

September 2007

Volume 10, Issue 1

Bouquet Garni

"One of the very nicest things about life is the way we must regularly stop whatever we are doing and devote our attention to eating."

Luciano Pavarotti



President's Message

Hello everyone and welcome back to a new school year. Hopefully you're all well rested and the start of the new semester has been a smooth one. This will be my last message as president as I will be stepping down from my position this October, as will Terry Larsen. Terry has been on the executive committee for 20 years now and has been responsible for all the BCCASA scholarship awards brunches these past 20 years. David Jones has also stepped down from his position as secretary of BCCASA. We will be holding our AGM and elections

Maple Ridge Chowder Festival

On a sunny and warm May morning, culinary arts students from throughout Maple Ridge gathered together with their butane burners and their wide variety of ingredients to take part in School District 42's Annual Chowder Festival hosted by Chef Daniel Lesnes and Garibaldi Secondary School. Once all of the equipment was set up, the group of young cooks gathered around for a few words of encouragement by Chef Lesnes and the festival was under way.



Continued on page 9

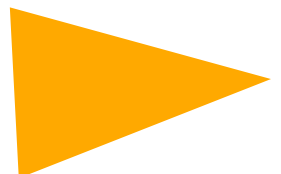
In this Issue:

2007 Nominations	2
Chili Competition	3
Google Group	4
B.C. Agriculture: Apples	5
Conference info	7
Upcoming Events	9
Scholarship Brunch	11
Brain Teasers	11
Budget Report	12

Pierre Dubrulle Honored

On April 23, 2007, the who's who of British Columbia's culinary world gathered to honor some of its finest. Included on this list is our very own Pierre Dubrulle who received the honor of being

inducted into the BC restaurant hall of fame. Congratulations to you Pierre and thank you for all of your continued dedication and mentorship to both students and peers alike.



Are you a natural born leader? Do you want to be a part of a PSA that represents BC's Chef Instructors? If so, your PSA needs you. It is that time again when we as a group need to step up and continue the hard work and dedication that so many of our colleagues have already put in over the years. If you would like to be a part of the Executive or have a nomination in mind, please contact Al Irving at ajirving@shaw.ca. Remember that without an executive, we will be unable to continue with our PSA. Positions for nomination and election are:

President

Duties Include: Organization of workshops and attends a variety of meetings and conventions.

Nominated: *no nominations*

Treasurer:

Duties Include: Bookkeeping and budget planning

Nominated: *No nominations*

1st Vice President:

Duties Include: Scholarship chairperson coordinates all BCCASA Scholarship activities.

Nominated: *No nominations*

Secretary:

Duties Include: Organizing, publishing and distribution of Bouquet Garni, Minutes, arrangement of up coming meetings

Nominated: *Trevor Randle*

2nd Vice President

Duties Include: Webmaster and PSA tech contact

Nominated: *Daniel Lesnes*

1st and 2nd Directors:

Duties Include: Conference and membership chairperson.

Nominated: *No nominations*

It was yet another perfect day for yet another addition to the annual Lord Tweedsmuir Secondary Chili Competition. Twenty-six teams with forty-six eager cook-training students were placed at a table underneath a gigantic forty-foot by sixty-foot tent and the stage was set. The cooking started at 8:30 when the host chef Julius Pokomandy officially started the competition with a few inspiring words for the young cooks. For over two hours, the students cooked over their burners with great intensity but every competitor had a smile and it was evident that even though this was a competition and plaques, medals and bragging rights were up for grabs, everyone was there to simply cook. They were there to cook with each other and highlight the skills that they have so proudly gained through their times in their respective teaching kitchens. Teams came from as close as Surrey School District to Maple Ridge district and even a team made the journey all the way from Merritt Secondary.

As the time went by, the smell and sounds of the competition filled the air. As the guest judges, Mr. Bruno Marti, Mr. Bill McSeveny, Ms. Laurae McNally and Mr. Edgar Rahal began to circulate and observe the young cooks, they were treated to a feast for all senses with everyone's very unique presentation of both their dishes as well as some of the table decorations that were designed to set the mood for the flavor that was about to come. Such displays included the "Chili Hunters" form Lord Tweedsmuir, the "Chuck Wagon" form Merritt, and the very unique "African" display from Queen Elisabeth.



Next, competitors portioned their creations and presented their entries to the judges for the tasting portion of the competition. When each judge assessed the last chili, the tallying of the scores took place. While the numbers were being crunched, one of the most valuable parts of these events took place. The young cooks had the chance to begin to network and look and taste what their peers had created. New friends were made and e-mails were swapped.

It was now time for the part that everyone has been waiting for. The numbers were crunched and the results were in. The results were:

Female Division:

1st place: Skyler Peterson and Sandy Finnigan of Merritt Secondary with 84.25 points

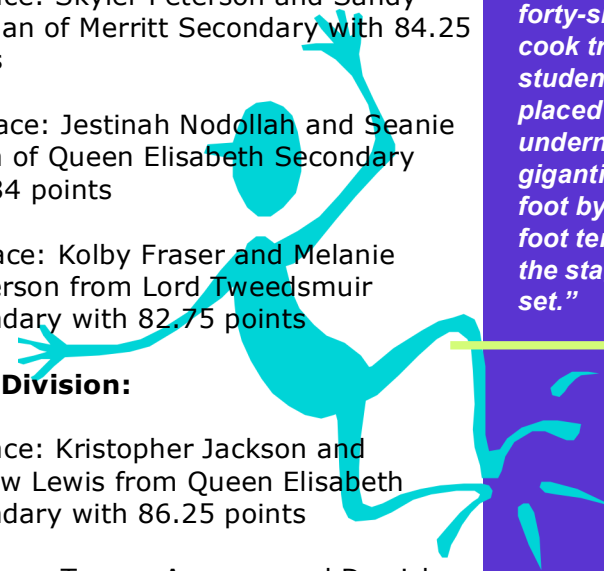
2nd place: Jestinah Nodollah and Seanie Togba of Queen Elisabeth Secondary with 84 points

3rd place: Kolby Fraser and Melanie Gregerson from Lord Tweedsmuir Secondary with 82.75 points

Male Division:

1st place: Kristopher Jackson and Andrew Lewis from Queen Elisabeth Secondary with 86.25 points

2nd place: Tanner Aronson and Derrick Flynn from Lord Tweedsmuir Secondary with 83.75 points



"Twenty-six teams with forty-six eager cook training students were placed underneath a gigantic forty-foot by sixty foot tent and the stage was set."

3rd place: Mathew Woodthorpe
from Tamanawis Secondary with
83 points.

Best Co-Ed team: Shelby
Easton and Marco Webber from
Maple Ridge Secondary with 81
points.

Best Out Of Town team:
Merritt Secondary with 84.25
points.

A big thank-you needs to go out
to Chef Pokomandy and the rest
of school district #36 for making
this very important event a
reality. To the judges who all
took the time from their very
busy schedules to be a very
memorable part in the
beginning of these cooking
students long journey, and of
course every Chef Instructor
who made it happen for their
classes. Congratulations to
every student who made the
effort to come out and represent
their schools and I look forward
to next year's event.

Google Groups is a free
groups and [electronic mailing
list](#) service from [Google](#).
Besides reading and posting to
the group through the Google
Groups [web](#) interface, users
also can read and post to a
group by [e-mails](#).

Using Google Groups, people
can find mailing list groups
related to their interests and
participate in [threaded](#)
conversations. They can also
create their own mailing list
groups.

I have created a group called
"BCCASA Live". To become a
member you need first to
create a Google account (free)
and then send me an email
saying you would like to join
the group. I have chosen to
keep the group 'closed'
meaning that only members
can access to BCCASA Live.

I encourage everyone to join
the group and participate to
discussions and exchange
ideas.

Daniel Lesnes



A Winning Presentation

*Thank you to Chef
Pokomandy for all of
your efforts in this
successful event*



About 98% of BC apples are produced in the Okanagan-Similkameen valleys. The hot dry weather is ideally suited to growing Red and Golden Delicious apples. High sunlight and temperature levels are ideal for apple coloring and yield. The low rainfall level reduces the impact of disease. Most orchards are on slopes near lakes, which moderates the temperatures and reduces the risk of winter injury and spring frost. Apples are also grown on Vancouver Island, the Fraser Valley and Kootenay areas.

BC produces about 30% of the apples grown in Canada. The total quantity ranges from 136,000 tonnes to 195,000 tonnes. This amounts to more than 1 billion apples. British Columbians consume 25% of the apples grown in BC. That's about 75 to 100 apples per person per year. The value of BC apples is about 80% of all BC tree fruit production.

Apples are grown in orchards. Apple growing has become a specialized science known as pomology. An apple tree is composed of two parts: the cultivar (fruit-bearing part of the tree) and the rootstock. Both cultivar and rootstock are selected for specific site conditions. The cultivar is grafted onto the rootstock. Grafting involves placing a short shoot of a dormant cultivar into the rootstock. The tongue and groove union is then wrapped with tape and allowed to grow. Caring for an orchard requires planting trees; pruning; fertilizing; controlling weed growth, insects, and other pests; watering; and replanting trees to ensure the

orchard is always healthy. Apple trees must be cross-pollinated. When the trees start to bloom, orchardists place beehives in the field to ensure pollination. It is important not to spray an orchard at this time, as honeybees are very sensitive to insecticides. As small apples start to grow, some are thinned so that trees do not try to produce too many. The trees will also do this naturally during the June drop.

Apples are harvested in from August to October. Some indicators that apples are ready for harvest include their seed coats turning brown, the flesh texture turning from tough and pulpy to crisp and juicy and the skin color turning from green to yellow or red. Apples that are to be eaten fresh are hand picked into picking bags hung from the shoulder. These bags are carefully emptied into wooden bins, which hold 350 to 400kg.

About two-thirds of the apples grown are eaten as fresh fruit. Processed apples are used for fresh and frozen apple juice, sauce, cider and vinegar. Apples can be dried, made into apple leather, or used as pie filling.

Apples are about 85% water. They contain a variety of essential minerals and vitamins. They are about 12% natural sugar or fructose. Fructose is a water-soluble sugar found in all ripe fruit. Because of the solubility of fructose, the body does not have to convert it into sugar before use, therefore, making apples a source of instant energy. Apples are a



BC produces about 30% of the apples grown in Canada. That is about 136,000 to 195,000 tonnes.



"Apple eaters have fewer headaches, intestinal disorders, colds & respiratory problems."

high source of pectin, a soluble fiber that can absorb more water than any other bulking agent.

Apples clean the digestive system. Eating an apple cleans the teeth and massages the gums, removing more bacteria than two three-minute brushings followed by a gargle. Scientists have proven that apple eaters have fewer headaches, intestinal disorders, colds, respiratory problems and illnesses associated with the nervous system.

Two-thirds of the apple crop is sold fresh. Apples are either sold directly right after harvest or taken to the packinghouse where they are stored, graded and packed into 18kg boxes and sometimes into smaller bags. Packinghouses use modern equipment and computers but still rely on hand labor. Apples are shipped to North American markets by truck and to other markets by boat. At the retail outlet apples are either sold already bagged or sold individually or in bulk by weight. The rest of the crop is processed. Apple juice is the most popular form of processed apples. To make apple juice, apples are washed and ground to a pulp. The juice is squeezed out and filtered. The juice is pasteurized, which means it is heated to kill any harmful bacteria.

Apple farmers do face annual challenges. BC is internationally recognized as the North

American leader in adoption of modern technology. Fruit growers have had to modernize their growing methods to remain competitive in the world. Many of the old orchards consisted of big apple trees planted large distances apart. Today, many orchardists have switched to high-density plantings. These orchards have smaller trees planted much closer together. For example, older orchards might have 80 trees per hectare. High-density orchards can have as many as 1500 to 12,000 trees per hectare. High density planting produces apples that produce fruit earlier, produce larger crops and are easier to harvest. Growers have planted different varieties of apples, which are more popular in the international markets.

The apple industry is a major employer in the Okanagan Valley. Each year, 7% of the labor force is employed by the apple industry. About 4800 work in the orchards, 2500 in packinghouses and 1000 are hired as seasonal workers.

Interesting Fact About Apples:
Apples are the most valuable edible horticulture crop in BC. About 75% of all BC orchard land is planted in apples.

Source: BC Agriculture.ca

2007 BCCASA Annual Conference and AGM

Page 7

On the agenda for the A.G.M.:

The BCCASA 2007 conference and AGM will be held on October 19th at:

The Art Institute of Vancouver
700 – 1090 West Georgia St.
Vancouver, B.C.
V6E 3V7

Tel: 604-683-9200
Toll Free: 1-800-717-8080
Fax: 604-684-8839

TENTATIVE CONFERENCE SCHEDULE:

8:30 - Meet and Greet and
Breakfast

9:00 - A.G.M.

12:00 - Lunch

1:00 - Guest Speakers

6:00 - Dinner at the Pan Pacific
Hotel.

- Healthy Schools Guidelines for
Teaching Kitchens.

- Elections

- Google Groups

- PSA Public Relations

- Membership anniversary date.
When should it be? Should it
happen?

- Standard Curriculum. Discuss
the process that needs to take
place for change.

- Agriculture in the classroom
partnership with BCCASA.

Please complete registration form
on page 8 and fax to Trevor
Randle at 604-463-5197 by
October 12, 2007

If you have any other items you
would like to see on the agenda,
please contact any member of the

*If you have
any items that
you would
like added to
the agenda,
please
contact any
member of
your
executive.*

President's Message continued

this October at the Provincial Pro-D and we are obviously looking for some of our members to step forward and take over the duties of President, 1st Vice President and Treasurer. Terry and I will still be around to help with the transition plus Trevor, Daniel, Brian and Alison will still be on the executive to help the new members.

This year, our conference will be held at the Art Institute of Vancouver. We will be holding our AGM there, having lunch there and listening to a few guest speakers. Dinner will be at the Pan Pacific Hotel afterwards. As

this will only be a one day event, those of you coming from outside the Lower Mainland can have a week-end to shop, sightsee, or just wander. All the details of the conference are in the following pages of this issue. Looking forward to seeing you all there.

Al



Conference Registration Form

Name: _____

School: _____

Address: _____

Phone Number: _____

Fax: _____

e-mail: _____

☐ Member \$50.00

☐ Non-member \$100.00

The conference fees will include breakfast and lunch at the Art Institute as well as dinner at the Pan Pacific Hotel. For information regarding reserved hotel rooms visit our website www.bctf.ca/bccasa.ca Please fax completed registration form to Trevor Randle at (604) 463-5197 on or before October 12, 2007.



From page 1

Immediately, the sounds of clanking pots and pans and chopping filled the air, shortly followed by the smells of sautéed foods that were so inviting, teachers and administration were forced to come out and see what their senses had been teasing them with from within the school.

As the morning went on, it was easy to see that so much thought and creativity had gone into every dish that was being created. No dish there could be described as simply red or white chowder. There were vegetarian, crab, salmon, roasted garlic and duo chowders being created to name a few. One team had even reserved some of the salmon skin to create a crispy crackling to accompany their presentation.

The atmosphere was joyful and pleasant as the time flew by and the students were coming close to presentation time and the part of the festival that made it so unique. There was to be two categories for the students to be recognised in. The first was the peer review. This was the time for every cook to line up a tasting of their own chowder and walk the tables and taste every other entry. While tasting, each cook would evaluate each others entry, and the entry with the most points as given by their peers would win the peer review category. This was not going to be an easy task. The diversity and level of accomplishment displayed by the group of culinary artists is best summed up when Chef Brian Smith of Thomas Haney Secondary School was observing and tasting each entry, "This is not going to be an easy choice, every one is so different and unique."

The second category began when the lunch bell rang. Students and teachers who purchased sample bowls would sample the entries and hear the descriptions of what they were about to enjoy then cast their

vote for the "People's Choice Award."

After the chowder pots were emptied and stomachs were full, the numbers were crunched and Chef Lesnes announced the top entries of the festival. The winning teams were stunned as they opened the wrapped box that they were given for their creation and discovered that they had just received an i-pod shuffle.

It may sound cliché, but only one or two points decided the entries. Every team should be very proud of what they had created and I look forward to next year's festival and the new creations that are designed and executed by the next group of cooks.

The competition is open to any Culinary Arts student both in and out of school district #42 so be sure to take the opportunity to enter your students into this fun and creative event this year.

People's Choice 2007: Ashley Nygard-Norcliffe and Kylee Lewicki for their creation "Jones Red and White Seafood Chowder"

Peer Evaluated 2007: Montana Rosalle for Spicy Corn and Crab Chowder

Be sure to the BCCASA website for the winning recipes

Upcoming Events

BCCASA conference and AGM – October 2007

North Surrey Gingerbread Competition - December 12, 2007

Jr. Hot Competition - March 3, 2008

Lord Tweedsmuir Chili Competition – T.B.A.

Garibaldi Chowder Festival - May 22, 2008

Canadian Chef Educators Conference – June 19, 20, 21 & 22, 2008 in BC.



The Chowder is Served



Chowder Festival Participants



Host and Organizer Chef Lesnes and the Festival's Top Cooks

BCCASA /BCCA Scholarship Brunch

Page 11

The Vancouver Golf Course was the host to the 2007 scholarship brunch. The afternoon was highlighted by an outstanding buffet prepared by host, Chef Andy Chong and the words of encouragement by guest speakers Chef Scott Jaeger and David McIlwraith of Dudson China.

group picture. This is the time when one can see the future of our industry and it is very comforting to know that the passion and dedication for the culinary arts will live on through generations to come. Be sure to look for scholarship applications published this year.

As a record number of award recipients and their families filled the space to standing room only, each presentation was made and accepted with unrivaled pride. It was a truly fascinating sight to see so many young cooks line up with their plaques as they posed for the

Lesnes Brain Teasers

I am a member of the rose family and was probably first cultivated by the Chinese prior to 2000 BC. I was spread westward by silk dealers.

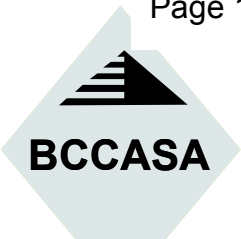
I now grow well all over the warmer temperate parts of the world. Although most popular dried, or in jams and jellies, I have a "sweet brightness of golden velvet"; when eaten fresh. I am a jam, jelly, glaze, dipped in

chocolate, salted, smoked, stuffed and sheeted.

My kernels contain small amounts of prussic acid, which is destroyed when I am roasted. My kernels are also responsible for the flavour and texture of amaretti do Saronno.

See the BCCASA website for the answer.

www.bctf.bc.ca/PSAs/BCCASA


BCCASA

BUDGET REPORT

For the Month Ending June 30, 2007

INCOME	
4099921 Income surplus BC Culinary Arts	18,909.63
4099923 Conference surplus outside account	9,195.54
4099930 Membership / subscription fees	1,525.76
4099931 BCTF grant	4,750.00
4099934 Interest income	837.50
4099939 Other	42.00
Total Income	<u>35,260.43</u>
EXPENSES	
409950 Meeting executive	555.36
406661 Publication newsletter	859.85
409970 Operating	0.70
4099979 Miscellaneous	72.88
4099980 Conference operating	7,904.32
4099982 Conference catering	5,602.60
Total Expenses	<u>14,995.71</u>
Total	<u>20,264.72</u>

BCCASA Executive Board 2003-2006

President : Mr. Al Irving

Gulf Island Secondary

Salt Spring (250) 537-9944

airving@shaw.ca

Organization of workshops and attends a variety of meetings and conventions.

Directors: Mr. Brian Roodenrys

Semiahmoo Secondary,

Surrey (604) 536-2131

broode0615@shaw.ca

Ms. Alison Bell

David Thompson Secondary,

Invermere (250) 342-9213

abell@sd6.bc.ca

Conference and membership chairperson.

1st Vice President: Mr. Terry Larsen

Enver Creek Secondary

Surrey (604) 543-8149

tolarsen@uniserve.com

Scholarship chairperson, coordinates all

BCCASA Scholarship activities.

2nd Vice President: Mr. Daniel Lesnes

Garibaldi Secondary,

Maple Ridge (604) 463-6287

lesgau@mac.com

Newsletter Editor and Webmaster.

Treasurer: Mr. Trevor Randle

Maple Ridge Secondary

Maple Ridge (604) 463-4175

Trevor_Randle@sd42.ca

Bookkeeping and budget planning

Chairman of the Board: Mr. Pierre

Dubrulle

Samuel Robertson Technical Secondary,

Maple Ridge, (604) 466-8409

pdubrulle@sd42.ca

Past president.

We're on the Web!

See us at:

www.bctf.bc.ca/PSAs/

[BCCASA](http://www.bctf.bc.ca/PSAs/BCCASA)