



Eat Better. Live Better.



**SOUTH AFRICAN
CHEFS ASSOCIATION**
Since 1974

LUCKY STAR INNOVATIONS Junior Competition 2017

FOREWORD: SEVEN COLOURS WITH FISH

What makes a perfect meal? What is that extra something that makes good household food stand out as unique? I hope that this Lucky Star Seven Colours with Fish Cook Book will go some way to being an insight into those special attributes. Why Seven Colours? Seven Colours is a local term that is commonly used to describe the perfect plate of food such as rice, spinach, pumpkin, meat, beetroot etc.

During the olden days families will have seven colours food during Christmas, as times changes the seven colours was introduced on Sundays. Now in this era Seven Colours it is just a name people know a lot about food groups, even during the week families eat Seven Colour foods. Seven Colours is a combination of different food colours, during the week you'll find that we have eaten one or two colours but Sunday we go all out, cooking out array of different natural food colours. It is how people praise and appreciate the beauty of food. It is food from the heart, prepared with love for everybody that loves good food. Food is becoming increasingly important as a social tool.

There are certain social and emotional trends clearly visible in our society. We live more in our homes, yet we are living larger, more generously. We tolerate more, share more and want to please more than a few years ago and we celebrate through our Seven Colours with Fish food. Cooking together, eating together that's what's it's all about. Food has become an art form, an expression of love. We have

rearranged our dining rooms; have moved tables back into our kitchens. Nobody rushes to leave the table, and we wait around excitedly for the next course, "colour" sharing our souls, stretching the joy and enjoyment out to the last drop of "gemmere " ginger beer.

I also realise that more people take hands to say grace and that say is it all. The Seven Colours with Fish is about taking somebody's hand in celebration and gratitude, be it for life or for laughter.

Having seven colours, lunch or dinner with friends and families shows exactly compassion, sharing, fun... a family affair down to the tiniest detail. If you like entertaining friends and family over a chat in the kitchen, then Seven Colours with fish is your kind of book.

The recipes in this book are approachable, flexible and un-complicated, advising on buying, preparation, and freezing as well as cooking. The recipes are easy to prepare and complied of ingredients that are easy to come by. Some things you can buy readymade or prepared and incorporate into a recipe that will stun friends and antagonist. The dishes are planned in such a way that there is something for everyone for every occasion. Whether it's a romantic dinner to knock the socks of your good looking neighbour or to impress abo mamazala's (the in laws) you'll find something here. Or just invite the family and cook up a storm

with Seven Colours with Fish. Food is a gift from the heart and the soul. Seven Colours with Fish is meant for everyday consumption and it feeds, body, mind and soul. Feed your soul with Seven Colours with Fish.

When you entertaining, try not to feel that something unusual is expected of you. It isn't just be yourself. This book will make it possible for even the veriest novice to cook up a simple casserole with Lucky Star Seven Colour with Fish.

The possibilities for adaptation are endless, even within a fairly rigid framework of the Lucky Star Products. This book has been planned to provide delicious recipes and imaginative Meal ideas for all occasions. Food that is budget minded according to its type and purpose and that is simple to produce.

Fish is high in protein, low in fat - and rich in nutrients. So it is a food we should be eating more of, and including regularly in our meals. Seven Colours with Fish ingishaya Ngaphakathi Feeds Body Mind and Soul.

Culinary Regards,
CHEF KABELO SEGONE
Vice President
South African Chefs Association





Eat Better. Live Better.



**SOUTH AFRICAN
CHEFS ASSOCIATION**
Since 1974

LUCKY STAR INNOVATIONS Junior Competition 2017

**ARE YOU INNOVATIVE, CREATIVE AND PUSHING THE
BOUNDARIES IN SOUTH AFRICA'S CULINARY INDUSTRY?**

If so, you may be one of the inspiring chefs that LUCKY STAR is looking for... LUCKY STAR and the South African Chefs Association are calling on both young chefs-in-training and experienced chefs to create scalable, healthy, convenient and cost-effective dishes using LUCKY STAR products that South Africans know and love.

All entrants are to provide a full recipe, with photograph and costing of the dish with their entry form. The aim is to create a dish that is both healthy and great tasting.

THE PRODUCTS:

- Lucky Star Pilchards in Tomato Sauce
- Lucky Star Pilchards in Hot Chilli Sauce
- Lucky Star Pilchards in Sweet Chilli
- Lucky Star Tuna in Water & Salt
- Lucky Star Tuna in Vegetable Oil
- Lucky Star Sardines in Water & Salt
- Lucky Star Sardines in Vegetable Oil
- Lucky Star Skinless & Boneless Pilchard Fillets In Soya Sauce
- Lucky Star Skinless & Boneless Pilchard Fillets In Red Curry Sauce
- Lucky Star Skinless & Boneless Pilchard Fillets In Sweet Chilli Sauce
- Lucky Star Skinless & Boneless Pilchard Fillets In Water, Black Pepper & Lime flavour

THE GUIDELINES:

If selected for the semi-final you will need to recreate your entry to exact specifications as entered. The Final held on the same day will be a mystery basket cook off.

THE CHALLENGE

Part one: Enter with your most fun, healthy and innovative student meal using Lucky Star. Please provide a full colour photograph, a detailed description and the recipe. You need to include a costing and an order list to prepare 4 plates/containers.

PART TWO: SEVEN COLOURS WITH FISH

The final will be based on the seven colours concept of a Sunday lunch. You will be required to cook a main dish of which Lucky Star is the main component but introducing the seven colours on a plate. A festive meal that is healthy, cost effective and promotes the coming together as a family. This is the final of the morning cook off at which finalists will



be selected. The semi-finals and finals will be held at HOSTEX at Gallagher estate on the **8 May 2017**, and will comprise of a morning and afternoon session. A list of ingredients available to choose from will be posted on the SA Chefs website as well as a list of equipment that will be available on the day.

PRIZE MONEY

THE WINNER TAKES IT ALL!!!

Prize money of R20 000. The winner will be announced on the day of the competition, on 08 May 2017 at Hostex. The Judges will be judging the competition based on the Guidelines as set out by the World Association of Chef Societies (WACS).



SCROLL DOWN FOR ENTRY FORM

LUCKY STAR INNOVATIONS Junior Competition 2017

**ARE YOU INNOVATIVE, CREATIVE AND PUSHING THE
BOUNDARIES IN SOUTH AFRICA'S CULINARY INDUSTRY?**



LUCKY STAR INNOVATIONS ENTRY FORM (please tick the appropriate box)

Full name:

Are you a junior entrant (ages 18 to 25) ☐ or a senior entrant (ages 25 upwards) ☐

ID number: Landline number:

Cell number: Email address:

Which guidelines does your recipe adhere to:

Scalability ☐ Health ☐ Cost effectiveness (cost per portion) ☐

Rules and guidelines:

- Each participant covers the cost of transport and accommodation to and from Food and Hospitality Africa, Johannesburg.
- All ingredients and basic equipment needed to compete with will be provided on the day, but competitors are allowed to bring in any specialised tools (which becomes part of the communal table) and full toolboxes are allowed.
- The finals for both categories will take place on 8 May 2017 at Food and Hospitality Africa, Johannesburg.

Entry form check list:

- Is your recipe attached?
- Is a photograph of your dish attached?
- Have you completed your entry form?

I have read, understand and accept the rules of the competition.

Signed:

Date:

Please email this completed entry form, along with your recipe and a photograph of the dish to events2@saca.co.za by 21 April 2017. Alternatively, you can deliver or post your entry to the SACA address below:

Address:

SACA Centre for Culinary Excellence, University of Johannesburg, School of Tourism & Hospitality
Corner of Bunting & Annet Road, Auckland Park, Johannesburg, 2092