



NICHOLAS FRONEMAN

I would like to accept and confirm my nomination to serve on the Board of Directors as I feel that I will have a lot to offer in terms of the Ethos and Values of the South African Chefs Association.

I pride myself on development of the chefs I work with, as well as contributing to charitable areas, that will contribute to the development and betterment of chefs and our trade specifically

I am a passionate chef, who will work to strive towards all the relevant causes and responsibilities, that comes with the position of Director, as well as the

teamwork and camaraderie that is the spirit and essence of the South African Chefs Association

NICHOLAS FRONEMAN APPOINTED EXECUTIVE CHEF AT THE PALACE OF THE LOST CITY AT SUN CITY

Sun International is thrilled to announce the appointment of Nicholas Froneman as Executive Chef of The Palace of the Lost City at Sun City.

“Nicholas is an acclaimed local chef who has received numerous accolades for his cuisine including a Chaîne des Rôtisseurs Blazon. We are happy to have him aboard,” says Nicholas Forsythe, General Manager of The Palace.

Nicholas was destined to make a name for himself as an international chef when he was singled out as trainee of the year whilst completing his in-service training with Southern Sun Hotels after obtaining a Diploma in Professional Cookery from Technikon Witwatersrand.

After completing his apprenticeship training he spent the next 10 years working for some of South Africa’s finest hotels; Sous Chef at the Victoria & Alfred Hotel, Executive Chef at Fancourt and Executive Chef of Protea Hotel King George. He was also part of the opening team of Sun International’s GrandWest Casino in Cape Town.

Wanting to expand his culinary knowledge internationally, Nicholas joined Jazzpoint, a Singaporean company – for the next two years he ran five restaurants for the group; Mama Africa, African Heartbeat, Paddyfields, Lemongrass and Molly O’Brien’s. It was during this period that he gained valuable experience in food and wine promotions and exhibitions.

He returned home to join Sun International in 2002. At the time, Sun International was in the process of revolutionising their hotel and resort menus and banquet offerings under the excellent leadership of Michelin Star

Chef, Conrad Gallagher. Nicholas joined Conrad's team and over a period of two years helped to revamp the menus at Kalahari Sands, Gaborone Sun, Zambezi Sun and Royal Swazi Spa.

Froneman prides himself on his ability to adapt easily to different kinds of cuisines. This ability has been honed through his travels abroad, working in 5-star establishments such as the Makadi Palace Hotel, in Hurghada, Egypt where he filled the Executive Chef position from March 2007 to November 2008 and at Hotel Seacliff in Dar es Salaam, Tanzania as **Executive Chef from September 2004 till March 2007.**

Prior to his appointment as Executive Chef of The Palace, Nicholas was Executive Chef at the Elangeni hotel in Durban. During his tenure there he was appointed as an accredited judge for the South African Chefs Association which gave him the advantage of knowing exactly what was expected in culinary competitions. This knowledge stood him in good stead when he competed in the Unilver 'by invitation only' Food Solutions Competition. Chefs across the country aspire to be invited to enter this competition but only six elite chefs get to compete and in 2010 Nicholas was one of them.

Nicholas says he is inspired by fresh uncomplicated food: "I believe in serving excellent quality food, with minimum preparation in order to extract the natural flavours – experimenting with flavours is equally as important."

Talking about his plans for The Palace, his eagerness and passion is patent: "We have already revitalised the buffet breakfast menu in the Crystal Court and on the cards is a re-launch of the Villa Del Palazzo's winter menu - it will revolutionise perceptions of the Palace with a more relaxed vibe and a modern and eclectic menu."

Dining at The Palace has suddenly become exciting!

"I'd also like to offer Spanish-style tapas in the Tusk Bar and I have my eye on the High Tea menu – it's also due for an upgrade."

With his vast culinary knowledge, international experience and indefatigable enthusiasm, Nicholas brings his much-admired culinary skills to the Palace menus.

Nicholas has trademark dishes that travel with him wherever he goes and sure to be on the menu at The Palace is his signature dish of grilled Rib-Eye with “Café de Paris butter” accompanied by English spinach, Pomme Paille and sauté mushrooms.... Try it!