



LOCKDOWN LEARNING

WORK FROM HOME TIPS

GET STARTED EARLY, FULLY DRESSED AND READY

STRUCTURE AND PLAN YOUR DAY

CHOOSE A DEDICATED WORK SPACE

TAKE SHORTER, MORE FREQUENT BREAKS

USE TECHNOLOGY TO STAY
CONNECTED TO YOUR TEAM

DON'T FORGET TO DRINK WATER
AND GET SOME SUNLIGHT!

As soon as ICA curricular activities can resume on campus and we welcome back our first year students to our training kitchens again, they will commence their practical training focusing on dairy! Lecturers are eagerly awaiting this return, keen to continue the culinary training methodology and excellence that the ICA is celebrated for.

Whether you are a 1st, 2nd or 3rd-year ICA student, a graduate, industry partner, parent or mentor, here is a wonderful recipe to transform full cream milk into rich, creamy ricotta cheese. Enjoy!

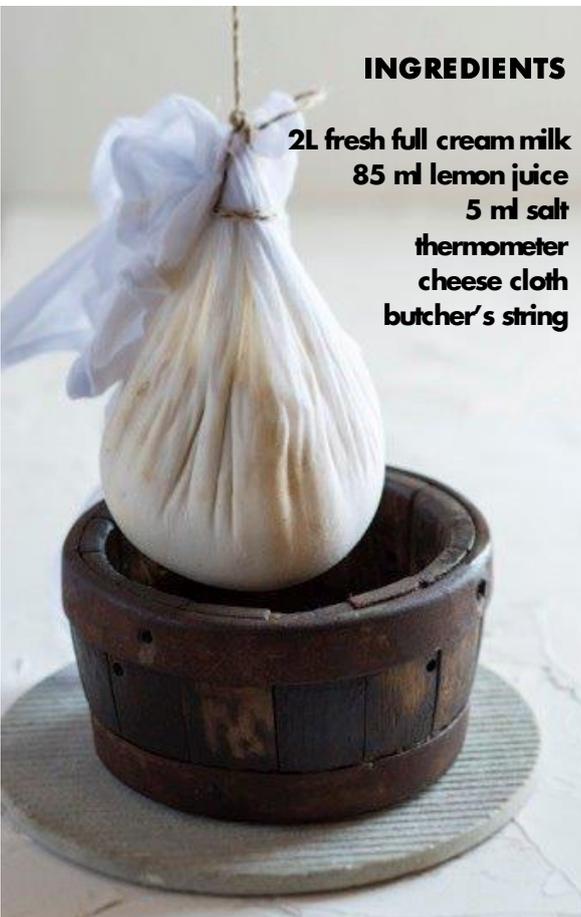
Post a pic of your ricotta and what you are serving it with on Instagram and tag the ICA @icachef so that others can be inspired by your creations!

RICOTTA

(makes 500 ml)

INGREDIENTS

2L fresh full cream milk
85 ml lemon juice
5 ml salt
thermometer
cheese cloth
butcher's string



METHOD

- Warm the milk gradually to 90°C in a large pot over medium heat. Monitor the temperature with a thermometer as the milk heats up. The milk will get foamy and start to steam (do not let the milk come to a boil). When the milk reaches 90°C, remove from the heat.
- Pour the lemon juice and the salt into the milk. Stir gently to combine.
- Allow the mixture to rest for 10 minutes. The milk should separate into curds and whey.
- If the curds are not setting, add an additional 15ml of lemon juice and allow enough time for the curds to separate from the whey.
- Line a strainer with the cheese cloth and place it in a large bowl. Remove the large curds from the whey with a slotted spoon and place in the cheese cloth.
- Pour the remaining curds and whey through the strainer.
- Gently push out excess liquid. Tie the cheesecloth tightly with the butcher's string.
- Hang the cheese in the fridge over a large bowl.
- Allow the Ricotta to rest for approximately 40 - 60 minutes.
- Once the desired consistency is reached the fresh Ricotta is ready to be used.
- Different flavourings can be added to the fresh Ricotta for a different end product.



LOCKDOWN LIGHT BULB

DID YOU KNOW?

After completing her degree at the University of Pretoria, Mrs. Prinsloo worked for the Dairy Control Board. She played an integral part in the board's first ever advert on South African television with the infamous and catchy tag line "Cheese it and enjoy it!" that is still a widely used expression to this day! The little wooden cheese mold in the ricotta picture above dates from her time at the Dairy Control Board – a very special heirloom indeed!

PURPOSE WITH POSITIVITY DURING LOCKDOWN

While many people are struggling to pass the time during lockdown and getting frustrated at the restrictions we all face, ICA students and graduates know that positive energy can and should be channeled into creative inventions and concepts!

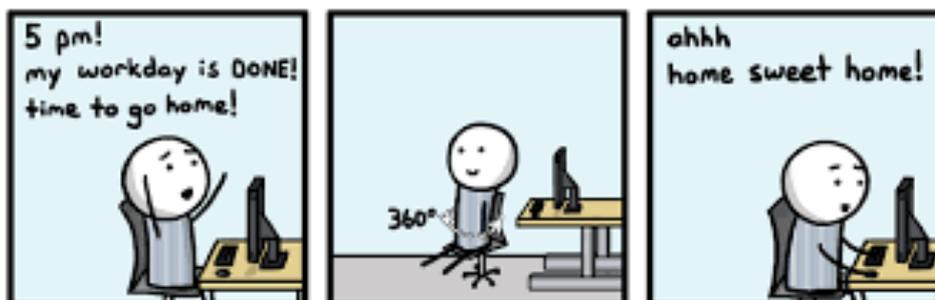
We caught up with 2018 graduates **Nina Joubert** and **Cassandra Fernandes** to find out how they are staying focused and inspired during this challenging time.

Both **Cassandra** and **Nina** have grown in leaps and bounds in their short **NPD** careers in the brief time they have been working professionally in the **Product Development** industry since their respective specialization industry placements. They are certainly setting benchmarks for young graduates and enjoying the challenges presented to them amidst the lockdown period.

Nina is **NPD Manager** at **Ucook**, a high-end, online, subscription-based dinner kit delivery service operating in the whole of South Africa.

Cassandra is the newly appointed **NPD Manager** for **Amaro Foods**, a respected company that produces and supplies bakery products for **Woolworths** nationwide.

Click on the **READ MORE** links to see what each of these graduates had to say.



working from home can mess with your head



LEARNING TOGETHER while STAYING APART

COVID-19 NATIONAL LOCKDOWN 2020