communications training, career strategy as well as positive guidance will help students open those doors of opportunities.

In preparation for offering these courses as part of the ICA's future curriculum, ICA directors, lecturers and staff have all attended and participated in these courses as presented by Tony Hindhaugh, Managing Director of **TTAT Limited, International Communications Training** in London and found the learning and outcome incredibly enriching and educational.

More information about TTAT <http://www.ttat.works/about.html>

SKOLE KOOK

Maintaining culinary standards and inspiring young individuals to follow a rewarding career path in the culinary industry, is what the ICA stands for. This year, Chef Lecturer, Selwyn October, is once again involved as judge for the popular schools cooking competition and television insert Skole Kook, broadcast every Friday on KykNET's Groot Ontbyt programme. ICA supports this wonderful initiative as one of the main sponsors and part of the expert judging panel throughout the competition. Follow all the competition action as the learners battle it out for a place in the final!

SKOLE KOOK | FRIDAYS | 06:10
KYKNET (DStv Channel 144)



Chef October during filming of the episodes in the Free State recently

CONGRATULATIONS TO ICA PRINCIPAL & HEAD OF FACULTY



EAT OUT AWARDS 2017 : It was an evening filled with stellar accomplishments, celebrating the top food talent in the country, including no less than 6 ICA-trained chefs making it to the top nominees list, taking 8 awards in total! This year's receiver of the Eat Out Lannice Snyman Lifetime Achievement Award was ICA Principal, Letitia Prinsloo, a mentor to many.

As founder of SA's most prestigious chef school, Letitia Prinsloo has inspired and moulded countless noteworthy chefs, including Peter Tempelhoff from The Greenhouse Restaurant (*Eat Out 2017 no. 5*), Michael Cooke from Camphors @ Vergelegen (*Eat out 2017 no. 6*) and many more on Eat Out's Best Restaurants lists. ICA's students follow the lead of their founder, who serves as their touchstone for excellence. Letitia graduated from UP and continued her studies with a Diploma École Cuisine du Soleil in France. She serves as an honorary member of the Chaîne des Rôtisseurs, as well as a judge for the World's 50 Best Restaurants and on Eat Out's panel of critics. Under her leadership, the ICA has won the Award of Excellence from the International Association of Culinary Professionals, followed most recently by the ICA receiving two international gold medal awards for Excellence.

"Letitia has taught and mentored generations of our finest South African chefs", says Abigail Donnelly, Eat Out Best Restaurants head judge. *"She sets incredibly high standards and her life-long dedication and positive commitment to improve cooking standards in South Africa make her highly deserving of this award."*

Merizle joined forces with the ICA over 20 years ago and due to her unfailing commitment to the ICA's training ethos, she has recently received the prestigious recognition of being awarded a Medal of Excellence as Tutor of the Year by City & Guilds International.

As testimony to the unsurpassed level of training that students receive at the ICA, Principal and Founder of the school, Letitia Prinsloo, states:

"As a truly earnest teacher and mentor myself, I realize that students come to the ICA partially formed, but filled with potential and hope. They remain for a season, a phase of their lives. Trainers (like Merizle Mitrovich) shape, chisel, form and mould. The students receive, they grow, they're strengthened and filled. Then they step out – shining, strong, equipped and whole. It is my responsibility to train world-class chefs that can fully stand their ground in a global culinary arena, armed with an internationally recognized qualification. Merizle's contribution, as well as all ICA lecturing staff, influences the caliber of top rated chefs trained at the ICA, ensuring their legacies are carried forward day after day, far beyond the physical boundaries of the training kitchens and classrooms at the Institute of Culinary Arts."



EAT OUT'S BEST : ICA TAKES 8 AWARDS!

Eat Out Lifetime Achievement Award

Letitia Prinsloo, ICA Principal

Eat Out No. 5

Peter Tempelhoff, ICA Alumni 1999

Group Executive Chef: Greenhouse at The Cellars-Hohenort

Eat Out No. 6

Michael Cooke, ICA Class of 2004

Executive Chef: Camphors at Vergelegen

Eat Out No. 13

Kobus van der Merwe, ICA Class of 1999

Owner & Executive Chef: Wolfgang

Eat Out No. 16

John van Zyl, ICA Class of 2009

Head Chef: Thali

Eat Out No. 17

Marthinus Ferreira, ICA Class of 2001

Owner & Executive Chef: DW Eleven-13

Eat Out Woolworths Sustainability Award

Michael Cooke, ICA Class of 2004

Executive Chef: Camphors at Vergelegen

Eat Out Graham Beck Chef's Award

Kobus van der Merwe, ICA Class of 1999

Owner & Executive Chef: Wolfgang

ICA AT 2018 SOUTH AFRICAN CHEESE FESTIVAL



HERMAN LENSING

ICA Graduate, Class of 2009
Food Editor, *SARIE & SARIE KOS*,
TV presenter & cookbook author



ZOLA NENE

ICA Graduate, Class of 2010
Chef, Food stylist, TV presenter
& cookbook author



JOHNNY HAMMAN

ICA Graduate, Class of 2002
Kokkedoor Winner 2012, High-end Events
co-ordinator, chef & cookbook author

Visitors to the 17th South African Cheese Festival can once again expect a truly unique experience of all things cheese and more! This award-winning festival, the biggest outdoor culinary event in SA, takes place in April and the **Institute of Culinary Arts** 3rd year specialization students, chef lecturers and alumni will be there to further enhance an already wonderful experience. Together with 3 ICA graduates, **Herman Lensing**, **Zola Nene** and **Johnny Hamman** (well-known culinary professionals and celebrity chefs), the ICA will demonstrate a range of specially developed recipe ideas, inspired by these proud ICA alumni's own creations. The ICA renditions will incorporate alternative niche products in newly developed recipes, all in front of a live audience at the Cape Made Kitchen, supported by the Western Cape Department of Agriculture. Be sure to join the experience and free tasting sessions!

DEMONSTRATION TIMES
DAILY

11:-30-12:30, 13:30-14:30, 15:30-16:30

27 April 2018
28 April 2018
29 April 2018

ICA & HERMAN LENSING
ICA & ZOLA NENE
ICA & JOHNNY HAMMAN



OPEN DAYS

24 March | 15 Sept

Bookings essential!

(1 Applicant + 2 Guests maximum)

10:00 | 13:00

If the exciting world of cheffing is your passion, visit SA's BEST chef school for an extraordinary culinary experience.

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WINTERSCHOOL

10 July

11 July

09:00 – 13:00

All high school
learners
welcome!

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reserve your
place!**

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