



INSTITUTE OF
CULINARY ARTS



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MOULDING YOUNG MINDS

PRINCIPAL



After graduating from UP, **Founder and Principal, Letitia Prinsloo**, completed the Advanced Cordon Bleu Diploma, cum laude, clinching the Bollinger Award as top student. Her gastronomic career included training in France, adding the coveted Diploma Ecole Cuisine du Soleil to her name. In 2017, Letitia was honoured with the *EatOut Lifetime Achievement Award*, emphasizing her life long dedication to culinary training excellence. Furthermore, the school was recently awarded two gold medals of Excellence by City & Guilds International, rating the ICA as

the **BEST chef school in Africa and one of the 3 very best in the world.**

The criteria for a life-long commitment towards excellence, is not only the impact on other individuals, but the circumference of it and the ripple effect this impact will have on more individuals, even outside the physical boundaries of the training environment. As such, Letitia's vision is visible in the kitchens of accomplished ICA alumni, more than 20 of whom have been nominated on SA's Best Restaurants lists in the past 5 years - an achievement not equaled by any other training facility in SA.

Letitia remains a mentor for the finest of South African-trained chefs. Serving as respected culinary judge on numerous national and international panels aids in the upkeep of standards throughout culinary competitions and awards.

As an honorary member of the Chaîne des Rôtisseurs and judge of the World's 50 Best Restaurants, the constant exposure to current culinary trends and directions are related back to ICA chef lecturers, who in turn pass on invaluable knowledge and content to ICA chef students, setting the benchmarks for others.



HEAD OF FACULTY



Head of Faculty and Senior Pâtisserie Lecturer,

Merizle Mitrovich, has been an integral part of the ICA for more than 20 years. Merizle's vast industry experience and strive for excellence is well recognized.

Merizle was recently honoured with the International City & Guilds **Medal for Excellence as Tutor of the Year.**

The only hospitality Lecturer ever to receive such an international recognised award in South Africa. This serves as testimony to her passion for quality culinary education. 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.

In return, students grow, they're strengthened and fulfilled. They then step out - shining, strong, equipped and whole - ready to take the lead in South Africa's culinary arena and beyond.



WHY THE ICA

WHERE WILL THE ICA TAKE YOU?

The ICA has been training SA's culinary leaders since 1996. Today we offer a wide scope of specialized qualifications and career opportunities, each tailor-made to suit the needs of an ever-changing industry. We're passionate about what we do, and this is why our students are known throughout the world for their innovative thinking and culinary flair.

"The ICA prides itself in the fact that since the existence of the school, all students gain full time employment after graduation, locally and abroad."

- **Principal Letitia Prinsloo**



The ICA sets the standard for the culinary industry through holistic and classic training and provide a platform for entrepreneurial development. The ICA's three year diploma, coupled with an Internationally recognized City & Guilds qualification, further expands career opportunities in the culinary arena. Successful ICA graduates have awakened their culinary senses to the adventures of new professions - alongside the thriving restaurant trade in the corporate culinary field.

Following extensive industry experience in SA's top restaurants, ICA graduates make their mark further afield in the events- and business world, with top positions occupied at industry leading product development companies as well as in the media world.

Selected ICA Specialist Industry Partners

Rhodes Food Group
7th Floor Innovation Centre
In 2 Food
Woolworths Product Development
Woolworths TASTE Magazine
Caxton Media - Rooi Rose; Food & Home Entertaining
Media 24 - SARIE & SARIE Kos
Pick n Pay - Fresh Living Magazine
Wine Style Magazine
SABC 2, SABC 3, DStv - kykNET, RSG

RATED BEST CHEF SCHOOL IN SA & ONE OF 3 BEST CHEFS SCHOOLS IN THE WORLD

- **INTERNATIONAL ASSOCIATION FOR CULINARY PROFESSIONALS AWARD OF EXCELLENCE**
- **OLD MUTUAL SMALL BUSINESS OF THE YEAR**
- **CITY & GUILDS INTERNATIONAL CENTRE OF EXCELLENCE**
- **CITY & GUILDS INTERNATIONAL MEDAL FOR EXCELLENCE**
Tutor of the Year, ICA Head of Faculty, Merizle Mitrovich
- **EAT OUT LANNICE SNYMAN LIFETIME ACHIEVEMENT AWARD**
ICA Principal, Letitia Prinsloo
- **FOOD 24 NEXTGEN BEST CHEF SCHOOL IN SOUTH AFRICA**
- **EAT OUT BEST RESTAURANTS AWARDS NOMINEES & WINNERS**



3 YEAR DIPLOMA

ADVANCED CULINARY ARTS, -PATISSERIE & SPECIALIST CULINARY FIELD

If you dream of making your mark in the broader culinary world, look no further than the Three-Year ICA Diploma.

ICA's flagship three year programme equips students with comprehensive ICA credentials, encompassing full chefs qualifications and advanced patisserie accreditation.

Optional International qualification further expands your education through invaluable trade-related subjects such as Supplier Relations & Manageability and Entrepreneurship in Hospitality. The ICA is the only culinary institution offering additional career options within the hospitality industry, with a choice of specialization fields in the final year of study.

Employment opportunities are both extensive and inspiring, with career paths leading to product development for global companies like Woolworths, food stylists, writers and editors for high-end SA publications, occupations in the thrilling world of television as well as event planners for high-end functions and clients.

1st YEAR

Table with 2 columns: Theory of Fundamental Cooking, Practical of Fundamental Cooking, Theory of Fundamental Patisserie, Practical of Fundamental Patisserie, Operational Management 101, Strategic Marketing; Nutrition 101, Food & Society 101, Menu Compilation 101, Front of House 101, Beverage Studies 101

INDUSTRY TRAINING

2nd YEAR

Table with 2 columns: Theory of Advanced Cooking, Practical of Advanced Cooking, Operational Management 201, Beverage Studies 201, Theory of Supplier Relations and Manageability, Practical of Supplier Relations and Manageability; Nutrition 201, Food & Society 201, Menu Compilation 201

INDUSTRY TRAINING

3rd YEAR

Table with 1 column: Theory: Chosen Specialization Field - Media Communication, - Product Development, - Event Management & Beverage Studies, Theory of Advanced Patisserie, Practical of Advanced Patisserie, Entrepreneurship in Hospitality, Food & Society Chefs Demonstrations

SPECIALIZATION INDUSTRY TRAINING

QUALIFICATIONS

- CATHSSETA: 73292 CERTIFICATE: Patisserie
- QCTO: 101697 OCCUPATIONAL CERTIFICATE: Chef
- City & Guilds: Dip. in Food Preparation and Cooking (Culinary Arts) 8065-02
- City & Guilds: Dip. in Food Preparation and Cooking (Patisserie) 8065-03
- City & Guilds: Certificate of Unit Credit: Food Safety in Catering 8065-203
- First Aid Level 1



2 YEAR DIPLOMA

CULINARY ARTS & ADVANCED COOKING

Refine your culinary skills with the ICA 2-year Diploma in Advanced Cooking & Culinary Arts. This in-depth program is focused on individuals with a passion for the exciting food industry and furnishes students with a comprehensive diploma incl. modernist cuisine and artisan culinary techniques.

1st YEAR

Table with 2 columns: Theory of Fundamental Cooking, Practical of Fundamental Cooking, Theory of Fundamental Patisserie, Practical of Fundamental Patisserie, Operational Management 101; Nutrition 101, Food & Society 101, Menu Compilation 101, Front of House 101, Beverage Studies 101

INDUSTRY TRAINING

2nd YEAR

Table with 2 columns: Theory of Advanced Cooking, Practical of Advanced Cooking, Operational Management 201; Nutrition 201, Food & Society 201, Menu Compilation 201

INDUSTRY TRAINING

QUALIFICATIONS

- City & Guilds: Dip. in Food Preparation and Cooking (Culinary Arts) 8065-02
- City & Guilds: Certificate of Unit Credit: Food Safety in Catering 8065-203
- First Aid Level 1



2 YEAR DIPLOMA

CULINARY ARTS & ADVANCED PATISSERIE

This highly specialized course provides students with the essential theory and practical training to succeed in the ever-evolving world of fine patisserie. The course includes an International diploma and invaluable practical training with industry partners who are at the forefront of this unique culinary field.

1st YEAR

Table with 2 columns: Theory of Fundamental Cooking, Practical of Fundamental Cooking, Theory of Fundamental Patisserie, Practical of Fundamental Patisserie, Operational Management 101; Nutrition 101, Food & Society 101, Menu Compilation 101, Front of House 101, Beverage Studies 101

INDUSTRY TRAINING

2nd YEAR

Table with 2 columns: Theory of Advanced Patisserie, Practical of Advanced Patisserie, Operational Management 201; Nutrition 201, Food & Society 201, Menu Compilation 201

INDUSTRY TRAINING

QUALIFICATIONS

- CATHSSETA: 73292 CERTIFICATE: Patisserie
- City & Guilds: Dip. in Food Preparation and Cooking (Culinary Arts) 8065-02
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CAREERS

EXPOSURE

The ICA is passionate about providing students with a solid career foundation. We understand that theoretical tuition means very little unless it can be effectively applied. That's why our students receive relevant, practical training through industry placements at South Africa's top establishments.

- Media: Award winning food editors; Food television presenters; Culinary competition judges & participants
• Food Technology: Product development for global companies (such as Woolworths, Rhodes Foods, etc.)
• Food & Wine Connoisseurship: Sommeliers in international; Michelin-rated restaurants as well as award winning establishments in SA
• Private Cheffing: Exclusive cheffing on private yachts and cruise liners



TEACHING SA'S LEADING CULINARY PROFESSIONALS FOR THE PAST 22 YEARS

