



# Bouquet Garni

Winter 2025  
Volume 27 -- Issue 2



# THE BOUQUET GARNI

*Newsletter of the British Columbia Culinary Arts Specialist Association*

## President's Message



Happy New Year, BCCASA!

Whether you're starting a new semester, revisiting familiar procedures, or continuing with the same students you've had since September, I hope the excitement of the first few months of the year carries through the rest of 2025. To add to that excitement, I'm thrilled to announce a couple of exciting events that BCCASA will be hosting this year. These events are open to all educators who share a passion for culinary arts, education, and professional growth.

One of BCCASA's core goals each year is to continue supporting culinary arts educators and their programs. As a talented, collaborative group of professionals, we are only as strong as our membership. It's easy to get caught up in the day-to-day, but let's not forget the importance of learning from each other. At BCCASA, effective collaboration is what we do best. Whether you need a lesson plan, a recipe, or even support for a program facing challenges, simply reaching out to our community can connect you with countless ideas and solutions in minutes. But, just like any community, it takes a little effort to show up and engage—and with your participation, we can make our collaboration even stronger.

This year, we're excited to host our very first Milk Crate Social—an informal get-together where current, past, and prospective members can catch up, share stories, and build new connections. The first event will be in Surrey on February 21st (details will be in this edition of the Bouquet Garni). You don't have to be from Surrey to attend—everyone is welcome to come, mingle, and collaborate. I hope you'll take just 30 minutes of your time to join us. If this event proves valuable, we plan to rotate it through different communities to ensure everyone has a chance to be seen and heard.

Another key date to mark on your calendar is May 24th, when we'll host our second annual mini-conference at the Squamish Lil'wat Cultural Centre in beautiful Whistler, BC. Last year's event was incredibly enriching, with unique cultural experiences and learning opportunities that we were able to seamlessly integrate into the classroom. This year, we're building on that success with new activities, including a foraging nature walk with local elders and even more culinary secrets from Chef Steve. In addition to formal sessions, we'll also have an informal gathering space in the evening for relaxation and collaboration over refreshments. Space is limited, so please make sure to register early.

Lastly, plans are already well under way for our PSA Day conference in October of 2025. We will be heading to beautiful Nanaimo hosted by our very own BCCASA Treasurer, Barb Botter. Look for all of the details in our next edition of the Bouquet Garni.

I'm incredibly excited about what's ahead for BCCASA this year—there's so much to catch up on, and I'm eager to meet new faces and share ideas with all of you. I hope you'll join us for at least one of these upcoming events.

See you soon!

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**Editor's note:**

I hope you enjoy our latest issue! I'm still playing around with cover ideas, so let me know if you have any feedback on the last 3 I've done.

You may have noticed on the website so changes as well. The idea for a "wall of fame" (or FLAME!) came to me as I was perusing Brent & Adam's excellent thesis assignment on the history of chef teaching in BC. I figured someone should start interviewing our retiring chef teachers as they leave the profession for greener pastures. I somewhat framed it out on the website, and I hope to meet with some of the local retired (or near retired) chef teachers for a little sit down. Terry, Brian, Renee, I'm coming for you! If there's anyone in your local area that you'd like to highlight, do a short interview with them, I for one would love to hear their story. I'd also like to tie something in with the brand new chef teachers as well.

That's about all for now, keep those submissions coming in people!

Your friendly neighbourhood editor,  
Stephen Schram

# Autumn Conference Recap

by Stephen Schram



It was an overcast and crisp autumn day as we pulled up the Garibaldi Secondary in

Maple Ridge BC. We had gathered once again for our annual PSA Day AGM and Conference, this time hosted by Chef Brent McGimpsey and Chef Karen Carruthers. 2025 was a one-day conference that although shorter on time, was not shorter on worthwhile learning and networking. After a quick check in at the front door to the school, and a quick gander at Maple Ridge's 'official ugliest pumpkin', we were escorted by volunteer students to the school's theatre for a light continental breakfast, coffee, and a meet & greet.



Once in the school's theatre, BCCASA President, Trevor Randle, gave his opening remarks, leading us into the day remarking upon the future focus of BCCASA and the year in passing. It's always a great way start to the day to hear the observations of our always upbeat and enthusiastic 'El Presidente'.

Our first speaker, Brian Marchant, Admissions Officer for La Salle College, gave us his spiel on the newly updated, La Salle College Culinary Arts Program. Now under the direction of former owner of Pacific Institute of Culinary Arts, Julian Bond, the new space that is imminent to opening, sounds very swank with a public bistro and rooftop garden.

He was followed up by Global Culinary Trendologist and President of Culinary Concierge, Christine Couvelier, who specializes in researching food trends and informing some very big corporate clients on what to expect to be popular



in the near future. With over 40 years' experience as a senior leader and executive chef, Christine has the exceptional ability to be external focused, study competitive & category analysis, identify & learn from gold standards, predict trends, understand consumer thinking. She delivered a very interesting talk touching a variety of trends: food companies getting serious about cereal, tamarind is everywhere, be ready to pucker up for dill pickle, and would you order a caprese martini?

With the auditorium speakers coming to culmination, it was time for our BCCASA Culinary Showcase. Consisting of 7 distinct stations, we were grouped up and directed to each display, spending some time learning about the

passionate work that many of the local producers are involved in around Maple Ridge and vicinity.



Bruce's Farm Market, displayed their exceptional range of fresh, seasonal produce, emphasizing sustainable and locally sourced goods from owner and operator Tammy Radom. A salmon focused business, she displayed, salmon rub, salmon BBQ sauce, and of course canned fresh local BC Salmon.

Joe Salvo of Ponderosa Mushrooms, introduced attendees to an array of wild and cultivated fungi, highlighting the diversity and depth of this earthy ingredient. The real highlight was Joe (who seemed quite the character) sautéing wild mushrooms from his bountiful stock, for us to sample.

Yellow House Farms farmer and owner Rayne Beveridge



as well as his chef from Sunflower Café, Chris Janowski, presented their high-quality local products, capturing the essence of farm-to-table freshness. It was obvious the passion that each of them had for their craft.

Jenna & Emma Daviso, sisters from Golden Ears Cheesecrafters delighted guests with artisan cheeses that perfectly balanced traditional craftsmanship and innovative flavors. The cheese, which is made locally with 100% Jersey milk, was real standout for me, super delicious!



Lamb farmer, Manfred Wuensche from Makarios Farms supplied one his slaughtered lambs so that BCCASA executive member, Kyle Tillotson, could show off some his amazing butchery skills he had honed while working at Vancouver's Windsor

Meats on Main Street, prior to becoming a chef teacher. Not to be outdone, fellow BCCASA executive and host, Brent McGimpsey made one of the best Moroccan Lamb Curries I have ever tasted. Not only did we get a sample but also a recipe card, a spice blend, and dried fruit to recreate it. (note to self, need to get on that)



Brent's students had designed and created a series of mocktails at the next station. Creative concoctions such as Crème Brûlée Latte, Iced Apple Cider, and Cranberry Ginger Fizz were available for tasting. The teetotaling tipples were a refreshing break from all the tasting samples of succulent samples.

Finally, there was the learning services teacher from Garibaldi Secondary, Jen Lunock who discussed



culinary assessment practices. She outlined many innovative ideas that were targeted to formative assessment, a large part of our curriculum, using techniques like self-evaluation and triangulated assessment.



After this dizzying array of cuisine, wisdom, and fodder, in typical BCCASA Conference fashion it was time for more gluttony. We self-drove to the Kingfisher Waterfront Bar & Grill located on the banks of

the mighty Fraser River. Chef Mika Kersting and his notorious team treated us to a fine menu of local BC favourites. Appetizers consisted of Heirloom Tomato

Salad with whipped chevre, Crispy Pork Belly with fingerling gribiche or Squash Soup with agnolotti. Entrees were Morel Mushroom Gnocchi (the mushrooms picked locally by the Chef), Beef Brisket with scalloped



potato, or Coho Salmon with squash fondant & succotash. Dessert summed things up offering Potato Donuts with mascarpone cheesecake mousse, or Gluten Free Cappuccino Chocolate Cake. All of this was cheerfully accompanied by an array of cocktails, BC wine, local craft beer and good conversation with fellow like-minded craftspeople, teachers, and chefs.



Needless to say, we left the day with full bellies and full minds, satiated from delectable food and innovative philosophies, ready to bring the things we learned and experienced back to our classrooms and kitchens. Can't wait until next year.



# WHAT'S GOING ON

## ...around British Columbia

### Outstanding Teacher in Agriculture Award



BC Agriculture in the Classroom Foundation (BCAITC) is pleased to announce that Shon De Vet is the recipient of the 2024 BCAITC Outstanding Teacher in Agriculture Award. Shon De Vet received this award for demonstrating outstanding leadership and innovation in agriculture education. The award was presented to him at BC Agriculture Council's BC Agri-Foods Industry Gala on January 22, 2025.

Shon De Vet is a Grade 10 to 12 Culinary Arts teacher from Fleetwood Park Secondary in Surrey, his passion for agriculture and food education stems from a lifelong love for the food industry, which began at the age of nine. As a Red Seal chef since 1992, Shon brings decades of expertise and enthusiasm to his teaching, consistently connecting his students to the world of BC agriculture. Since joining the teaching profession six years ago, Shon has made it a priority to integrate lessons about local food systems, sustainability, and BC's rich agricultural heritage into his curriculum.

Shon remarks "As a teacher, it's important to connect students to BC agriculture because it fosters a deeper understanding of local food systems, the economy, and sustainability. By teaching them where their food comes

from, we encourage healthier choices, respect for Indigenous traditions, and critical thinking about environmental issues. It's about inspiring them to care for the land and make choices that contribute to a sustainable future." Shon credits BCAITC programs like Take a Bite of BC for inspiring his students, he shares "This program beautifully showcases BC's agricultural bounty, allowing students to explore, touch, and taste fresh local products they might not have encountered before. It cultivates curiosity, a love for local produce, and an appreciation for the richness of BC's agriculture."

For educators seeking to integrate agriculture and food education into their classrooms, Shon advises: "Look for where it fits naturally. Share the history of food, cultural influences, and the contributions of Indigenous communities to our culinary traditions. It doesn't have to be a massive production—simple connections to agriculture can create a meaningful learning experience."

BCAITC congratulates Shon De Vet on this prestigious award!



BCAITC has been presenting BC teachers with the Outstanding Teacher in Agriculture Award since 2004. The award acknowledges teachers who are ambassadors for agriculture education - they are people who make it a priority for their students to learn about BC food and farming. Thank you to DairyCrop for generously sponsoring this award.

## Previous Outstanding Teacher of the Year Award Recipients

- 2023 - Aaron Veenstra
- 2022 - Michelle Johnsrude
- 2021 - Robin Ruff
- 2020 - Gary Funk
- 2019 - Monica Bradbury
- 2018 - Chef Brian Smith
- 2017 - Tania Toth
- 2016 - Karla Stroet
- 2015 - Patricia Regan
- 2014 - Joe Massie
- 2013 - Chef Gerald Worobetz
- 2012 - Lori Pilling
- 2011 - Gail Chan and Chef Randle

## Fueling Our School's Thunder: Introducing "Thunder Bucks" Café at Thomas Haney

By Karen Caruthers



Thomas Haney Secondary in Maple Ridge is proud to announce the opening of "Thunder Bucks," a new café in our teaching kitchen, powered by our recently acquired barista machine. Living up to our teaching kitchens slogan, "Fueling our school's Thunder," this initiative provides students with hands-on experience in crafting specialty coffees for our school community.

Open before classes and during lunch hour, the café operates as a club for students passionate about learning to make excellent barista beverages. It is led by a dedicated Grade 12 student, who is using this as her capstone project. As the café's General Manager, she oversees all operations, including running monthly staff meetings, designing menus, planning schedules, training and acquiring new staff, taking inventory, and learning basic costing strategies.

The feedback from staff and students has been positive, and we're thrilled with the effort and enthusiasm our students have poured into making "Thunder Bucks" a success.





## Welcome to the First Ever BCCASA Milk Crate Social!

Take a break, unwind, and connect with your fellow cuisine educators. Whether you're a current, past, or future BCCASA member, you're invited to relax, enjoy a drink, grab a bite, and take a moment to exhale after a busy week.

This informal, collaborative gathering is a great opportunity to take thirty minutes or a couple of hours to catch up with old friends and meet new ones. It's all about building community and sharing good times

Come for the appies, stay for the drinks on BCCASA's tab



Please RSVP Trevor Randle at  
[trevor\\_randle@sd42.ca](mailto:trevor_randle@sd42.ca)



**February 21. 2025 - 3:00 pm - 6:00pm**  
**Way Back Brewing 15063 54a Ave, Surrey, BC**

# AI IS MY CO-AUTHOR

A series of articles written with help from Chat GBT... our students use it, why shouldn't we?

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## Culinary Traditions of Chinese New Year in Canada: A Celebration of Food and Heritage

Chinese New Year, also known as Lunar New Year, is one of the most significant celebrations in Chinese culture, marked by vibrant traditions, heartfelt family reunions, and, most importantly, a feast of symbolic dishes. In Canada, where multiculturalism thrives, Chinese New Year offers an opportunity for families to honor their heritage while embracing local flavors and customs.

### The Importance of Food in Chinese New Year

Food is central to Chinese New Year, symbolizing prosperity, unity, and good fortune. The family reunion dinner on New Year's Eve is the highlight of the celebration, where dishes are carefully chosen for their auspicious meanings. These meals not only connect generations but also serve as a bridge for immigrant families to pass down cultural values to younger members.

In cities like Vancouver, Toronto, and Calgary, where significant Chinese communities reside, Chinese New Year is celebrated with festive markets, cultural performances, and, of course, traditional foods. Canadian adaptations often incorporate local ingredients, blending the flavors of East and West.

- **Dumplings (Jiaozi):** Dumplings symbolize wealth because they resemble ancient Chinese silver ingots. Families often gather to wrap dumplings together, a practice that fosters connection. In Canada, fillings might include locally sourced ingredients such as wild salmon or maple-infused pork.
- **Nian Gao (Glutinous Rice Cake):** This sticky rice cake represents progress and prosperity. A Canadian variation might incorporate cranberries or maple syrup for a unique twist.
- **Whole Fish:** Representing abundance, serving a whole fish ensures that the year ends with a surplus. It's common to leave part of the fish uneaten, symbolizing carried-over wealth. Canadian families may use locally caught trout or salmon.
- **Spring Rolls:** Their golden hue and cylindrical shape resemble gold bars, symbolizing wealth. Canadian adaptations might include fillings like smoked meats or regional vegetables.
- **Longevity Noodles:** These long noodles symbolize a wish for long life. Traditional recipes are often paired with Canadian-grown greens or seafood.

## Beyond the Dinner Table

In Canada, Chinese New Year celebrations extend beyond family dinners to include public events such as lion dances, lantern festivals, and food fairs. These gatherings offer a chance for all Canadians to experience the richness of Chinese culture. For many, sharing traditional foods during the New Year fosters a sense of belonging and connection, both to their heritage and to their Canadian community.

The culinary traditions of Chinese New Year in Canada are a testament to the resilience and adaptability of culture. They celebrate the harmony between preserving heritage and embracing local influences, making the holiday not just a celebration for Chinese Canadians but a feast enjoyed by all.

### Longevity Noodles with Greens

- 400g fresh or dried long noodles
- 2 tbsp vegetable oil
- 3 cloves garlic (minced)
- 1 tbsp ginger (grated)
- 2 cups BC grown kale or spinach (chopped)
- 1 cup Fraser Valley shiitake mushrooms (sliced)
- 2 tbsp soy sauce
- 1 tbsp oyster sauce (optional)
- 1 tsp sesame oil
- Green onions (chopped, for garnish)
- Sesame seeds (for garnish)

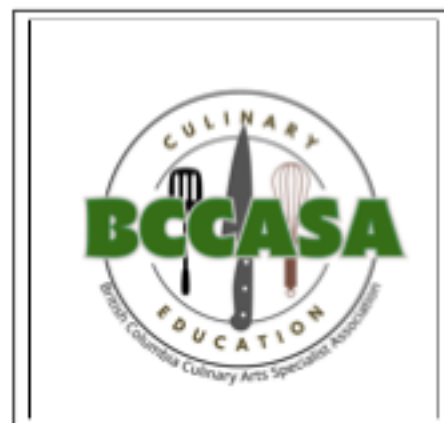


### Instructions:

1. Cook the noodles according to package instructions, ensuring they remain uncut to symbolize longevity. Drain and set aside.
2. Heat vegetable oil in a large skillet or wok over medium heat. Add garlic and ginger, stirring until fragrant.
3. Add mushrooms and cook for 3-4 minutes until tender. Stir in kale or spinach and cook until wilted.
4. Add the cooked noodles to the skillet. Stir in soy sauce, oyster sauce, and sesame oil, tossing everything to coat evenly.
5. Serve hot, garnished with green onions and sesame seeds.



## BCCASA Presents: A Taste of Indigenous Foods 2.0



## May 24, 2025

The BCCASA Spring Conference will provide a platform for Indigenous chefs and educators of the Squamish Lil'wat Cultural Centre to share their knowledge, techniques and traditions. Registration is open to all BCCASA members in good standing. The conference will feature workshops, discussions, speakers and presentations focusing on Indigenous ingredients, cooking methods and cultural preservation. Attendees will have the opportunity to learn from renowned Indigenous chefs and educators, exchange ideas, and celebrate the rich diversity of Indigenous culinary heritage to enhance pedagogy guided by the B.C. Culinary Arts Curriculum.

Conference Fee: Early Bird Rate of \$150 until Feb. 28, 2025.  
\$200.00 afterwards

## Morning Session

- Delegate Welcome
- Guided Tour of the Squamish Lil'wat Cultural Centre's Current and Permanent Exhibits
- Authentic Indigenous Hands On Culinary Education
- Authentic Lunch Inspired by the Traditions and Flavours of the Squamish and Lil'wat First Nations

## Afternoon Session

- Indigenous lessons led by SLCC Curator including traditional methods of collection, harvesting, preservation, storage, and cooking.
- Tour the curated selection of educational resources related to Indigenous cuisine, cooking techniques, and traditions.

## Registration Information

1. Follow the link below to register.

<https://bccasa.ourconference.events/>

2. Please note, refunds will not be available after May 10th, 2025.

## Crystal Lodge Information

4154 Village Green, Whistler, BC. V8E 1H1

- Discounted rates have been negotiated at the Crystal Lodge. Be sure to book your room early as no rooms are being held. Rooms and rate are based on availability.
- Check in time is at 4:00pm and check out time is 11:00 am.
- Parking is an additional \$29.00 per vehicle, per night.
- Rates are based on two-night occupancy.
- These rates may be extended 3 nights before and 3 nights after the conference.

**Come join  
us in  
Whistler!**

Registration link &  
more info can be  
found on our website:

[bccasa.ca/conferences](https://bccasa.ca/conferences)

### Room Rates:

|                       |       |
|-----------------------|-------|
| Crystal King Room     | \$179 |
| Deluxe King Studio    | \$232 |
| Deluxe Queen Studio   | \$261 |
| Loft Suite (Sleeps 4) | \$272 |
| Loft Suite (Sleeps 6) | \$272 |
| 2 Bedroom Suite       | \$326 |

### To book online:

1. Visit the website, <https://www.crystal-lodge.com>.
2. Select dates and duration you require, press "find rooms"
3. Type in the BCCASA rate code, 4BCo55 in the Promotion Code box.
4. Press "Check Availability"
5. Select desired room and click on "Rates" to proceed.

### In House Hotel Reservations:

1. Call 604.932.2221 or toll free at 1.800.667.3363.
2. Please quote "BCCASA Taste of Indigenous Foods Group".

**BCTF** Kids Matter  
Teachers Care



1/15/2025

10:48:23 AM

**BCTF**  
**Program Expense Report**  
**For The Month Ending December 31,2024**

|             |                                                | MTD      | YTD      | 2024-25 | %    |
|-------------|------------------------------------------------|----------|----------|---------|------|
|             |                                                | Actual   | Total    | Budget  | Used |
| <b>Y750</b> | <b>BC Culinary Arts Specialist Association</b> |          |          |         |      |
| 904000      | PSA Revenues                                   |          |          |         |      |
|             | 9930 Membership/Subscription Fees              | -        | (311.00) | -       | -    |
|             | 9934 Interest                                  | (11.94)  | (286.07) | -       | -    |
| 905000      | PSA Professional Learning/Conference           |          |          |         |      |
|             | 9940 Fees                                      | -        | -        | -       | -    |
|             | 9941 Grants                                    | -        | -        | -       | -    |
|             | 9949 Miscellaneous conference                  | -        | -        | -       | -    |
| 906000      | PSA Meetings                                   |          |          |         |      |
|             | 9950 Executive PSA                             | -        | -        | -       | -    |
|             | 9951 Table Officers PSA                        | -        | -        | -       | -    |
| 908000      | PSA Expenses                                   |          |          |         |      |
|             | 9971 Furniture / Equipment purchase            | -        | 563.52   | -       | -    |
|             | 9978 Scholarships                              | -        | -        | -       | -    |
|             | 9979 Miscellaneous Expenses                    | -        | -        | -       | -    |
| 909000      | PSA Conference                                 |          |          |         |      |
|             | 9980 Conference Operating                      | 2,209.54 | 6,436.19 | -       | -    |
|             | 9981 Facilities                                | -        | -        | -       | -    |

**BCTF**  
**Program Expense Report**  
**For The Month Ending December 31,2024**

|             |                                                | MTD             | YTD               | 2024-25  | %        |
|-------------|------------------------------------------------|-----------------|-------------------|----------|----------|
|             |                                                | Actual          | Total             | Budget   | Used     |
| <b>Y750</b> | <b>BC Culinary Arts Specialist Association</b> |                 |                   |          |          |
|             | 9982 Catering                                  | -               | 4,035.02          | -        | -        |
|             | 9985 Committee Costs                           | -               | 387.42            | -        | -        |
|             | 9988 Speakers                                  | -               | -                 | -        | -        |
|             | 9999 Miscellaneous                             | -               | 814.23            | -        | -        |
|             | <b>Total for Program Y750</b>                  | <b>2,197.60</b> | <b>11,639.31</b>  | <b>-</b> | <b>-</b> |
| 901000      | Beginning PSA Surplus                          |                 |                   |          |          |
|             | 9921 PSA Income Surplus                        | -               | (13,396.32)       | -        | -        |
|             | <b>YTD PSA Surplus</b>                         |                 | <b>11,639.31</b>  |          |          |
|             | <b>Ending PSA Surplus</b>                      |                 | <b>(1,757.01)</b> |          |          |

# NOTES FROM THE BACK OF HOUSE

## ...great thoughts on what we do

### **BC restaurants see biggest drop in employment of any province in Canada as high costs and low demand squeeze their bottom lines**

October 21, 2024

Accessed at:

<https://www.restaurantscanada.org/bc-restaurants-see-biggest-drop-in-employment-of-any-province-in-canada-as-high-costs-and-low-demand-squeeze-their-bottom-lines/>

British Columbia's restaurant industry is shedding jobs at an alarming rate and has experienced the largest year-over-year drop in employment of any province, warns Restaurants Canada. While the province gained nearly 20,000 jobs, employment in the restaurant and accommodation sector dropped by 10,800 positions compared to September 2023, according to the latest Labour Force Survey by Statistics Canada released earlier this month.

The industry lost nearly 5,000 jobs between August and September 2024, falling to 176,700 positions. In fact, it is seeing the lowest employment level since 2016 excluding the pandemic.

This trend is borne out by Restaurants Canada's Q3 report, which found that guest count was lower this summer for 70% of restaurant companies compared to last summer, and profitability was lower for a staggering 81%. Overall, only 15% of restaurants say the

current business climate is good or very good.

"Restaurant operators rely on the busy summer months to provide the boost necessary to sustain their already narrow profit margins as they head into less busy periods. The recent decline in sales and foot traffic is discouraging, making it understandable that many operators make the tough decision to cut back on hours of operation, shifts and staffing levels," said Kelly Higginson, President and CEO of Restaurants Canada.

Without more political action on affordability and the cost of doing business, it's unlikely that the situation for restaurants will improve in the coming months. Food (85%) and labour costs (82%) are expected to be the top challenges for restaurant owners in 2025, while sales are expected to remain stagnant.

The restaurant industry is the third-largest private sector employer in British Columbia, the number one source of first-time jobs and a significant contributor to the tourism product. Restaurants Canada is calling on the BC government to adopt measures that will relieve the pressure on restaurants and the people they employ:

- Reduce provincial payroll taxes and encourage the federal government to reduce payroll taxes for employers and workers.

- Return all or part of WorkSafe BC's \$2.1 billion surplus to employers.
- Implement a Tourism and Hospitality Stream to BC's Provincial Nominee Program
- Implement other [Save BC Restaurants Menu of Issues](#) policy recommendations.

"Restaurants are feeling the pain of inflation and low consumer confidence, but so are the hundreds of thousands of British Columbians they employ, and the many other economic sectors that depend on the restaurant industry to remain profitable, such as fisheries and agriculture. The new BC government needs to make it a priority to support recovery for the restaurant sector," added Mark von Schellwitz, Restaurants Canada Vice-President, Western Canada.

"We look forward to working closely with the BC government for the good of communities and the provincial economy," Higginson conclude

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Have something to share?

Response to an article?

Great recipes?

Wanna join the Executive?

**LET US KNOW!**

Please send any  
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It is important that we keep  
BCCASA current,  
Sharing the ideas and voice of Chef Instructors  
throughout British Columbia

