

Portfolio

Robert Rainsford



Index

- *Background Of Roberts Rainsford*
 - *Qualifications*
 - *Work experience*
 - *Dishes and Menus*
 - *Menus*
 - *References*
- Contact Detail*

- **Robert Rainsford**

Undoubtedly South African restaurants strive for the absolute best.

As a chef I believe one should care where their produce comes from and show an absolute passion for the business. Moreover, to share their passion with customers for great eating and recognizing excellence.

After studying at the Food and Beverage Institute and training at the Hilton Hotel in Durban I realized that not only does ambience encompass the spirit of the restaurant, but that whilst a chef plays one aspect in the business it does not end in the kitchen.

How ones talent is translated to the table can be displayed in the appeal of the dish, the execution, the balance of texture and flavour. Whether it's a cosy neighbourhood bistro, a local ethnic eatery or corner café, a restaurant must display excellence in what they set to achieve.

My experience in Cape Town at Terroir Restaurant added to my creativity of fresh reinvented ingredients. As a number one restaurant in 2007 it offers fine dining and French country cooking such as duck confit, foie gras and wild mushrooms.

During my employment at Aubergine and Andreottis, voted top ten in Kwa-Zulu Natal, I specialized in contemporary food. Some of the dishes on the menu include Fillet of beef with carrot puree and a red wine sauce garnished with fresh asparagus and hollandaise sauce, one of my favourites.

I moved to the Western Cape to work at a wine farm Alle Bleue estate, where I was appointed banqueting head chef. The experience taught me all that I was actively involved with menu design, function setups where my input was of great importance, my experience grew in the sense of taking a step back from actively cooking, into the building of a banqueting department. Not that the farm needed my help. They were under the leadership of GM Wolfgang Leyerer, who himself was a brilliant chef and hotel manager, He had the best 5 star Hotel ten years running in Germany, and opened a Michelin star restaurant in Germany too. And when he moved to South Africa he opened the old bisquit mill.

*The experience took me to a different direction in the Hospitality industry.
After working at Alle Bleue for three years as banqueting Head chef,
I felt like doing something different, in the sense of building a business.*

An old college approached me , he has restaurant in Durban Hillcrest , and they did not do so well, in the sense of the menu and front of house is going backwards and he could not do it all on his own.

I then moved to Hillcrest , for a four month training contract , to build the kitchen in the first two months , the food cost went down from a 40 % to a 33% within two months , where using your products to the fullest is of great importance . And a fun and exciting menu did the trick.

With the front of house, I trained the waiters and floor managers to up sale and not just wait for the guest to make choices. And to know your menu from back to front. And always be at the guest table when the guest does not even know he/she needed the help.

At the end of the four months, I got the food cost with an interesting menu to 32% and brought the food sales up by 20 %.

- **Qualifications**

Tertiary Education

Institution: The Food and Beverage Institute

Highest

Achievement: International Culinary Diploma (2 Years)

Diplomas achieved in:

- *Food and beverage service principle*
- *Culinary art's principles*
- *Cuisine studies practice*
- *South African wine tasting certificate*

- *Food Preparation Principles*

- ***Work experience***

Company: Sieta's Restaurant - Welkom

Date: December 2005-March 2006

Duties: Sous Chef, Broiler and Pass

Company: Hilton Hotel-Durban

Date: May 2007-November 2007

Duties: Chef, Banqueting Co-coordinator, Bar man and Front of House.

Company: Terroir - Stellenbosch

Date: December 2007-July 2008

Duties: Chef De Party, Specializing in all round starters, Head of station

Company: Aubergine and Andriotties

Date: October 2008-June 2009

Duties: Sous Chef

Company: Allée Bleue Wine Estate

Date: July 2009- January 2012

Duties: Head Chef banqueting

Company: Café La Vie

Date: March 2012 – July 2012

Duties: Executive chef ,training contract for front of house And chefs.

I had a five month contract with Cafe La Vie , to sort out the Menu problems and to train the kitchen staff and a bit front of house , I trained the waiters some up selling. And to get there food cost down and there sales up , witch was achieve at the end of the contract.

Company: Fedics Catering Company

Date: September 2012 – Current

Duties: Catering Manager , and Training chef for other units, with cooks that needed a refresher course on food preparation and presentation.

Dishes and Menus

Breakfast:



Dishes and Menus

Canapés





www.ProPhotography.co.za



www.ProPhotography.co.za



www.ProPhotography.co.za



www.ProPhotography.co.za

Starters



www.ProPhotography.co.za



www.ProPhotography.co.za



www.ProPhotography.co.za



Mains



Desserts





Buffets





Menus

MENU

Starters

*Seafood ragou served with a warm
Lemon and tarragon sauce*

Main Course

*Beef wellington served with pumpkin ravioli
And a rich red wine sauce*

Dessert

*Liquid centre served with a berry cooli and
Rocky road ice cream*

MENU

Starters

*Tortellini served with a spinach puree
And butternut volute*

Main Course

*Grilled Line Fish served with a sweet basil
And smoked tomatoes
Topped with a warm bleure blanq*

Dessert

A decadent slice of cheesecake draped with a toffee and dark chocolate sauce

MENU

Starters

Confi Duck served with a lentil puree and a warm chardonnay sauce

Main Course

*Herb encrusted loin of lamb, served with pomme diffenoi
And served with a tomato and garlic sauce*

Dessert

Berry Terrine served with a warm chilli and chocolate sauce

Menu

Starters:

*Taste of the sea Assiette on a saffron coulis with an avocado mousse
And Asparagus salad*

Main Course

*Chicken Gordon blue served with a blue cheese sauce and carrot and bean bundles
and crispy new potato wedges.*

Dessert

*Chocolate trio chocolate cherry cake, dark chocolate mousse and
chocolate sorbet with orange crème*

Menu

Starters:

*Pan fried fresh catch off the day served on a beetroot Carpaccio with a
spring onion salsa and light wholegrain mustard dressing*

Main Course

*Roast lamb loin served with a ratatouille and topped with a parsley and
potato mousse*

Dessert

*Crepe Normandy served with apples, raisons, almonds and cinnamon
with calvados sauce.*

- *References*

- *Chef Michael Boughton
Terroir Restaurant
021 880 8167*
- *Chef Chris Black
Aubergine and Andreottis
031 765 6050*
- *Chef Kevin Grobler
076 283 2169*

*Wolf Gang Leyrer
General Manager Alle Bleue
0823231114*

*Chris Steyn
Owner Café La Vie
0741292430*

*Glen Ferus
Executive Chef Alle Bleue
021 874 1021*

Contact Detail:

Robert Henri Rainsford

Cell: 0715461405

Email: robertrainsford@yahoo.com