

LOCKDOWN LEARNING

No one can deny that being in lockdown is indeed a strange experience.

If there's one thing we've learned, it is that adaptability is the key ingredient for staying sane and motivated!



Social media platforms are filled to the brim with cooking and baking ideas, recipes, activities and attempts from across the globe.

It is humbling to be reminded that the culinary industry addresses the very essence that keep the human race going, even through trying and tough times such as we are experiencing now, which is the exact reason that a culinary career is one of the most rewarding occupations to follow!

On a professional level, chefs continue to re-invent themselves and produce exciting, fresh ideas in the ultimate quest to prepare and serve meals – be it to those in need or the discerning guest.

As the world is slowly finding its feet amidst a new normal, we can be certain that the creativity and perseverance of the culinary industry is going to continue to drop our jaws!



FRUITY NUTTY LOCKDOWN PUZZLE

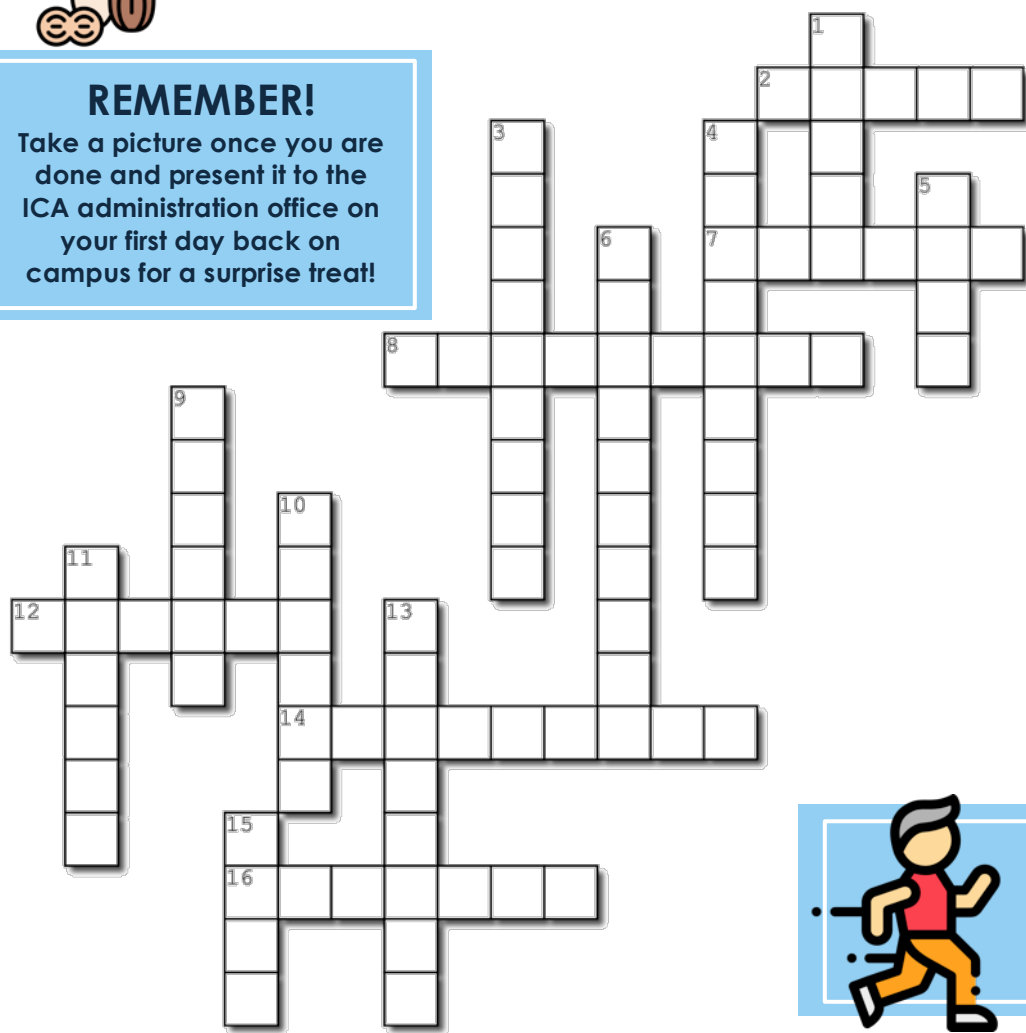


CROSS WORD CLUES

1. Cantaloupe is regarded as this fruit.
2. This fruit is utilised in the classic fruit dessert by Escoffier, in honour of Dame Nellie Melba.
3. The nut known for its beautiful green colour.
4. Another name for Sharon Fruit.
5. White layer under the colourful zest of a citrus fruit.
6. Fruit softened by steeping in a liquid.
7. When the oils in nuts are exposed to light, moisture and heat the oils is said to become...
8. The method used when skinning whole almonds.
9. An exotic fruit known for its unpleasant/pungent smell.
10. Cooking technique used to finish off sautéed fruit.
11. A nut that is always sold skinned due to their poisonous skin.
12. A fruit that should not be refrigerated.
13. Method of heating nuts to remove their skin. Utilised with nuts such as Hazelnuts, Brazilnuts and Walnuts.
14. The seed of a tropical evergreen tree.
15. Fruit identified with as having a central core.
16. The kernel of this fruit has an almond flavour.

REMEMBER!

Take a picture once you are done and present it to the ICA administration office on your first day back on campus for a surprise treat!



THE ONLY EXERCISE I'M GETTING NOWADAYS IS LETTING MY IMAGINATION RUN WILD!

GUESS WHO?



LOCKDOWN LIGHT BULB

DID YOU KNOW?

Chef van Zyl's career has certainly taken him to some far off and interesting places. In remote camps on the banks of the mighty Zambezi (and with very limited resources) he had to set up kitchens in tents and train staff to cook *everything* without electricity! Chef van Zyl created each camp's own culinary identity, which offered unique experiences - from drum oven flat breads and Argentinian Asado-style roasted meats to chicken cooked underground! Once a week, he had to traverse sandy roads to collect supplies, a return journey that took a full 6 hours! Luckily, all this "roughing it" has only inspired him to continue to be an excellent chef, whether it is in a luxury kitted kitchen or just camping with his family! Nowadays, Chef van Zyl heads up the Cooking Kitchen at the ICA as senior lecturer. His involvement with the popular reality inter-schools cooking competition on Via (DStv 147), Skole Kook, still enables him to travel the country as judge, in search of fresh talent amongst Grade 11 learners...and perhaps even future ICA student candidates!

LEARNING TOGETHER while STAYING APART

COVID-19 NATIONAL LOCKDOWN 2020