CULINARY SUPERSTARS



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B-well's Tangy and Thick & Creamy mayonnaises are so delicious that it's hard to believe they're dairy and egg free! Both made with locally-grown canola oil, they each have distinct tastes and textures that can be applied to your culinary needs.

B-well Tangy Mayo has a traditional tangy taste that will make your tastebuds sing! As it's perfect for coleslaws, salads and wraps, it's going to be the ultimate kitchen star as we head into the summer season.

B Well Thick & Creamy, on the other hand, has a subtle flavour, velvety texture and luscious consistency. It adds a delightful creaminess to a myriad of dishes and is endlessly versatile, from marinades and dips to sauces and dressings.



HICK & CREAMY









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SA RESTAURANT

HOTELS RESTAURANTS CHEFS RECIPES COFFEE FOOD WINE

#2 2024

buth Africa's a glow up

THE TRAINING BOSS Stephen Billingham's big plans for chefs

HOW TO RUN YOUR FRYING OPS LIKE A **WELL-OILED MACHINE**

HOTEL DINING

IS THE IN THING AGAIN





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PLANER LADA

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You are here! Navigate your way through our fabulous articles, adverts and resources, designed with hospitality and foodservice professionals in mind.

ALL DAY I DREAM ABOUT FOOD

We're really embracing South Africa's favourite foods at last: expect to see more kotas et al on menus, both upscale and grassroots style.

TRENDING

Minimalism is all very well, but sometimes you want the glamour of silver, gold and copper. Wechsler's offering puts bling front and centre.

LET THE GLOW-UP BEGIN

Thompson's Meats has reimagined South Africa's favourite value-for-money ready meats—making polony great again is their mission.

BACK TO THE FUTURE

Chef Stephen Billingham has built a culinary school that embraces both legacy and the future—while offering students both discipline and homely support.

FUEL YOUR PASSION

One of South Africa's best loved culinary schools, Capsicum Culinary Studio boasts some impressive alumnae emerging from training to fabulous careers.

REVOLUTION AT CITY LODGE

City Lodge Hotels has done a 180° turnaround on its food and beverage offering, keeping guests fed at all meal occasions with custom-designed menus.

CHIPS, OIL & PERFECT FRYING

Our guide to perfect frying, oil care, chips and fried food, comes in a handy pull-out poster to display for your fry cooks, saving time, money, oil and product.

WINELIST

Explore the latest, most innovative grape stuff on the market for foodservice—with packaging, wine and winery innovations coming to the fore.

THE ART OF EATING

Beautiful food deserves beautiful tableware. We feature some of the best and most beautifully presented plates, by top chefs and restaurants.

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We welcome editorial submissions from hotels, restaurants and chefs wishing to feature in SA Restaurant magazine. Please contact us for requirements.

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The emphasis is on easy drinking, easy eating this season. From grass-roots to fine dining, South Africans are embracing our favourite foods, with value-for-money top of mind.

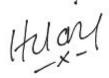
The people's food and wine are winning

THIS ISSUE IS ALL ABOUT A NEW WAVE OF FOOD TRENDS THAT ARE

democratising The People's Food, and bringing it into the mainstream. Whether its shisa nyama or kotas, bunny chow or legacy grains and traditional pulses, chefs are putting dishes on the menu that create waves of warm nostalgia for peeps whose fondest memories are a breakfast of tea and burnt pap scrapings from the pot with margarine. Nothing slaps like the food you grew up with.

But what unites us even more than national #shisanyamabraaiday is our love of chips: fresh, hot, salty—we love those guys with everything, whether its skinny French fries, slap chips, thick-cut chips, hand-cut chips or wedges. Oil price woes and potato shenanigans have messed with our heads, and with our food costs and margins. But chips and fried foods are staples on the menu of every restaurant. So make sure your product is a as good as possible, by turning to our cut-out-and-keep guide to managing your chips ops like a well-oiled machine.

Chef training is also a main feature in this issue, With profiles on Chef Stephen Billingham's HTA Culinary School, and Capsicum Culinary Studio. The main take-away for hotels and restaurants has to be this: Certification, certification!



SA FOOD & RESTAURANT ISSUE #2 2024 SA FOOD & RESTAURANT ISSUE #2 2024 7

trending



GIO PONTI CENTRE PIECE
MIRROR STAINLESS STEEL COPPER



copper

Luxurious caterware in silver, gold and copper precious metals sets the tone for a high-end, five-star dining experience



CONTOUR CAKE STAND NICKEL-SILVER, BRASS SILVER-PLATED SILVER



FILET TOIRAS CUTLERY SET



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MIRROR OPVD CHAMPAGNE



PADERNO BOMBAY COCKTAIL SET MIRROR STAINLESS STEEL COPPER



PADERNO CHAMPAGNE FLUTES MIRROR STAINLESS STEEL COPPER



KYMA BREAD AND BUTTER PLATE

Photos courtesy of Wechsler Hospitality, Sambonet and Paderno



PENELOPE PASTRY STAND 2 TIERS







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SUPPLIER SHOWCASE
SUPPLIER SHOWCASE



THOMPSON'S MEATS SERVES UP

A SIZZLING NEW ERA

OF SUPERIOR-QUALITY MEATS

Thompson's Meats has been serving up superior-quality ready-to-eat meat products since 1860, and is now geared for an exciting new era of the being the preferred supplier of South Africa's favourite processed meats to the hospitality and foodservice market.

"Thompson's Foodservice Solutions is the natural outgrowth of our longstanding success in the retail and manufacturing sector.

Demand for top quality processed meats is booming, as South Africans increasingly look for value-for-money meals, and deliciously indulgent old favourites when they eat out."

HOTELS. RESTAURANTS AND CHEFS LOOKING

for an expert, reliable supplier of quality ready-toeat meats need look no further.

Thompson's Meats are experts in top quality processed meats — and have now launched a dedicated Foodservice Solutions arm to cater for the hospitality and foodservice sector at all levels.

"Thompson's Meats Foodservice Solutions is the natural outgrowth of our longstanding success in the retail and manufacturing sector,' says Matthew Bielovich of Gen4Foods.

"Demand for top quality processed meats is booming, as South Africans increasingly look for value-for-money meals, and deliciously indulgent old favourites when they eat out."

With a Family Value range, and a premium Thompson's Selection range, the brand caters for every dining occasion and experience, from picnics, to grab-and-go, pizza nights and snack boards, deli sandwiches and gourmet hot dogs.

This makes it possible for restaurants and chefs to offer guests affordable, innovative dishes at every level of service, tailored to the requirements of their menus and style of service.

"Food trends are focusing on legacy and nostalgic foods, used in innovative ways," says Bielovich. Thompson's Meats also prides itself on impeccable standards of food safety — a commitment that sets the company apart. As part of the Gen4Foods Group, the brand benefits from the group's decades of experience in the manufacturing, wholesaling and retailing of premium meat products.

With food inflation topping the charts, ready-toeat meats make it possible to create dishes packed with delicious added-value protein and flavour.

The Thompsons Selection range elevates the possibilities of this food experience. Think Gourmet Hot Dogs; Bougie Kotas and Bahn-Mi; and Deli Rolls that went to private school.

The range includes Viennas, Frankfurters, Russian Sausages and Bangers; Deli Loaves, Polonies, Sandwich Meats and Sliced Products.

ABOUT THOMPSON'S MEATS

As part of the Gen4Foods group, we pride ourselves on being the experts in Ready-to-Eat meat products, producing a wide range of products for all palates. We have a solution for you, for any retail, foodservice or wholesale client.

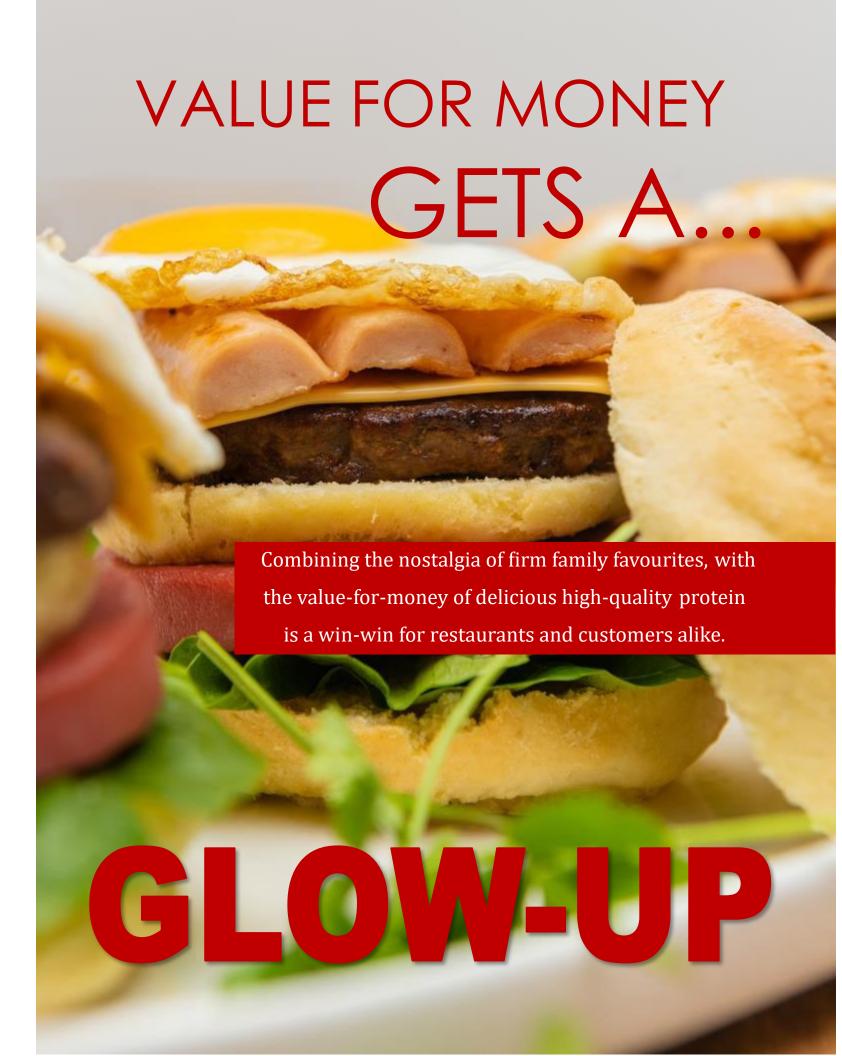
Contact 031 579 5613 or send an email enquiry to info@thompsonsmeats.co.za.

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MENU INNOVATION



South Africa's favourite foods are making a strong comeback, as diners increasingly seek out deliciously satisfying value-for-money meals, that look as good as they taste.



MENU INNOVATION—RECIPES

MENU INNOVATION

Chicken Polony Corn Breakfast Flapjacks

Ingredients

- 250ml Cooking Oil
- 4 Slices Thompson's Selection Chicken Polony
- 1/2 Cup sweetcorn
- 2 Large eggs, whisked
- 1/2 Cup cheddar cheese
- 1/2 Cup self-raising flour
- 2T Chives, chopped
- 1/2t Salt and pepper
- 1 Cup milk

Method

Sauté sweetcorn and chives. Set aside. Cut Thompson's Selection Chicken Polony into bite-size chunks. In a bowl, combine all the ingredients, except the eggs and milk. Once combined, fold in the eggs, and slowly add the milk for a batter consistency. Heat pan over medium-heat and lightly fry flapjacks until golden on each side.

Chef's Tip: For a smoky flavour use Thompson's Selection Russians.

Beef Burger Enchiladas

Ingredients

- 120ml Cooking oil
- 1 Onion, finely chopped
- 1 Garlic clove, minced
- 1/2 Red pepper, finely chopped
- 1/2 Greenpepper, chopped
- 1T Curry powder

- 1T Paprika
- 6 Thompson's Selection Beef Burgers
- 1 Can tinned tomatoes
- 10-12 Wraps
- 1 Cup cheese

Method

Heat oil and sauté onions, peppers and garlic until translucent.

Add curry powder and paprika, and stir for a minute or two until well combined. Add the beef burgers, shredding them with a fork to make minced meat. Stir continuously, allowing the burger mince to cook through. Pour in the tomatoes, stir and reduce heat to a simmer, to allow the sauce to develop. Add salt and pepper to taste. Once cooked, set aside and prepare white sauce.

For the White Sauce:

Melt 1T butter, add 1T flour and stir until the roux is golden.
Gradually whisk in the milk to avoid lumps, and allow to cook until the sauce has thickened.
Season to taste.

For the Enchiladas:

In a casserole dish, spread a spoon of the curry at the bottom. Using the edge of the wraps, spoon in the curry, sprinkle with a bit of cheese, roll tightly and place in the casserole dish. Repeat the process until the dish is full. Top wraps with white sauce,

the remaining curry and cheese, and bake at 180°C for 10-15 minutes.

Harvest-Style Chicken Vienna Corn Salad

Ingredients

- 100 ml Cooking oil
- 500g Thompson's Selection Chicken Viennas, cubed
- 2 Cups sweetcorn
- 5ml Paprika
- 1/2 Garlic clove, minced
- 1 Red onion, finely chopped
- 1 Cucumber, cored and sliced
- 1/2 Punnet cherry tomatoes1 1/2 Cups salad leaves
- 150ml Vinaigrette

Method

Sauté the chicken viennas until golden, followed by sweetcorn and paprika, continuing to sauté until the corn chars slightly. Allow to cool. Arrange salad leaves in a bowl, top with the vienna sweetcorn mix, onions, cucumbers and tomatoes. Drizzle with vinaigrette, toss salad and enjoy.

Chef's Tip: Thompson's Selection Smoked Russians can be used as an alternative. Grilled Corn works well for this recipe.

Recipes provided by Chef Sinenhlanhla Moloi on behalf of Thompson's Meats.







THE HUMBLE KOTA HAS SHOWN US THE WAY.

Literally everything tastes better when you add Russians, franks and polony — from burgers to pizza to sandwiches and rolls to bunny chow and soups and stews.

And for restaurants and food outlets it's a real win-win. South Africans love deli meats and sausages and they're a great way to add flavour, substance and economical protein to every meal—keeping food costs down, GPs up and customers coming back for more.

Sausages, Frankfurters, Viennas and burger patties are also excellent additions to the Kid's Menu. Children love them, they're simple to prepare and eat, and can easily be portioned into manageable servings for little ones, without food waste.

Forget about pineapple on pizza: try add sizzling slices of spicy Russian sausage instead.

But it's not just fast food that benefits from a Russian or two. Today's deli meats have gone all bougie since they went to private school.

Add flavour and substance to hearty meals like soups and stews; or serve them as charcuterie boards or snack boards on a grazing table.

Deli sandwiches are a firm favourite too. Make ham and camembert baguettes; bruschetta starters, add to a ploughman's platter or serve as part of a Winelands picnic basket.

Photos: A tower burger, stacked sandwich and kota with added polony slices, franks and Russians.

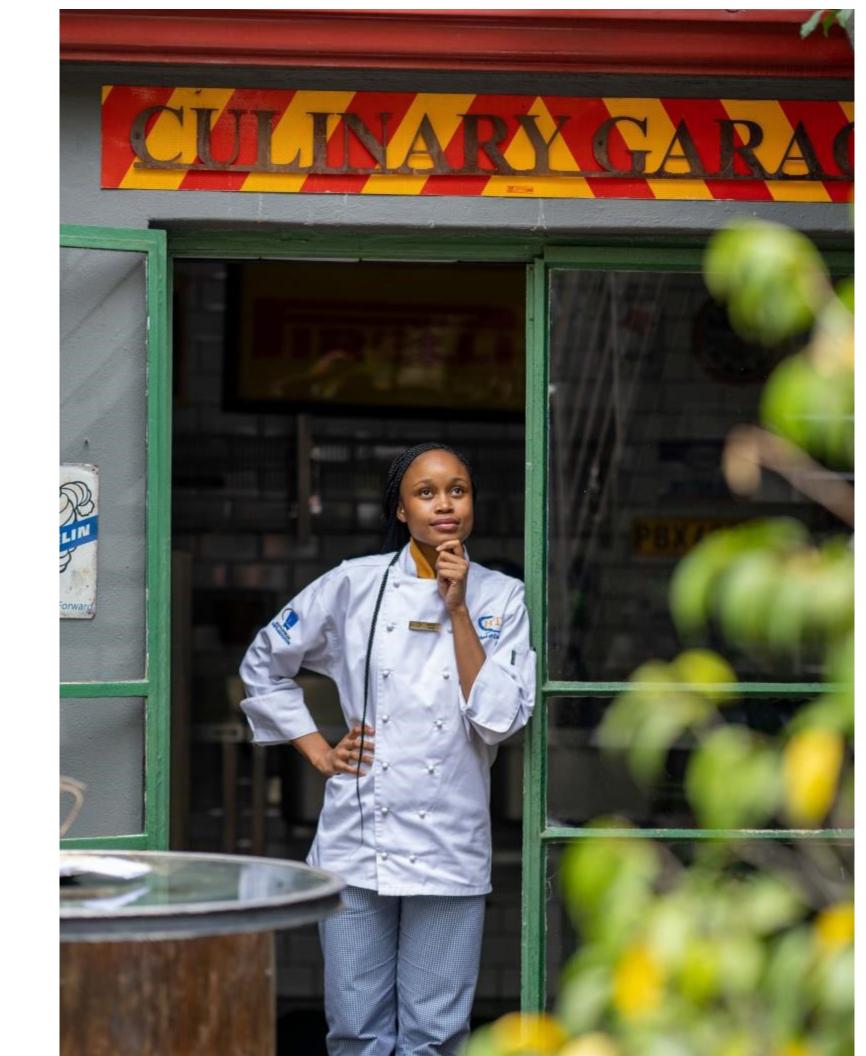
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IT'S BACK TO THE FUTURE AT HTA CHEF SCHOOL

Chef Stephen Billingham's HTA School of Culinary Art plays homage to the proud legacy of South African cheffing, but is equally focused on the future. With an exciting new project launching in 2025 to add business skills, to culinary skills—and encourage apprenticeships, and certification— Billingham aims to fill the gaps in chef training, address the shortage of qualified chefs in South Africa, and boost the aspirations and opportunities of a new generation of chefs.

There is no way to pigeon-hole the wonderfully original, colourful, creative nature of HTA School of Culinary Art, where past and future meet at the wellspring of culinary excellence.



ON THE COVER

CHEF STEPHEN BILLINGHAM'S HTA SCHOOL OF CULINARY ART is a wonderfully warm, vibrant space that nurtures student chefs in an atmosphere of camaraderie, discipline and fun.

Quirky yet classical, historical yet futuristic, homely yet professional, youthful yet respectful of legacy - HTA is a truly one-of-a-kind chef school.

Now based in the UK, Billingham travels home regularly, and his heart remains firmly on African soil — especially the patch of land in Randburg, Johannesburg that he has built over 30-odd years into one of the best and most original culinary schools probably on the planet.

As Honorary President of the SA Chefs Association, where he served as President from 2009 to 2018, Billingham has played a pivotal role in shaping the future of aspiring chefs both through HTA and SACA.

Most professional profiles of Billingham emphasise his impressive CV, starting out as junior chef in the hell's kitchens of some of the best hotels and restaurants around the world, to the pinnacles of leadership and training.

But these profiles miss the fact that is really Billingham's warmth, big-hearted personality, his charisma and humour, and down-to-earth ability to inspire both awe and love in student chefs that have made him so successful as a leader in South African cheffing and culinary training.

As well as his tireless drive to uplift South African chefs. His latest project is the Chef Business School, in partnership with Bidfood. The school aims to benchmark the managerial and financial skills executive chefs and F&B managers need to lead profitable commercial kitchens, and to equip senior chefs with the ability to run the business, rather than just the menu.

"The ongoing shortage of qualified chefs, has seen local chefs elevated to senior positions on the basis of their culinary skills, but without the qualifications to run the business side of things," says Billingham. "They can cook, but there are gaps on the managerial side, like financial skills, HR and management." The Chef Business School aims to equip senior chefs with these vital skills: "Running a commercial kitchen shouldn't be 'out of the frying pan into the fire."

Billingham believes that there is also a dire need to revive apprenticeships, to address the ongoing shortage of chefs in South Africa. "Not everyone can afford a R200k chef school qualification; we encourage hospitality employers to take on school leavers and train them on the job."

The third pillar of his drive to boost our pool of talent, is certification. Billingham encourages employers of all kinds in the hospitality business to get their kitchen staff recognised for their skills and experience, with an NQF certification. This creates a path towards furthering their education, and having their qualifications formally recognised.

HTA is renowned for its hands-on approach to teaching, where students gain practical experience working in state-of-the-art kitchens and training environments. Regular competitions expose them to the high-pressure environment of the kitchen, where they learn to 'take the heat.'

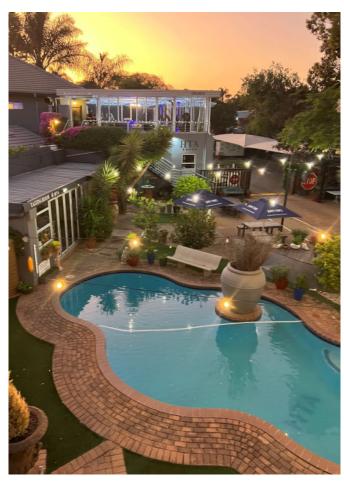
The school's curriculum combines both traditional culinary arts with modern food trends, ensuring that students are prepared for the challenges of working in professional kitchens. HTA's reputation for excellence is also built on its faculty of industry veterans, like Chef Billingham, who provide mentorship and guidance to students.

Students at HTA are not just equipped with the skills to cook but the creativity to innovate and the discipline to excel in the fast-paced world of professional kitchens. But at the same time, his vision for HTA is a place where anxious parents and youngsters out in the world for the first time feel comfortable and at home. "This is where I would want to leave my kids."

Billingham is also determined that young chefs will appreciate that they 'stand on the shoulders of giants' and HTA boasts the Bill Gallagher Room, the Heinz Brunner Room and the Manfred Meullers Room, to recognise South Africa's founding and legacy chefs now passing the baton - along with their wealth of knowledge, expertise, experience and passion.

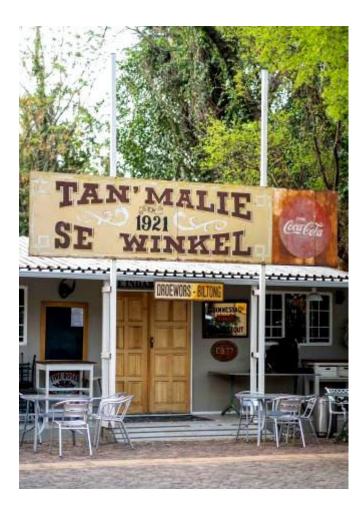
As for Billingham, his own legacy will one day be that he kept memory and history and respect alive, while transforming the future of South African chefs and cheffing.





The Chef Business School, in partnership with Bidfood, aims to equip chefs who have been elevated to senior positions on the basis of their cooking skills, with the complementary managerial and financials skills to run a commercial kitchen, not just a menu.

Chefs of Distinction will be shortlisted next year to benchmark the training at NQF level, so that it becomes a formal qualification.



THE OG'S

tribute to founding and legacy chefs like Heinz Brunner, Manfred Meullers, and the late Dr Billy Gallagher, with boardrooms dedicated to their achievements. Their walls of fame are replete with medals, awards and framed photographs.



Don't aim to be good, aim to be great, and have fun.

~ Chef Stephen Billingham





















FUEL YOUR CULINARY PASSION AT CAPSICUM CULINARY STUDIO

Capsicum Culinary Studio is the largest chef school of its kind in South Africa, with six campuses throughout the country and numerous graduates employed worldwide. Renowned for marketing the food and careers of its celebrated alumni, the school recently launched a new food and beverage programme and internal career centres for the placement of graduates.







"Maintaining strong relationships with industry partners is embedded in our ethos. By fostering collaboration, staying up-to-date, and seeking professional input, we help our students build careers that can take them anywhere in the world."

CAPSICUM CULINARY STUDIO IS THE LARGEST

chef school of its kind in South Africa, with six campuses throughout the country and many graduates employed worldwide. Renowned for marketing the food and careers of its talented alumni, the school commemorates its 21st anniversary this year, and to celebrate will shortly announce the opening of a seventh campus in the country. Other exciting activities, including giveaways and alumni features, are also planned.

COURSES & QUALIFICATIONS

Capsicum offers five courses.

- Advanced Professional Chef Programme. A three-year, full time course covering theoretical, practical and workplace components of kitchen operations, culinary practice and patisserie skills.
- Professional Cookery Programme. A one-year full- or part-time course covering theoretical, practical and workplace components of kitchen operations, culinary practice, kitchen supervision, self-development and communication.
- **Professional Patisserie Programme.** A oneyear full- or part-time course covering theoretical, practical and workplace components of kitchen operations, patisserie practice, advanced pastry applications, cost control and operational business management principles.
- Assistant Baker Programme. A six month fullor part-time course focusing on artisanal bread and craft baking with skills applicable to all sectors, from small to large-scale retail bakeries, restaurants and hotels.

 Occupational Kitchen Hand Programme. A six month full- or part-time course for those already working in the industry or those wishing to gain entry to a career in restaurant, catering and hotel kitchen.

Two combined courses are also offered: the Combination Professional Cookery and the Professional Patisserie Programme (two years) and The Combination Occupational Kitchen Hand and Assistant Baker Skills Programme (one year).

Capsicum courses offer dual international certification through City and Guilds and are nationally accredited with CATHSSETA and the QCTO, attributing to their alumni making their mark throughout the world. Capsicum has partnerships with The Swiss Education Group (SEG), the American Hotel Academy (AHA) and is a member of The South African Chefs Association (SACA) and, by extension, The World Association of Chefs Societies.

CAREERS AND PARTNERSHIPS

At Capsicum Culinary Studio students undergo interviews and explore job opportunities with key industry partners. This seamless connection between the school and its industry partners helps facilitate a smooth transition for students from education to placement and ultimately employment.

Says Candice Adams, Academic Operations Manager: "Our commitment to maintaining strong relationships with industry partners is embedded in our institutional principles. By fostering collaboration, staying abreast of industry dynamics and

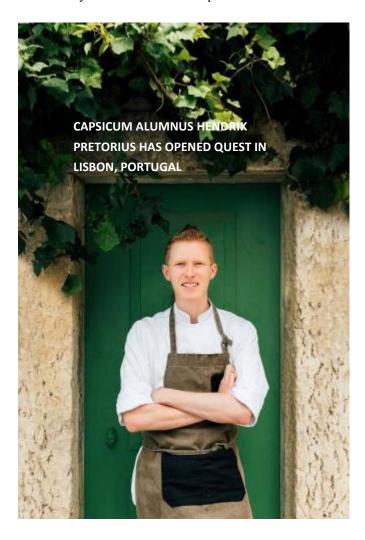
actively seeking input from professionals, we help our students remain relevant, develop a dynamic work ethos and align with the evolving needs of the sector. This maximises graduates' opportunities for success in building meaningful careers that can take them anywhere in the world."

ALUMNI

Capsicum has produced over 8 000 alumni who are now working locally and internationally globe and who have established themselves as leaders within various markets. Employers range from boutique establishments to large multi-national hotels and resorts. Others have taken the entrepreneurial route and established their own hospitality-inspired businesses and consultancies. Look out for the top 21 alumni to be featured on Capsicum's website and social media some of which include:

- Chef Wandile Mabaso who was named the Chef of the Year at the Luxe Restaurant Awards in 2022. After spending over a decade overseas working in many top restaurants, Mabaso returned to South Africa to launch his acclaimed Bryanston-based restaurant, Les Créatifs.
- Chef Marcus Modimokwane came to popularity during the national lockdown where he became a favourite chef thanks to his easy-to-make-at-home meals videos. He has featured in several publications and TV shows, including the eTV Morning Show.
- Winning a bursary to study at Capsicum changed Chef Genghis San's life. He reached the regionals of Unilever's Junior Chef of the Year and achieved executive chef status at the age of 24. He is currently the executive chef at AKA Lead Kitchen at the Radisson RED in Rosebank.

- Pretoria campus graduate Chef Hendrik
 Pretorius worked at 5-star establishments in
 Dubai before being lured to Lisbon, Portugal
 to head up the patisserie section for one of
 the city's leading restaurants. After five years,
 Pretorius left, and this year opened his own
 eatery called Quest.
- Chef Chang Sheng Ye graduated from Capsicum's Nelson Mandela Bay campus in 2011 and in 2016 became Executive Chef for the five-star Mia Resort Nha Trang in Vietnam. This year, he opened the Anam Mui Ne, the only hotel in Vietnam included in the Small Luxury Hotels of the World portfolio.



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Once the poster child for no frills accommodation,
City Lodge Hotels embarked on a journey post-lockdown
to radically embrace an enhanced food and beverage
offering across the group. Bold new all-day, and dinner,
menus have proven to boost revenue and delight guests.

RIGHT: THE PROTEA RESTAURANT
AT THE FLAGSHIP COURTYARD
HOTEL WATERFALL CITY



'Necessity is the mother of invention' could sum up the City Lodge Hotels' approach to the post-pandemic phase. As the group leaned in to better understand the radical shift in guest requirements, the need for a radically enhanced food and beverage (F&B) offering became apparent.

NEW BEGINNINGS

city Lodge Hotels Launched in 1985 as a select services group and was known for its excellent breakfast buffet. As the group grew and launched new hotel brands, additional F&B offerings were added. The City Lodge Hotels #Café restaurants served light meals, and Courtyard Hotels Club Lounges offered an à la carte menu.

Courtyard Hotel Waterfall City opened on 1 March 2021 and as the flagship hotel features two restaurants: The Protea, with a sophisticated, contemporary menu for all meals, and The Highline on the ninth floor with spectacular views, serving gourmet light lunch and dinner.

The Club Lounge is an elegant space for special events: three event areas accommodate up to 120 people and are supported by comprehensive banqueting options, and in-room dining is also available. Opening Executive Chef Keegan Maistry has recently been succeeded by Executive Chef Natalie Schoonbee.

City Lodge Hotel at OR Tambo International Airport, the group's busiest hotel, operating at near full capacity, expanded its kitchens and F&B offering in September 2022.

Guests can now enjoy buffet dinner and à la carte meals late into the night, breakfast extra early for the those on red-eye flights, and room service meeting the needs of travellers in between, all under the expert supervision of Executive Chef Devandra Narismulu.

Tasked with significantly expanding the F&B experience across the group was Chef Trevor Boyd, a past competitor and team manager at the Culinary Olympics, and an international judge.

He joined City Lodge Hotels in April 2021 in the newly-created position of GM: Food and Beverage Operations. His mission: to add lunch and dinner offerings to the menus of all Town Lodges and Road Lodges, and enhance the menus at City Lodge Hotels and Courtyard Hotels – now 58 hotels with 7 375 rooms in South Africa, Namibia, Botswana, and Mozambique.

Continued on page 44

It was particularly during and after lockdown that guests increasingly indicated that they preferred the convenience of all meals provided by the hotel, from the bar to the restaurant to the poolside.





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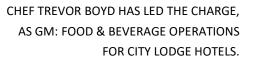
A FOOD & BEVERAGE JOURNEY











SHISA NYAMA (BELOW AND BELOW LEFT) IS
ONE OF THE MOST POPULAR DISHES ON THE
NEW CITY LODGE HOTELS MENU. THE GROUP
NOW SELLS 10 000 SHISA NYAMA DISHES A
MONTH. CROWD PLEASERS LIKE BURGERS,
WRAPS AND PIZZA FEATURE PROMINENTLY ON
THE ALL-DAY DINING, AND DINNER MENUS





STRUCTURED APPROACH

"I received an in-depth induction and orientation when I started," recalls Trevor, "and from there set about investigating the dynamics of each hotel and its facilities, infrastructure, equipment, and staff skill set."

The group's kitchens traditionally specialised in breakfast so didn't need highly-qualified staff or the traditional hierarchy of culinary brigades."

Developing menus for the Town Lodges and Road Lodges (the two brands that were not yet offering lunch and dinner) meant developing a brand-specific overall F&B model that tied in with the hotels' identity and using ingredients smartly.

Trevor explains his thinking, "Once we got to understand the model, brand, and guest, the menu became self-explanatory in my mind, and I found a way to put my thoughts and visions into something practical that everyone would agree upon."

THE ROLL-OUT

It took Trevor six months to roll out this culinary journey for the two brands, where he interacted with all the teams in each hotel. "A vision is best imparted in person, with staff learning by watching and understanding, and then doing, with feedback and adjustments happening in real time, under the pressure of lunch and dinner service."

With the Town Lodges and Road Lodges in full swing offering all meals, Trevor turned his attention to enhancing the F&B offering at the City Lodge Hotel and Courtyard Hotel brands.

Investing in people and cutting-edge technology has been an essential ingredient in expanding the offering, and ensuring guests enjoy wholesome and delicious cuisine across all the four brands of the group.

Trevor's collaborative management style has meant he is fully supported by senior executive chefs, such as Chef Devandra at City Lodge Hotel OR Tambo, who has played a key part throughout the rollout, often stepping in to assist the teams in sister hotels.

SECRET SAUCE

An F&B overhaul like the one at City Lodge Hotels was a team effort, with many moving parts needing to fit together perfectly to ensure guests enjoy a seamless dining experience. The "secret sauce" was understanding how to give customers what they want.

Not only has this revolutionary culinary journey added new food and beverage and kitchen skills to the people across the brands, but it has also ensured that guests' discerning tastes are met and exceeded, and has been a significant contributor to the group's top line, accounting for 17% of total revenue by the end of 2023.

A FOOD & BEVERAGE JOURNEY

NEW MENUS

Wraps, Burgers, Pizzas, Main Meals, and Dessert.

Dishes are prepared on site, and to order, from fresh ingredients. An enhanced Bar Snacks Menu and comprehensive drinks menus, including cocktails, have also

The menu offering includes: Salads, Baskets, Toasties,

 Salmon Salad: Smoked salmon trout, baby leaves, red onion, dill creamed cheese, avocado, croutons, chives

been developed. Fast favourites include:

- Town Tower Burger: 200g pure beef patty, streaky bacon, fried egg, baby leaves, mayonnaise, house relish, red onion rings, gherkin, served with French fries and side salad
- Tandoori Chicken Wrap: Mildly spiced Tandoori chicken, coriander yoghurt dressing, lettuce, tomato salsa
- Shisa Nyama: Beef boerewors, mild peri-peri chicken wings, rump kebab, BBQ pork ribs, pap, chakalaka, grilled corn
- Kingklip: Asian spiced grilled kingklip, butter mash, coriander salsa

WINE FACTS

City Lodge Hotels paired its new menus with some great wines, launching its first Sommelier's Choice house wines in partnership with Diemersfontein Wines and Thokozani Holding in July this year, including an Easy White and Easy Red available by the glass and the bottle.







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A FOOD & BEVERAGE JOURNEY

"I've learned how to cook with the customer in mind. It begins with asking: Who is my guest? What is their profile of eating and tasting? All my years of working and training people came to the fore I knew I had to do this roll-out myself as I know how a kitchen runs, and how the teams can deliver on this menu."

"We knew our first go at this had to be right, and we had to do a lot of in-depth research and soul searching to understand what we had to produce, to have the most impact. At its heart, it is hospitality done correctly and effectively."

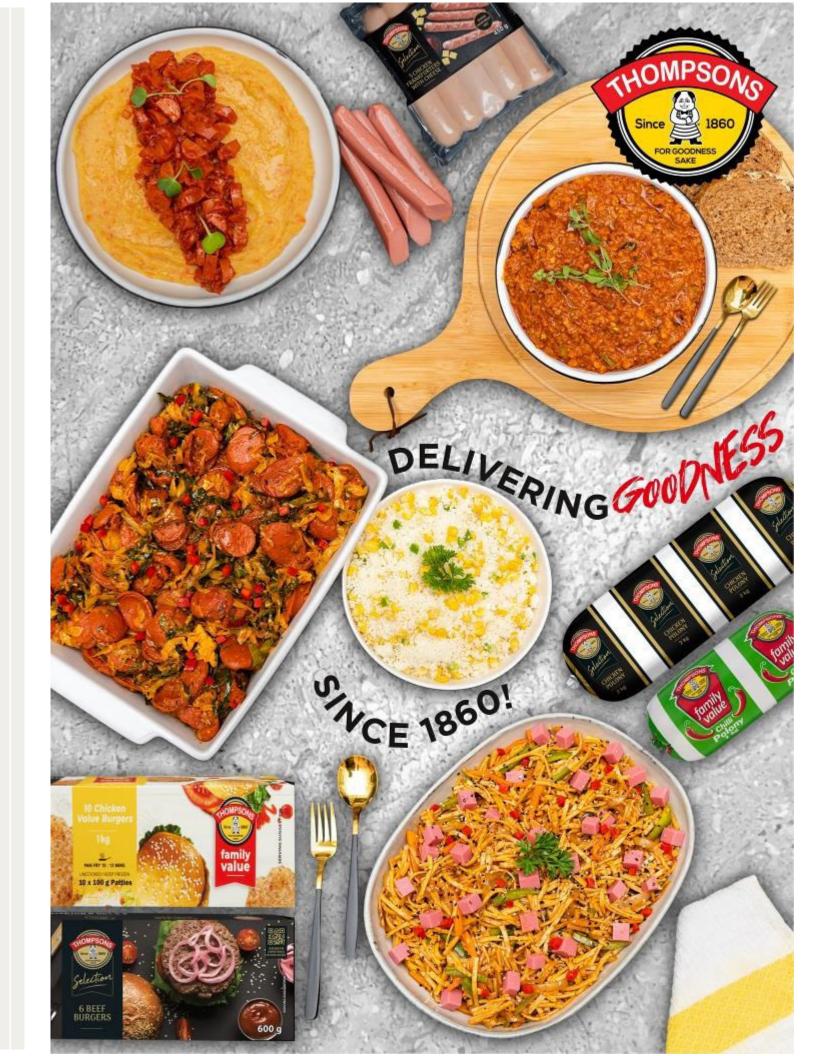
Looking back on the dramatic expansion of the F&B offering at City Lodge Hotels, Trevor says, "My pride and joy has been to see the group reaping the rewards. The whole journey has been embraced by staff members across the hotels, from GMs to cleaners. We could not have achieved what we have without this support."



THE PROOF IN THE PUDDING

The results of this F&B revamp across the group have been significant:

- Added value: F&B plays an important part in promotions and specials, giving guests valueadded extras during their stay.
- Upskilling: Staff training, knowledge and skills
 have grown in leaps and bounds, with F&B
 suppliers also coming on board to share
 insights into their products and brands.
- Certification: Some kitchen staff have completed the SA Chefs Accreditation Programme, which recognises prior knowledge and experience and grants a formal culinary qualification.
- Returning guests: Guests are delighted with the menus and range of dishes on offer catering to a variety of tastes, and return guests look forward to dining in the hotels.
- Fine food: To serve a steak perfectly prepared in one of the group's hotels was unheard of before; now guests can order a range of steaks from the menu, cooked to perfection and to order.
- competitive edge: City Lodge Hotels has greater competitiveness in the marketplace, giving guests more reasons to choose from its four hotel brands. F&B is playing its part in helping drive up rooms sales and guest satisfaction.
- Delivery on promise: City Lodge Hotels' tagline is: "Life is hard. Check into easy." Offering a full service F&B experience helps bring this guest promise to life.



HOW TO OPTIMISE YOUR CHIPS & OIL **OPERATION**

OIL CARE

- Keep your fryer clean. Oil lasts longer in a clean fryer. Clean your fryer regularly and make sure to rinse well to remove all traces of soap or detergent.
- Make sure you use the correct quantity of oil. The ideal ratio is 6 parts oil to one part product. Do not overfill fryer.
- Daily topping up with fresh clean oil is essential to prolong oil frying life.
- Filter oil every day to remove food particles. This keeps the oil fresh and clean, prolongs oil life and results in a better quality product.
- Fry chips at the correct temperature. If the oil is too hot, chips will have a raw or undercooked centre, and oil life is shortened. If oil is too cold, chips are greasy and oil will be wasted.
- Skim the oil surface regularly to remove food particles, keep the oil clean and the flavour fresh, and to avoid burnt food particles and odours.
- Make sure chips are dry or completely frozen before frying. Moistures causes oil to froth and splatter, and leads to poor quality fried product.
- Never use oil that has become brown or discoloured. This means the oil has oxidised and is not food safe.

FRYING

- Chips must be kept frozen until ready to cook, and must be cooked from frozen.
- Never fill the frying basket more than half full. Over-filling will result in greasy, soggy chips.
- Set timer to precise frying time and temperature, according to the instructions on the box.
- Reduce frying time for smaller amounts of chips. Always cook to a light golden colour. Do not overcook.
- For hand-cut chips ensure that size, shape and thickness are consistent to ensure even cooking.
- Shake basket 30 seconds into cooking to stop chips from sticking together.
 Shake again after another 30 seconds if necessary.
- 7. After cooking, drain the chips for 10 seconds, shaking the basket gently.
- Serve chips immediately while fresh and hot. Holding time under the heat lamp should be no more than 10 minutes.
- Avoid holding cooked chips in more than two layers. Chips piled too high will steam and become soggy.

DO THIS BEFORE YOU FRY AWAY

Handy cooking
and handling tips for
fried food, and good oil
care, to prolong the life
of your oil and ensure
the quality of your
fried product.

HANDLING

- Inspect boxes thoroughly. Check for any damage to the boxes, or if they have ice crystals on top. Open a few boxes to check for broken chips or bags. Report any faults to distributor.
- Handle boxes with care. Carefully unload and stack boxes, but not too high. If necessary, make several trips to the freezer. Rough handling will result in broken chips.
- Place frozen chips in the freezer immediately. Never leave frozen product to stand at room temperature.
- Rotate stock on a strict First In, First
 Out basis. Ensure that older product
 moves to the front of the storage
 freezer and is used first. Place newer
 stock at the back of the freezer.
- Stack boxes properly in freezer. They should be 15cm from the freezer walls and no more than five boxes high.
- Check and record freezer temperature daily. It should remain at —18°C and never rise above it.



CHECKLIST

	Use a good quality oil designed for
	commercial frying. Store oil in a cool,
	dark area and keep away from water.
	Use the correct equipment. Keep your
100	fryer clean. Filter and skim fryers reg-
	ularly. Do not use copper or brass
	Train your staff correctly (using our
-	handy resources poster).
	Always load fryer with oil to the maxi-
100	mum load line in your fryer. Top up
	regularly
	Heat the oil slowly. Fry at the correct
100	temperature. Check the thermostat
	regularly
8	Prepare food correctly. Uniform sizes
	to ensure even browning.
	Ensure all delivery items are put away
/Gr	promptly. Handle frozen chips with
	care.
	Always use the correct food to oil
	ratio of 1 part food to 6 parts oil.
	Rather fry smaller quantities than too
	large a quantity.
	Avoid mixing with other fats and trim
-	fat from meat before frying

CHECKLIST

	Only hold chips for 5-10 minutes and
	always discard any remaining fries
	when the quality time has elapsed.
1	Always shake the basket after 30 sec
50	and remove promptly after the

Do not salt food before frying as salt
accelerates breakdown of oil

specified cooking time.

	Once cooled, keep oil covered to pre-
	vent unnecessary oxidation when not
	in use

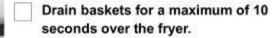
	Regularly check that temperature and
200	timers are set correctly. Constantly
	monitor volume of fries required.

Drain fried food well to ensure mini	i
mum oil loss and wastage	

Don't stack fries too deep and ensure
that freshly-cooked product is not
mixed with older product.

	Only fill fryer to required	level	for vo	-
_	ume of business.			

Ensure baskets are in good condition	١.
Ensure oil is at the correct level.	



BAD FRYING

IT MAY BE TEMPTING IN AN ERA OF HIGH

food costs and frying oil prices to take short cuts in the commercial fried food operation.

But abuses in product handling and oil care, and bad frying practices can have serious consequences – for your business and you customers.

Reusing old oil too many times is one of the worst vices of operators trying to save money. Rancid and oxidised oil can make people very sick – being implicated in everything from food poisoning to cancer.

But poor-quality fried product at any price will drive customers away – simply because it tastes and smells terrible.

More than this, bad frying practice costs you more in wasted oil and product – there are very good business and financial reasons to take oil care, frying practice and product handling seriously.

Prolonging the life of your frying oil saves you money, as do proper product handling; staff training in the simple methods of best practice frying processes; and procuring good quality chips, product, oil and equipment. BAD OIL CARE AND POOR FRYING PRACTICES ACTUALLY COST YOU MORE IN WASTED OIL, PRODUCT, AND LOST CUSTOMERS.

So as much as we take chips and other fried foods for granted as a popular menu item, no foodservice operator can afford to ignore the golden rules of good oil care and proper frying practice.

It is also essential to dispose of used oil correctly, through responsible used-oil collectors.

Used cooking oil should never find its way back into the food system. It is suitable only for industrial use. Make sure you know how and where your oil collectors disposes of the used oil, and insist on receipts.



HOW TO JUDGE A GOOD FRYING OIL

A good frying oil should have:

- A pale yellow to golden colour
- A clean and clear appearance
- A bland and fresh flavour to avoid flavour transference to the food being fried
- A clean and pleasant odour
- Antioxidants
- Anti-foaming agents
- Low viscosity
- A smoke point in excess of 205°C up to 221°C
- A high flash point in excess of 315°C up to 324°C

CORRECT FRYING TEMPERATURES

- Potato chips: Blanch 165°C Fry 180°C
- Potato crisps 175°C
- Potato straws 175°C
- Vegetables 160°C-165°C
- Onions 180°C
- Fritters 180°C
- Doughnuts 190°C
- Fish battered 175°C
- Prawns 175°C
- Chicken: Large 165°C
- Small 175°C
- Cutlets 170°C
- Choux pastry 180°C



"Hot, salty, crunchy and portable—greasy delights can become a Garden of Eden of heart-clogging goodness when you're in a drunken stupor hungering for fried snacks. At that moment nothing could taste better."

Anthony Bourdain

WINELIST WINNERS

WINELIST WINNERS











TRIZANNE GROENDRUIF SEMILLON

There is an incredible intensity to this 2022 wine, by Trizanne Signature Wines, based on the Cape Southern Coast, the cooler-climate wine region. The skin ferment gives ample structure and concentration but with a piercing acidity leaving your tastebuds tingling. Notes of salinity, passionfruit and hints of hay and yellow apples makes this wine altogether intriguing.

MOEDI WINES CHENIN BLANC 2023

A refined offering, a symphony of tropical fruit and green apple aromas that entice the senses. With each sip, its good minerality leads to a fleshy and fresh finish that lingers on the palate. This wine is more than just a taste; it's an experience that connects you to the very essence of Africa. Pairs seamlessly with fish, shellfish, white meat, and salads.

MOEDI WINES MOURVÈDRE ROSÉ

Enchanting aromas of raspberry and pomegranate follow through with a symphony of flavours on the palate. Ripe watermelon notes intermingle with a tantalising cranberry finish, crafting an engaging yet elegant wine that radiates finesse and allure. Its versatility shines as it complements the freshness of summer platters, and the warmth of heartier dishes.

MOEDI WINES SHIRAZ

A seductive perfume with notes of red berries, flowers, herbs, and a hint of white pepper. As you savour the first sip, your palate will be met with a light yet energetic dance. The wine boasts a striking purity of fruit, balanced by fresh acidity and a super-dry finish. A wine fit for feasts, it complements rich dishes such as roast duck, grilled meats, and hearty pastas.

GROOTE POST OLD MAN'S BLEND RED

Groote Post Vineyards has rebranded its iconic The Old Man's Blend range, with a modern, sophisticated look. The new-look range embraces the past, toasts to the future, and revels in the joy of life's evolving flavours. The red blend is characterised by raspberry and fresh cherry flavours, and tastes of ripe red fruit that have won the brand a loyal following.

GROOTE POST OLD MAN'S BLEND

Groote Post's rebrand of The Old Man's blend features a fresh yet classic revival. The label showcases a cattle ear notcher intertwining with a vine pruner, marking the Pentz family's journey from dairy farmers to wine producers. The white blend is a summery Sauvignon Blanc that shows tropical fruit flavours, and a fresh, lively acidity with a finish of citrus.

ses'fikile wines



SES'FIKILE CABERNET SAUVIGNON MERLOT

This rounded wine has fresh melon aromas that make it a perfect partner for dishes such as Parma ham and honeydew melon, seared tuna steaks with a lemon dressing, sushi as well as subtly spiced dishes like Bobotie. You can also pair it with pap and vleis of your choice. Ses'Fikile means 'we have arrived' and the label promises palatable winning cultivars from a celebratory and aspirational brand, that provides an innovative lifestyle experience within the wine industry value chain.





SPIER'S FARMER ANGUS WINES

are its flagship organic wine range, developed by the farm's award-winning winemaking team and Angus McIntosh, a passionate champion of regenerative agriculture.

Made exclusively from grapes grown in Spier's certified organic vineyards, Farmer Angus wines represent an exciting extension of Spier and Angus's commitment to regenerative practices, focusing on the health and vitality of the soil.

DE PIZAN NON-ALCOHOLIC WINES is a new generation of non-alcoholic beverage makers. De Pizan is a pioneer in the production of super and ultra premium non-alcoholic beverages. De Pizan's wines from the winelands in Cape Town are aged, refined and filtered according to the best traditional methods. They are then put through a sophisticated two-stage process that removes the alcohol from the wine without forfeiting the balance and

distinct aromas and flavours of the cultivars.

non-alcoholic wines







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WINELIST INNOVATION Grape Stuff

Grape Stuff WINELIST INNOVATION

WINE IN CARTONS OFFERS AFFORDABLE QUALITY FOR EVERY PALATE,
WHICH IS WHY THE TREND IS GROWING HUGELY WORLDWIDE

TRENDING WINE STYLE

PACKAGING FOR WINE HAS EVOLVED A GREAT DEAL IN

recent years. There was a time when wine poured from a glass bottle sealed under cork was the only acceptable form of packaging for consumers. But times have changed and so have consumer perceptions and lifestyles. As a result, there are more packaging choices than ever. From glass bottles sealed with roll-on pilfer-proof (ROPP) screw tops, to bag-in-a-box, liquid cartons and even cans. The humble glass bottle and cork is no longer the default packaging choice for winemakers.

"Consumers are happily buying wine under screw caps," says Riekie de Jager, National Wine Buyer at Ultra Liquors. "The risk of having a cork tainted wine is 0% and it has been long enough to know the quality of the wine and its age ability is not impacted by a screw cap."

As for bag-in-a-box, De Jager notes how the quality of wine that was traditionally packaged in boxes has improved and consumers can now purchase a great wine at an affordable price. "Ten years ago, the leftovers of the harvest would be put in box and an inferior product would be sold. These days you can buy very decent wine in a bag-in-box format. Single cultivars are used and not just a blend of leftovers."

De Jager says that boxed and carton wine has become increasingly more acceptable among consumers thanks to partnerships between retailers and well-known wine brands. Woolworths, for example, has collaborated with Beyerskloof, Diemersdal and Kleine Zalze to package some of their wines in the 2l slimline bag-in-a-box.

"It is this type of retailer and wine maker partnership that not only provides consumers with a better deal on their favourite labels, but makes it more acceptable to buy bag-in-a-box wine," says De Jager. "And yet in Scandinavian countries buying wine in a box or carton has never been frowned upon and is something they're happy to buy and serve at home."

Wine and its packaging continue to evolve with liquid cartons gaining momentum as a sought-after packaging solution for wine manufacturers. According to NielsonIQ, in South Africa the volume of wine in cartons in the formal market increased by 50,7% from 2022 to 2023, and 55,7% in value over the same time period. This double-digit growth has continued into 2024.

"Over the past three years there has been a steady evolution of growth within the segment. We are still seeing double digit growth within the category which shows a potential shift from traditional wine bottles to cartons," says Riccardo Pizzi, Senior Manager at NielsenIQ.

"In the short-term wine produced in 750ml glass is only growing in value at 5% – that is not even covering inflation. Yet we are growing box wine way ahead of that. In the market that Ultra Liquor serves, bag-in-box is growing at over 40%," says De Jager.

So what makes liquid cartons an enticing choice for manufacturers to include in their wine range? Liquid cartons provide beverage manufacturers with a lightweight, resilient packaging alternative that saves both on transport costs, space and carbon emissions.





Cartons also help to maintain the quality and flavour of the wine from winemaker to consumer with no chance of taste taint. The multi-layered characteristics of liquid cartons prevents UV exposure and oxidation. Unopened, liquid cartons will preserve a wine's quality for six to eight months and even longer depending on which wine it is.

While it might seem like wine consumers are a tough market to convince to drink wine out of anything besides a glass bottle, the market has become more open to trying out new packaging options. De Jager believes consumers still prefer to take a bottle of wine to a dinner party for example, but are happy to buy their favourite wines in a bag-in-a-box or cartons to enjoy at home.

Boland Wine first introduced cartons in 2004 and has seen the demand for their product steadily grow. Today the winery offers its Cape Style range in 1l cartons – a wine range that it describes as an "everyday enjoyment" wine to accompany social event like picnics or braais.

During times of economic constraint, they have seen customers increasingly opt for the 1l carton over the standard 750ml bottle. In addition to providing cost savings, cartons are a convenient packaging solution. The design means it presents well on shelf and can stand upright in a shopping bag. The cap allows for an easy pour and store solution.

Cartons also provide consumers with a sustainable packaging alternative as they are both renewable and recyclable. "While cost and breakage were important considerations, consumers are becoming more ecoconscious, and we needed to ensure that we were answering these changing demands."

Cartons may seem like an unusual packaging option for wine, but their design and features make them a worthwhile choice for wine makers and consumers alike. From wine barrel to a consumer's picnic basket, family braai or evening in, cartons are an affordable and sustainable fit-for-purpose packaging choice that is gaining in popularity from farm to table.

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Corporate & Residential Architecture

FJ & ASSOCIATES ARCHITECTS

Solutions

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beautiful plates



DE TAFEL RESTAURANT AT THE
PALM HOUSE CHILLI-GINGER
FRESH KNYSNA RIVER CRAB
BY CHEF GREGORY HENDERSON

CHEF EWALD SCHULENBURG'S SEARED TUNA AT AMELIA'S AT THE PLETTENBERG





4-HOUR BRAISED LOCAL OCTOPUS
WITH ROMESCO SAUCE, RED PEPPER &
CELERY GREMOLATA, CHIVE OIL,
CRISPY ONIONS, NASTURTIUM
FLOWERS BY CHEF ISCA
STOLTZ AT GALJOEN

BRAISED LAMB PITHIVIER BY CHEF LUKE DALE ROBERTS FOR MOHNDORO LODGE





THE LIVINGROOM WILLOWDALE
TRUFFLE, CAULIFLOWER AND
DAHL MISO BY CHEF
JOHANNES RICHTER

CHOCOLATE FONDANT AT AMELIA'S AT THE PLETTENBERG





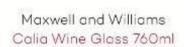


Maxwell and Williams Arden Cutlery – Stainless Steel

Whether you're hosting family or impressing guests, our collections bring the style and quality of fine dining into your home.

Celebrate the season with a table as extraordinary as the

memories you'll create.







Maxwell and Williams
Diamante Footed Punch Bowl and Glasses

black elegant white



Maxwell & Williams
Caviar Dinner Set



Maxwell and Williams White Basics Rectangular Platter



Transform your holiday table into a restaurant-worthy masterpiece with Maxwell & Williams. The dramatic flair of Caviar Black and the understated elegance of White Basics create the perfect canvas for your festive feast. Elevate every detail with the sleek sophistication of Arden Cutlery, the refined sparkle of Calia Wine Glasses, and the versatile charm of the Diamante Footed Punch Bowl and Glasses.

