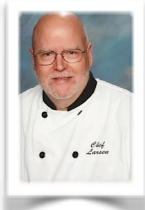


Also inside:
Chilli Winners
Chowder Winners
The Science of
Nutmeg
...and more!!



RETIREMENT
PAGES 6,7



FALL 2016
CONFERENCE INFO
PAGES 15, 16



AITC
PAGES 2,3



BOUQUET GARNI



President's Message: Brian Smith, BCCASA President

Trevor Randle and I have recently finished working on the Culinary Arts curriculum design in Victoria. As Trevor emailed earlier, we were invited to the table quite late, as the rest of the *Applied Design, Skills and Technologies* group had already been at this for over a year. We were

given two sessions, of three days each, to produce a final product. Nothing like being thrown into the deep end and told to swim!

The “doing” *Curricular Competencies* and *Big Ideas* had already been decided and was designed to fit the entire ADST umbrella and we were not given the opportunity for input or revisions. We first pushed for a name change in our curriculum from *Cafeteria* to *Culinary Arts*, better reflecting the happenings in our teaching kitchens. We were also successful in creating a new *Culinary Arts 10*. Next up was to come up with the “knowing” side of things. What do we want students to know in each grade level?

Naturally, we tried to include everything into the curriculum in our first draft. The feedback we received on returning for the second session was to cut each grade down to less than 15 outcomes (other groups have as low as five outcomes) and make our wording vague. Capitals and verbs were also not allowed. No action words, which proved challenging, considering that all most everything that happens in our kitchens is an action. To say it was an interesting experience would be an understatement.

Our drafts were edited and approved by the person overseeing the ADST curriculum changes, and now moves onto the Ministry for their input, then finally to an Aboriginal editor. It was important that BCCASA had an input so that our curriculum was something designed by us rather than something prescribed by someone else. So many members provided us with suggestions, recommendations, and critique. Thank you to all that responded!

The bottom line is the new curriculum has been written in a way so that any teacher, no what where they are teaching, can use it and adapt it to best suit their own circumstances. Use your professional judgement and professional autonomy.



**“Use your
professional
judgement (re.
new ADST
Curriculum)”**



Take a Bite of BC Program Partners with BC Salmon Farmers Association to Educate Students

Vancouver, BC – Vancouver Secondary School Culinary Arts students got an insider's look into the world of aquaculture and salmon farming thanks to the Take a Bite of BC Program's "Spotlight Series" seminars. The presentations were brought to four secondary schools in the Lower Mainland through BC Agriculture in the Classroom Foundation's (BCAITC) partnership with the BC Salmon Farmers Association (BCSFA).

The BCSFA, who also donates salmon to all 35 schools on Take a Bite of BC, wanted to engage students with the salmon they cook with in their teaching kitchens by showing them how it is raised and produced in the industry. The seminars were presented to students by David Minato, who is the Regulatory Affairs and Community Manager for the BC Salmon Farmers Association. With his vast knowledge and experience in the world of salmon farming, Minato was a wealth of information for both students and teachers.

"Because they are working with this food all the time in the kitchen, it was very eye-opening for them to be able to find out not only how it is produced, but how sustainable the industry is," said David Minato."

Combining the "Spotlight Series" seminars and the Take a Bite of BC program helps to connect students with the people who are producing their food. Students were able to find out diverse information on the salmon they cook with, ranging from the life cycle of a farmed fish to finding out about the different varieties that are raised.

"We serve the school daily in our cafeteria, so it is important to know where our food comes from," remarked Patti Koyanagi the Chef Instructor from Templeton Secondary.

The seminars were brought to:

- Vancouver Technical Secondary
- Templeton Secondary
- Sir Charles Tupper Secondary
- Windermere Secondary

Take a Bite of BC was developed by BC Agriculture in the Classroom Foundation in partnership with the BC Culinary Arts Association, BC agricultural commodity groups and BC producers. The program started in 2009 with 14 schools participating. Take a Bite of BC is now in 35 schools in the Fraser Valley and Okanagan. For more information and recipes, please visit www.aitc.ca/bc



FROM THE CAFETERIA: Kamloops

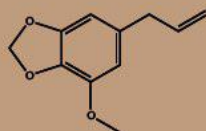
On April 6th Captain Sheldon Guertin, the Life Safety Educator with Kamloops Fire and Rescue spent an hour in the NorKam cafeteria doing an interactive presentation regarding the use of the kitchen fire suppression system and when and how to use fire extinguishers. The class moved outside and willing students got the opportunity to put this information into action – each student was directed by Captain Guertin to chose the proper extinguisher for different types of fires, and then employed the Pull-Aim-Squeeze-Sweep technique. The Café 11/12 students and Chef Roberts would like to thank Captain Guertin and Kamloops Fire and Rescue for this hands-on lesson.

Submitted by Chef Instructor Scott Roberts, NorKam Secondary School



THE CHEMISTRY OF NUTMEG

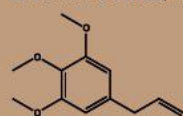
WHY IS NUTMEG HALLUCINOGENIC?



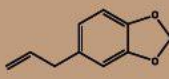
MYRISTICIN

Nutmeg contains compounds that lend it a hallucinogenic effect in larger quantities than those usually used in cooking. Around a tablespoon is enough to produce mild effects.

One of the main compounds responsible for this effect is myristicin, which accounts for up to 1.3% of raw nutmeg. The exact manner in which myristicin induces these effects is unclear, however, and the same effects are not observed with ingestion of pure myristicin, suggesting other compounds, such as elemicin & safrole, must also contribute.



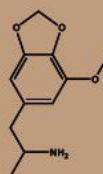
ELEMICIN



SAFROLE



WHAT ARE THE ADVERSE EFFECTS?



MMDA

In large doses, nutmeg can cause nausea, vomiting, flushing, an elevated heart rate, euphoria and hallucinations. A dose of 10-15g is required before acute intoxication occurs, and the side effects can last for several days after ingestion.

It has been suggested that nutmeg's hallucinogenic properties could be the result of myristicin being broken down into MMDA, a compound similar to Ecstasy, in the liver. However, this has only been observed in rats, and there has been no proof of this breakdown occurring in humans.

Chemistry of the Teaching Kitchen

When you think of hallucinogens, you probably wouldn't expect to find one lurking, unbeknownst to you, in your kitchen spice rack. However, the hallucinogenic properties of nutmeg have been known for some time – historical records mention its use as a treatment for problems with the digestive system and the kidneys, and others from as far back as the 16th & 17th centuries comment on its narcotic effects. So, what are the chemical compounds that cause this?

Several compounds have been implicated in the hallucinogenic effect of nutmeg. The main compound implicated is myristicin, which accounts for approximately 1.3% of raw nutmeg. It was suggested in research that the effects of nutmeg could be due to the breakdown of myristicin in the liver into MMDA, a drug of the amphetamine class and known psychedelic. However, whilst this transformation has been observed in the livers of rats, there has been no evidence of such a transformation occurring in humans.

Interestingly, when a significant amount of pure myristicin was given to a group of subjects (twice the amount present in 20g of nutmeg), whilst 6 out of 10 showed some effects, they were much milder than expected in comparison to the effects of nutmeg. This suggests that the presence of other compounds in nutmeg must also be important in inducing the full 'nutmeg effect'. Other compounds that have been suspected of contributing to the effect are elemicin and safrole.

Before you reach for a spoonful of nutmeg, it's worth noting the effects it can induce. Up to 1-2mg of nutmeg per kilogram of body weight can induce effects in the central nervous system, and anecdotal records state a tablespoon is enough to bring on some of the other effects noted. These include nausea, vomiting, flushing, elevated heart rate, euphoria, hallucinations and a dry mouth; on the face of it, not a particularly cheery band of side effects. It doesn't really get much better – as well as some of the effects being less than pleasant, they can last for several days, with some reporting symptoms such as vision, balance and concentration problems lasting for over a week. In all, it's probably best that your nutmeg stays confined to your kitchen spice rack.

Chowder Competition

This year Samuel Robertson Technical School had the honour of hosting the SD#42 District Chowder Competition on Thursday, May 19th. Sixteen entries were on site between the 4 Maple Ridge High Schools & Sardis Secondary.

All entries were judged by Irena Pochop & Mike Murray (SD 42 School Board), Lisa Prophet (Publisher - The News), Nicole Morrow (Marketing Associate - Sysco), Elena Digiovanni (District Support Teacher), Brent McGimpsey (Sous Chef - Harrison Hotel). During the school lunch hour students were invited to take part in tasting the chowders and were able to vote on the "People's Choice Award".



Gold-Natalya Young, Garibaldi Secondary with her Cream of Scallop & Shrimp Chowder

Silver-Marcel and Mitchell Bauer from Sardis Secondary with their Creamy Prawn Chowder



Bronze-Christine Horascek Riley Bennett, Thomas Haney Secondary, Mexican Chicken Chowder with Clam

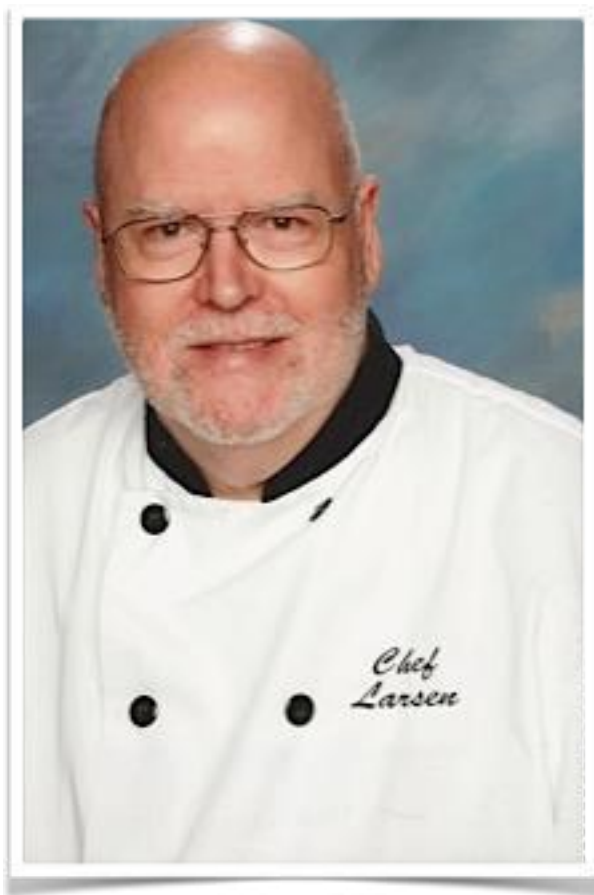


"People's Choice Award"

1st SRT: Alejandro Gutierrez Devin Macintosh Spicy Bacon Chorizo Corn Chowder

2nd SRT: Lucas Chapdelaine Ben Kennedy Hudson Costa BBQ Chicken Chowder

3rd MRSS: Olivia McDonnell Jessica Pretzen Pizza Chowder



Terry Larson: Retirement

Terry was educated in British Columbia, graduating from North Surrey Secondary in 1967. Four years at UBC – two in Education and two in Arts.

Having cooked on fishing vessels in the BC coast from the age of sixteen during the summer breaks in high school and university, Terry decided to take further training as a Cook, attending PVI (BCIT) 1972-1973, taking the Cook Training course and completing the Cook Certificate in 1973. He then worked as First Cook /Saucier at the Quarry House Restaurant in Queen Elizabeth Park, Vancouver (now called Seasons in the Park) from 1973 to 1974 followed by a year at CP Air Flight Kitchens. Receiving his Interprovincial Red Seal – Cook in 1981.

Terry then moved into the public education, firstly holding the position of Culinary Assistant/Sous Chef at the Teaching Kitchen at Centennial School in Coquitlam from 1975 to 1988. Secondly, moving into the role of Chef Instructor at Centennial which he held until 1995.

Terry then took two years out of the education system (1995-1997) to complete a Bachelor of Arts degree at UBC followed by PDP at SFU.

Master Chief

It is the little things that you remember about a person. In nineteen ninety four, the Surrey school board hired me to run the culinary program at Queen Elizabeth. It was John Haen who phoned me and told about the annual chefs's conference in October. That is when I first encountered Terry Larsen. Dot Mumford and I arrived a little late to the A.G.M. The first words I heard Terry speak were "would you let the man talk" He was speaking to George Reese, the teaching chef from Chilliwack. For the next twenty two years at all the, chef's meetings and conferences and gatherings I have listened to this man, tell people to behave and act like adults. His laugh is infectious and when you need help, he is the first person to give it. He has volunteered his time for last thirty years for the betterment of us all. He was a major proponent of having our own P.S.A. Under his guidance and tutelage we are all better teachers and mentors. I wish him well in his forthcoming retirement. We are always sad when we lose a co-worker and friend, but happy that they are on the next adventure of their lives I have one loving response, 'Yes Master Chief.'

Brian Roodenrys

Semiahmoo Culinary Arts Teacher

From 1997 to date he has been employed by District #36 – Surrey as a Chef Instructor at Princess Margaret Secondary (1997-1999) and at Enver Creek Secondary from 1997 to present.

Terry has been an very active member in numerous professional organizations:

- A member of the British Columbia Chefs' Association and the Canadian Culinary Federation since 1989.
- The British Columbia Chef Instructors Chapter (BCCIC) from 1988 – 2000, when it became BCCASA to date. Past First Vice President of both associations serving as Scholarship Chair.
- Inaugural member of the Canadian Chef Educators Association, Past President, Past Chair of the Board, Past British Columbia Provincial Director, and currently Treasurer.
- Conference Chair, putting on three National Conferences for the CCEA – Nanaimo, Fraser Valley and Vancouver.

Terry Larsen was honoured with the Chef of the Year Award from the BC Chefs' Association in 2003.

Reading Terry's biography it is easy to see why he deserves a well earned retirement. He leaves big shoes to fill. All of us chef instructors can look up to him and only aspire to be half of the teacher and chef that he is. Best Wishes Terry from all of your fellow colleagues at BCCASA!!

Submitted by Brian Smith, BCCASA President

Gamifying Culinary Arts

By Tisha Richmond



I have always loved incorporating game-based elements and principles into my culinary arts classes. There is an energy and excitement that is created when students are engaged in playing a game. Creating class competitions like "Chopped" or "Cupcake Wars" allows students to take the skills that they've learned and create something unique and amazing. Adding components like mystery baskets and surprise ingredients produces an element of surprise and challenge that encourages problem-solving and collaboration among students. Inviting teachers, staff, and administrators into the classroom to judge encourages students to step up their game; but also to show off their skills. Often students that shine in my class may struggle in their core subjects, so giving them the opportunity to share with a broader audience is vitally important.

INSPIRATION

Last year, I was inspired by gamification guru, Michael Matera, at Miami Device where he lead a session on game-inspired course design. I was blown away by his gamified approach to education and knew I had to learn more. When I returned from Miami Device, I continued to research gamification and by spring semester I had decided to take gamification to the next level by creating a game in my Culinary Arts 2 class that lasted an entire quarter. The biggest challenge for me was where to start....it was overwhelming to say the least. Though I loved the idea of creating a game-based learning environment, I wasn't sure how to set it up.

THEME

Michael's suggestion was to first start with a theme. It just so happened that about that time I was going to be gone for a 3 day conference and was planning to show the movie "The 100 Foot Journey" that connected to standards we were going to be learning in class. When thinking about the storyline, I realized it could be a great theme for a game. In the movie, the main character is chasing after his passion for cooking and is on a mission to earn 3 Michelin stars in the process. I had found my starting point! Students would be on a quest for 3 Michelin stars!

GAME DESIGN

Once my theme was chosen, everything began falling into place. Students were formed into teams and they chose restaurant names. Throughout the course of the quarter, I created challenges and developed badges such as, "Restaurant Inspector" and "Restaurant Critic". I would have impromptu inspections and restaurant critics would visit and award students badges for the kitchens that were the cleanest or finished recipes that were the best quality. Badges were given different point values and students had to reach a certain amount before they earned each Michelin star. Badges and points were tracked on a huge piece of butcher paper I had up on my bulletin board. Students loved to come into class each day and see where they were in the game and how close they were to the next star. The element of intrigue and surprise as I developed individual and group challenges created a very fun, engaging, yet rigorous learning atmosphere. The best part was I was having fun too! I had a blast coming up with twists in the game and ideas to keep students excited. I created many opportunities for students to earn badges that appealed to different personality types and motivations. This encouraged all students and motivated even the least engaged. It's important to understand that I didn't have this all figured out from the beginning. It is a work in process and I'm developing as I go. If I would have waited till it was all planned and perfect, it would have never happened. Honestly, even if it was planned out most likely I would have made changes.

I'M A BELIEVER

After one quarter of gamifying my classroom, I was hooked. I knew that this was something that I needed to develop further. The degree of collaboration, problem solving, and engagement that was happening was exciting. Students were more motivated to learn than I'd ever witnessed before and were doing more than was even required to earn their Michelin Stars. I loved that they were learning and having fun in the process! This year, I have expanded my gamification to Culinary Arts 3. We are well underway in The Amazing Food Truck Race where students are racing across the country from Medford, Maine to Medford, Oregon in their food truck to learn about the different regions of US cuisine. Look for my next post as I explain the game in further detail. Stay tuned!!

Reprinted with permission from Tisha Richmond

Tisha is a passionate culinary arts teacher that loves bringing food and technology together to inspire students to learn in new ways. She teaches at South Medford High School in Oregon.

theconnectedculinaryclassroom.weebly.com

Lesnes' Brain Teaser
submitted by Chef Daniel Lesnes

In some regions, I am regarded as a weed, in other regions as an aquatic vegetable or herb. I have been grown in many locations around the world, and I have been classified as member of the mustard family. I require cool running water as my growing ground, and can often be found in the wild, around streams and brooks. Puritan diners have often held that I was a living example of “deivltry”; because I thrived in the darkness, and I would only be a health benefit if mingled with foodstuffs harvested in pure sunlight. Personally I think this is hooey!

I have earned my reputation as a healing herb quite early. Around 400 BC, Hippocrates located the first hospital on the island of Kos close to a stream to ensure that I could be available as fresh as possible, for treating patients. In the 1700s, Nicholas Culpeper (author of Culpeper's Herbal) believed I could cleanse the blood. Modern science has identified more than 15 essential vitamins and minerals contained in this one herb – more iron than spinach, more calcium than milk, and more vitamin C than oranges. And do you know that if I am part of your daily diet, I have ability to significantly reduce DNA damage to blood cells and further to resist DNA damage caused by free radicals, this is according to a two-year research project at the University of Ulster.

Often used in sauce vert, my pungent flavour is slightly bitter and I have a peppery snap. My leaves are crunchy and always a shade of green. I can be used as a salad component, finely chopped and used as a seasoning, an ingredient in English tea sandwiches, or as a base for cream soup. I am also a popular garnish, putting that silly old parsley to shame.

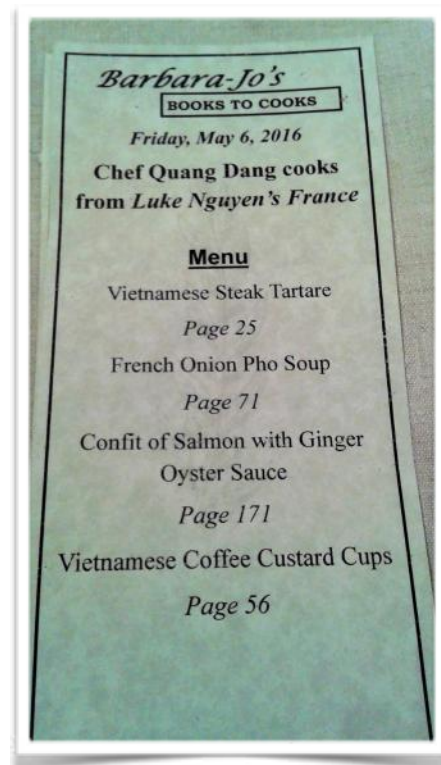
WHAT AM I?

Visit our website to find the answer bccasa.ca





PRO D: Barbara Jo's



Local Chef extraordinaire, Quang Dang of West Restaurant on South Granville, introduced “France” by author Luke Nguyen. Luke Nguyen, an Australian Chef, traveled the culinary landscape of France on a quest to learn how traditional French recipes influenced Vietnamese cuisine. He shared his knowledge of Vietnamese cuisine as he added a unique Vietnamese flourish to traditional French dishes. Quang expanded on the expertise of his mentor, providing his own “flair” to the recipes from his family’s recipes through the history of their Vietnamese cuisine.

When the French arrived in Vietnam, they brought new ingredients and new techniques with them. Prior to their arrival, the cuisine of the south was a bastardized combination of Cambodian and Vietnamese cultures and the cuisine of the north a bastardized combination of Chinese, Thai and Vietnamese cuisine. The French influence gave the cuisine of Vietnam a distinct style and flavour profile.

The recipe of the evening was Vietnamese Steak Tartar, and was prepared from fresh beef tenderloin, and the class combined technique and history. We were taught that if the tenderloin is cut too far in advance, the beef will oxidize. Traditionally the Vietnamese use a lot of fresh herbs in their recipes. The French, on the other hand, would add one herb to a recipe such as chives. A bouquet of fresh herbs was sitting on the counter. It included mint, and rau ram (also known as Thai coriander) and cilantro. Quang cautioned us not to “beat up the herbs” because over cutting will leave their flavours on the cutting board. The chopped herbs and chopped perilla leaves were added to the tenderloin along with a few spoons of toasted ground rice.

The toasted ground rice was passed for the chefs to smell and taste. The roasting process had given it a “nutty” flavour. We were told to not add too much of the toasted rice because it is technically raw rice. The toasted rice had been prepared by dry roasting the rice as one would dry roast any spice before grinding it. Crispy fried shallots, a staple of Vietnamese cuisine, and garlic were then added. We also learned that the secret to “crispy” shallots is to begin the frying process in cold oil not in oil preheated to 350F. A generous amount of lemon juice was poured over the mixture, then the reserved shallot oil from frying the shallots. The lemon juice was added first so it would be absorbed into the meat giving it a “ceviche” quality. Two minced Thai bird chillies were added and a splash of fish sauce. The Vietnamese Steak Tarter was served on a crouton, and the flavor profile was exquisite: the lemon, the shallot oil, the fresh herbs, the crunch and flavours of the fried shallots and garlic were tantalizing! And then there was the finale of a “gentle” heat of the Thai bird chillies. Absolutely delicious!

The two best Fish Sauces on the market are the American brand “Red Boat Fish Sauce” and “Phu Quoc”. The Red Boat Brand has fewer additives and is better filtered than most other fish sauces. Quang’s father says the absolute best fish sauce is “Pho Quoc” manufactured on Phu Quoc Island in Vietnam. The waters surrounding the island are rich in

seaweed and plankton which provides the food for the anchovy population from which the fermented sauce is made. The sauce is fermented in barrels made from braided rattan harvested from the local mountains on Phu Quoc Island.

French Onion Pho was prepared from a Pho broth. Traditionally the broth is made with Oxtail bones which are expensive here. Quang used beef bones to prepare his broth, telling us that he “boiled the snot out of the bones overnight.” When preparing stock, do not just cover the bones with cold water, completely fill the pot, then skim the liquid down to the bones to remove the impurities. If the bones are just covered with water, the impurities get trapped in the bones producing a cloudy stock. A deep fry filter can be used to filter the stock to remove impurities. Spices included cinnamon sticks, star anise and fresh ginger the bouquet garni, the mirepoix cooking onions and the seasonings salt, sugar and fish sauce. Ancient Chinese kitchens had no refrigeration so they would make a master stock which Quang likened to a sour dough starter. Daily, the chefs took the left over stock and added fresh meat and vegetables to refresh and purify it. Quang prefers to prepare a multiple animal stock because it provides multiple layers of flavours. The prepped onions were vacuum packaged to keep the onion smell out of the fridge, but it also helped break down the onions, enhancing the caramelization process. Freshly grated cheese was liberally grated over cubes of bread on a baking sheet and placed in the oven to melt. Many of us found this a very clever way to get around the traditional methods of broiling or baking the cheese coated crouton to gratiné the soup. The French Onion Pho had a unique and wonderful mix of flavours provided by the bouquet garni, the seasonings and the hot cheesy croutons. WOW!

The salmon for the *Salmon with Ginger Oyster Sauce* was poached in a braising pan filled with a half a gallon of olive oil. The olive oil was “infused” with garlic, lemon zest, fresh thyme, and cumin seed. Today Sous vide cooking has allowed chefs to do “confit” with less oil or fat by placing a small amount of oil or fat, a sprig of thyme and lemon zest in the vacuum package. A thermometer was used to monitor the temperature of the olive oil as it was slowly heated to about 60C: a little higher than the temperature required to set the proteins in poached fish which is about 56C. The salmon was brined with a mixture of one part salt and two parts sugar for at least an hour prior to cooking which kills surface bacteria and is dabbed off before poaching.

Quang warned us not to add garlic or garlic oil to the brine and he emphasized cooks need to be knowledgeable about cooking with low temperatures to avoid botulism. When the cold salmon was added the olive oil, the olive oil was still too hot so he added more olive oil to cool it. The braising pot was gently shaken to maintain an even cooking temperature. A water circulator could be used as done in sous vide cooking. The cook time was about 8 minutes. The low cooking temperature had prevented the proteins from “coming out”. Chicken stock was the base of the Asian Ginger Oyster Sauce. Thin slices of fried ginger, sliced fennel, Shao Hsing a Chinese cooking wine and oyster sauce were added. Quang commented the “Shao Hsing” cooking wine smelled bad, but tasted great. That comment prompted a few of the chefs to taste the wine. Sweet basil and Thai basil were passed to compare their scent and the flavor. Whole stems of Thai basil which had a much stronger scent and vibrant flavour were added to the sauce to infuse their flavour. The poached salmon was served on a bed of the braised fennel finished with a thin coating of the Ginger Oyster Sauce. The salmon was moist, and the braised fennel tender crisp. Their flavours complimented perfectly with the Asian Ginger Oyster Sauce.

The “Grande Finale” for today’s menu was Vietnamese Coffee Custard Cups inspired by Vietnamese Iced Coffee. Vietnam is a big coffee producer. The Iced Coffee had been prepared from a Vietnamese Instant Coffee purchased at T&T. Quang did not recommend using real espresso because espresso can be very acidic and may curdle the cream. He used sweetened condensed milk and 10 egg yolks per liter of liquid to thicken the custard. He commented that the Asian palate for desserts is quite different than ours and includes different ingredients such as mung beans. The strong bold flavour of the iced coffee, smoothened by the cream and sugar of the custard, provided a definite “pick me up” ending.

The chefs sat at the counter awhile digesting all the information and great food, before seizing the opportunity to browse the book shelves at Barbara Jo’s Books to Cooks- a wonderful place filled with hundreds of cookbooks.

We extend a huge thank you to Quang Dang for providing a very informative and tasty Pro-D day.

16th Annual Chili Cook –off hosted by Chef John Buist at Lord Tweedsmuir, May 12, 2016

Submitted by Chef Renee Thomas

Chef John Buist of Lord Tweedsmuir Secondary School hosted the 16th Annual Chili Competition in the Alice McKay building at the Cloverdale Exhibition Grounds. Nine BC schools participated, with a total of 21 teams participating. Teams came from as far away as Kamloops and closer to home Coquitlam, Port Coquitlam, Maple Ridge and Surrey. The two teams from Kamloops started their day boarding a bus at 5am to arrive on time for the competition.

The teams are encouraged to choose team names, themes, decorate their tables and wear costumes. Team “Military” wore army fatigues, his recipe based on an army recipe used in mess halls during the Second World War. His chili presented in upside down army helmets containing glass bowls. Team “Spice Girls” wore colourful Indian Saris’ and served their Chili Paneer on traditional Indian plates. Team “Tailgate” created their theme from what the team considered essential for a perfect pre-game party – sports jerseys, football helmets, folding lounge chairs and a well-stocked ice chest filled with pop and juice. The creativity of all the students was really inspiring.

Teams prepare their chili from scratch using small butane stoves on portable folding tables bringing all their own equipment and supplies. John Buist announces “turn your stoves on” and the competition begins. Students are marked on organization, cleanliness, knife skills, knowledge of ingredients, presentation, originality, flavor and theme. Tensions rise as the judges circulate asking the teams questions about their chilies. what inspired their recipes and their themes.

And the Winners Are:

Best Overall winners of the Wusthof Chef Knives:

“La Fajitas” Lord Tweedsmuir Secondary, Surrey

- 1) Brianna Campbell
- 2) Hope Steeves,

Most Original / Creative Recipe

Gold: “Good vs Evil” Frank Hurt Secondary, Surrey

- 1) Katey Causey
- 2) Alex Haynes
- 3) Sarvjodh Singh

Silver: “Spice Girls” Queen Elizabeth Secondary, Surrey

- 1) Jaspreet Gosal
- 2) Rajvir Jhutti
- 3) Kalsum Yaqub
- 4) Pavanjeet Rai



Best Presentation**Gold: LA Matheson Secondary, Surrey**

- 1) Harpreet Birak
- 2) Ehmoo Paw

Silver: Lord Tweedsmuir, Surrey

- 1) Audrey Sahertian

Best Team Spirit: "Military" Lord**Tweedsmuir Secondary, Surrey**

- 1) Garth Stromberg Smith

Best Kitchen Management: Riverside Secondary School, Port Coquitlam

- 1) Justine Straith
- 2) Nick Banni

Best Theme: "La Fajitas" Lord**Tweedsmuir, Surrey**

- 1) Brianna Campbell
- 2) Hope Steeves

Best Sportsmanship: "Tailgate Party" Riverside Secondary School, Port Coquitlam

- 1) Adam Foster
- 2) Chris Helmhold

Best Poultry Chili**Gold: Frankhurt Secondary, Surrey**

- 1) Katey Causey
- 2) Alex Haynes
- 3) Sarvjodh Singh

Silver: "Hornet All Stars" Frankhurt Secondary, Surrey

- 1) Manisha Naicker
- 2) Sharah Sharaf
- 3) Sharon Sharaf

Bronze: Chili Chili Bang Bang" Queen Elizabeth Secondary, Surrey

- 1) Christina Howard
- 2) Micah Canite
- 3) Karandeep Rajal



Best Vegetarian Chili

Gold: "Chocoholics" Robertson Technical Secondary, Maple Ridge

- 1) Alicia Hiebert
- 2) Devon Macintosh

Silver: "Spice Girls" Queen Elizabeth Secondary, Surrey

- 1) Jaspreet Gosal
- 2) Rajvir Jhutti
- 3) Kalsum Yaqub
- 4) Pavanjeet Rai

Bronze - LA Matheson Secondary, Surrey

- 1) Matt Rushton



Best Sea Food Chili

Gold: "Oceanwise" Queen Elizabeth Secondary, Surrey

- 1) Tatyana Dalton
- 2) Amanda Gugins
- 3) Aja Cole

Silver: LA Matheson, Surrey

- 1) Selena Mendieta
- 2) Jack Cassel

Bronze: LA Matheson, Surrey

- 1) Harpreet Birak
- 2) Ehmoo Paw



Best Meat Chili

Gold: "La Fajitas" Lord Tweedsmuir, Surrey

- 1) Brianna Campbell
- 2) Hope Steeves

Silver: "Military" Lord Tweedsmuir Secondary, Surrey

- 1) Garth Stromberg Smith

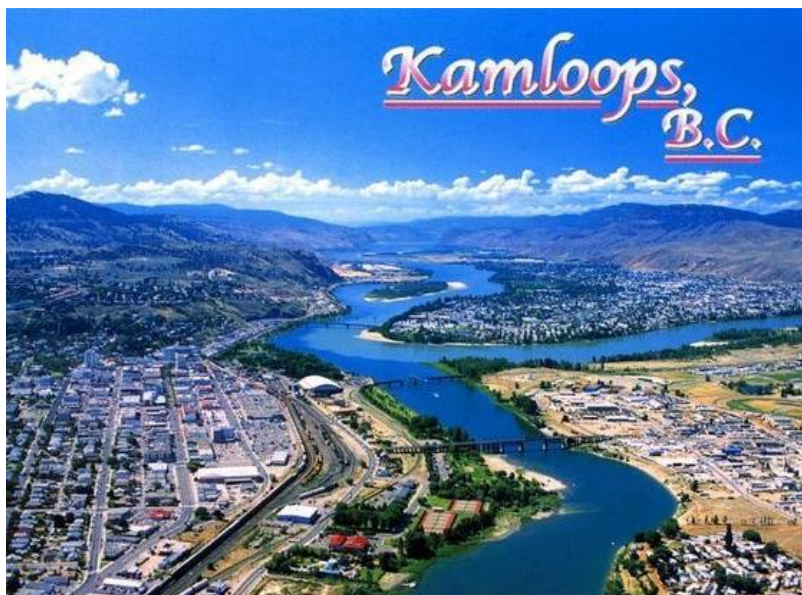
Bronze: "Blue Osiris" Queen Elizabeth Secondary, Surrey

- 1) Nick Zytnyk
- 2) Kyle Lindquist
- 3) Devon Kooner

A big thank you to the four "brave and loyal" chili judges: Laurae McNally, Andrew Holland (Assistant Superintendent of Schools, Surrey), and Kyle Smith and Ryan Gallicano (Cooks North View Golf & Country Club, Surrey). Ryan and Kyle were both students at Lord Tweedsmuir and then ACE-It students at Tamanawis and were the recipients of the "Best Overall Chili"; May 5, 2011.

Old Traditions and New Tastes in Culinary Education

Hosted by Chef Scott Roberts



Join us as we learn (and taste) how Kamloops and its culinary arts education has embraced culinary traditions while adopting new techniques. This two-day conference will include a number of local culinary tours, guest speakers from T.R.U.'s culinary arts program, local restaurateurs, our A.G.M. and plenty of professional collaboration.

The cost of this conference is \$200.00. for BCCASA members and \$350.00 for non members. Registration, hotel and flight information can also be found through at our website: www.BCCASA.ca.

Friday, October 21

8:30 - Shuttle from hotel to Norkam Secondary.
9:00 - 9:30 - Registration and Continental breakfast.
9:30 - 9:45 - Introductions.
9:45 - 10:45 - Workshops & presentations.
11:00 - 11:15 - Workshop Summaries.
11:30 - 12:45 - A.G.M.
1:00 - 2:30 - Lunch @ Red Beard Cafe.
2:45 - Return to hotel. Free time to tour downtown Kamloops shops and parks.
6:45 - Walk to dinner @ The Noble Pig.

Saturday, October 22

8:00 - 9:30 - Self guided tour of Kamloops Farmer's Market. (www.kamloopsfarmersmarket.com)
9:30 - Bus pick up at Farmer's Market
9:30 - 10:00 - Travel to Monte Creek Ranch and Winery.
10:00 - 11:15 - Travel back to Kamloops.
11:45 - 1:00 - Lunch at the Painted Pony.
1:15 - Hotel for R & R.
3:15 - Bus pick up from hotel.
3:30 - Arrive at T.R.U. for tour, molecular gastronomy introduction and group cooking.

2016 BCCASA CONFERENCE HOTEL AND FLIGHT INFORMATION



HOTEL INFORMATION:

BCCASA has a block of rooms reserved at:

THE SANDMAN SIGNATURE KAMLOOPS HOTEL

225 Lorne St. | Kamloops BC | V2C 1W2
Phone [250 377 7263](tel:2503777263) | Fax [250 852 6719](tel:2508526719)
www.sandmanhotels.com |
www.sandmansignature.com

Hotel rooms are being held exclusively for BCCASA Conference attendees from Thursday, October 21 to Sunday, October 23 until October 1, 2016.

The cost per night is \$105.00 for either two queens or a single King on the city side or a single king on the park side. Use code #53009 when reserving to receive BCCASA pricing.

The hotel does not offer shuttle to or from the airport. If you choose to fly, please contact Trevor Randle trandle@sd42.ca to arrange a ride.

FLIGHT INFORMATION:

We are happy to confirm that, for the 2016 BCCASA Conference, West Jet has offered 10% off of the base fare for travel between Kamloops and anywhere WestJet flies in North America including their Delta code share partner network. To take advantage of this offer, you'll need the discount code listed below.

***Please note that all flights to and from Kamloops will experience 1 stop if leaving from Abbotsford or YVR*.**

Discount code for personal online booking:
RZY4EQ6

If booking through a travel agent you must also provide the agent code: YKA02

Book by: September 29, 2016

Travel from: October 14, 2016 to October 29, 2016

Culinary France tour

SD 42

March 2016

Locations: NICE, PARIS, PONT DU GARD, JUNO BEACH, AIX-EN-PROVENCE, AVIGNON, AIGUES MORTES, MONTE CARLO, BOUZIGUES, RUNGIS, VERSAILLES, NIMES.

Students: Victoria, Courtney, Savannah, Shannon, Naho, Chloe, Brent, Cayla, Elyssa, Katherine, Kyra, Kiera, Camryn, Jamie, Cheyenne, Solita, Hailey, Alexis, Youdy, Erin, Shelby, Abby, Kayla, Isaac, Matthew, Elijah, Hunter, Youdy, Chloë, Isaac, Matthew, Elijah, Hunter, Youdy, Chloë, Isaac, Matthew, Elijah, Hunter, Youdy, Chloë.

THE EXECUTIVE

President: Brian Smith

brian_smith@sd42.ca

Thomas Haney Secondary,

Maple Ridge (604) 463-2001

1st Vice President: Trevor Randle

trevor_randle@sd42.ca

Maple Ridge Secondary,

Maple Ridge (604) 463-4175

2nd Vice President:

Andrea Salzbrenner

andrea.salzbrenner@sd6.bc.ca

David Thompson Secondary,

Invermere (250) 342-9213

Treasurer: Paul Richardson

prichardso@vsb.bc.ca

Gladstone Secondary,

Vancouver (604) 713-8288

Secretary Lauri Humenuk

lhumeniuk@sd61.bc.ca

Spectrum Community School

Victoria, (250) 479-8271

1st Director: Lori Pilling

lpilling@deltasd.bc.ca

Delta Secondary,

Delta (604) 946-4194

2nd Director: Scott Roberts

sroberts@sd73.bc.ca

NorKam Secondary School,

Kamloops (250) 376-1272

BCTF Program Expense Report For the month ended May 31, 2016

	MTD Actual	Committed	YTD Total	Prior YTD	Amended Budget	% Used	Original Budget
Y750 BC Culinary Arts Specialist Association							
901000 PSA Surplus							
9921 PSA Income Surplus	0.00	0.00	-16,554.70	-12,758.04	warning		-16,554.70
902000 PSA Reserve	0.00	0.00	0.00	0.00	warning		-3,707.85
903000 PSA Conference surplus - outside	0.00	0.00	0.00	0.00	warning		-1,700.00
904000 PSA Revenues							
9930 Membership/Subscription Fees	0.00	0.00	-2,206.87	-2,342.11	warning		0.00
9931 Grant from BCTF	0.00	0.00	-5,250.00	0.00	warning		-5,250.00
9934 Interest	-12.90	0.00	-111.38	-105.10	warning		0.00
9935 Project Grants	0.00	0.00	0.00	0.00	warning		-100.00
905000 PSA Professional Learning/Conference							
9940 Fees	0.00	0.00	870.00	1,071.53	warning		0.00
906000 PSA Meetings							
9950 Executive PSA	0.00	0.00	2,208.09	2,926.23	warning		5,000.00
9953 Subcommittee	0.00	0.00	0.00	0.00	warning		500.00
907000 PSA Publications							
9960 Journal	0.00	0.00	0.00	0.00	warning		3,000.00
908000 PSA Expenses							
9971 Furniture / Equipment purchase	0.00	0.00	0.00	0.00	warning		5,000.00
9978 Miscellaneous Expenses	0.00	0.00	41.85	42.30	warning		812.35
909000 PSA Conference							
9980 Conference Operating	0.00	0.00	5,000.00	0.00	warning		8,000.00
9982 Catering	0.00	0.00	0.00	0.00	warning		5,000.00
Total for Program Y750	-12.90	0.00	-18,002.61		0.00		0.00

062115 BC Teachers' Federation
Committed
Y750

Program Expense Report
6/7/2016 2:51 PM

54 of 67

www.bccasa.ca
[@BCCASAcchefwebsite](http://BCCASAcchefwebsite)