

# MEET THE CHEF

## CHRISTIAAN JANSEN

Group Executive Chef, Kream, Mall of Africa

**D**id you know that Waterfall City has more than 70 restaurants? Over the next few months, we will be introducing you to our talented chefs and cooks in our Meet The Chef series of monthly profiles, to highlight and celebrate Waterfall City's culinary geniuses. First up is Chef Christiaan Jansen from Kream in Mall of Africa.

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

**A:** I don't think it was ever a conscious decision per se. I started helping my mother in the kitchen at a young age (nine or 10 years old) and I've wanted to become a chef ever since. There was never really another profession that interested me.

### Q: Did you study?

**A:** Yes, at the University of Pretoria. I hold a bachelor's degree in Consumer Science, Hospitality Management. It's an Honours-level degree.

### Q: Do you have any accolades?

**A:** I received the prize for top final-year student for the subject of Fine Food Preparation.

### Q: What is your cooking style?

**A:** My style is focused on using quality ingredients and preparing them using the most fitting technique. I don't like over-complicating dishes. It's all about elevating the products.

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

**A:** My friends and colleagues in the industry. We all like to talk about food and experiences that we've had, then try to pull inspiration from that.



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

**A:** The duck confit. The preparation is a classic technique that takes about 48 hours if done correctly.

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

**A:** Truffle-infused macaroni and cheese.

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

**A:** Potatoes. There is so much that one can do with a potato! Fry, boil, steam, bake, mash, purée – every time, you get a different taste and texture.

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

**A:** Potatoes, butter and bacon.

### Q: What is a kitchen tool you cannot function without?

**A:** A properly sharpened chef's knife.

### Q: What would be your favourite kitchen appliances if money was no option?

**A:** I like playing around with a Pacojet. It's a piece of equipment that you can use to make very smooth purées, ice creams and sorbets. You can even use it to make a mousse. It's a bit pricey, though.



*Duck Confit is Christiaan's favourite dish to prepare on Kream's menu.*



**Meet  
The Chef  
Series**



*Kream's chicken livers would be Christiaan's last meal of choice.*



To indulge in Christiaan's incredible food, book a table at Kream, Mall of Africa.  
Tel: 010 591 0023  
Visit:  
<https://mallofafrica.kreamrestaurant.co.za/>



**Q: Who is your chef idol?**  
**A:** Thomas Keller from restaurants The French Laundry and Per Se. He also uses the "less is more" style and always focuses on making the ingredients the stars of the show.

**Q: If you could prepare a meal for one celebrity, who would it be and what would you serve?**  
**A:** Garfield the cat, with good old lasagne.

**Q: What do you think of cooking shows? Do you have a favourite?**  
**A:** I like to watch *MasterChef Australia* now and then. Also, the *Chef's Table* series is very interesting.

**Q: What's your favourite South African dish or product to eat?**  
**A:** A nice piece of yellow fat biltong.

**Q: What will we always find in your fridge?**  
**A:** Good quality butter, milk for coffee, and some new item that I am trying to get my wife to try.

**Q: If you could choose your last meal before you die, what would it be?**  
**A:** The chicken livers we serve at Kream.

**Q: What fast food is your secret indulgence?**  
**A:** Oreo McFlurry with extra caramel sauce.

**Q: Are you pro or anti air fryers?**  
**A:** Pro.

**Q: If you weren't a chef, what would you be?**  
**A:** Probably a farmer of some kind. I love planting things and working in the garden.

**Q: Any interesting career anecdote you would like to share?**  
**A:** During my time in Aspen, USA, I worked for a chef who cooked for celebrities like Arnold Schwarzenegger and the Kardashians. I was very impressed!