



LOCKDOWN LEARNING

Robin Sharma, author of bestselling book: *The Monk who sold his Ferrari*, wrote:

Change is hardest at the beginning, messiest in the middle and best at the end. The creativity, diligence and dedication that ICA faculty and students have shown since the nationwide lockdown was implemented, provides confidence that ICA students will emerge on the other side of this unusual quarantine period united in their strength and resilience.

3-CHEESE LASAGNA

Last week, we shared the ICA's recipe for making Ricotta cheese at home during lockdown (and thereafter of course!). This wonderful 3-cheese lasagna recipe utilizes your home-made ricotta in a hearty comfort meal, lifting this classic to light, airy perfection. **Try it and post your attempt to Instagram, tagging the ICA: @icachef**



RECIPE

[Click here for step-by-step instructions.](#)

TRAINING EXCELLENCE

From its inception 25 years ago, the ICA incorporated study in a diverse range of culinary career fields into its exceptional courses. Qualifying with a diploma in any of the ICA's specialization courses undoubtedly provides graduates with unlimited opportunities for growth and success, as is evident in this quote, received from ICA alumni and current **3rd Year Media Communication lecturer, Illanique van Aswegen**. Illanique provided us with the lasagne image on the left as from her Instagram account:

"Covid-19 has brought a lot of uncertainty to many regarding work, including those who work as freelance food consultants. As food stylist, photographer and media lecturer I have never been as busy as this time during lockdown. Being an ICA graduate with a 3-year diploma specialising in Media Communication, I have been running my own successful food styling and photography business since 2009 and business is booming! The lockdown period has brought in more clients, from all over the world, and has allowed me to work remotely and maintain a steady income as an all-inclusive service provider for clients who require images and recipes for recipe sites, news sites, online shops and social media. My ICA studies have certainly provided me with valuable tools to be self-sufficient, work independently, create my own business environment and salary while delivering professional industry-related content to a variety of clients!"
- Illanique

Another ICA graduate and award-winning food journalist, Vickie de Beer, is the food editor for well-known lifestyle magazine Rooi Rose. Vickie recently moved to Utrecht in the Netherlands but she still maintains her editorial position with the South African magazine, operating entirely remotely, whilst living abroad! Once again, this demonstrates the flexibility and opportunities possible with an ICA 3-year diploma.

No wonder the ICA was rated BEST chef school in SA and one of the 3 BEST in the world!

CHEESY QUARANTINE QUIZ



G U Q H O C P S V H H S O P T O Q P
 L R C U R D Y P I L M D A I R Y N G
 B E F A F V T L N I A O K H W C B F
 C N V O M V W V E N U C U J A H Y I
 O N N P T E Z L G Y C R T L J L E V
 A E M J E E M P A Z A I L O D G C Y
 B T L I B T H B R M S C P A S F I X
 C Q M K L P O L E F E O N I M E S V
 M C R F J K C A Z R E T M E H C O I
 L N D U L L Z D Y S T T K M N F U H
 C S M H R H U Z X A A A A N R I R D
 P Z J C X X B W L T C P E P K M K J

DAIRY WORD SEARCH CLUES

Use the clues below to search for the answers in the letters above. Take a picture of your finished puzzle and present it to the administration office on your first day back on campus for a surprise treat!

- Also referred to as "fromage blanc" or "hang cheese".
- The forgotten other half.
- Can be separated from whey by "souring" milk or cream.
- Humans are the only mammals that consume this liquid past infancy.
- Any foods made from the milk products of animals, or produced in the mammary glands.
- A composite of two simple sugars; glucose and galactose.
- Component of a classic Greek salad.
- A soft cheese with a white rind that is often baked, originating in northern France.
- An enzyme that aids in coagulating milk or separating curds from whey.
- A condition created by the growth of various fungi during ripening, contributing to the individual character of cheese.
- A liquid that is used to acidify a milk base in the cheese making process.



LOCKDOWN LIGHT BULB

DID YOU KNOW? Chef Merizle Mitrovich once risked her life in search of quality chocolate during Venezuela's worst political unrest and anti-government protests under the dictatorship of the then president, Hugo Chavez. She was detained by Venezuelan military during her trip, but still managed to bring back to the ICA the most unique and rare chocolate produced from Rio Caribe Superior cacao, a hybrid varietal of Criollo and Trinitario cacao. These Rio Caribe Superior cacao trees grow only in a remote area on the Paria peninsula of the Sucre state on the northeastern coast of Venezuela. Chef Mitrovich literally tracked through the jungle for her love of chocolate!

LEARNING TOGETHER while STAYING APART

COVID-19 NATIONAL LOCKDOWN 2020