

May 2008

Volume 10, Issue 3

Bouquet Garni

"Anybody can make you enjoy the first bite of dish, but only a real Chef can make you enjoy the last." François Minot



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President's Message

Hello BCCASA Members:

I hope the spring break was a relaxing and enjoyable one, enabling all of you to recharge your batteries for the final stretch to the end of the school year.

The main issue that seems to be focusing most of our attention in the past year is the Healthy Schools Guidelines. Although I would imagine that there would still be adjustments to made, for most of us, we are well on our way to making healthy eating in our programs a reality. As issues continue to arise and the need to tweak our programs continues, the need to share concerns and questions in order to meet requirements is most certainly ongoing. However other issues arise that need our attention as well.

The BCTF, the body that represents "all" teachers, has initiated a process to allow teachers with their B.Ed and their Red Seal credentials in the trades to have credits towards a Category 5+. The Category 5+ is

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A Week In New York City

It was 4 in the morning. We couldn't sleep. We were so overpowered with excitement that we were meeting all our friends at the airport to go to New York in only a few hours. As we all started to arrive at the Vancouver airport, the excitement grew more and more. It was a 5 hour flight to New York, but it seemed like it was a lifetime and we were getting restless. We finally arrived in New York airport at about 9 pm. Everyone seemed to be tired and just wanted to get to the hotel. At about 11:30 pm, everyone was assigned their hotel rooms and it was like a burst of energy hit our group. So we decided that we would go walk a few blocks to look around.

As we walked around, with no one having any idea where we were, we realized that our hotel was only a block away from Times Square. That's when all the cameras got pulled out. Picture

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King Corn at David Thompson Secondary School! Page 2

"two friends, one acre of corn, and the subsidized crop that drives our fast-food nation."

Earlier this year, the Cook Training program at David Thompson Secondary School, along with the Columbia Valley Botanical Gardens and Centre for Sustainable Living and Slow Food Columbia Valley hosted the B.C. premier of the film **King Corn.**

King Corn is a fascinating and highly entertaining look at the world of corn production. According to the film-makers, Mosaic Films, "King Corn is a feature documentary about two friends, one acre of corn, and the subsidized crop that drives our fast-food nation." But, the film is a lot more than that. It is an enlightening, humorous, touching, but often troubling journey into the workings of the global food system. While the film focuses on corn production south of the border it is nevertheless an important documentary for Canadian audiences, as well. And, especially important for the students we teach, as it is their generation who is being most adversely affected by corn production. After all, one of the by-products of corn production, high fructose corn syrup is in almost all processed foods sold in North America.

Curt Ellis, one of the co-producers, who along with friend Ian Cheney is featured in the film, attended our screening. It was great for the students to meet the film-maker and to see his passion and concern

about the state of the North American diet. We had two screenings at DTSS; one in the afternoon for students from many different curricular areas and another in the evening for the general public. It was a great awareness-raiser for our program and our Greenhouse project and a nice change from the perennial "fund-raiser dinners" that we all do to help support the extra-curricular aspects of our programs.

If anyone is interested in having a screening of King Corn, the film-makers are more than happy to attend, if their schedules permit. The licensing fee for the film is \$300 which could be shared between several departments in your school, as we did, or even between other schools in your district. Our entry fee was by donation and we collected close to \$400. I would highly recommend this film.

For more information on the film go to www.kingcorn.net.

For screening enquiries contact Caitlin Boyle at cait@kingcorn.net Alison Bell, Chef Instructor, David Thompson Secondary School, Invermere, B.C.

Editor's Note: Since the writing of this article, Pia Carroll, Chef Instructor at Edward Milne Community School in Sooke has also hosted a very successful screening of the film with Curt Ellis in attendance.



after picture. We will never forget first walking in Times Square. All the tall buildings with flashy lights everywhere we looked. We thought it was better than what we've seen in the movies, because we were actually there. You almost got that feeling that you were being filmed in a movie. As we walked past all the different stores, the excitement got intense. We were all jumping around and wanting to go into every place we saw. That's when we came across McDonald's. Of all the places that we saw, our first meal was at a fast food restaurant that we get at home. It was kind of disappointing, but at the same time, it was a sense of comfort because we weren't familiar with other restaurants.

The next morning, we all met in the hotel lobby at about 7 am. Everyone was tired, as we had stayed up really late the night before. We walked to breakfast, and then took the subway to meet our tour guide for a walk around SoHo. As we walked around SoHo, we were shown how Manhattan was the heart and soul of New York and we got to test taste so many different things that it was basically our lunch. After our thrilling adventures around SoHo, our group just ventured around to see what we could see.

The next day, it was our trip to C.I.A (The Culinary Institute of America). We got to tour around their school and gain some knowledge of what it's like to be a chef. After touring around and seeing all the different areas of the school (baking, culinary, and cake

design, etc.), we got to experience a three course meal at their school restaurant called American Bounty. The first dish, the appetizer, was potato soup. It had a rich creamy taste which was absolutely delightful. Our main course was a pork roast with a cherry coke sauce served with sweet potato and corn bread. For dessert, we had a rich chocolate brownie drizzled in a creamy chocolate sauce with a small scoop of chocolate ice cream and two small cookies on the side. It was one of the most amazing full course meals we've ever had. Later that day, we went to the Italian Culinary Institute to make homemade pasta under the instruction of Chef Raffaele Solinas. The dough was already mixed for us, all we had to do was roll it out, and cut it into pieces so that we had made pappardelle pasta. The pasta was served with a ragu sauce. The next course was served to us, and it was a chicken and fontina rolatine, which was a stuffed chicken breast. For dessert, we were served crostata with apricots and strawberries. The crust on this dessert was flaky and it just melted in your mouth, it was so delectable.

Our next day consisted of taking a tour around Greenwich Village. On this tour, we also got to taste test the many different foods of the area. And unlike SoHo (where we learned that it was the beginning of New York) we learned that Greenwich Village is how New York is becoming.

The next few days were walking around to see what we wanted to see. Central Park was one of the

"The crust on this dessert was flaky and it just melted in your mouth, it was so delectable. it just melted in your mouth, it was so delectable.."

many places we had went to. Even when the trees don't have leaves on them, Central Park is one of the most gorgeous parks to walk through. As you walk deeper into the park, you come across Strawberry Fields (the John Lennon tribute). Right in the middle of the sidewalk, there is a huge circle and in the middle it says IMAGINE, and it has designs around the circle. It was one of the coolest things. The Mayor of Strawberry Fields places flowers around the circle, a couple of apples in the middle, and on the

side he sets up pictures and a guitar on a daily basis.

Because New York is so diverse, a week was not enough time to see everything. We would most definitely go back. It was one of the best weeks of our lives and the greatest opportunity of a lifetime.

Submitted by: Casie Preston and
Kylee Lewicki of Garibaldi
Secondary School



The Group At the Garibaldi Monument at Union Square



At The Italian Cooking School



With our First Walking Tour Guide

S.D. #42 Healthy Food Show is a Great Success

On March 5 th 2008, over thirty vendors were set up in the rotunda of Thomas Haney Secondary School ready for the crowds that were being held at the doors until the official opening at 3:30 pm. As the doors were opened, visitors were given a sample bag filled with vendor coupons and other promotional items and quickly registered before making their way down the stairs to meet with and taste the products from the various vendors. The key to this meeting was all of the vendors in attendance have already been approved by the Brand Name Food List, and everything that the parents, staff and administration who attended were about to taste, were all ok to sell in their schools. Attendees were also treated to guest speakers including a representative from Brand Name Food List throughout the evening. It was a great pleasure to meet so many school district

representatives who came from as far as Squamish to get some sort of idea of what is available to sell and still meet the healthy schools initiative. The vendors were as diverse as the people who came to meet them. From the folks of Cobs Bakery to Subway, English Bay who showcased their brand new school house cookie dough (before it hit the market) to Saputo there was something different at every table and the over eight hundred who attended left with a better understanding of what can still be sold and a little relieved that so many fund raising events and hot lunch programs will still be able to continue with little change. I would like to thank the administration and office staff of THSS for hosting and supporting this event without restraint and of course Chef Smith for his hospitality. I hope you can join us for the bigger and better SD #42 Healthy Food Show next March.



BCCASA Live

Our Webmaster Daniel Lesnes is hard at work signing everyone up to BCCASA Live. By doing this, you will receive notices of all updates to the website in your inbox. If you have changed your preferred e-mail address since your last PSA registration, please contact Daniel at lesgau@mac.com.

"As you know the Red Seal in itself requires 4 years with a combination of formal and practical training."

available to teachers in any program who have extra university credits beyond their B.Ed, but do not have their Masters. The pay raise for those who are recognized as having a Category 5+ is significant. I believe the reason the BCTF has initiate this process is to encourage qualified trades people to become teachers to fill the growing demand for trades within the high schools. The April 5 edition of the Victoria Times Colonist shows that of the 15,000 jobs gained in B.C. last March, 4,600 were in construction and since March of last year, 28,000 construction jobs were created. So the need to address these trends are apparent. But here is the catch.

With a \$100. 00 application fee and submitting a copy of your Red Seal to BCIT, you will find out that credits will only be granted to those who attended BCIT (I thought the Red Seal was a federal government recognized document). You will also find that only ticketed Auto Mechanics need apply. Where is the logic in this? Also if you are successful in jumping the hurdles you will be granted only 6 credits towards the 15 that is needed. As you know the Red Seal in itself requires 4 years with a combination of formal and practical training. On top of the minimum 4 years of university for the B.Ed that is considerable amount of training. (Anyone feel like becoming a doctor?) For any other teacher 4 years of extra training would most certainly fully qualify them for Category 5+. Is this fair?

It appears to me that the BCTF is merely doing lip service to address the needs of qualified trades teachers. They do not recognized the trades as valuable and embrace the old school of thought that academia is the only

Legitimate form of education. We can plainly see that they are wrong and the BCTF does not represent the interest of BCCASA or any other of the trades. For the BCTF to initiate this process then follow it through with such a feeble response is an insult.

Mike Lombardi, Director of Professional and Social Issue Division of the BCTF, one line response to a my lengthy enquiry of this issue was "Direct all your enquiries re TQS". He is the person who introduced this initiative at the PSA council meeting, yet he will not address the enquires of the person who represents our entire association. The TQS (Teacher Qualification Service) has nothing on their web site. And Roger Bortignon, Department Head of Technology Teacher Education Program at BCIT) states that he is merely taking direction from the TQS. I was told by one rep. from a local teachers association that it seems that the BCIT is the institute that will be evaluating the qualifications only because the TQS was looking for any university or institute in North America and BCIT was the only one that was interested. And they are only interested in evaluating BCIT grads.

The BCTF does not appear to be interested in representing our concerns. Why they even started this half-baked process is beyond my imagination. I would be interested to know if there is even one single trades teacher in this province who will benefit from this. There is another PSA council meeting in May and BCCASA will be there to continue what the BCTF started. What do you think?

Wednesday April 2nd, marked the 24th year of Culinary Sculpture Competition in British Columbia. Enver Creek Secondary hosted a remodeled version this year; in the past the exhibits were made only of Lard or SPS. This year the competition was renamed and revamped from a Lard Sculpture competition to a true Culinary Sculpture Competition. British Columbia Secondary schools with Culinary Programs were invited to enter sculpture projects made from Lard/SPS, Chocolate, Bread or Pastry, or Vegetables or Fruit.

Although those participating this year again chose to enter exhibits using only Lard or SPS, next year, for the 25th Anniversary year of the Culinary Sculpture Competition, it is hoped that all participating schools will avail themselves of the opportunity to enter projects in all four of these culinary sculpture media.

This year's competition, although sparsely attended, was again very interesting. The exhibits were very well designed and crafted and the skill level shown was as good as any in the past. Four Surrey schools competed for trophies and ribbons this year (Tamanawis, Queen Elizabeth, North Surrey, and Enver Creek) exhibiting many beautiful and outstandingly crafted projects for judging and display. Featured at this year's competition were an outstanding carving of a mermaid (Ariel in Distress), a gorilla, dragons, turtles, eagles, a Japanese ogre (Oni Seibutsu), fairies, clowns, bears, a swan, cobras and lizards, and an exhibit consisting of two headless figures appropriately named "The Couple."

An extremely diverse variety of characters, creatures, and objects sculpted in Culinary fat. Again this year the students who chose to create projects for this competition have shown them selves to be extremely talented and creative. The young people exhibiting today were deserving of the awards and ribbons that they received, as the medium of SPS is not easy to sculpt with. It requires the creation of a frame or

skeletal structure to bear the weight of the SPS and then the very painstaking work of modeling and sculpting the product to form the creation that the exhibitor has envisioned in his or her mind.

Today 29 students from 4 schools took up this challenge to create and design these elaborate and skillful projects. Trophies were presented for the top five high schools to: Tamanawis (79 points), Queen Elizabeth (36), North Surrey (12), and Enver Creek (6). The "Swan" designed by Preya Dhillon from Tamanawis Secondary took the Top Female Award with 95.25 points. Top Male Award went to Abu Khan and Dinuka Perera of Queen Elizabeth for their "Oni Seibutsu" (an ogre or troll figure) that received 94 points. And the Top Co-ed Award was received by the Queen Elizabeth team of Braydon Berks and Manila Subedi for their incredible 97.25 point creation of "Ariel in Distress."

This year's judges were: Mark Flynn (Secondary School Apprenticeship Coordinator, District #36 - Surrey), Fernand Houle (Chef/Owner - A & F Catering), Laurae McNally (School Trustee, District #36 - Surrey), and Edgar Rahal (Chair and Past President of the British Columbia Chefs' Association).

As Chair of this event I would like to thank the principal of Enver Creek Secondary, Mr. Mike Jellema, for his support and contribution to this event and to the staff and students of Enver Creek for welcoming this competition and supporting the Enver Creek Chef Training program in this endeavour. Also a great deal of thanks goes to the Enver Creek students who acted as officials and data processors for the competition.

Again, the secondary Culinary Arts students of British Columbia have shown their talent, skill, and perseverance in Culinary Sculpture. I



"The exhibits were very well designed and crafted and the skill level shown was as good as any in the past."

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congratulate all of you and extend an invitation to attend and compete again next year at the 25th Anniversary Culinary Sculpture competition at Enver Creek Secondary School.

compiled by: Terry Larsen
Culinary Sculpture Competition
Chairperson
Enver Creek Secondary, Surrey, BC

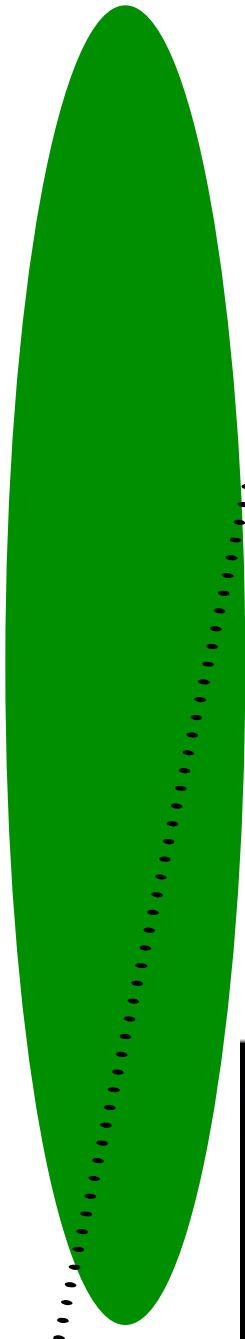
"The Swan"



"Oni Seibutsu"



"Ariel in Distress."



Letter To The Editor of Nanaimo's Daily News (Jan.19, 2008): 'Treat epidemic with some common sense'

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My compliments on the editorial responding to your article appearing Jan. 19: 'Fat phobia feeds eating disorder'. You touched on many issues regarding the schools responses to childhood obesity with intelligence and, as you say, with "common sense". While I whole heartily agree that schools must play a role in the health of our youngsters, the opinion of many tends to think that if not the sole, then most of responsibility of healthy eating among students lies within the schools. You summed it up nicely when you said, "it all begins at home". A recent study, as you pointed out, found that "girls who eat at least five meals a week with their families are less to be preoccupied with dieting" And the "fat phobia" article in the same edition stated that "dieting not only doesn't work, it actually leads to weight gain". I, as a Chef Instructor of a culinary arts program in a high school, has maintained for a number of years that, yes, my function does include nutritional guidance and provide nutritionally sound meals in our school, but the attitudes toward food must not only begin in the home but must be a part of their daily lives. Like many other issues regarding the youth, whether it be morals, behaviour, or even manners, the lifestyle the students are exposed to at home is paramount.

Significant changes were introduced by the Ministry of Education to battle obesity among school children and many of these guidelines are very good and, I must say, welcomed. My program, like most culinary arts program around the province, had only to make minor changes to meet the guidelines. Unlike the stereotypical "school cafeteria" the student chefs in our programs have always

produced a healthy product, making most foods from scratch, using top-notch ingredients (all trans fat oils have been eliminated from our kitchen three years ago). Creating high quality, unprocessed foods is a bid to not only simulate a real chef's environment, but to be a real chef's environment. If one is interested in seeing what the students are eating (and cooking), a current menu is posted every week on the Dover Bay Secondary School website. Just click on cafeteria menu on the Home page.

Common sense should dictate healthy lifestyle choices and my biggest complaint regarding the Ministry's guidelines is its lack of flexibility. Students in my program need a well-rounded cooking experience, fund raisers (PAC, athletics, band, etc) need viable ways to generate revenues & fun fairs should include food that will not be an overwhelming burden. All these groups, I am sure, have no intentions of undermining the healthy schools initiatives, but are having difficulties finding other choices. Sometimes a knee jerk reaction is typical of politicians' responses to issues that tend to arise (banning 15 seat van for transportation without providing alternatives is the most recent example). Healthy lifestyle choices are more that just the foods that are sold in a school and banning certain foods, although helpful to a certain degree, is not the complete solution.

Eric Mac Neill

Chef Instructor, Dover Bay
Secondary School, Nanaimo

*from our kitchen
three years ago).
Creating high
quality,
unprocessed foods
is a bid to not only
simulate a real
chef's
environment, but
to be a real chef's
environment.*

Rocky Mountain Cafe Muffins

Yield: approximately 100-110

Fat Content: 7 g per muffin

Ingredients:

600 g oil (fat 600 g)
12 eggs (fat 60 g)
450g applesauce
60mL vanilla
3L 1% buttermilk (fat 30 g)
1750g white flour (fat 13g)
1750g whole wheat flour (fat 14g)
200g quick oats (fat 15 g)
1300g white sugar
60mL baking soda
30mL salt
2.5 kg berries, fresh or frozen.* see below.

*Compliments of the Cook Training
Program of:*



Method:

1. Measure the oil.
2. Whisk eggs into oil until emulsified.
3. Combine remaining wet ingredients and add to the oil and eggs.
4. Combine the dry ingredients. Fold the wet ingredients into the dry until about half mixed. Fold the fruit until it is just mixed. **DO NOT OVERMIX!**
5. Place in silicone muffin forms with the # 12 scoop.

Bake at 325 F in convection oven for 20-25 minutes.

*** Additional Muffin Variations:**

- Mixed Berry: Blueberries, raspberries, blackberries, strawberries etc.
- Carrot, Nut Spice: Grated carrots, apples, walnuts, cinnamon and nutmeg.
- Okanagan Fruit: Chopped peaches, pears, cherries nectarines etc.
- Razzelberry: Raspberry, cranberry, spice.

You may also sprinkle with cinnamon sugar, oats or crumble topping before baking.

If you have a recipe that meets the Healthy School Initiative and would like to share it, send your submission to Trevor Randle at randles@shaw.ca.

The school environment provides students with many opportunities to purchase food. When one considers snacks from the school store and vending machines, cafeteria purchases, special event days, the occasional bake sale and other fundraisers, one can see that food sales are a large part of school life. As individual events, they have little influence on healthy eating. When considered together, they add up to an environment that has the potential to promote unhealthy eating habits and conflict with classroom learning about nutrition. Enter the *Guidelines for Food and Beverage Sales in BC Schools*, the intent of which 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.

According to Chef Instructor Eric Macneill at Dover Bay Secondary in Nanaimo, the whole school needs to be on board and family and community need to be involved too. While Eric believes in the intent of the *Guidelines*, he points out that healthy eating is not the sole responsibility of schools.

Even before the *Guidelines* were introduced, Eric was making healthier choices available in the school cafeteria. Powdered soup stock was eliminated long ago because of its high sodium content. All soups are made from scratch, which produces both a highly flavoured product, and a learning opportunity for students. Trans fats were eliminated from the short order bar about three years ago and the salad bar introduced six to seven years ago is a roaring

success. The supplier still can't get over how much lettuce the school goes through on a weekly basis - two cases of romaine, one case of iceberg and one case of leafy green. Four students a day work "the bar" making salads to order that sell for three dollars each (including a tortilla if desired). The croutons are home made, and though salad dressings are not, Eric is always searching for healthier alternatives. A display cooler was installed so items such as fruit salads/plates and chef's salads can be prepared in advance, as the demand for salads made to order can't be met. The salad bar line up is double or triple that of the short order counter. Who says students won't eat healthy food?

Dover Bay enjoys a well equipped commercial kitchen and it is in this environment that Eric is trying to expose students to the equipment and the types of meals they would find in a "better" restaurant, as opposed to the fast food industry. French fries are still sold, but at four dollars for a small tub, sales are down, while healthier choices are priced more attractively.

Eric admits he was skeptical when the *Guidelines* first arrived on the scene, but has since had a change of heart. He sees that the shift to offering healthy choices throughout the school supports the efforts of Chef Instructors to encourage healthy eating. While he believes in the intent of the *Guidelines*, he would like to see some flexibility in the implementation. He would not, however, want flexibility to undermine the *Guidelines*, for example using flexibility as an explanation for selling "Not Recommended" items at school activities.

continued:

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>

Eric doesn't know if the cafeteria menu at Dover Bay meets the *Guidelines* to the letter, but he is confident he is offering students tasty, healthy food that they are purchasing. Cafeteria sales are up overall, though he generally sees a drop when the weather is good. Is it the nearby fast food joints, or the rare appearance of the sun on the "wet" coast in the winter that draws students off the

grounds? For anyone who lives on the coast, heading out into the sunshine makes perfect sense.

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.

BCCASA

British Columbia Agriculture: Eggs

FOOD SAFETY

Canada's egg industry enjoys a reputation for producing a choice of nutritious, wholesome, and safe eggs and egg products for Canadian families. The assurance of food safety for Canadian eggs is validated at several levels.

Food safety begins at the farm. Egg producers take seriously their responsibility for providing consumers with eggs of the highest possible quality. This desire for quality begins with provincial Standing Orders and the Recommended Code of Practice that govern the hens' health, environment, and welfare during egg production, transportation, and

humane fowl removal. Responsible farm management remains the key to healthy hens and safe, nutritious eggs, regardless of operation type.

Field staff regularly test barns to ensure that the hens' environment and feed are free from *Salmonella enteritidis* (Se) contamination. As a result, only one in a million Canada Grade A eggs is estimated to be infected with Se, making Se contamination very rare in Canada. The U.S. Department of Agriculture, on the other hand, estimates that one in every twenty thousand American eggs may be infected from within the shell.

continued:

"only one in a million Canada Grade A eggs is estimated to be infected with *Salmonella enteritidis*"



"Approximately 18% of all egg production in British Columbia is sent to the breaking plant in Abbotsford to be made into liquid, frozen, or dried egg products."

PRODUCERS

About 129 Registered Producers in British Columbia raise almost 2.4 million layers, which in turn produce about 60 million dozen eggs. Ninety-three egg producers are located in the Lower Mainland, eighteen producers are located in the Interior, and eighteen producers are located on Vancouver Island. The average egg production unit raises 17,000 layers. The egg industry contributes over \$95 million to the provincial economy.

In BC, about 88% of eggs are produced by hens that are housed in a conventional cage system. This hygienic housing system separates

The hens from their waste and allows for easy monitoring of the hens' health, vastly reducing the need for veterinary intervention. Conventional systems are the most efficient way to deliver feed and water to the hens, facilitates egg collection, and protects hens from predators.

The remaining 12% of BC eggs are produced by hens raised in various flock management systems. These eggs are called Specialty Eggs, which include free run, free range, and certified organic free-range eggs, many with specific feed requirements.

Eggs are collected twice daily, placed in sanitized plastic flats, and stored in a cooler room at 11-12°C (52-54°F). Producer-Graders are egg farmers who are federally licensed to grade and market their own eggs. Otherwise, eggs are picked up from the farm by refrigerated trucks and taken to the egg grading station, usually within four days of the eggs being laid.

GRADING STATIONS

Grading stations pick up eggs from the farm, wash and grade the eggs, and pack them into cartons or flats for sale to the retailer and foodservice industries, and to hospitals and other institutions. The Canadian Food Inspection Agency (CFIA) sets the standards for grading and sizing eggs. The CFIA also sets operating and food safety regulations for all graders, establishes standards for the three egg grades, and conducts inspections to ensure that these standards are met.

Eggs may be picked up from the egg farm by one of the four larger federally licensed egg grading stations located in Abbotsford, Westholme (north of Duncan) on Vancouver Island, Kamloops, or Terrace.

BREAKING STATIONS

Approximately 18% of all egg production in British Columbia is sent to the breaking plant in Abbotsford to be made into liquid, frozen, or dried egg products.

Once the refrigerated eggs are received from the grading station, the eggs are sent to special machines that break the eggs by the thousands. If required, egg yolks can be separated from the egg whites. Whole or separated, the eggs are then pasteurized and sent in bulk form to bakeries, restaurants and food manufacturing customers who use them in their products. Egg products are also used in pharmaceuticals and in non-food products such as shampoo, pet foods, and adhesives.

source: www.bcegg.com



BC Breakfast Burrito with Pan Fried Yukon Gold Potatoes and Fresh Fruit Skewer

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B.C. Breakfast Burrito

- A.** 12 12" whole-wheat flour tortilla
- B.** 12 slices bacon (diced)
- C.** 15 ml olive oil
3 each bell pepper (diced)
3 each hot house tomato (diced)
4 each green onion (sliced fine)
2 each jalapeno (seeded and diced) optional
- D.** 36 B.C. fresh eggs
- E.** 180 ml aged cheddar cheese or Swiss (grated)

F. Kosher salt and pepper

Pan Fried Yukon Gold Potatoes

- A.** 30 ml olive oil
- B.** 12 Yukon gold potato (diced)
- C.** fresh chives (sliced fine)
Kosher salt and pepper

Fresh Fruit Skewers

- A.** 12 each bamboo skewers
assorted fruits (large dice)

METHOD

For the B.C. Breakfast Burrito:

1. Cook **B** in a sauté pan until crisp. Drain on paper towel.
2. Sauté **C** and season with kosher salt and pepper.
3. Crack **D** into a bowl and mix and season.
4. Cook **D** over medium heat until eggs are cooked but still moist.
5. Warm **A** on flat top grill until heated through.
6. Begin to assemble the dish by placing equal portions of egg on each tortilla.
7. Top the egg with 15 ml of **E** and equal portions on the cooked bacon and vegetable mixture.
8. Roll tightly and return to the flat top grill seam side down until golden brown. (this will help keep it sealed for service)
9. Turn the burrito over to brown the top.
10. Serve with portions of salsa.

For the Pan Fried Yukon Gold Potatoes:

1. Heat **A** in a large sauté pan.
2. Add **B** and cook until browned and tender.
3. Add desired amounts of **C** and serve.

For the Fresh Fruit Skewer:

1. Skewer one piece of the diced fruit onto bamboo skewers.



Submitted by the Maple Ridge
Secondary Culinary Arts Program



I am delicate, petite, pretty, and succulent; a garnish for champagne! I grow in many places, but thrive in the coolest regions of the Northern Hemisphere. My European varieties derive from the species *Rubus Idaeus* while my American varieties mostly come from *Rubus Strigosa*. I was barely seen until the 18th century when I became popular on the dessert table. I am frigid and require cool temperatures. In any real amount of heat I will rebel, perish, leak and stain in revolt. Today you will find me in fruit salad, served with peaches and cream, or pureed and used in jellies, coulis, sorbet, and puddings. I can also be used as a sauce for wild game. My family covers a rainbow of colors, ranging from white to yellow, orange, pink, red, purple and black. My Scottish cousins are always the Envy of the



family. Whenever we have a reunion (which gets rarer and rarer these days), they constantly brag about their cool damp climate and strut around the table like they are the best in the world. Actually, they are, and believe you me they know it! Each year, as the demand increases, they seem to be growing us larger and firmer, larger and firmer, so maybe we'll catch up to the quality of our not so distant cousins! I am certainly welcome on a dessert tray, but my association with discolored skin makes me unpopular in a bikeathon or 10K event. I am High in fiber, a good source of vitamin C, and contain traces of vitamin A and calcium.

For the answer go to our web site:
<http://bctf.ca/bccasa/brainteaser.html>

2008 Chowder Festival

The 2008 Chowder Festival at Garibaldi is approaching fast, Thursday May 22nd

The event will take place outdoors, on the Staff parking lot. In the event that Mother Nature does not want to cooperate, you will cook inside the cafeteria.

Even though this is a fun day for participants, everyone must comply with best Food Safe practices, including maintaining appropriate temperatures for their food items at all times.

More info and details for participants, Registration form on our Web Site at: <http://bctf.ca/currentinfo.html>



2008 BCCASA Conference

Your executive is hard at work organizing our next PSA conference and AGM. This year, we will be spending our time in beautiful Whistler Village. There, we will hear from some great speakers on various subjects such as food security, career opportunities for our students and some success stories of past students. Arrangements for accommodations are currently being negotiated so be sure to check out our

website for up to the minute information. September's edition of the Bouquet Garni will also have all detailed information as well as registration forms.

Plans are already in place for our 2009 conference, which will be held in Maple Ridge. Be sure to check the web site and BCCASA Live often for all updated information.

BUDGET REPORT

For the Month Ending December 31, 2007

INCOME	
4099921 Income surplus BC Culinary Arts	20,264.72
4099930 Membership / subscription fees	1,842.72
4099934 Interest income	489.26
409939 Other	<u>14.00</u>
Total Income	<u>22,610.70</u>
EXPENSES	
4099950 Meeting-executive	1,044.32
406661 Publication newsletter	1,155.13
409970 Operating	59.15
4099979 Miscellaneous	26.15
4099980 Conference operating	<u>8,138.06</u>
Total Expenses	<u>10,422.81</u>
Total	12,187.89

BCCASA Executive Board 2007-2009

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

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Conference and membership chairperson.

Ms. Alison Bell

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Conference and membership chairperson.

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Scholarship chairperson coordinates all BCCASA Scholarship activities.

2nd Vice President: Mr. Daniel Lesnes

Garibaldi Secondary,
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lesgau@mac.com

Webmaster.

Treasurer: Mr. Brian Smith

Thomas Haney Secondary
Maple Ridge (604) 463-2001
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Bookkeeping and budget planning

Secretary: Mr. Trevor Randle

Maple Ridge Secondary
Maple Ridge (604) 463-4175
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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)