

MEET THE CHEF

QINISOLIHLE MOYO

Sushi Chef at Cowfish, Waterfall Corner

In our second Meet the Chef profile, we introduce you to the chef behind the array of delicious sushi dishes at Cowfish in Waterfall Corner, Qinisolihle (aka Q) Moyo.

Q: When did you decide to become a chef?

A: In about August 2004.

Q: Did you study?

A: I learnt the basics, like how to cook rice and to fillet fish, at a private college called Skinny Catering. Then, while attending a conference for sushi chefs at the Sandton Convention Centre in 2016, I was selected by Chef Kazaki – a visiting Japanese sushi chef – to be tutored by him for six months in the traditional art of Japanese sushi.

Q: Do you have any accolades?

A: I qualified under Chef Kazaki as an International Sushi Chef.

Q: What is your cooking style?

A: I specialise in the Japanese culinary art of sushi making.

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

A: Feedback from my sushi-loving customers.

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

A: The Spartan Sushi. The combination of seared salmon, tempura prawn, jalapeno, cream cheese and crunchy kataifi gives it a unique taste.

Q: What is your favourite home-cooked meal?

A: Vegetable stew.



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

A: Bean curd (Inari tofu). People think tofu is bland, but it is so versatile and takes on the flavour of any sauce you cook it with. It's a great alternative to meat.

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

A: Fish, cucumber and avocado.

Q: What is one kitchen tool you cannot function without?

A: My special KAI sushi knife from Japan.



The Spartan Sushi is Q's favourite dish to prepare on Cowfish's menu.



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

A: I have a long wish list: a sushi display fridge, an automatic rice cooker, a full set of sushi knives and specialised sushi cutting boards.

Q: Who is your chef idol?

A: Chef Gordon Ramsay.

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

A: I would love to prepare the Cowfish Most Wanted sushi platter for Bonang Matheba.

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

A: I find cooking shows very educational. My favourite show is *Hell's Kitchen*.

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

A: Mogodu (tripe stew).

Q: What will we always find in your fridge?

A: Whole line fish – salmon is my favourite.

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

A: Japanese Pork Bowl (Tokachi Butadon). I fell in love with this dish years ago at a Japanese restaurant at the old Randburg Waterfront.

Q: What fast food is your secret indulgence?

A: Burger King's cheeseburger.

Q: Are you pro or anti air fryers?

A: Pro.

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

A: An entrepreneur: I'd open my own restaurant.

Q: Any career tales you would like to share?

A: In 2016, I won a competition to spend a month in Cyprus and gain experience under Chef Gavin Wu. Unfortunately, due to short staffing at the restaurant where I was working at the time, I was not allowed to take time off, so the opportunity was given to the second runner-up.



Chef Q would like to make the Most Wanted sushi platter for Bonang Matheba.

Book at Cowfish, Waterfall Corner today to experience Chef Q's culinary talents:
<https://cow-fish.co.za/#waterfall>

