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# BOUQUET GARNI



## President's Message

submitted by Brian Smith, BCCASA President

After being contacted from an overwhelming number of BCCASA members expressing their desire to do an alternative to the Super Conference. We as an executive have listened and are opting to not participate in the Super Conference and will plan our own. 96% of the members polled said that they will not be attending the super conference even if BCCASA hosts speakers.

The majority of members expressed that they preferred hands-on learning activities and being in a large conference listening to speakers was just not in their nature. We have planned "Multiculturalism and Culinary Education of Vancouver." The conference will delve into some of the post-secondary options available to our culinary arts students and also the opportunity to taste some of the fantastic food that Vancouver offers.

4 Members of the BCCASA executive (Lauri, Scott, Trevor, and myself) were involved with writing a new Culinary Arts skills exploration course with Debbie Shore from VIU and Dennis Green from ITA. *Skills Exploration 10-12* is a Ministry authorized course that is designed to allow students hands-on learning experiences, knowledge, and attitudes in various trades, including culinary arts. The writing session was a busy but rewarding three days of ideating, editing and finalizing the many lesson plans of the module. This new course will be suited for secondary schools that do not have full teaching kitchens and mostly likely be run out of a home-ec lab.



**"members  
expressed  
that they  
preferred  
hands-on  
learning"**

(Continued on page 2)

(Continued from page 1)

The link to the Open School BC Skills Exploration 10-12 website: <http://www.mytrainingbc.ca/skills-exploration/index.html#skills>

On the new curriculum front, Trevor and I spent two sessions revising the *Curricular Competencies* to reflect the culinary arts specifically. Having language that covers all of the courses under the ADST umbrella, has caused much confusion amongst teachers and really makes little sense. The ADST coordinator, however, warned us that the new government has no obligation to make the revisions and could easily keep the “knowing” as it stands.

Chef Brian Smith, Thomas Haney Secondary

Have something to share? Interested in joining the executive? Let me know!

It is important that we keep BCCASA current; sharing the ideas and voices of our Chef Instructors throughout BC!

Andrea Salzbrenner  
andrea.salzbrenner@sd6.bc.ca

Bouquet Garni Editor

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

## Lesnes' Brain Teaser

If you have not tried me yet, now is the time. I am THE SUPER GREEN, packed to the max with nutrition that puts me high on the list of the world's healthiest foods. Even spinach cannot come close in comparison to the number of nutrients that I provides.

I am the Hercules of the cabbage family, able to withstand frost and snow. (Kryptonite ain't nothing but I can't leap tall buildings in a single bound. . . yet.) I am a staple winter vegetable, especially in rural areas of Ireland where I am used in colcannon. Originally cultivated in the Mediterranean region, I was an important crop in roman times and a staple food among peasants during the Middle Ages. I am a sprouting plant, and like broccoli or spring greens I'm heartless. I don't even have a head, pretty sad don't you think, I just kinda hang out openly with curly, wavy, or toothed leaves. Although heartless and headless, I am the rainbow of colours ranging from reddish-brown to bluish green, pink, white and purple. As an adult I must be cooked to be digested, while my Peacock, and Nagoya varieties are often picked young and used as salad components or in mesclun's. I am so dammed pretty that I am often used just to line a plate, platter, sidewalk, garden, or hedge. With a flavour reminiscent of cauliflower and broccoli I can be braised, steamed, grilled, boiled, or stir-fried. Lately I have been transformed and eaten in chips form. Who knows what is going to be the next trend for me, I secretly dream to be the companion of chocolate one day, could you help me with this? Besides of that and on a more traditional note, I am great with bacon, garlic and cheese. Vinegar or lemon juice will help retain my colour when cooked.

I will not fill you with numerous facts about me, believe me, every single food review, diet journal, good health, fitness tips, food critic... have stories about me, all so positive for your diet. Go ahead, next time you are at the market, grab me by the stem...

**WHAT AM I? check out [www.bccasa.ca](http://www.bccasa.ca) for the answer!**

Check this out... **BCCASA is on flickr!!!**  
A **HUGE** thank you to **Chef Steve Schram**



LIKE THE PHOTOS??  
Read the related article by  
Chef Renee Thomas on  
pages 6-10



**flickr™**



**Gourmet Warehouse 2017  
Thai Cooking Class with  
Palin Chongchitnant**

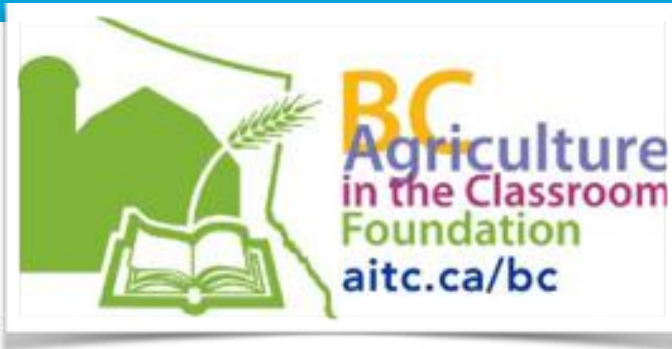
**\*\*More photos online!!**

**Photos courtesy of Chef Steve  
Schram on flickr**

**Please check out the link <https://www.flickr.com/photos/148363556@N05/albums>  
to view and download photos!**  
**Have photos to share?? Send them to Chef Steve and he will add them to the  
flickr account!**

# Chefs Help Make AITC Fundraiser Dinner a Success

submitted by Emma Sweeney, AITC



On April 29<sup>th</sup> we hosted our second annual Fundraiser Dinner at Thomas Haney Secondary in Maple Ridge to support our programs. Thanks to the great success of this dinner, we can continue to bring teachers in BC free resources and programs that promote the importance of agriculture.

Chef Brian Smith of Thomas Haney Secondary generously invited us to hold the event at his school, since it provided the perfect setup for the dinner. The evening started out with a reception, where guests were treated to hors d'oeuvres served by AITC Board members and Culinary Arts students. This was followed by a sit down dinner featuring a local garden salad made with green house vegetables and pickled beets, apple stuffed pork porchetta, mashed red potatoes and roasted root vegetables. The meal was finished off with a delightful strawberry panna cotta and assorted macaroons.

All the BC product used for the dinner was generously donated by our Take a Bite of BC suppliers, who also support the program with deliveries during the school year.



It's always a pleasure to work alongside our Take a Bite of BC chefs, who put in so much effort to make the dinner such a success. The Chefs and their team worked like a well-oiled machine to create and serve the delicious gourmet dishes enjoyed by our guests. Their commitment and enthusiasm for bringing the message of agriculture to our partners is what had such a powerful effect on everyone in the room. The menu featured BC products All the BC product was generously donated by our Take a Bite of BC suppliers and gave our students another great opportunity to experience working with local products.

The event was a grand success bringing in over \$13,000 to go towards agriculture education. There were new and familiar faces at our sold out event – all eager to support and learn more about how we get agriculture into classrooms.

Thank you to chefs, Trevor Randle, Daniel Lesnes, Brian Smith and Rowan Bezeau and their teams! The event was the crowning glory on a great Take a Bite of BC year.

#### **Contact Information:**

Emma Sweeney, Communications Coordinator  
BC Agriculture in the Classroom Foundation  
Office: 604-556-3094



**From left to right: Chef Brian, Chef Trevor and Chef Daniel Lesnes**



**Chef Rowan preparing the pork**

## Hot Thai Kitchen

with author **Pailin Chongchitnant** – chef, teacher, cookbook author, You Tuber and co-host of Gusto TV's "One World Kitchen".

*article written and submitted by Chef Renee Thomas, Queen Elizabeth Secondary School, Surrey, BC.*

This year Surrey CASA's annual May Pro D was hosted at the Gourmet Warehouse with Chef Pailin Chongchitnant taking over their teaching kitchen cooking from her cookbook **Hot Thai Kitchen - Demystifying Thai Cuisine with Authentic Recipes to Make at Home**.

Upon arrival the chefs are immediately side tracked by all the wonderful gadgets, widgets, colorful Creuset pots, olive oil tasting stations, the massive selection of spices and foods etc. that are available that would satisfy any foodies appetites as they gradually make their way up the stairs to the teaching kitchen.

Pailin shared four of her recipes she believed our students would not only like but would be able to make and serve in our teaching kitchens. She noted Thai cuisine is dairy free; there is no milk, cheese or cream added to their food, and also it is basically gluten free using mainly rice and rice flours. The exception being dishes that contain soy sauce and Oyster sauce which contains gluten, but it can be easily substituted with gluten free versions.

**Tom Ka Gai** a coconut galangal chicken soup is a brothy light soup made with coconut milk and chicken broth.

The boneless, skinless, bite size chicken thighs were braised in an unsalted chicken stock until tender. Adding cooked chicken breast when finishing the soup is not recommended because there is not time for the chicken to absorb the flavours. Thai style chicken broth is a neutral broth made from daikon, garlic, cilantro roots, the top half of the lemon grass and white peppercorns. Onion may be added but no celery or carrots.

Coconut milk purchased in UHT cartons such as the AROY-D brand has the best flavor. Not all UHT cartons are 100% coconut milk so always check the label. Canned coconut milk is more shelf-stable because it usually contains additives, processed for longer times resulting in a thicker consistency and altered flavor. Fresh coconut milk is the best, the coconut meat is grated to "milk it", but this is time consuming and lots of work.

Lemongrass is one of the most commonly used herbs in Thai cuisine. The top half of the lemongrass stalk is removed and can be saved and used for stock or tea. The root ends which hold the layers together are removed along with one or two of the dry and dirty outer layers. Using the pestle she smashed the lemongrass splitting the stalks to release the fragrance and flavor, the lemongrass cut in large pieces and added to the soup. The lemongrass is not meant to be eaten in this form because it is very tough and chewy. She emphasized those unfamiliar with lemongrass in this form need to be warned not to eat it because it is very sharp and can cause bodily damage. It is left in the soup as a garnish and Thai people know to navigate around it.

Galangal is a cousin of ginger, quite different and not interchangeable. It is tougher and harder than ginger and does not micro plane easily.

It does not need to be peeled; just wash it, slice it and add it to the soup. It too is not meant to be eaten in this form. Fresh galangal can be difficult to find, it can be frozen for later use, but slice it before freezing. A big piece is difficult to cut frozen. Do not thaw frozen galangal because moisture and flavor will be lost in the process.

Bird's Eye Chilies or Thai chilies as they are commonly known, are crushed with the back of the chef's knife and cut in half and added. The chilies are also not meant to be eaten, but added as a source of "heat". The chilies are left in big pieces so no one accidentally eats it. This way, it gently infuses its heat into the soup while remaining clearly visible. Alternatively, you could finely mince the chilies, just as long as there no pieces that are small enough that someone could miss them, but big enough that they would be an unpleasant surprise when chewed!

Fresh kaffir lime leaves are torn into large pieces and added. The extra kaffir lime leaves many be frozen. The fresh herbs take only five minutes to infuse into the chicken coconut milk broth.

Straw mushrooms are traditionally used in this soup but shitake, oyster or black mushrooms can be substituted and are a great meat substitute.

The Thai brand fish sauce "Squid" was used as salt. It is not made from squid but from fermented anchovies and salt. Do not add too much fish sauce because it can impart a "fishy" taste. To prevent this you may need to add some sea salt to finish the seasoning. Once fish sauce is opened it needs to be refrigerated because as it ages the flavour get stronger and the sauce gets darker. If you do not use much fish sauce in your everyday cooking buy a small bottle.

Palm Sugar is the "sweet" of the characteristic Thai flavors "sweet, sour salty and hot". Pound it with the pestle or chop it. Chop excess palm sugar before storing it in a plastic bag or airtight container. It keeps forever, but it gets drier and harder with age. Unlike brown sugar it will not clump while being stored. Taste the soup for salt and add enough palm sugar to balance it.

Freshly squeezed lime juice is added at the very end of the preparation of the soup and the soup is immediately removed from the heat. The flavor relies on "freshness" therefore use only freshly squeezed lime juice. Fresh cilantro leaves are stirred in.

The soup is served. My first impressions are the aromas of the galangal, lemongrass, chicken, and coconut milk. With my first sip I taste the essence of the fresh lime juice, followed by the bold flavors of the galangal, lemon grass, cilantro, coconut milk and chicken, the perfect balance of "hot, sweet, sour and salty". Yummy!!!

### **Goong Pad Prik Thai Dum** or Black Pepper Prawns.

"Pad" means "to stir fry" in Thai so any recipe with Pad in its name is a stir-fry. A stir-fry is quick and easy to do in large amounts, but the more you crowd the wok the more it steams. It is important to have your mis en place ready because a stir-fry is very quick. Use canola oil, a neutral oil for the stir-fry. Coconut oil has a high smoke point so it can be used for frying, but it is not used in stir-fries because of the coconut flavour that it imparts.

This recipe uses lots and lots of black peppercorns. White pepper is traditionally used in Thai cooking so if black pepper is to be used it will be specified in the recipe. The black peppercorns may be ground in a coffee grinder or a mortar and pestle.

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The mortar and pestle is the “food processor” for Thai food; its big advantage there is no amount too small. The garlic is added to the mortar and bruised by the pestle to bring out the flavor, continue to work the pestle; the friction helps break up the garlic while the black pepper absorbs the juices.

In a small bowl oyster sauce, soy sauce, Chinese cooking wine, sugar and chicken stock are stirred to combine and dissolve the sugar which is added to once again balance salty. Pailin recommends putting your oyster sauce in a squeeze bottle to make it easier to use. Thai soy sauce is lighter than others and the Chinese cooking wine “Shaoxing” exemplifies the Chinese influence in Thai cooking; there is no Thai cooking wine, they make and drink beer.

Stir-fry the aromatics first (black peppercorns and garlic) to carry the flavors to other ingredients, the canola oil is the solvent. When you begin stir-frying the oil does not need to be hot; if it is too hot the garlic burns instantly. Add the cilantro stems and fry for about 20 seconds. Cilantro stems have so much flavor and they don't mush when cooked like the leaves. Add the sauce mixture and allow it to reduce. Once reduced add the prawns. When the prawns are almost cooked add the sliced onions and cook until they are soft. Throw in the fresh cilantro leaves as you turn the heat off, there is enough residual heat to cook them. A stir-fry is always served with Jasmine Rice. As the chef's dig into the stir-fry I could hear their first “audible bite” as the heat of the black pepper “stings” their palate, but it is so tasty their plates are cleaned.

**Mango and Thai Sticky Rice** is to be our dessert. This recipe features “sweet and salty” which is quite trendy these days.

Thai Sticky rice is usually labeled “sweet rice” and must be soaked for 3 hours before steaming. The rice was steamed in a bamboo steamer which infuses a little of the bamboo flavor into it. The water absorbed by the rice while soaking steams in the basket out of the boiling water, it cannot be over cook using this method. If you are cooking Thai Sticky rice in water the ratio is 1 cup sticky rice to 2/3 cup water; it does not take much water. The method of cooking sticky rice in water does not require soaking, so it is fine when you don't have time, but yields a product that is a little more “mushy” than the one steamed out of water. It is stickier than sushi rice which will stick to your hand whereas Thai sticky rice sticks together.

The syrup for Rice is made with coconut milk, sugar and a pinch of salt which is cooked until the sugar is completely dissolved. A pandan leaf is added for flavor; an extract is available, but fresh is better. The pandan leaf can be equated to “Thai vanilla” its aroma floral almost coco nutty. It can be frozen, but cut it up before freezing. It can be blended with water and strained to create a green pandan juice which yields a green color to desserts. Add the sticky rice to the coconut milk syrup ensuring no lumps, covered with foil to allow the syrup to be absorbed.

A salted coconut sauce is prepared which is thickened with a slurry of rice flour, the mixture is brought to a boil and cooked until thick. Taste for salt; if it tastes “salty” it is good. Do not over thicken the sauce it will continue to thicken as it cools.

**Panang Mangsawirat** or Vegan Panang Curry with Portobello Mushrooms, Eggplant and a combination of Red and Orange Peppers was prepared for the “vegetarian”. Thai food is not really vegetarian friendly, the recipes use a lot of seafood based seasonings such as oyster sauce, fish sauce and shrimp paste. Vegetarian Thai food requires substitutions to give the “essence of Thai”. “Panang Curry Paste”, is basically red curry paste with spices and peanuts added to it, so you can use a store bought red curry paste and just add to it.

The red curry paste used was brand name Maesri, which is vegetarian friendly, but it can be difficult to find so it is good to have it on hand. This brand is not spicy hot so if more “heat” is desired add chili flakes. (Do not buy an English brand curry paste) Peanuts and lightly roasted cumin and coriander seeds are ground and added to the paste to give it more substance.

Freshly roasted peanuts are recommended because the roasting process draws the oil to the surface; once roasted they should be stored in the refrigerator or freezer to maintain their flavor and prevent them from going rancid. The peanuts do not only provide flavor but also thickens the curry. If concerned about a peanut allergy split yellow mung beans can be steamed until soft and substituted for the roasted peanuts.

AROY-D coconut milk is recommended for this recipe; it has lots of fat and is made from the first press of the coconut. Water is added to the coconut for the second press of coconut milk. Coconut cream has more fat, the fat is separated and water removed.

The coconut milk is reduced until it looks broken, the oil splitting, the more heat the less stable the emulsion is. If it is reduced further it can be rendered to pure coconut oil. Mushroom Soy Sauce is added and is the best substitute for fish sauce to season for salt in this recipe. Palm sugar is added to mellow the spice, you want a little sweet and a little salty. Broken lime leaves are added.

Because a panang is traditionally a meat heavy dish the vegetables used for this dish need to be “meaty or substantial” to stand up to the rich curry sauce. The curry sauce is spooned over sliced “oven roasted” eggplant, portabella mushrooms and peppers that were lightly brushed with oil and seasoned with salt. This recipe is not traditional because traditionally there is no such thing as a vegetarian curry. Pailin combined the authentic sauce with a familiar way of cooking vegetables. There were no ovens growing up in Thailand. They used only pots, pans, steamers and grills.

The sauce is tasted and a little more coconut milk is added to give the sauce more body. The panang curry is served atop Jasmine rice. Wow the flavors! I could taste the peanut, the red curry, cumin, coriander, lime leaves and coconut. The ground peanuts added a nice viscosity and texture. The combination of flavors and textures are to die for.

The chefs are rubbing their tummies and groaning they have eaten too much. The Mango and Sticky Rice is plated. Slices of sweet fresh mango are set beside the sweet sticky rice and a spoonful of the salted coconut sauce spooned over top. In my first bite I experience the balanced yet distinctive flavors of “sweet and salty” with the floral flavors of the fresh mango. Needless to say despite the chef’s earlier groans of being to full they came back for seconds and thirds of this absolutely delicious dessert.

Completely satiated the Chefs are now ready for a nap.

A huge thank you to Pailin for sharing her recipes, knowledge and experiences with us; it was a very tasty and informative Pro-d.

Written by Chef Renee Thomas, Queen Elizabeth Secondary School, Surrey, BC.

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**Pailin's cookbook:** Hot Thai Kitchen - Demystifying Thai Cuisine with Authentic Recipes to Make at Home is an excellent resource with tested recipes.

Pailin produces a weekly YouTube Thai cooking class. Check her websites for more information: [Youtube.com/PailinsKitchen](https://www.youtube.com/PailinsKitchen) [www.HotThaiKitchen.com](http://www.HotThaiKitchen.com)

Sources for the Asian ingredients:

Sunrise Market, 300 Powell Street, Vancouver BC

T&T, various locations Dong Thanh Market on Kingsway, Vancouver

Asia Market, East Hastings & GorePricesmart in Richmond

**The Gourmet Warehouse**, 1340 East Hastings Street, Vancouver, BC.



Photos courtesy of  
Chef Steve Schram

flickr



## Former Students

*article and photos submitted by Chef Brian Roodenrys  
Semiahmoo Culinary Arts Teacher*

Last Month, My sidekick Liz caught up with a former student. Brittney Lygo was our Co-op student and later went onto the Ace-it program at Tamanawis. Wow! This has been five years ago already. We have have kept in touch with her on social media.

Brittney has shared her Culinary journey with us & is now currently working at the Boulevard oyster bar . She suggested that we come and see her at her job. Liz and I had time for lunch. We arrived at the restaurant and met Brittney. We were then treated to some of the best food I have ever eaten from a former student.

After the 6 course Luncheon designed by her, she explained that we have been her inspiration. Upon our tour of the facilities, we then met former students from Surrey District Culinary Programs. These Students names were Nathan Sundeen and Daniel lee. Their Chefs were John Buist, Micheal Doyle and Thompson Tran.

It is the greatest gift a student can give to their former mentors. I am sending this story on behalf of, all the Culinary Teaching programs in British Columbia. It is the students that inspire us everyday.

Brian Roodenrys



# 17<sup>th</sup> Annual Chili Cook -off hosted by Chef John Buist at Lord Tweedsmuir, May 11, 2017

*submitted by Chef Renee Thomas*

Chef John Buist of Lord Tweedsmuir Secondary School hosted the 17<sup>th</sup> Annual Chili Competition in the Alice McKay building at the Cloverdale Exhibition Grounds. Seven BC schools participated, with a total of 34 teams participating. Teams came from Maple Ridge and Surrey.

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:

“Wood you like some Chili?” (Lumberjack Theme) Lord Tweedsmuir Secondary, Surrey

- 1) Alex Lamb-Oyesiku
- 2) Garth Stromerg-Smith

### Most Original / Creative Recipe

Gold: Tamanawis, Surrey

- 1) Kevin Zhang
- 2) Chris Logie

Silver: Enver Creek Secondary, Surrey

- 1) David Truong



### Best Presentation

Gold: “Titas of Surrey” Queen Elizabeth Secondary, Surrey

- 1) Janine Darang
- 2) Micah Canite
- 3) Cohline Solano

Silver: “Country Farm Chili” Maple Ridge Secondary, Maple Ridge

- 1) Amaryllis Chang
- 2) Nora Sergina



### Best Team Spirit: “Dancing Chilies” Queen Elizabeth Secondary, Surrey

- 1) Jeano Malabanan
- 2) Richard Tanjilli
- 3) Devon Kooner

### Best Kitchen Management: La Matheson, Surrey

- 1) Mark Heuzo
- 2) Ashley Chand
- 3) Colten McGladdery



**Best Theme: Tamanawis Secondary, Surrey**

- 1) Brad Bracewell
- 2) Audrey Sahertian
- 3) Feeroz Azizi

**Best Sportsmanship: Frankhurt Secondary, Surrey**

- 1) Dawson French
- 2) Cameron Collins
- 3) Marco Lucarino

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

- 1) Gilbert Lee
- 2) Reizel Ayeras
- 3) Colton Montgomery

**Silver: "Dancing Chilies" Queen Elizabeth Secondary, Surrey**

- 1) Jeano Malabanan
- 2) Richard Tanjilli
- 3) Devon Kooner

**Bronze: La Matheson, Surrey**

- 1) Betty Decosse
- 2) Sheila Sarkar

**Best Vegetarian Chili****Gold: Tamanawis Secondary, Surrey**

- 1) Brad Bracewell
- 2) Audrey Sahertian
- 3) Feeroz Azizi

**Silver: "Chillis Dahsha" Queen Elizabeth Secondary, Surrey**

- 1) Girsirat Khera
- 2) Neetu Gill
- 3) Harshpreet Kaur

**Bronze - Tamanawis Secondary, Surrey**

- 1) Kevin Zang
- 2) Chris Logie

**Best Sea Food Chili****Gold: Tamanawis Secondary, Surrey**

- 1) Amanda Gugins
- 2) Jeson Bascos
- 3) Kim Berg

**Silver: "Titus of Surrey" Queen Elizabeth Secondary, Surrey**

- 1) Janine Darang
- 2) Micah Canite
- 3) Goldiely Salcedo

**Best Meat Chili****Gold: "Would you like some chili?" Lord Tweedsmuir, Surrey**

- 1) Alex Lamb-Oyesiku
- 2) Garth Stromberg Smith

**Silver: Frankhurt Secondary, Surrey**

- 1) Dawson French
- 2) Marco Lucarino
- 3) Cameron Collins

**Bronze: "Country Farm Chili" Maple Ridge Secondary, Maple Ridge**

- 1) Amaryllis Chang
- 2) Nora Roberts



A big thank you to the four "brave and loyal" chili judges: Laurae McNally, Terry Allen (Trustees Surrey school District), 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.





# 2017 BCCASA CONFERENCE AND AGM



## Multiculturalism and Culinary Education of Vancouver October 20 & 21, 2017

One of the top 10 food trends of this year is the exploration and fusion of international cuisine. Eating or preparing a dish that takes one back to a special spot in the world is an incredible experience. Join BCCASA as we tour the vast multiculturalism and unique flavours of Vancouver, B.C. and explore the post secondary opportunities available to our culinary arts students.

Cost for BCCASA  
Members: \$225.00

Cost for non members:  
\$325.00

Please be sure to  
register at [BCCASA.ca](http://BCCASA.ca)  
before October 6th,  
2017

## Day 1

8:30 am Short walk from hotel to VCC

8:45 am Welcome participants and European Breakfast

9:30 am VCC introduction and tour hosted by Chef Collin Gill

10:30 am Break

10:45 am Pastry workshop (TBA)

12:00 pm Lunch prepared by the VCC Chinese Culinary Class

1:00 pm AGM

2:00 pm Return to hotel

5:30 pm Meet in hotel lobby

5:35 pm Walk to dinner at Hawksworth Restaurant



**“Cooking is an art, but all art requires knowing something about the techniques and materials.”**

- NATHAN MYHRVOLD

## Day 2

10:00 am Depart hotel for BC Place

10:30 am Arrive at Rogers Arena for tour with host Executive Chef Robert Bartley and Sous Chef Michael Choi

12:00 pm Depart for lunch (TBA)

2:00 pm Visit local culinary supply warehouse

3:00 pm Travel to Granville Island for self guided tour

4:00 pm Meet at Pacific Institute of Culinary Arts for introductions and school tour

5:00 pm Dinner hosted by PICA Executive Chef Julian Bond

# 2017 BCCASA Conference Hotel Information



BCCASA has organized 30 rooms to be blocked off on October 19, 20 and 21, 2017 exclusively for BCCASA members. The rate for the deluxe rooms will be **\$149.00** plus all applicable taxes, per night based on a single or double occupancy.

The facility fee of \$8.00 per reservation will be waived for BCCASA members. BCCASA members will enjoy complimentary room WiFi as well as access to the hotel's health club and business centre.

The Metropolitan is easily accessible from both the Sky Train and Harbour.

Reserved rooms will be held until September 19, 2017.

To reserve your room, please contact the hotel directly and ensure that you specify that you are with BCCASA in order to take advantage of the special rate. At the time of booking, the reservation must be guaranteed by providing a credit card for the first night's room fee and tax.

**Metropolitan Vancouver Hotel, 645 Howe St., Vancouver**

**Reservation Line:** 604.687.1122 or toll free at 1.800.667.2300

**Parking Rates:** Overnight - \$40 per night, per vehicle.

# 11<sup>th</sup> Annual SD 42 Chowder Competition



On May 4<sup>th</sup>, Maple Ridge Secondary School hosted the 11<sup>th</sup> Annual SD #42 Chowder Competition. The weather cooperated just enough to allow twenty-one teams from four schools to create, cook and present some of the best competition chowders to date. The atmosphere was filled with excitement and students dressed in chef whites stood proudly behind their tables ready to get chopping and sautéing. As soon as all of the guests and participants were welcomed and the competition was officially started, sounds of butter sizzling and the smells of bacon crisping filled the air. Students and staff alike began to follow their senses and came to watch the teams showcase their art. Our guest judges, Lee McCaw (Hendrix Equipment), Nicole Morrow (Sysco Vancouver), Susan Carr (SD #42 School Trustee) and Brad Dingler (SD #42 Trades Co-Coordinator) had a very difficult time assigning points to so many great chowders that all had something unique about them. In the end, the final scores came down to minute details such as consistency and seasoning and just a couple of points separated the top 5 teams.

As the students started to get their stock in the pot and the process of the slow simmer began, something happened that made me truly understand the importance of these events that we mask as “competitions.” Students were relaxed and began to talk to their neighbors, look at each other’s recipes, swap kitchen stories and simply enjoy the day. While it is fun to have friendly competition and to give prizes to those who clearly put in the time to master their chowder, watching students interact and begin the process of networking outside of their own friend or school group is an experience that is far more valuable than a knife or a pot.

Thank you to our judges for taking the time to help make the day extra special and to the chef instructors and BCCSA members Daniel Lesnes, Brian Smith and Richard Niezen for your continued collegial support. Lastly a very special thanks to our main sponsor, Hendrix Equipment for providing an incredible amount of culinary tools and equipment for prizes and gift bags for all participants.



## THE EXECUTIVE

President: **Brian Smith**

brian\_smith@sd42.ca

Thomas Haney Secondary,  
Maple Ridge (604) 463-2001

1st Vice President: Trevor Randle

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# BCCASA Financial Report

Submitted by Paul Richardson,  
Gladstone Secondary

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