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BOUQUET GARNI

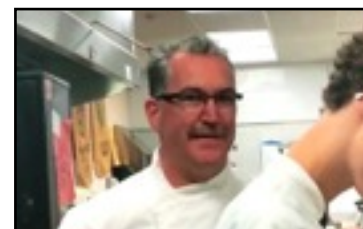


President's Message

submitted by Brian Smith, BCCASA President

As the new school year begins, we look back at the summer that has just past and to the exciting things that lay ahead. How many times do I remind myself that how fortunate I am to have a job I love and to be afforded the summer off? Many times when out for dinner I can't help being grateful that I'm no longer working that facet of the industry. Looking ahead, the opportunity to spend time with my fellow culinary arts teachers including: the upcoming conference, collaborative time, community events, culinary competitions, and international field trips will be highlights. I can only hope that your school year will be equally as rewarding!

Reading over the feedback that was submitted regarding the new curriculum, there is much confusion over the language that has been used, especially when it comes to the *Curricular Competencies*. As noted previously, no BCCASA members were invited to work that aspect. The common theme among respondents is the desire to have terminology that is clear and precise. Using terms like: Defining, Ideating, and Prototyping when applied to the culinary arts are hardly applicable or practical. I am hopeful that the work we submitted to change some of this language will be taken into consideration and implemented. At this point we have heard nothing from the Ministry and we do not know if and when a new Applied Design, Skills, and Technologies coordinator will be appointed. The other problem that I see before the new curriculum takes effect, is how much professional development is being offered to culinary arts teachers.



**"I am hopeful
 that the work
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 consideration "**

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As we know many of our colleagues are scattered across the province and many are in remote locations. Are school districts doing enough to ensure that everyone is clear on the curricular expectations? The BCCASA executive are here to answer any of your questions or concerns.

Please note that this year is an election year for our BCCASA executive. In order keep BCCASA current, please consider running for one of the executive positions. New ideas and voices are vital to keep our association strong. The election of the new executive will take place during our Annual General Meeting, October 20th, 1pm at Vancouver Community College.

Respectfully, Brian Smith
Thomas Haney Secondary

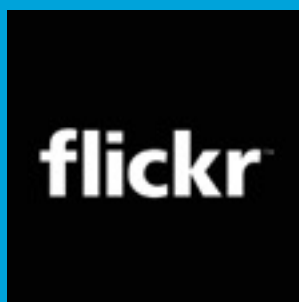
Have something to share? Interested in joining the executive? Let me know!

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

Hey Everyone!
Remember that
BCCASA is on...



Did you Register for the Fall Conference Yet??
Check out www.bccasa.ca to register!

Lesnes' Brain Teaser #39

Brain Teaser #39

I am a product of centuries of cultivation and selection. I am part of the cool-season crop grown in many parts of the world. I am indigenous to central Asia and Europe. I was very popular among the Greeks and Romans but my oldest friends are the Chinese who have known me for close to 5,000 years. I am starchy, crunchy, sweet and particularly petite. In my early days my look and taste was a bit of an eyesore, until my friend the famous botanist Gregor Mendel got a hold of me, fortunately, and greatly improved my appearance and taste over the years. I am raised with several brothers and sisters, I rarely grow alone. Our homes range from 1 to 6 inches in length. Each home contains as little as one or as much as ten of us. My skin can be slim and svelte or flat and swollen but always with curves in all the right places. I have over 1,000 varieties including smooth and wrinkled. For the most part you'll find my smooth frozen and my wrinkled canned. My colours range from green to grayish, whitish, or brownish. Before we are sold, no we are not slaves, we need to be graded by size, in which the smallest of us receive the label of highest quality for their tenderness. Then I am sold fresh, dried, or frozen. I contain small amounts of protein and I am rich vitamin B. I am often used as a cover crop as I provide nitrogen for the soil. I am mainly consumed in soups or a traditional side dish to accompany meat, and mixed with other vegetables.

WHAT AM I?

Submitted By:

Daniel Lesnes
Chef Instructor
Garibaldi Secondary

Head to www.bccasa.ca
for the answer!!

Take A Bite OF BC - Fall 2017 Update

submitted by Emma Sweeney, AITC

As the fall harvest begins we welcome new and returning chefs onto our **Take a Bite of BC Program!** This year we would like to introduce a new member of our AITC team, Paul Boudreau. Along with working on the BC School Fruit and Vegetable Nutritional Program, Paul will also be running the Take a Bite of BC program this year, so be sure to give him a warm welcome.

This year we have 56 schools participating in **Take a Bite of BC** - all ready to show their students the value of fresh, local ingredients. We are excited to announce that for the first time we will be including oysters in the deliveries thanks to our new partner, the BC Shellfish Growers' Association.

The first delivery of the program on October 3rd will include:

Turkey - BC Turkey Farmers, Sunrise Poultry Farm
 Apples - BC Tree Fruit,
 Lettuce, Tomatoes, Peppers - Windset Farms,
 Frozen Blueberries - Snowcrest,
 Rutabagas, Brussel Sprouts & Cabbage Mix - BC Fresh,
 Cranberries - Ocean Spray
 Eggs - BC Egg Marketing Board and Golden Valley



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We always look forward to seeing the photos and reports from our chefs on the program (they make us so hungry!), and as you know, these updates are so important for us relay to our partners, so that they can continue to see the value of the program. One of our favourite submissions from last year was this photo from Spectrum Community School:



Spectrum Community School in Victoria

We can't wait to see the photos you will send in this year!

Thank you to all of you for your continued dedication and commitment to this program, and to bringing BC's agriculture to your students. Enjoy these harvest days and remember to Take a Bite of BC!

Follow us on Twitter, Facebook and Instagram

Contact Information:

Emma Sweeney, Communications Coordinator
BC Agriculture in the Classroom Foundation
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E-mail: Emma.Sweeney@gov.bc.ca



What's Happening Around BC!



I was invited to teach a section of the Vancouver Summer Program at UBC. It was called the Style and Culture of Food. The students were mostly from mainland China and one from the UK. Their experience was to be about land and food systems, sustainability of those systems and also the roles that humans play in either supporting or destroying the systems. They were given a food journal and asked to try at least 10 new things on their stay in Vancouver. They had to write a literature review and also present to the class their learning and experiences either digitally or manually. It was a great experience!

Submitted by:
Roberta Farquhar
Teaching Chef
Tamanawis Secondary
Surrey School District #36



Check It Out!

Check out the link to see
Roberta's project online!

[https://
na01.safelinks.protection.outlook.com/?url=https
%3A%2F%2Fspaces](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fspaces)

BCCASA

Call for Executive Nominations



As per the BCCASA Constitution, October 20, 2017 will see the current Executive dissolved and a new Executive elected for a two year term. Nominations will be open for President, 1st Vice President, 2nd Vice President, Treasurer, Secretary, 1st Director and 2nd Director. All duties and responsibilities can be viewed on our website: BCCASA.ca

If you would like to nominate yourself or have consent from someone who you

would like to nominate as a member of the 2017-2019 BCASA Executive, please send the nomination name and proposed position to any of the current executive before October 13, 2017.



BCCASA
cuisine education

Remembering Ben Weber

Submitted by Frank Abbinante, Gleneagle Secondary School, Coquitlam

I first met Ben when we were both working at the “Canadian Club” at world Expo in Vancouver in 1986. He had this confident, cool and calm demeanor about him. I observed the many ice sculptures that he crafted from the raw block and made them into masterpieces. I knew then Ben was an extraordinary talented man.

Shortly there- after expo Ben opened a restaurant called “Memories” on Thurlow street in Vancouver, where I would cover for him when he was off doing competition with Team Canada.

It was no surprise that Ben won numerous awards with his prestigious restaurant. People came from everywhere to taste his exceptional cuisine.

He quickly became one of my mentors and close friend. Ben was to put it simply, an incredibly talented Chef De Cuisine. Ben was the only member on the Canadian Culinary team to win an individual Gold Medal.

After Ben’s successful venture with Memories he became involved in shaping young minds at Hatzic Secondary School in Mission. Again, no surprise to the Culinary world where Ben coached numerous students onto taking the top prize at Skills Canada National competition. His love for his students and bringing out the best in them was very evident. His dedication, commitment and knowledge was second to none. Ben was simply a star in every project he took on. Ben was a long-time member with BCCASA where I went with him to my very first meeting.

Ben later-on went into so-called retirement. I say this because Ben was still involved in our industry, making himself available for young students and anyone that needed guidance or support in any way.

Ben was a true gentleman, a humble man, a savvy pro in his field, a loving husband a devoted father and friend to many that had the pleasure to know him and be around him. Ben had a love for motorcycles. He went to many hi performance motorcycle races around the world. Ben loved speed and was an accomplished rider. Ben had numerous motorcycles and was a collector of many antique bikes that only few people had in the world.

Ben’s world consisted of his family, his hobby farm and animals. His family used to come over to my house and we would just sit at the table with fine cheeses, good chocolate, coffee and liqueurs, and talk for hours. He was a true friend to me and I will, along with many others miss him dearly.

Our love goes out to his lovely wife Doris, son Andrew and daughter Michelle

Rest in peace Ben. Thanks for the beautiful Memories and your amazing contribution to our Culinary world, and in shaping young minds to become accomplished Chefs.

You will be dearly missed Benhard Weber.

The Science Behind Your Pumpkin Spiced Latte

Fall is here and it's that time again for pumpkin spiced: lattes, doughnuts, Pop-Tarts, waffles, cereal, yogurt, ice cream, M&M's, and the list goes on and on. But what exactly is pumpkin spice?

The recipe for pumpkin spice is not set in stone, and commercial recipes can change depending on the region or application. But, they typically contain cinnamon, nutmeg, ginger, and clove or allspice.

Commercial pumpkin spice ingredients focus on giving you a complete and pleasurable experience that is consistent every time and evocative of pumpkin pie and the holidays. People in the Western culture associate pumpkin pie with the holidays, family gatherings, and nostalgia. Pumpkin spice mix contains at least 340 flavor compounds and these are not found in the kitchen cupboard. But the human brain can fill in the blanks, so commercial operators use about 5-10 percent of the natural blend of spices. The other 90% plus of flavour comes from synthetic chemicals that trick your brain into thinking they're the real thing. Flavour receptors in your taste buds and nose can't tell the difference between real cinnamon and cinnamic aldehydes, the synthetic version of cinnamon.

The major and common ingredient in synthetic pumpkin spice include: cinnamic aldehydes for cinnamon, eugenol for clove or allspice, terpenes such as sabinene for nutmeg, and zingiberene for ginger. They may also contain vanillin and cyclotene for the burnt butter or maple notes to round off the flavor.

Is it possible to make a pumpkin spice latte at home using spices or similar flavors? Yes, but it will probably taste more like Indian masala tea – popularly known as chai in the Western world and less like the pumpkin spice latte you're used to getting at a coffee shop.

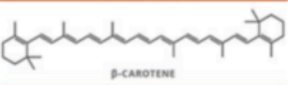
Some companies are now using real pumpkin for their pumpkin spice latte—what is involved in making this change? The inclusion of real pumpkin is achieved by the addition of a Pumpkin Spice flavored sauce that consists of sugar, condensed skim milk, and pumpkin puree, two percent or less of fruit and vegetable juice for color, natural flavors, annatto (colour), potassium sorbate (preservative), and salt. The amount of pumpkin puree added does very little other than appease those who wanted to see real pumpkin on the list of ingredients.

Does the addition of pumpkin puree make it healthier? The amount of pumpkin puree in most of these pumpkin spice lattes is so miniscule that it does not change its nutritional value appreciably.

THE CHEMISTRY OF PUMPKINS

Halloween's approaching. Before you get out the pumpkin-carving kit, take a look at this spooktacular review of the chemicals behind the color, aroma, and taste of this seasonal squash.

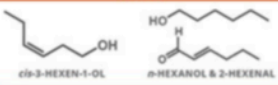
COLORATION



β -CAROTENE

A pumpkin's hue is due to carotenoid compounds such as β -carotene, the same compound that gives carrots their orange color. Other carotenoids include lutein, found in egg yolks, and zeaxanthin, found in corn.

AROMA

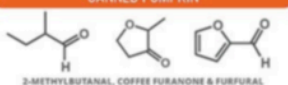


cis-3-HEXEN-1-OL **n-HEXANOL & 2-HEXENAL**

When cut, pumpkins emit a vegetal aroma thanks to several compounds. The main aroma contributor is cis-3-hexen-1-ol, along with other six-carbon alcohols and aldehydes. Buttery-smelling diacetyl is also present.



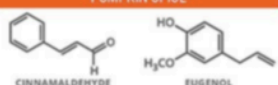
CANNED PUMPKIN



2-METHYLBUTANAL, COFFEE FURANONE & FURFURAL

Canned pumpkin emits almost none of the six-carbon odor compounds given off by a freshly carved pumpkin. Instead, its volatiles include burnt-smelling 2-methylbutanal, coffee furanone, and furfural.

PUMPKIN SPICE



CINNAMALDEHYDE **EUGENOL**

Pumpkin spice flavor has little to do with pumpkin and more to do with the spices added, including cinnamon (cinnamaldehyde), nutmeg, and clove (eugenol). Other compounds in the mix add caramelized notes.



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
before October 6th,
2017

Day 1

- 8:00 am Short walk from hotel to VCC for registration
- 8:30 am Welcome participants, VCC Introduction and European Breakfast
- 9:15 am AGM and Elections
- 9:45 am Break
- 10:00am VCC tour hosted by Chef Collin Gill and Chocolate Workshop hosted by Master Chef Tobias MacDonald
- 12:00 pm Lunch prepared by the VCC Chinese Culinary Class
- 1:30 pm Depart VCC
- 1:45 pm Arrive at Rogers Arena for tour with host Executive Chef Michael Choi and Chef William Tse
- 2:45 pm Depart Rogers Arena
- 4:15 pm Meet in hotel lobby for short walk to Hawksworth Restaurant
- 4:30 pm Tour Hawksworth kitchen & wine cellar, meet and greet, video presentation
- 5:00 pm Dinner at Hawksworth Restaurant

**Day 2**

- 9:15 am Board bus for tour departure
- 9:45am Arrive at Meinhardt Fine Foods for tour and shopping
- 10:45 am Depart for a 5 minute walk to lunch at Vij's Rangoli
- 11:00 pm Lunch
- 12:30 pm Depart for Local Culinary Tours
- 4:00 pm Arrive at Pacific Institute for introductions and tour
- 5:00 pm Dinner hosted by PICA Executive Chef Julian Bond



Welcome to Chef Training at DTSS

Welcoming students into the David Thompson Secondary School Chef Training program with a Local Harvest Celebration

Each year, the Chef Training students of David Thompson Secondary School in Invermere are introduced into the program with a day of team building, fresh food cooking and of course eating; all while celebrating the local bounty harvested from the surrounding Kootenay area.

The fall season always welcomes us with the harvest, and what better way than welcome our new students with an often surprising venture into their local areas and what edible delights we have to celebrate.

The Menu included:

Roasted Butternut Squash Soup

Fresh Local Greens with a Balsamic Vinaigrette

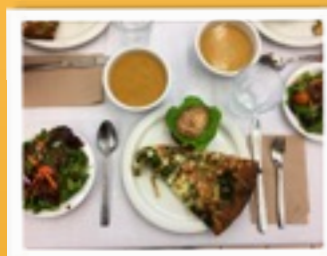
Vegetarian Kale Burgers with Whole Wheat and Honey Buns

Rainbow Chard, Pesto and Roasted Pepper Pizza

Peach and Nectarine Galette

Our menu is simple, showcasing our local Kootenay fare; from Kootenay Meadows milk and cheese in Creston, to local kale, chard, greens and squash at Edible Acres in Windermere, a mere 15 minutes down the road. We are so very fortunate to have these amazing edibles to cook and teach with. Opportunities to teach about sustainability, local food systems, agriculture and just plain delicious foods that can be found picked and cut daily right next door, are values that I as a Chef Instructor value and pride myself on as we enter our new school years. Encouraging healthy eating and whole food cooking becomes very approachable when the pride of local food is in the hands of our future generations.

Submitted by Andrea Salzbrenner, Chef Instructor, David Thompson Secondary School, Invermere



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BCCASA Financial Report

Submitted by Paul Richardson,
Gladstone Secondary

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