

# MEET THE CHEF

## JOVAN BESTER

Executive Chef at Fournos Bakery,  
Woodmead Retail Park

In this month's Meet the Chef profile, we introduce you to the man behind the assortment of delicious treats at Fournos Bakery in Woodmead Retail Park.

**Q: When did you decide to become a chef?**

A: In 2007.

**Q: Did you study?**

A: I studied at Capsicum Culinary Studio in Centurion. I hold a City and Guilds International Chef's Diploma.

**Q: Do you have any accolades?**

A: Except for the approval of my mother-in-law, none.

**Q: What is your cooking style?**

A: Experimental.

**Q: What is your inspiration for new recipes/dishes?**

A: Stories told by the people I meet... I'm currently developing a 'citrus croissant with soul', inspired by a little old lady who told me about the citrus farm she had in Cyprus.

**Q: What is your favourite dish to prepare on your current menu?**

A: The French Toast - the combination of mozzarella, strawberries and golden syrup is fantastic, while the blueberry sauce just adds another flavour layer.

**Q: What is your favourite home-cooked meal?**

A: I am a sucker for comfort food – anything from a good pasta to a traditional Chicken Provençale. The latter is currently on the Fournos menu.



**Q: In your opinion, what is the most underrated ingredient?**

A: Plain old black pepper. We have only begun to explore the many subtle nuances of freshly cracked black pepper.

**Q: If you could cook with only three ingredients, what would they be?**

A: Eggs, mushrooms and cheese.

**Q: What is one kitchen appliance you cannot function without?**

A: A gas stovetop.

**Q: If money were no object, what kitchen appliances would you invest in?**

A: Definitely a Pacojet.

**Q: Who is your chef idol?**

A: I have three: Heston Blumenthal, René Redzepi and Magnus Nilsson.



*A traditional Chicken Provençale is one of Chef Jovan Bester's favourite home cooked meals.*




# Meet The Chef Series

**Q: If you could prepare a meal for one celebrity, who would it be and what would you serve?**

**A:** Sir Terry Pratchett. I would have invited him for a pot pie.

**Q: What do you think of cooking shows? Do you have a favourite?**

**A:** Cooking shows carry a lot of value for the development of the industry by bringing more chefs into the business. My favourite show must be *Chef's Table*.

**Q: What's your favourite South African dish to eat?**

**A:** I really can't choose between a good old-fashioned braai, curried *mogodu* (tripe stew) and bunny chow.

**Q: What will we always find in your fridge?**

**A:** A ton of sauces, garlic and eggs.

**Q: If you could choose your last meal, what would it be?**

**A:** Braised beef tongue in a creamy mustard sauce or a beef rendang.

**Q: What fast food is your secret indulgence?**

**A:** Burger King's Extra-Long Chilli Cheeseburger.



*French Toast is Chef Jovan Bester's favourite dish to prepare on the Fornos Bakery menu.*

**Q: Are you pro or anti air fryers?**

**A:** Pro.

**Q: If you weren't a chef, what would you be?**

**A:** A paleontologist.

**Q: Any interesting career anecdote you would like to share?**

**A:** I have cooked for young, old, rich, poor, the thankful and the thankless, and the greatest pleasure comes from one's children actually eating what you cook for them.

Fornos Bakery is located in Woodmead Retail Park. Pop in for a visit to enjoy Chef Jovan Bester's culinary delights.  
[www.fornos.co.za](http://www.fornos.co.za)

