

# SOUTH AFRICAN YOUNG CHEF OF THE YEAR

## ENTRY PACK

# 2018



CREATE A SOUTH AFRICAN  
INSPIRED MENU TO **WIN A STAGE**  
AT AWARD-WINNING RESTAURANT  
**THE TEST KITCHEN** IN CAPE TOWN

THE TEST  
KITCHEN

# LET'S HEAR FROM OUR WINNERS FROM THE LAST TWO YEARS ON THEIR EXPERIENCES BEFORE, DURING AND AFTER THE COMPETITION...

## JORDON'S COMPETITION DESSERT:

Caramelised & pickled plum, black treacle, cardamom ice cream and a glass tulle



“ The competition enabled me to explore a fascinating cuisine, which I didn't know much about initially ”

2017 WINNER, JORDON POWELL with the judging panel: Jose Souto, Sophie Michell, Aggie MacKenzie and Petrus Madutlela



## 2017 WINNER JORDON POWELL

### WHAT DID YOU ENJOY MOST ABOUT THE COMPETITION?

“I enjoyed researching and sourcing all the ingredients. The interview process before the cook-off gave me the opportunity to explain my menu to the judges and answer any questions they had, which was a great experience. Luckily, everything went to plan on the day, so I was very happy with how my dishes went out to the judges.”

### HOW DID YOU FEEL DURING THE COOK-OFF FINAL?

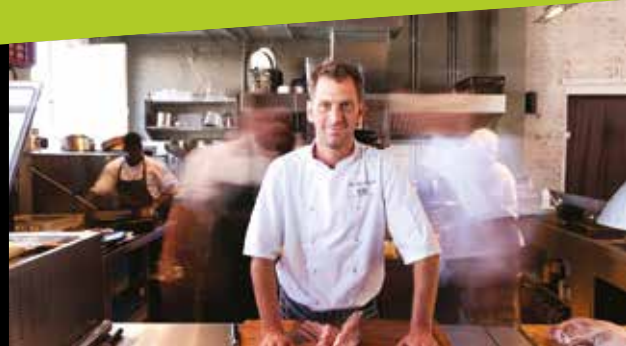
“Before the final began, I felt very nervous whilst setting up my designated section. Once I was set up and had finished my interview with the judges, the nerves went away and I was on a roll. Overall it was a very emotional day.”

### HOW HAS SOUTH AFRICAN YOUNG CHEF OF THE YEAR 2017 IMPACTED YOUR CAREER AS A CHEF SO FAR?

“The whole competition process enabled me to explore a fascinating cuisine, which I didn't know much about initially. I've learnt a lot throughout this process and am excited to continue learning about this particular cuisine. I've just started working for Alyn Williams at The Westbury, Mayfair.”

Jordon will work with Luke Dale-Roberts at The Test Kitchen in Cape Town at the end of this year

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## 2016 WINNER KIERAN MCGARRIGLE

### HOW WOULD YOU DESCRIBE THE STAGE WITH MARGOT JANSE AT THE TASTING ROOM IN FRANSCHHOEK?

"Incredible! Working in a top restaurant, in a fascinating country with such an inspirational head chef was an unforgettable experience. It gave me the opportunity to work with food I'd never come across before."

### WHAT HAVE YOU LEARNT FROM THE EXPERIENCE?

"The competition prize definitely helped me realise that I wanted to travel and work in other countries, to improve my knowledge and skills. Before the competition, my role was in prep and service, but during the stage I was given the opportunity to sample the full menu myself and plate the food. To be trusted in this role when the standards were so high, was a real honour for me. Experiencing the wide variety of ingredients and development of each dish was amazing."

### TELL US ABOUT YOUR JOURNEY AS A CHEF SINCE THE COMPETITION?

"After the competition final, I started work for Michelin-starred restaurant, City Social in London. An opportunity then arose at El Celler de Can Roca in Spain, where I'm currently on a stage. I'm due to start a 4-month contract with them in the coming weeks."

2016 WINNER, KIERAN MCGARRIGLE



Kieran joined Margot Janse and the team at The Tasting Room in Franschhoek

“ Working in a top restaurant, in a fascinating country, with such an inspirational head chef, was an unforgettable experience ”



KIERAN'S COMPETITION MAIN COURSE:  
Pan-fried Pork Secreto in curry spices with pear, sorrel and radish and a pear jus



# HOW TO ENTER

**THE SEARCH IS UNDERWAY TO DISCOVER THE UK'S TOP YOUNG CHEF IN SOUTH AFRICAN CUISINE. OUR 2018 WINNER WILL FLY TO CAPE TOWN TO JOIN LUKE DALE-ROBERTS AND HIS TEAM AT THE TEST KITCHEN - NO.22 IN 'THE WORLD'S BEST RESTAURANTS' 2016.**

**TO ENTER**, you must be either a UK-based student or chef already working in industry, up to the age of 25.

**THE FIRST STAGE** requires you to create a three-course meal, using South African fruit in each course, for two covers. You must provide us with details of ingredients, method and a colour photograph for each dish. This can be sent to us via post or email.

**EACH COURSE** must feature one South African fruit variety from the list below. You must use a different fruit in each course:

Please note, these varieties should be used if available at the time. Other South African alternatives can be used if not.

**APPLES:** Granny Smith, Pink Lady, Royal Gala, Golden Delicious

**PEARS:** Forelle, Williams, Packham's, Abate Fetel

**PLUMS:** Flavor King, Laetitia, Songold (yellow), African Delight

**PEACHES:** Ambercrest®, Temptation, Brittaney Lane, Jim Dandy, Transvalia

**NECTARINES:** August Red, Super Star®, Summer Bright, Regal Pearl, Alpine

**'RAINBOW CUISINE'** is often used to describe South African cuisine due to its variety of sources and stages. We encourage all entrants to research South African cooking and other ingredients to help inspire your creations and demonstrate an understanding of South African flavours.

A small panel of chefs and food writers will then judge all entries we receive in the first stage of the competition.

The eight lucky finalists will be contacted in February, who will then take part in a cook-off, which will take place in April 2018.

**PLEASE SEND YOUR COMPLETED ENTRY FORM, AND A COLOUR PHOTOGRAPH OF YOUR THREE DISHES VIA POST OR EMAIL TO:**

**ADDRESS:** South African Young Chef of the Year! 2018  
c/o Red Communications  
3-4 Free Church Passage  
St Ives  
PE27 5AY

**EMAIL:** [pippa@redcomm.co.uk](mailto:pippa@redcomm.co.uk)

**FOR MORE INFORMATION VISIT:** [www.beautifulcountrybeautifulfruit.com/cook-south-africa/](http://www.beautifulcountrybeautifulfruit.com/cook-south-africa/)

**ALL ENTRIES MUST ARRIVE BY THE CLOSING DATE OF 9TH FEBRUARY 2018.**



# ENTRY FORM



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NAME: .....

DATE OF BIRTH: .....

COLLEGE (IF APPLICABLE): .....

COURSE STUDIED (IF APPLICABLE): .....

PLACE OF WORK (IF APPLICABLE): .....

HOME ADDRESS: .....

.....

.....

.....

CONTACT TELEPHONE NUMBER: .....

EMAIL ADDRESS: .....



# ENTRY FORM - MENU



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**USING ONE FRUIT FROM THE LIST BELOW IN EACH COURSE, DESIGN A SOUTH AFRICAN-INSPIRED MENU FOR TWO COVERS. A DIFFERENT FRUIT MUST BE SELECTED FOR EACH COURSE: STARTER, MAIN AND DESSERT.**

Please note, these varieties should be used if available at the time. Other South African alternatives can be used if not.

**APPLES:** Granny Smith, Pink Lady, Royal Gala, Golden Delicious

**PEARS:** Forelle, Williams, Packham's, Abate Fetel

**PLUMS:** Flavor King, Laetitia, Songold (yellow), African Delight

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## STARTER

**TITLE OF DISH:** .....

**DESCRIPTION:** .....

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**WHICH FRUIT FROM THE LIST DID YOU USE?:** .....

# MAIN

TITLE OF DISH: .....

DESCRIPTION: .....

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WHICH FRUIT FROM THE LIST DID YOU USE?: .....



# DESSERT

TITLE OF DISH: .....

DESCRIPTION: .....

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WHICH FRUIT FROM THE LIST DID YOU USE?: .....

# SOUTH AFRICAN YOUNG CHEF OF THE YEAR 2018

## COMPETITION TERMS & CONDITIONS

1. The competition is open to all UK residents aged 25 or under who are students or already working in the catering/hospitality industry other than employees of the Promoter, their immediate families, agencies or any person connected with this competition.
2. Only one entry per person.
3. First-round entries should be paper-based and must include details of how to design a three-course meal for two covers, using at least one South African fruit in each course. You must include details of ingredients, method, and a colour photograph of each dish. Entries must be received by 09.02.18.
4. No responsibility will be accepted for lost or damaged entries. Proof of postage will not be accepted as proof of receipt.
5. First round paper entries will be judged by a panel of chefs and food critics during w/c 12.02.18. Short-listed finalists will be notified by telephone by 23.02.18 and invited to a cook-off final - to take place in April 2018. There will be eight finalists chosen. If a short-listed finalist cannot attend the cook-off then a replacement finalist will be chosen to take their place.
6. The cook-off final will require the finalists to prepare their menu under the supervision of a small panel of judges. One winner will be chosen on the day. To obtain details of the winner send a SAE to South African Cuisine Young Chef of the Year 2018 Winner, The Promotions Centre, 3-4 Free Church Passage, St Ives, Cambs, PE19 5AY between 30.04.2018 and 31.05.2018.
7. There is one first prize of a trip to South Africa including one week (5-6 working days) work experience in the kitchen of a South African restaurant. The prize will consist of 7 nights B&B accommodation in a 3-Star hotel for one person, return economy flights from the UK to South Africa and transfers. The winner will be notified of the specific restaurant, hotel, dates of travel, and departure and arrival airports once chosen but dates of travel will be between 30.04.2018 and 30.04.2019.
8. The prize must be accepted as offered. There is no cash alternative. Work experience is strictly subject to availability and the winner must also agree to abide by the terms of temporary unpaid employment set out by the restaurant. Full details will be made known to the winner once chosen. The promoter reserves the right to substitute the prize with one of an equivalent or greater value.
9. Entrants agree to be bound by all entry instructions of which these terms and conditions form a part.
10. The Promoter's decision is final and no correspondence will be entered into.
11. Your personal details will be used only for the purposes of this competition and destroyed thereafter.
12. The winner and other finalists must agree to take part in advertising and any relevant public relations exercise undertaken by the promoter.

Promoter: HORTGRO 258 Main Road (PO Box 163), Paarl, 7622, South Africa

**DO NOT SEND ENTRIES TO THIS ADDRESS**



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[www.beautifulcountrybeautifulfruit.com/cook-south-africa/](http://www.beautifulcountrybeautifulfruit.com/cook-south-africa/)

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