



Ryan Josten and Aimee Van Hecke

Cape Town born Chef Ryan Josten's earliest food memory was watching his dad make apple pancakes for Sunday breakfast. For his gap year, Ryan flew to the USA and by chance started working in the scullery at various restaurants scrubbing pots to supplement his income. It was during this time that he was bitten by the kitchen bug and never looked back!

On return back to Cape Town, Ryan enrolled at "*The Culinary Academy*" in Cape Town. During this period Ryan met Aimee Van Hecke. After graduating they gained experience working in numerous 5 star establishments around South Africa such as The Cellars-Hohenort for 3 years, Singita, Steenberg Hotel and The Cape Grace.

Feeling the need to broaden their horizons they went to Scotland and started working for Tom



Lewis at "Monachyle Mhor Hotel" which was also a functional farm. Gaining a more holistic approach to food, Ryan learned the art of nurturing produce as well as harvesting the produce he used.



They then joined Albert Roux's new venture, "Chez Roux" at Inver Lodge in the North of Scotland where Ryan's vision was to showcase his love for the local produce used with a French influence.

Despite their love of Scotland both Ryan and Aimée yearned for South Africa and returned to Cape Town where Ryan re-joined Liz McGrath and the team at The Cellars-Hohenort to head up The Conservatory and Aimée joined Steenberg Hotel where she took up position as Restaurant manager at Catharina's Restaurant. To Aimee and Ryan, the next logical step was self employment.

"Karoux answered our prayers and the dream of owning a restaurant together became a reality".

At Karoux we believe that food should be simple in creation but complex in consumption. Our chalk board menu changes daily, using the highest quality of local ingredients with some of our favourites such as Ryan's famous risotto, twice baked cheese soufflé and Caesar salad.

Aimee and Ryan will take over Karoux from Friday, March 15th.

Karoux will be open for Dinner, Friday to Tuesday from 18:30 until late and will serve lunch on Saturdays and Sundays from 12:00 until 14:00.

Booking can still be made online at info@karoux.co.za or alternatively please call

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