

THE BOUQUET GARNI

NEWSLETTER OF THE BRITISH COLUMBIA CULINARY ARTS SPECIALIST ASSOCIATION

President's Message

To say that this has been a very challenging and exhausting start up would be a huge understatement. Never has there been so many unknowns. Schedules, class sizes, safety plans, service changes, service at all??? These are just a few of the obvious causes of anxiety and uncertainty that we have all faced since the latter half of August. What I love the most about what we do is also the cause of so much extra worry and stress. The multi-faceted nature and uniqueness of our individual courses is what I believe make Culinary Arts programs the most rewarding. Above all, we are teachers who need to ensure students are safe, engaged and learning the curriculum. At the same time, we are also responsible for business aspects that no other teachers are responsible for. To operate our programs in a regular year requires a lot of creativity and adaptability. Our current situation is requiring us to amplify these skills in order to adapt and adjust like never before.



The one challenge that constantly weighs heavy on me and I would expect a lot of us, is the pressure of ensuring that all of our culinary arts students experience the same class as their peers did before them, pre pandemic. It took me a good ten days of teaching to stop, think, and give myself permission to be ok with not being on schedule and deliver lessons differently. If it takes me an extra day or two to get my afternoon “blended” students to a point where they are ready to do knife skills or go into the kitchen, that is ok. I would suggest that we all need to accept that we are not going to be able to deliver the same programs that we have done for so many years. This is not to say that the quality of learning needs to go down, but how we deliver lessons and content will be different. In most cases, student learning and our own pedagogy will need to slow down to an unexperienced place. We will all get through this and find the positives from our new situations and exploit them to create a new version of B.C.’s Culinary Arts programs. It is vital to give ourselves permission to take a little longer to get things done and to get a solid action plan in place. Not only for the benefit of our students but for our own mental and physical well being.

Throughout all of these changes and unknowns, I was very proud to see so many BCCASA members communicating and sharing plans and ideas at the end of August and well into September. Whether it was starting a discussion on the Facebook page or sharing of recourses, knowing that there were others out there in the same situation with different ideas and thoughts made it so much easier to shape my own plans and decide where to start and where to go from there.

It was all of this amazing input from you that inspired this year’s goals of the BCCASA. I will go into these goals and available opportunities in depth at our AGM, but after seeing all of the good that professional collaboration and communication amongst chefs could do, it seemed as though the goals and needs were already taking shape. This year’s goals of supporting BCCASA members through COVID-19 adaptations and increasing

membership participation are obvious directions we need to take in order to both support BCCASA members through these challenging times and strengthen our PSA at the same time.

I hope that you will be able to join us at our first ever virtual BCCASA Conference and AGM on October 23, 2020. We have some great plans on the agenda including some open talk time, guest chef demonstration and a cocktail lesson/social to end the BCCASA portion of the day. There will also be a variety of BCTF sponsored sessions available to you throughout the day. Registration is available on our website, www.BCCASA.ca. The conference cost will also include the annual BCCASA membership fee. **You will still need to fill out the BCTF PSA registration form** and send it to either Scott Roberts or Donna Frost in order to complete your membership renewal. Anyone who has registered for the conference and sends the registration form to either of our membership chairs by October 16th will be guaranteed to receive an incredible BCCASA gift package. I am looking forward to seeing everyone on the 23rd.

All the best and stay safe,

Trevor

A Note from the Editor:

Hi there folks, it's me your friendly neighbourhood editor and colleague, Stephen Schram.

Since Covid-19 is such a party pooper and downer, we unfortunately won't be able to meet for our annual conference this year. Personally, our BCCASA weekend has become one of a handful of things I do each year that I really look forward to. Sharing our communal stories of teaching, meeting producers and chefs who showcase their passions and seeing the absolutely stunning settings of this beautiful province we call home has taught me that I was always meant to be a chef teacher.

Since we can't be together to cheer our unique profession, I thought the next best thing would be to share each of our experiences as we go about our day on October 23rd. Please use the Google photos link to share photos of what you are doing:

<https://photos.app.goo.gl/1gE2NF8j2tzCGbjp9>

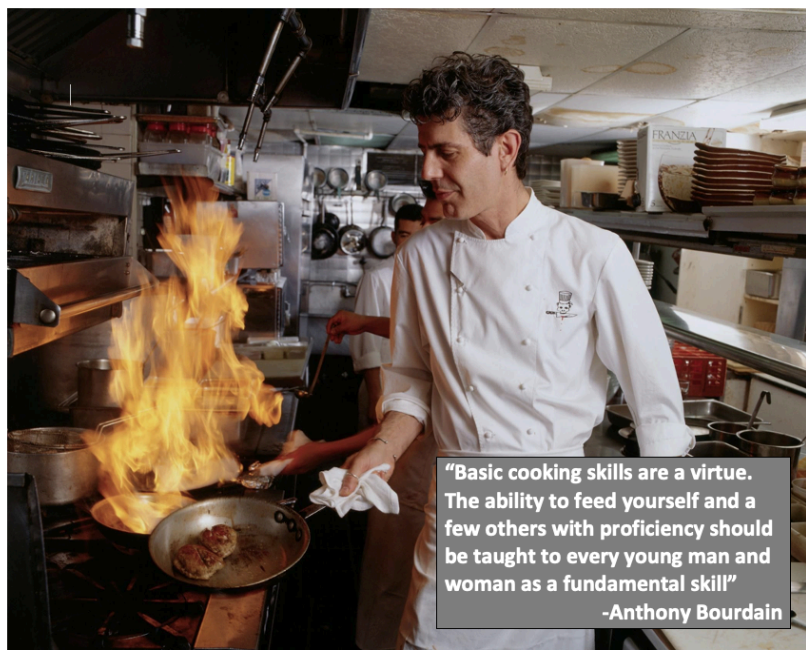
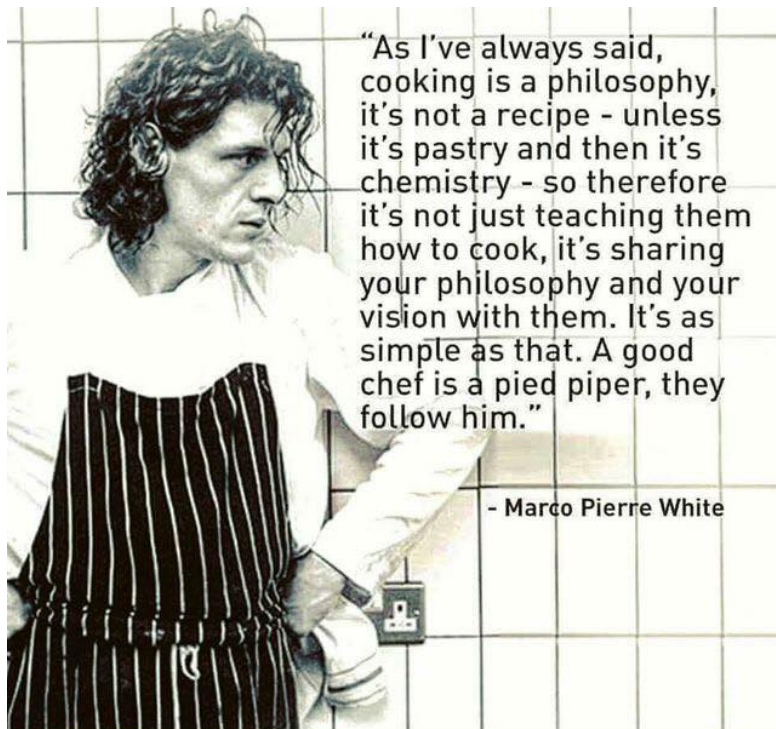
I'll use some in the next issue to do a recap of our personal journeys that day. If you'd like to type something up to share, please do and send it to BCCulinaryArtsSpecialists@gmail.com and look through it and publish

Finally, we are curious as to what's going on in your cafeteria this fall. Please take a few minutes and complete this survey. <https://forms.gle/T29YnDGg2auA828z6>

Take care, relax & have fun, but most of all stay safe.

Stephen Schram
BCCulinaryArtsSpecialists@gmail.com

Infographics of the Month



*if you want a printable poster copy of the knife graphic or any other, just drop your editor an email



What am I?

#47 Fall 2020 by Daniel Lesnes

I am a small, acidic, ruby red fruit that grows wild in the bogs and marshes in northern Europe. Nowadays I am cultivated for human consumption, in 2017, my world production was 625,181 tonnes, the United States, Canada, and Chile accounted for 98% of the world production.

Originally too tart to eat, Native Americans showed early settlers how to use me to make a sweet sauce.

Many people consider me to be a superfood due to my high nutrient and antioxidant content. In fact, some research has linked in my nutrients the benefits to a lower risk of urinary tract infection (UTI), the prevention of certain types of cancer, improved immune function, and decreased blood pressure.

However, I may also lead to higher excretion of oxalate in urine. This could promote the formation of kidney stones in those who are susceptible to calcium oxalate-type stones. Individuals with a history of kidney stones should talk to their healthcare provider before increasing their intake of my berries. Moderation, moderation, moderation.

I am primarily used as a sauce or jelly on holidays, but there are many other ways to enjoy me all year round.

An Irish rock band used my name for their group from 1989–2003 & 2009–2019

I almost forgot; I also make excellent fruit cocktail juice.

Here are some tips to incorporate me in your diet:

- Make a homemade trail mix with unsalted nuts, seeds, and berries in my dried form.
- Include a small handful of my frozen berries in a fruit smoothie.
- Dried I am a good addition to oatmeal or whole-grain cereal.
- Toss dried or fresh I fit well into a muffin or cookie recipe.
- Few dried berries will enhance the look and flavour to a salad.
- Included fresh in an apple dessert, such as pie or cobbler, for extra flavour.

BCCASA Virtual Conference Schedule

October 23, 2020

9:00 am BCCASA Welcome and AGM



10:00 am Fraser Valley Specialty Poultry Presentation - Johanne Dyck

10:30 am BC Duck Culinary Demonstration - Chef Brian Beasley



12:00 pm Cocktail Lesson, Demonstration/Mix Along and Social - Reece Sims, Lavish Liquid



The BCTF will be hosting a number of breakout rooms and learning sessions available to any BCCASA member. If you are interested in any of the BCTF hosted sessions, please be sure to check out the PSA Day website at <https://psaday.ca/>



2020 Virtual BCCASA AGM Agenda

October 23, 2020

9:00 a.m.

1. Acknowledgements
2. Welcome Members and Lifetime Members
3. Motion to Adopt the 2020 AGM Agenda
4. Adoption of 2019 AGM Minutes
5. 2020 BCCASA Goals and Resources Available
6. 2020 BCCASA Budget Ratification
7. Motion to Accept the 2020 Budget of BCCASA
8. Loss of Multi Course Codes in New Curriculum
9. Honorary Lifetime Member Induction
10. Membership Chair report - Scott Roberts/Donna Frost
11. Treasurer Report - Barb Botter
12. Bouquet Garni Report - Stephen Schram
13. COVID - 19 Challenges: Open Discussion - How are you adapting to COVID -19 Protocols? How can we as a PSA / Executive help you?

If you have anything that you would like to add to the agenda, please be sure to contact Trevor Randle no later than October 16, 2020.

BCCASA Annual General Meeting Minutes

Friday, October 25, 2019 9:00am

- I. Trevor Randle, President called to order the Annual General Meeting of the British Columbia Culinary Arts Specialists Association at 9:00am on Oct 26, 2019 at Royal Bay Secondary School, Victoria BC.
- II. Roll call Barbara Botter conducted a roll call. The following persons were present:
 - o Trevor Randle President,
 - o Lori Pilling 1st Vice President
 - o Brian Smith Chairman of the Board
 - o Barbara Botter Secretary,
 - o Donna Frost 1st Director,
 - o Scott Roberts 2nd DirectorMembership at AGM: Michael Austin, Liz Barbosa, Marlene Bazley, Marielle Benson, Rowen Bezeau, Soumeya Boucetta, Holly

Boven, John Buist, Steven Caryk, Judy Cavasinni, Michelle Cheng, Lorraine Clair, Shelly Craig, Meghan Dehghan, Patrick Delorme, Brian Didier, Teresa Diewart, Mike Doyle, Nancy Dyer, Cimon Fan, Roberta Farquhar, Nikitha Fester, Karen Firth, Lee Green, Alison Hardie, Ruth Inglis, Susanna James, Myskiw Karen, Irene Khavan, Annie Kwong, Daniel Lesnes, Jacqueline Luxon, Eric Mac Neill, Jessica Mann, Christie Marr, Terry McDougall, Brent McGimpsey, Robyn Miller, Kier Miner, Colin Mitchell, Hildi Mitchell, Richard Niezen, Rob Pottinger, Kelly Rahnborn, Patricia Regan, Scott Roberts, Brian Roodenrys, Sacha Rumbolt, Andrea Salzbrenner, Sascha Salzbrenner, Eric Schofield, Stephen Schram, Gina Sena, Valerie Shipley, Jill Singleton, Deborah Siverson, Carolyn Sperling, Avi Sternberg, Melanie Switzer, Kyle Tillotson, Elizabeth Van Dyk, Velu Dharmasasthar, Rhiannon Vining, Lynn Walk, Carol Ward, Phoebe Wei.

- Welcome to BCCASA AGM by Trevor Randle, President: Acknowledging the traditional unceded territories of the Lekwungen indigenous peoples. Adoption of meeting minutes from 2018 AGM: Motion by Barbara Botter and 2nd by Terry McDougall. Approval of minutes from last meeting, the minutes from the 2018 AGM are posted on the BCCASA website.
- Motion to Adopt the 2019 BCCASA AGM Agenda: Motion by Andrea Salzbrenner and seconded by Meghan Dehghan: Agenda Items are attached to this report.
- Vice President Lori Pilling and President Trevor Randle Acknowledge Hosts for this AGM: BCCASA Conference 2020 "New and Old Traditions in Local Cuisine on the Westshore" Hosts: Rowen Bezeau from SD62 Sooke, Steven Caryk from SD61 Greater Victoria, Patrick Gale from SD62 Sooke

New Items for discussion:

1. Seven Grandfathers teaching: Trevor Randle President uses a Power point presentation to demonstrate the teachings from his indigenous experience and how it relates to and affects our students in the Culinary Programs. Focusing the connections of symbolic animals and the meanings that are attached to them. How does Courage, Respect, Honesty, Wisdom, Humility (wolf), Truth and Protection (Turtle) foster success for our students in our classrooms. The power point presentation will be on the BCCASA website for members access.
2. BCCASA Constitution: Trevor Randle President; Modernizing our constitution and bringing up to date some changes in format and wording.
3. Trevor Randle President: Recognize Terry and Lorraine Larsen update on Lorraine's health and asses on their regrets for NOT being able to attend the conference.
4. Trevor Randle President: Honorary Lifetime Membership Awards:
5. What does it mean to be a lifetime member? For this October 2019 conference the BCCASA will pay the cost for the conference fee for our newest Lifetime members to include the presentation of the lifetime membership. In the future only the PSA fee for these lifetime members will be waived by the BCCASA.
6. Honorary Life Member change to constitution; Paul Richardson, Daniel Lesnes are recognized as Lifetime Honorary Members of the BCCASA.
7. Changes to the Executive Committee duties: Trevor Randle President; changes in the executive duties in the constitution will allow fluidity in the way the duties are worked out, so if needed a committee member can help with duties outside of their own description.
8. Discuss chapters in our PSA: Trevor Randle President; we will make a list of anyone who wants to create a chapter. Steven Schram speaks to attendees about how the Surrey CASA operates and the things that the CASA does with their group.
9. BCCASA Constitution Amendments and Vote: Trevor Randle: Motion to change the constitution by Terry McDougall and 2nd by Barbara Botter.
 - Vote is almost unanimous with the members.

III. Open issues

- President Trevor Randle welcomes and introduces the Executive Members to the BCCASA membership:
 - Thanks, are given to the Executive Members for volunteering their time, and Trevor recognizes the amount of work done by the executive to make the BCCASA a strong and organized Professional Specialist Association.
- Conference Update: Lori Pilling, Vice President:
 - Discuss the schedule for the conference; how the free time issued to choose which tasting you would like to attend: Discovery coffee 1st then choose from Silk Road Tea, Chocolate, Brewery and Brewery, be sure to sign up for the event you would like to attend. Do not sign up if you are going to choose another option for your free time.
 - Rowen Bezeau addresses the BCCASA to let them know where the amenities are in the school.
 - Reference to the conference from last year in Kelowna and our guest speaker Julian Bond and the scholarship competition from PICA. The scholarship is on hold due to Julian's illness.
 - Discuss future opportunities for BCCASA Conference; asks members to come forward and talk to Lori Pilling, Vice President and conference chair, about how to organize an event if they would like to host a conference.

- Lori Pilling hands out maps for the walking tour in this conference, Oct.26th 2019
- Membership Report: Donna Frost, 1st Director and Scott Roberts 2nd Director. Discuss membership and communications with the BCCASA, any changes in your personal info should be addressed to Donna and Scott. Support new teacher
 - BCCASA Clothing: Trevor Randle, President: There are shirts, windbreakers jackets, hoodies available for sale: pay Barbara Botter for any purchases.
 - BCTF Alcohol Waivers: Scott Roberts and Donna Frost collect the waivers from members. Trevor Randle President:
 - Explains the purpose of the waiver and reminds everyone to make sure they sign one before leaving the AGM. b)
 - BCCASA Budget: Motion by Donna Frost and 2nd by Richard Niezen a) Accepted by membership vote
 - The budget is posted on the BCCASA website
 - AGM Election Procedures: Motion to dissolve the executive by Kyle Tillotson and 2nd by Meghan Dehghan.
 - Nominations and Votes for new executive:
 - President Trevor Randle nominated by Lori Pilling: acclaimed
 - Vice President Lori Pilling nominated by Barbara Botter: acclaimed
 - 2nd Vice President; no nomination, position remains vacant
 - Treasurer: Barbara Botter nominated by Lori Pilling
 - Secretary: Stephen Schram nominated by Michael Doyle: Acclaimed
 - Director: Donna Frost nominated by Scott Roberts: Acclaimed
 - 2nd Director: Scott Roberts nominated by Donna Frost: Acclaimed
- Motion to adjourn the AGM meeting by Lori Pilling and 2nd by Judy Cvasinni.
 - Trevor Randle, President adjourned the meeting at 10:22am October 26th, 2019
 - Minutes submitted by: Barbara Botter, Secretary (newly acclaimed Treasurer) Minutes approved by: Trevor Randle

2019 BCCASA AGM Agenda 9:30am - 11:00am Royal Bay Secondary School

1. Call of the BCCASA AGM to Order
2. Welcome BCCASA to Victoria
3. Adoption of 2018 AGM Minutes
4. Motion to Adopt the 2019 BCCASA AGM Agenda
5. Motion to Adopt the Minutes from 2018 AGM
6. Host Acknowledgements
7. Seven Sacred (Grandfather) Teachings
8. BCCASA Constitution Amendments and Vote
9. Honorary Lifetime Membership Awards
10. BCCASA Clothing
11. BCTF Alcohol Waivers
12. BCCASA Conference 2020 Hosts
13. Membership Report
14. Treasurer Report
15. Motion to approve the proposed BCCASA 2019/2020 budget
16. Motion to approve the official year-end financial statement for 2018/2019
17. Elections

NOTES FROM THE BACK OF HOUSE

...great thoughts on what we do

Kitchen Culture:

The End of 'Yes, Chef'?

December 8, 2015 by Jenny McCoy

Hello, my name is Jenny. I am a former executive pastry chef turned pastry chef instructor. Some might say I'm still in recovery. I began my career in Chicago, working my way up through the kitchens of Gordon's, Blackbird and Charlie Trotter's—true icons in the city's culinary history. My time in these restaurants—like many culinary school graduates—was my first real introduction to the “yes, chef” culture of kitchens.

Chef Jenny McCoy is a pastry chef and culinary school instructor in New York. The “yes, chef” mentality stems from chefs who worked their way up in grueling environments, once called kitchen brigades. These environments were built for efficiency and excellence: a clear hierarchy, where everyone knew their place. The culture of these kitchens tended towards a sort of masochistic martyrdom where the longer you worked, the better chef you were. Chefs at the best restaurants were expected to put work before everything in their personal lives—including sickness and even sanity—to maintain the restaurant's prestige.

Now it may sound tough to come of age in this kitchen culture, but it wasn't so bad. I would liken the “yes, chef” culture to a full-immersion language program: it's only when communication is a question of survival that we become fluent. Being the new kid at a restaurant full of experienced cooks forced me to be a quick study, and within a couple of years' time, I became a pretty good cook myself. I was motivated to move up from the bottom of the totem pole, and a large part of my success was learning to live the “yes, chef” ethos.



How does this culture play out minute to minute? In short, “yes, chef” is the reply for every command you are given in a kitchen. It doesn't matter how you think things need to be done. If you had a question, the time to ask was before your shift, because now there's a lady at table seven who is waiting on a perfectly medium rare steak. In truth, for the complex choreography of a restaurant

kitchen to operate without a hitch, you need a dictator. Chef means chief in French, and in the kitchen, the chef is the boss—period.

A typical conversation in the kitchen:

Chef: “You should use your serrated knife to chop bars of chocolate.”

You: “Yes, chef.” (Translation: “Thanks for the helpful tip.”)

Chef: “Separate 200 eggs and make sure you don't get any yolk in the whites.”

You: “Yes, chef.” (Translation: “I've made this before; I know not to get the yolk in the whites.”)

Chef: “Why did you add the butter to the dough now? I told you to add it last.”

You: “Yes, chef.” (Translation: “Yesterday you told me to add the butter first, so now I'm totally confused.”)

Chef: “Stop feeding the sourdough starter. I did it already.”

You: “Yes, chef.” (Translation: “Actually chef, you started to feed it then got a call and walked away. So I thought I'd feed it because you forgot.”)

That is...until recently. Today, we're witnessing a rapid cultural shift in professional kitchens. Entry-level cooks are demanding better hours

and pay. Culinary students are graduating with kitchen and food business skills. Cooks are no longer interested in being just another pair of hands. They not only want to voice their opinions, but they also insist they be heard.

As a former executive pastry chef, I'm not sure what to make of this shift. In the industry, many of us are asking: "Why can't we find any decent cooks? Why won't these cooks just be quiet and do the work? Why don't they understand how amazing this restaurant is? Don't they get it? I spent 10 years slaving away to get where I am. I learned from the best of the best, and all my experience is what makes me the pastry chef I am today. It came at the price of time and dedication, no matter what the sacrifices may have been. Aren't they listening?"

In large part, the growing popularity of culinary school is part of this change. Over the last two decades, the cooks entering the field have been increasingly educated and eager to express their own creativity. So are we witnessing a planned rebellion of entry-level cooks against executive chefs that were raised in the "yes, chef" kitchen culture? Not exactly.

The majority of cooks currently entering the industry were born between 1980-1995, making them part of the millennial generation. They have extraordinary technical

skills and multitask like machines—walking, talking, listening and texting simultaneously. They are not accustomed to the old school, "put your head down" way of working. They are focused on themselves first. And you know what? We can learn something from them. In the classrooms at ICE, I certainly have. It's been a challenging but meaningful endeavor. I've learned to listen more and command a bit less.



When I started out in kitchens, I remember I didn't like being underpaid. I didn't enjoy being told my thoughts and opinions didn't matter. I didn't want to work 12+ hours a day. But I did it because I felt like I didn't have a choice, and I loved the work so much that I was willing to make sacrifices. So when the current generation says they won't accept being underpaid, working long hours and feeling underappreciated every day, I get it. That "me first" mentality has its perks, but something has got to give. So who has to change? The employees or the employers? My take on this culture divide is that the people who benefit most from changing are the chefs. Now,

I'm not suggesting that chefs let their cooks run willy-nilly or let them talk back during dinner service. But I am suggesting that we all let go of the "yes, chef" culture. The best kitchens have always been a team effort, and it's high time they became more collaborative—and that includes encouraging the creativity of every cook, even the one who just started last week.

No matter what you're trying to accomplish—whether preparing a perfectly timed nine-course tasting menu or looking for a set of lost keys—there's nothing like a fresh set of eyes on a situation. So, if we let the before-service conversation evolve to include, "have you considered this, chef?" we all reap the benefits. In short, can we chefs stop thinking of ourselves as dictators and instead become coaches? From food trucks to tipping to composting, the industry is already changing in ways beyond our control. It's time that chefs give cooks a moment to look up from their cutting boards and a chance to cut their teeth in a kitchen that welcomes open conversation.

Accessed at:
<https://www.ice.edu/blog/kitchen-culture-end-yes-chef>

Check out what Chef Jenny McCoy is doing now @jennymccoybakes on Instagram!

THE EXECUTIVE

President

Trevor Randle

trevor_randle@sd42.ca

Maple Ridge Secondary / 604.463.4175

1st Vice President

Lori Pilling

lpilling@deltasd.bc.ca

Delta Secondary / 604.946.4194

2nd Vice President

Stephen Schram

stephen.schram@burnabyschools.ca

Burnaby Central Secondary / 604.296.6850

Treasurer

Barbara Botter

barbara.botter@sd68.bc.ca

Cedar Community Secondary / 250.722.2414

Secretary

Meghan Dehghan

dehghan_m@surreyschools.ca

Frank Hurt Secondary / 604.590.1311

Director

Donna Frost

donna_frost@sd33.bc.ca

Sardis Secondary / 604.858.9424

2nd Director

Scott Roberts

Scott.Roberts@abbyschools.ca

Abbotsford Senior Secondary / 604.853.3367

Chairman of the Board

Brian Smith

Brian_Smith@sd42.ca

Thomas Haney Secondary / 604.463.2001



Have something to share?
Response to an article?
Recipes?
Wanna join the Executive?

LET US KNOW!

Please send any
communication to
BCCulinaryArtsSpecialists@gmail.com

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

THE ANSWER THE WHAT AM I?

...A CRANBERRY!!