

January 2008

Volume 10, Issue 2

Bouquet Garni

If organic food is the natural way, shouldn't organic produce just be called produce" and make the pesticide -laden stuff take the burden of an adjective?

Ymber Delecto



President's Message

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In the time since the BCCASA conference back in October and on through the time prior to the Christmas break my priorities seem to rest on my own program and all the Christmas related activities that season requires. Yet somewhere in the back of my mind there was this reality that I knew I was ignoring. Yes I am the newly elected president of our specialty association and I have got to do something Presidential like. But what? Where do I start? For a

greenhorn like myself the task of merely getting the ball rolling seems monumental. My abilities at this moment appear indecisive and unsure.

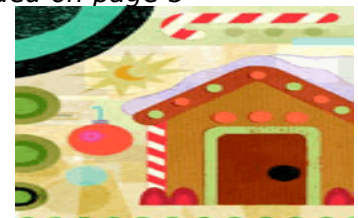
Now if I had a political side to me, my opening address would never take the tone that this message seems to be taking. I would be extolling an aura of confidence, of promises of bigger and better things to come. But that side of me tends to be less of a reality and more of a false sentiment. *Continued on page 3*

26th annual North Surrey Gingerbread Competition

On December 2007, Chef Instructor John Haen of North Surrey Secondary School hosted yet another amazing display of culinary artistry. The N.S.S.S. Gingerbread competition, which is always such an anticipated event by participants and attendees alike, has such a long and creative history and this year was another great success. Hundreds of elementary students were astonished by all of

the creative and eatable pieces of art. Thank-you to Chef Haen for all of his hard work. It is because of his years of efforts that dozens of culinary arts students have had the opportunity to explore the creative side of food.

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Culinary Addictions of a High School Student

by Kyle Tillotson of Thomas Haney Secondary

Page 2

"Having a culinary program at school gives me the means and equipment to experiment with recipes and techniques that would otherwise be inaccessible.."

Food is my passion, my medium and my never-ending source of inspiration. I was introduced to the world of culinary arts about 4 ½ years ago, when my Aunt quit her corporate job and enrolled in culinary school. I remember the very first cooking show I ever watched was at her house. Iron Chef (the old Japanese one with the corny voice-overs) was on and I remember being hooked almost instantly. After watching these two warriors battle it out; after watching them create such amazing food with such finesse, strength, and creativity; after that episode ended; (in hindsight) I realize that a flame had been ignited within me. Since then, my quest for culinary knowledge has unlocked a world I never knew existed.

Having a culinary program at school gives me the means and equipment to experiment with recipes and techniques that would otherwise be inaccessible. For example, I attempted a duck confit recipe earlier this year and although the texture was less than desirable (I suspect the temperature and time) it was a valuable learning process nonetheless. The program has also given me access to someone with experience in the culinary field, this opportunity alone has opened many doors for me and I've found the student-teacher relationship to be more casual and approachable than almost all my other subjects. Aside from the aforementioned, I just enjoy talking food with someone who speaks the same language.

Over the past few years I've taught myself cooking techniques, informed myself about the local produce and sought to become educated about different types and cuts of meat. I'm also a believer that B.C is not only home to some of the best restaurants in the country, but some of the best culinary philosophy as well. I

draw inspiration from people like John Bishop, and Rob Feenie; advocates of locally farmed produce and meats. The slow food movement has also had a big impact in Vancouver, and on a more personal level as well. I became a member of Slow Food® Vancouver recently, and I'd really like to put together some sort of campaign to raise awareness ("Slow Food Week" anyone?). I think it would be safe to say that these ideals are shared by many young culinary students and chefs across the country, and that it seems to be something very achievable given the proper attitude. It is after all a way of life.

I find it funny how my favorite things to do nowadays aren't zoning out in front of the TV or blowing a bunch of cash at a shopping mall, instead, I'd rather peruse the Granville Island market or take a gastronomic tour of the many shops in Chinatown. I love discovering new ingredients and tastes, and Vancouver's multiculturalists' society has so many of these unique treasures to offer. I obviously look forward to learning more, expanding my horizons and what have you, but what really gets me going... is good food.

Junior Hot Competition 2008

Dozens of culinary arts students participated and were very successful in the Junior Hot Competition on January. The competition takes place every year during the BCRFA annual food show at B.C. Place.

from page 1

I do, however, promise to take my position seriously. And, more importantly, I do promise to devote the time and the effort that this position will require. At the risk of sounding too cliché, this is a story of the tortoise and the hare. Once I determine the processes and procedures, learn the protocols and formalities, and establish a routine of dedication then the task of doing this job will seem less and less daunting with each successive effort.

This is where you come in. If you have suggestions, comments, directions, criticisms or merely wish to say hello, please do so. As you can tell, I need all the help I can get. I think together, we can maintain the quality that this association has established over the years. And with time, I am sure you will see the president (me) grow into the position.

There are two issues that I would like to address in more detail in the future. Both issues were already discussed at the conference in October, but I think require more attention.

First is the reality of the distances and somewhat isolation of our members. Not only are we spread out throughout the province, like all the specialist associations, but unlike the other associations we are less in numbers within our own districts. That makes our members more isolated and therefore the need to communicate more important. If I request your input, as I already mentioned that I do, then we need the means to do so. The means are there already, as discussed at the last conference. We need to, as Nike Shoe Company used to say, just do it. I know throughout our membership are various degrees of technical abilities, but the importance of coming together by whatever means we have, warrants the effort.

Secondly and probably the most current and high profile issue is the healthy school guidelines. I am sure that your program, like mine, did not require much adjustment to meet those guidelines. Before this initiative was introduced we, the professionals that we are, were already producing a high quality, healthy product. And the professionals that we are, would probably adapt to any changes that were needed. However, the spotlight is on us. For better or for worse, at least for now, the eyes of the media, the parents, administrators and the powers that be, are on us. So how are you doing? What are your strategies? What changes have you made? What frustrations are you encountering? We had a very good presentation, by a Dietitian who may or may not know the realities of our daily work, yet the question remains; how much flexibility is built into this new initiative? These are all issues worth further discussions, either informally with members that you see on a regular basis, by e-mail or chat lines, or more formally at future meetings.

I am looking forward to clearing the first few hurdles, to building momentum, and to being simply, a good president.

Upcoming Events

SD #42 Healthy Food Show – March 5, 2008

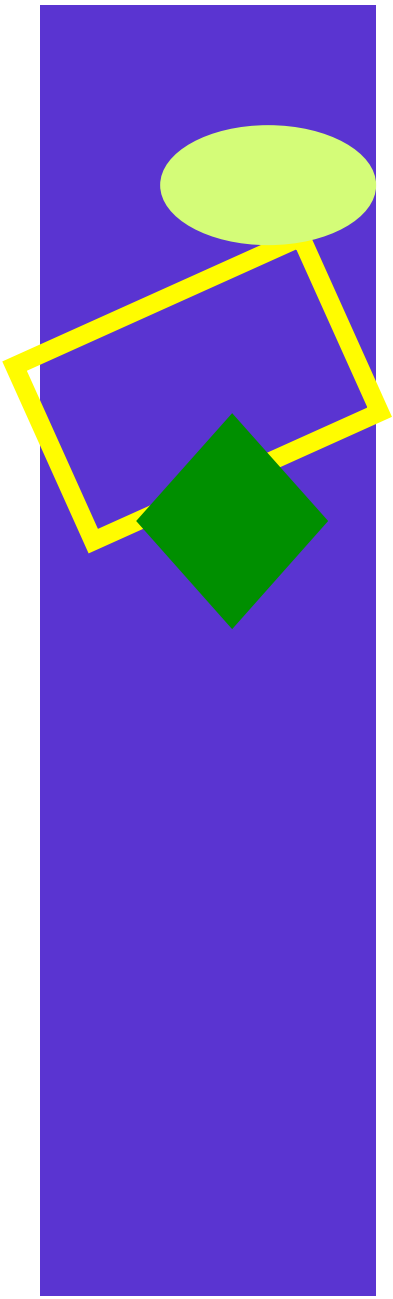
BCCASA Scholarship Brunch – May 4, 2008

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.

"I think together, we can maintain the quality that this association has established over the years."



Application Deadline:
Thursday April 3, 2008 by fax:
604-584-5294 to Renee Thomas
@ 3:00 pm

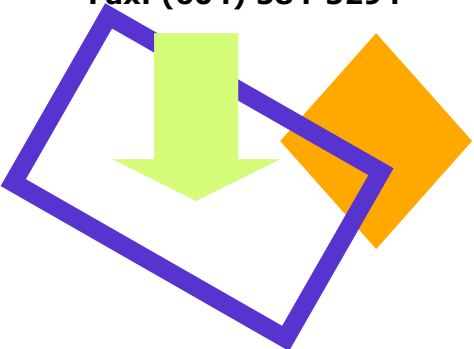
**NO NAMES WILL BE ACCEPTED
AFTER THIS DATE**

Awards Banquet:
Sunday May 4, 2008
Location: To be Announced
Costs: \$35.00 per person with
reservation, \$40.00 at the door.

Plaque Deadline:
Friday, April 11, 2008
Cost: \$30.00 by mail, payable to
BCCASA. Send to Brian Smith of
Thomas Haney Secondary
School. School District #42.
Please FAX the typed name of
students recipient(s) for correct
spelling.

Number Confirmation:
of students + family + chef
instructors = total
Send number and names of all
people attending on
confirmation fax by 3:00 p.m.
Friday, April 18, 2008

Please respond to the attention
of:
Renee Thomas,
Scholarship Chairperson
Queen Elizabeth Secondary
School
9457-136th
Surrey, BC V3V 5W4
School: (604) 587-7736
Fax: (604) 584-5294



A. SCHOLARSHIP ELIGIBILITY CRITERIA:

1. The student should have good attendance and cooperate well with the instructor, kitchen staff and fellow students.
2. The student should have good working and social skills.
3. The student should have acquired skills and knowledge as laid down by the Curriculum Guide.
4. The student should maintain a better than average initiative.
5. The student should have a serious commitment to the Hospitality and Tourism Industry.

Given the above criteria, the teacher will choose a maximum of two (2) suitable scholarship candidates.

FUNDING OF THE SCHOLARSHIPS:

Funding of the BC Culinary Arts Specialists' Association (BCCASA) Scholarships are not provided by our association. Instead, each school (Chef Instructor) will provide the scholarship money as well as the cost of the plaque for the eligible student(s) they recommend. Use of the supplier rebates is recommended.

**TO VIEW THE OFFICIAL
RESPONSIBILITIES OF THE
INSTRUCTOR, RECIPIENT AND
BCCASA PLEASE VISIT OUR
WEBSITE AT**

www.bctf.bc.ca/PSAs/BCCASA

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26 annual North Surrey Gingerbread Competition Top Gold



Top Female:

Krystal Vos and Ashley Nygard
Norcliffe (Garibaldi Secondary)
Exhibit #49 -- Lighthouse -- 97.25 points

Top Male:

Marco Webber (Maple Ridge Secondary) Exhibit #11 -- Schneeflocken Schloss (Snowflake Castle) -- 93.75 points

Top Co-ed:

Paige Lielke, Tien Lam, and Braydon Birks (Queen Elizabeth Secondary) Exhibit #12 -- Spongebob's Pineapple House -- 93.5 points

Best Use of Gingerbread:

Marco Webber (Maple Ridge Secondary) Exhibit #11 -- Schneeflocken Schloss (Snowflake Castle) -- 93.75 points

Most Skilful Use of Icing:

Paige Lielke, Tien Lam, and Braydon Birks (Queen Elizabeth Secondary) Exhibit #12 -- Spongebob's Pineapple House -- 93.5 points

Most Original Idea:

Jestina Ndolla (Queen Elizabeth Secondary) Exhibit #13 -- Rocking Horse -- 94 points

Best Landscaping:

Casie Preston (Garibaldi Secondary) Exhibit #57 -- Victorian House -- 93.75 points

Best Overall:

Krystal Vos and Ashley Nygard Norcliffe (Garibaldi Secondary) Exhibit #49 -- Lighthouse -- 97.25 points

Top Five Schools

1. Garibaldi 132 points
2. North Surrey 94 points
3. Tamanawis 52 points
4. Queen Elizabeth 40 points
5. L. A. Matheson 39 points
5. Britannia 39 points

Top High School Out of District:

Garibaldi 132 points



"LIGHTHOUSE"

26 annual North Surrey Gingerbread Competition Top Gold Photos

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Schneeflocken Schloss (Snowflake Castle)



Spongebob's Pineapple House



Rocking Horse



Victorian House

Be sure to check out a full report and pictures of all of the exhibits at www.bctf.bc.ca/PSAs/BCCASA

Making Healthier Foods Available At School.

Submitted by Andrea Ottem of the Dietitians of Canada

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By now you've probably heard of the *Guidelines for Food and Beverage Sales in BC Schools* (see side bar page 10), published by the Ministries of Education and Health. The intent of the guidelines is to make healthier food and beverage choices available, so that it's easy for students to make healthy choices on a routine basis. After all, students eat about one-third of their calories at school and a significant portion of that is purchased.

So what are some Chef Instructors doing to offer healthier choices and move toward implementing the *Guidelines*? Alison Bell at David Thompson Secondary in Invermere SD#6 is passionate about school food. She has been modifying recipes and menus to make healthier choices available well before the introduction of the guidelines. For example, she makes healthier muffins by substituting some of the fat with applesauce and in other cases, serves less healthy choices, like scones, infrequently. She's also trying out a salad bar program once a week; her experience is that packaged salads don't sell well, while a

salad bar gives students the opportunity to choose.

Students come back to visit Alison's kitchen after graduation, and parents have been known to purchase items for care packages to send to their kids, surely a testament to the good food! Former students will stop in while on Christmas break to check out the menu at the Rocky Mountain Café and complain about the food at college. One of Alison's ideas is to create a cookbook of students' favorite recipes that meet the *Guidelines* and use this as a fundraiser. Early discussions with area elementary schools suggest there may be some opportunities to offer hot lunch items for Parent Advisory Committee (PAC) sponsored events.

Given Invermere's location in the Columbia Valley between the Rockies and the Purcells, food access can be an issue, especially in the winter. Food for the school kitchen is delivered twice weekly from Calgary – provided the roads are open. On occasion, what's delivered is what is available, not necessarily what was ordered. Aside from those challenges,

Alison does not anticipate big problems in making healthier foods available to students; indeed she's already doing that. She notes a recipe analysis program, along with a compilation of "kid approved" recipes used in Chef Training programs would be helpful tools to further implement the *Guidelines*.

Trevor Randle, Chef Instructor at Maple Ridge Secondary SD #42 is also passionate about school food and active in the district Nutrition Committee. Formed in 2005, the committee brought a variety of people together, from senior administrators, trustees, BCTF and CUPE members, community nutritionists, parents and students. They took the first year to learn about the *Guidelines* and then began to get the message out that "healthier eating is coming to you", through a variety of means such as newsletters, web sites and "modeling", for example, providing vegetable and fruit platters at PAC meetings.

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SD # 42 Healthy Food Show

Mark your calendar to show your support for healthy foods in our schools! You're encouraged to attend the Healthy Food Show on **Wednesday, March 5, 3:30pm – 7:00pm, Thomas Haney Secondary**. The Healthy Food Show will provide an opportunity for parents, students, PAC reps, school fundraising coordinators, teachers and staff to connect with a variety of food and beverage suppliers that sell products to the public and will be encouraging them to exhibit at the show. Show attendees will have an opportunity to sample a

variety of foods, check out displays, ask questions and walk away with a variety of resources. We look forward to your support at this show. For further information or to download a registration form, visit www.sd42.ca or call Trevor Randle, 604-463-4175 ext 4006.



**19th Annual Canadian Chef Educators June
19 - 22, 2008 "Back to the Land" "Slowfood
Movement, Organics, and Using Locally
Grown Products"**

Thursday, June 19, 2008

-- Delegates arrive Abbotsford Airport and transfer by Hotel shuttle to Ramada Plaza & Conference Centre for check-in and Conference registration.

-- Ice breaker/social of some kind that evening at the hotel.

-- Ray Johnson Hospitality Suite open in the evening for relaxation and social activities

Friday, June 20, 2008

-- Continental Breakfast in the Ray Johnston Hospitality Suite

-- Bus leaves for University College of the Fraser Valley at 8:30 a.m.

-- 9:00 a.m. AGM at UCFV Chilliwack Campus (Host: Chef Bruce Corbeil)

-- 11:30 - 12:30 lunch at UCFV Chilliwack Campus

-- 1:00 - 3:30 p.m. Educational Day: -- guest speakers on Slowfood Movement, Organics, and using Locally Grown Products

-- Back to the hotel for relaxation and freshening up

-- 6:30 pm on the bus for dinner at Chilliwack Secondary (Host: Chef Terry McDougall) -- Ray Johnson Hospitality Suite

Saturday, June 21, 2008

-- Continental Breakfast in the Ray Johnston Hospitality Suite

-- 8:30 - 3:00 -- Circle Farm Tour of the Agassiz/Harrison area in conjunction with Slowfood Vancouver Group, Ministry of Agriculture - Canada, and Farm Folk/City Folk. -- Bus leaves hotel at 8:00 a.m. sharp

-- 8:30 -- Farm House Cheeses -- family run business that uses their own cow and goat milk to produce hand made all natural cheeses -- 10:00 a.m. Canadian Hazelnuts -- the largest Organic Hazelnut orchard in BC

-- 11:30 am - 1:00 pm tour and lunch -- Limbert Mountain Farm -has been in the same family for over 100 years and grows and produces a variety of organic herbs, garlic, American chestnuts and many other products -- 1:30 - 3:00 pm Kirby Historic Site -- located in a beautiful valley on the outskirts of Agassiz

-- 3:00 p.m. back to the hotel for relaxation and freshening up.

-- 7:00 -- 9:00 dinner at the Ramada by Chef Michael Traquair and his brigade. (Winners of the top entree in the 2007 5 to 10 A Day Healthy Choices Competition) -- Ray Johnson Hospitality Suite Sunday,

June 22, 2008

-- 8:00 - 9:00 a.m. farewells, presentation of the regalia to Saskatchewan for 2009 Conference, delegates leave for airport

ACCOMMODATION:

Ramada Plaza and Conference Centre
36035 North Parallel Road
Abbotsford, BC
V3G 2C6

Phone: (604) 870-6162

Fax: (604) 870-1060

Toll Free: 1-888-411-1070

NOTE: Ramada Plaza is a 100% Non-Smoking Environment Room Rates: \$104.00 per night (Double or Single Occupancy) [plus GST (6%), plus Prov. Hotel Tax (8%), plus Municipal Tax (2%)] TOTAL per night = \$120.64 (incl. taxes) Delegates will be responsible to make and pay for their own hotel reservations. Please quote: "Canadian Chef Educators Conference 2008" to receive the above rates.

THESE RATES WILL BE HELD UNTIL MAY 20, 2008. AFTER THIS DATE THE ROOMS WILL BE PUT BACK INTO THE HOTEL'S RESERVATION SYSTEM AND REGULAR RATES WILL APPLY.

REGISTRATION FORM
CONFERENCE RATE: \$250.00 PER PERSON

NAME: _____

TITLE/POSITION: _____

HOME ADDRESS: _____

WORK ADDRESS: _____

HOME PHONE: _____

WORK PHONE: _____

CELL PHONE _____

E-MAIL ADDRESS: _____

(PLEASE PRINT NAME AND ADDRESS AND SEND AN INDIVIDUAL REGISTRATION AND INFORMATION FORM FOR EACH ATTENDEE. RECEIPTS WILL BE SENT TO DELEGATES OR GIVEN TO THEM AT THE HOTEL UPON ARRIVAL AND REGISTRATION)

Cheques (no cash) should be made payable to: CCEA-BC 2008 Conference and should accompany the Registration Form

SEND REGISTRATION FORM AND CHEQUE FOR \$250.00 PER PERSON TO:

CCEA CONFERENCE 2008 c/o Terry Larsen
7324 Todd Crescent
Surrey, BC
V3W 7N6
Home Phone: 604 596-5861
School Phone: 604 543-8149
School Fax: 604 543-9762

SPOUSES AND FRIENDS ACCOMPANYING DELEGATES WILL PAY \$250.00. NO PARTIAL FEES.

TRANSPORTATION:

Make your flights to Abbotsford International Airport. The Ramada is 7 km from the airport. Please indicate if you are flying into Abbotsford International or arriving by car:

Arriving by Air []

Arriving by car []

Delegates will make their own arrangements for pick up to Hotel by calling the Ramada Plaza for Shuttle pick up. Phone: (604) 870-1050 and Toll Free Number is: 1-888-411-1070. NOTE: the shuttle is based on availability and MUST be booked in advance.

The *Guidelines for Food and Beverage Sales in BC Schools* divide foods and beverages into four groups, **Choose Most, Choose Sometimes, Choose Least** and **Not Recommended**, based on detailed nutrition criteria.

According to the *Guidelines*, of foods and beverages sold to students, 50% must come from the **Choose Most** category, while up to 50% can be from the **Choose Sometimes** category. **Choose Least** and **Not Recommended** items can not be sold to students. **The Guidelines apply only to foods and beverages sold to students**; they do not apply to lunches students bring from home, or items cooked in a foods class, unless those items are sold to students, as part of a lunch program for example.

All schools are to implement the *Guidelines* by September 2008.

A copy of the *Guidelines*, as well as other tools to help you to offer healthier choices to students, is available at <http://www.bced.gov.bc.ca/health/tools.htm>

Making healthier foods available at school continued:

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In the school kitchen, support from the district has been instrumental in making changes. The district supported the purchase of two items, one being "Recipe Manager" a nutrient analysis program to support analysis of in house recipes, and the second being the purchase of a Rationale Oven, which allows baking versus deep frying of items.

In general, the move toward healthier choices at Maple Ridge Secondary has been positive. Preferential pricing has been used with success, in fact cafeteria profits have increased, though vending revenues have declined (in another secondary school in the district vending sales went up by almost 60% when pop was removed and only juice and water sold). Some of the challenges include young entrepreneurs selling items no longer permitted under the *Guidelines*, though usually a quiet word with the individual solves this problem. Removing chocolate from the school store met with resistance; indeed it was more difficult than limiting the sale of french fries.

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And while a nutrient analysis program is great, time is required to enter and analyze recipes, never mind make adjustments to those that don't meet the *Guidelines*.

Perhaps the most rewarding piece is the feedback Trevor occasionally receives from colleagues. The school community sees that healthier foods really do help students do better. Teachers see students bringing healthier foods and beverages to class and link this to better behavior and attention (e.g. kids not falling asleep!). Healthier students learn better – and of course, that's what school is all about.

The *School Food Guidelines Support Initiative* is a project of Dietitians of Canada, BC Region, funded by the BC Healthy Living Alliance. If you would like to share your experiences in providing healthier foods, contact Andrea Ottem at aottem@telus.net or 604-738-3481.



Lesnes Brain Teaser



What am I?

I am the number one cash crop in the United States. Originating in East Asia (Manchuria), I arrived on the U.S. shores with the Mathew Perry expedition. I have more protein and calories than any other legume. I grow on a small bush two to six feet high. I am raised in a velvety pod that can be grey, yellow, black, white or brown. I have an amazing amount of uses. In my infant stage I am used in salads as a sprout. I am fermented, used as coffee substitute, made into cheese, jam, flour, grits, or used for imitation beef, ham, or chicken. Industrially my oil is used for soap, paint or vanishes. I am also a very popular cooking oil. When brewed I make a wonderful sauce, but often my sauce is packaged without any of me in it. It's truly a shame that water, salt, vegetable protein, corn syrup, and caramel color, cheaply replace my rich tangy flavour. I must be cooked to neutralize the anti-nutrients I contain (phytic acid, and trypsin). If defatted or dried, I will store moderately well. If fresh, I must be refrigerated or I will turn rancid in short order. When they dry us we are used in stews and casseroles but our pleasant hazelnut like flavour is best when fresh. Today, one of my varieties has been blanched and become very popular in the market place, but don't use me as an answer, only my primary name gets you on my list. I am low in carbohydrates and an extremely economical source of protein. We also provide good sources of iron, B1 and B2 along with linoleic acid, an Omega-3 fatty acid.

Go to www.bctf.bc.ca/PSAs/BCCASA to see the answer.

BCCASA
2008 Scholarship Application Form
(Please type information or print legibly)

Date:

Name of Student:

Address:

.....

City: Postal Code:

Telephone: (.....).....

Chef Instructor:

School:

Address:

City: Postal Code:

School Phone: (.....).....

School Fax: (.....).....

Email:

Please Fax to:
Renee Thomas, BCCASA Scholarship Chairperson
Queen Elizabeth Secondary School,
FAX: (604) 584-5294
by 3:00 p.m. Thursday, April 3, 2008.

BCCASA



BUDGET REPORT

For the Month Ending December 31, 2007

INCOME	
4099921 Income surplus BC Culinary Arts	20,264.72
4099930 Membership / subscription fees	1,482.72
4099934 Interest income	338.04
409939 Other	14.00
Total Income	<u>22,099.48</u>
EXPENSES	
406661 Publication newsletter	482.01
409970 Operating	59.15
4099979 Miscellaneous	25.00
4099980 Conference operating	<u>8,138.06</u>
Total Expenses	<u>8,704.22</u>
Total	13,395.26

BCCASA Executive Board 2003-2006

President: Mr. Eric MacNeill

Dover Bay Secondary
Nanaimo (250) 751-3409
emacneill@sd68.bc.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: Mrs. Renee Thomas

Queen Elisabeth Secondary
Surrey (604) 588-1258
thomas_r@sd36.bc.ca

Scholarship chairperson, coordinates all BCCASA Scholarship activities.

2nd Vice President: Mr. Daniel Lesnes

Garibaldi Secondary,
Maple Ridge (604) 463-6287
lesgau@mac.com

Webmaster.

Treasurer: Mr. Brian Smith

Thomas Haney Secondary
Maple Ridge (604) 463-2001
bsmith@sd42.ca

Bookkeeping and budget planning

Secretary: Mr. Trevor Randle

Maple Ridge Secondary
Maple Ridge (604) 463-4175
randles@shaw.ca

Bouquet Garni Editor and meeting minutes

Chairman of the Board: Mr. Al Irving

Gulf Island Secondary
Salt Spring (250) 537-9944
airving@shaw.ca

Past president.

We're on the Web!

See us at:

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

