



## HEAD OF THE TABLE

Chef Kayla-Ann Osborn, the 2017 Eat Out Rising Star, is making waves at Umhlanga's hottest fine-dining restaurant with confident, seasonal food

**B**efore opening The Chefs Table in May 2016, Kayla-Ann headed up the team at Trafford's in Pietermaritzburg, after completing her training at 1000 Hills Chef School in KwaZulu-Natal. The trailblazing young chef has since been impressing Durbanites with her refined technique and plating skills, wielding the latest fine-dining trends to create dishes from seasonal ingredients.

Kayla-Ann's style of cooking is all about flavour, with a goal of emphasising and enhancing ingredients and using the most sustainable options available. Inspired by the season's bounty, the chef changes the menu daily. Think fresh local oysters with apple-and-chilli oil, roasted lamb rib with smoked marrow bones, wood-fired prawns with garlic butter foam, and textures of lemon posset with caramelised lemon rind and deconstructed lemon meringue.

Head judge Abigail Donnelly praises the young chef's remarkable progression in her cooking and in running a restaurant: "Kayla-Ann displays impressive confidence in her food, which I am sure will take her on a successful journey to be a top chef and restaurateur".

Read more about The Chefs Table on [page 220](#).



## DOWN TO A FINE (CULINARY) ART

This year's winner of the Eat Out Lannice Snyman Lifetime Achievement Award, Letitia Prinsloo, is a mentor to many



**A**s founder of one of SA's most prestigious cooking schools, the Institute of Culinary Arts (ICA) in Stellenbosch, Letitia Prinsloo has inspired and moulded countless noteworthy chefs, including Peter Tempelhoff of Top 10 restaurant Greenhouse (see pages 32 and 162). ICA's students follow the lead of their founder, who serves as their touchstone for excellence.

Letitia earned an Advanced Cordon Bleu Diploma (cum laude) and Diploma École Cuisine du Soleil, after training with chef Roger Vergé in France. A noted entrepreneur, Letitia serves as an honorary member of the Chaîne des Rôtisseurs, has served as a judge for the World's 50 Best Restaurants and on Eat Out's panel of critics, and has won the Award of Excellence from the International Association of Culinary Professionals.

"Letitia has taught and mentored generations of our finest South African chefs," says head judge Abigail Donnelly. "She sets incredibly high standards, and her life-long dedication and positive commitment to improve cooking standards make her a very deserving winner of this award."