

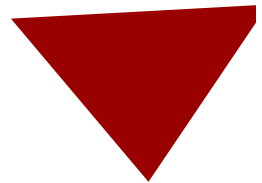
September 2008

Volume 11, Issue 1

Bouquet Garni

"Our lives are not in the lap of the gods, but in the lap of our cooks."

- Lin Yutang, The Importance of Living, 1937



President's Message

A new school year is upon us. Not only does this time of the year give us the opportunity to speculate on new beginnings but it is also a good time to reflect back on the past year. In many senses what will happen in the future is perhaps determined by previous experiences. Our past is sometimes the best indicator of what our future will hold. With this in mind, I would like to write about what BCCASA is planning for the upcoming year while celebrating the past year.

It has been almost a year since I have been President of this association. And yes I must admit I took this job somewhat reluctantly. Back then I saw huge the challenges of embarking on an endeavor with little experience in this sort of thing and the typical excuses for my reluctance to attempt it. Happily some of you saw in me the potential that I myself sometimes failed to acknowledge. With the help of the

remainder of the executive of BCCASA, I emerged as a President with new found confidence in what

this job can do for not only you, but for me as well. I am excited about

what the next year holds for our association because I believe some of the obstacles (both real and imagined) of the past year have been overcome and future plans and challenges can be met more fully assured. How is this transformation in confidence possible? The reasons to me are obvious but perhaps overlooked by some.

You, as members of our culinary arts association, are fortunate to have an executive that excels in dedication, determination and commitment. Renee Thomas, Daniel Lesnes, Brian Smith, Brian Roodenry, Trevor Randle, Alison Bell and Al Irving deserve all of our thanks and gratitude. At the risk of sounding too cliché or too sentimental, they are the behind

continued on page 2

President's Message continued:

"it is important to have a vibrant specialty association is to share concerns and ideas and celebrate successes with like-minded colleagues in an otherwise isolated working environment."

the scenes heroes. They are the reason for my optimism in the future of our association. They are the reason why I personally get a great satisfaction out of being a part of this executive. This past year will lead to an even better new year. A special thanks to Alison Bell who will be retiring from the executive but I am sure will remain an active member.

The reason it is important to have a vibrant specialty association is to share concerns and ideas and celebrate successes with like-minded colleagues in an otherwise isolated working environment. I will get to the concerns and ideas later but would like now to focus on our successes. In keeping with my theme of looking into our past, our upcoming fall conference in Whistler would like to praise our former students achievements. By doing so we also see what is possible for our current and our new students. Also by observing the accomplishments of our former students, we acknowledge our own individual achievements.

The Whistler Conference will also address the very current issues of healthy school guidelines. By now most of you will be familiar with the contents of the guidelines so the focus will be more on the implementation of those guidelines. I hope to see all of you there as it will not only be an opportunity to connect with fellow chef instructors and share ideas, concerns and successes but it should be fun. It is Whistler after all.

I am looking forward to this coming year to complete unfinished business. Last year, two motions

were placed with the BCTF that have yet seen fruition. They are government funding to help finance implementation of the healthy school guidelines and to make the Category 5+ more accessible to chef instructors with teaching degrees in order to be more aligned with other teachers with equal amounts of training. I have found in the past year that the BCTF has many things on their agenda and if BCCASA does not make our voices heard, then our own concerns will not be addressed.

If any of you have any other concerns or issues that have yet to be brought to our attention or any new issues that come up, please let us know. We are, after all, your representatives to an efficient and meaningful association.

This past July, seven chefs from the Lower Mainland spent the first three weeks of the summer break researching, typing, interviewing, sewing and studying at UBC. Aside from the great courses and the continued comrodery within the group, conversation during the long commute via public transportation and the collaboration between classes proved to be equally educational as the courses themselves. Also meeting up with familiar faces as well as having an oportunitunity to meet new members in such a large environment is equally as priceless. Good job to all and keep up the good work!

Chefs at U.B.C. 2008

BCCASA was well represented this past summer at UBC. Seven Chef Instructors spent a good portion of their summer break studying, writing, reading IRP's, interviewing and sewing. Although the classes were very informative, and quite

a lot was learned in the classroom, it was the conversation and debates that took place at lunch and of course on the long commute via public transportation are equally unforgettable. Good job to all and keep up the good work!



From left to right: Matt Philpott , Richard Niezen, Brian Smith, John Buist, Brian Roodenrys, Peter Butcher, Trevor Randle

British Columbia Agriculture: *HONEY (APICULTURE)*



What is Apiculture?

Apiculture is the management and study of honeybees. The term is derived from the honeybee's Latin name *Apis mellifera*, meaning

'honey gatherer'. Since bees do not collect honey but nectar from which honey is made, the scientific name should actually be *Apis mellifica* meaning 'honey maker'. Although apiculture refers

British Columbia Agriculture: *HONEY (APICULTURE) continued:*

"Unlike other bees, honeybees can communicate details about the location, quality and quantity of food sources."



to the honeybee, the vital role all bees play in the pollination of crops and flowering plants has caused apiculture to also include the management and study of non-*Apis* bees such as bumblebees and leafcutter bees.

Some 90 million years ago, flowering plants first appeared on earth. The wasp-like ancestors of bees took advantage of the food made available by flowers and began to modify their diet and physical characteristics. Since then, flowering plants and bees co-evolved. This eventually led to a complete interdependence, meaning that flowering plants and bees cannot live and reproduce without each other.

Honeybees are indigenous to the Eurasian and African continents and were introduced to the Americas and Australia by European settlers. The western honeybee is comprised of some 24 races or sub-species. The African honeybee, sometimes referred to as 'Killer bee', is a race of the western honeybee and can therefore cross-breed.

Bees collect pollen and nectar. Pollen is the protein source needed for bee brood development while nectar is the carbohydrate source providing energy. Nectar is a sugar solution produced by flowers containing about 80% water and 20% sugars. Foraging bees store the nectar in the 'honey sac' where the enzyme invertase will change complex sugars into simple sugars called mono-saccharides. Upon return to the hive, the foraging bee will disgorge the partially converted nectar solution and offer it to other bees. Housekeeping bees will complete the enzymatic conversion, further

removing water until the honey solution contains between 14 - 20% water.

Honey is too dry for any microbes to live in. Honey is non-perishable and can be kept indefinitely in a cool, dry place.

The flavor, aroma and color of honey is determined by the floral source. For example, buckwheat honey is almost black while fireweed honey is almost colorless.

Unlike other bees, honeybees can communicate details about the location, quality and quantity of food sources. This allows honeybees to access and utilize food sources efficiently at great distances. Honeybees maintain temperatures in the brood nest of between 30 and 34°C, even in the middle of winter. The honeybee colony is comprised of one queen, thousands of worker bees and a few hundred male bees called drones. Colony size varies according to season and condition of the colony.

Several diseases including viruses, various microbes and mites can affect the honeybee. Honeybees are used in pollination and play a critical role in the production of many crops, representing a value of over \$14 billion per year in North America.

Thai Pork Tenderloin

Yield: 6 portions

Ingredients:

- A.** 2 pork tenderloins (about 3/4 lb. each)
- B.** 100 ml soy sauce
 75 ml honey
 60 ml fresh lime juice
 30 ml peanut or vegetable oil
 3 cloves garlic, finely chopped
 15 ml curry powder
 15 ml grated fresh ginger
 5 ml ground black pepper
 1 Thai Chili, diced (or 5 ml dried chili flakes)
 30 ml chopped cilantro
- C.** 1 bunch cilantro, chopped
 1 bunch green onion, cut on the bias
 1 red pepper, small dice
 lime wedges

Method:

1. In a small bowl, combine **B** and mix until well blended.
2. Place **A** in a large container or plastic bag; pour marinade over pork in bag. Close bag tightly; marinate in refrigerator for 1 hour or up to overnight.
3. Remove pork from marinade; reserve marinade. Sear pork on all sides and place into 375 F oven until medium doneness (60C)
4. Place reserved marinade in a small saucepan. Bring to a boil; reduce heat and simmer 5 minutes. Serve with sliced pork; garnish with **C**.
5. Serve with steamed basmati rice.

Tip:

For a vegetarian version, replace pork with 1-1/2 pounds of extra firm tofu, cut into 1/2-inch slices; marinate as directed. Grill for 6 to 8 minutes, turning once.



DEFINING WHO WE ARE

An Article by Eric McNeil Chef Instructor, Dover Bay
Secondary

Recent events have prompted a need to identify what chef instructors in the high schools around the province are doing. One event was that of The Dietitians of Canada who are working with the Ministry of Education to set healthy schools guidelines and to provide ways of implementing those guidelines. Last spring the Dietitians of Canada invited about a hundred various educators and stakeholders to a workshop to defend the need to change the types of food students are eating and to equip these people with the ways to do it. Front and centre in much of the discussions was nutritional analysis: fat content, sodium content, sugar content etc.. Of the hundred people that attended this workshop, only three chef instructors were invited. A response to what chef instructors do in their kitchens seems to be needed. Another more recent event also seems an explanation of the duties of a chef instructor is required. A letter from the health authority cautioning food service outlets that a Listeria outbreak in the Maple Leaf meat processing plant in Toronto has occurred and advises against the use of some of their products.

First things first. We are not nutritionists. We are Chefs. We do not need to create a new diet fad. Nor do we need to jump on somebody else's bandwagon. What we are looking to do is to show how a healthy lifestyle can be enhanced by delicious meals made from scratch in our kitchens. This is food that

people want to eat -exciting, full of flavor and it just so happens that we can make it while keeping in the guidelines presented by The Dietitians of Canada. As chefs we could never put a dish on a menu that didn't meet both of those standards.

We are not talking about no sugars or low sugars, nonfat or low-fat. We are talking about the right sugars, the right fats. The pendulum needs to swing back a little. We can make adjustments but substitutions? Splenda-what is that? Eliminate all fat? Why? We care too much about taste to advocate the use of fake, processed foods. We believe in the purity of flavor. We not going to use substitutes or imitation anything, but present a variety of dishes that will fit perfectly with today's health conscious lifestyle.

Leave the nutritional analysis to the nutritionists and leave the processed meats in the factory in Toronto. People are getting too caught up in this crazy, sugarless, nonfat world. We believe in making the right choices with the right foods, all without overloading on artery clogging fats. Heart healthy oils like olive and canola, complex carbs, and fibre are all what we do when we prepare well rounded, flavourful foods. Chefs do this without analyzing and certainly without eliminating. We don't need to look at the "choose least" or the "choose most" column to know what to cook. Why? Because we just do, that's why.

Nutrition Update

Submitted by Andrea Ottem of the Dietitians of Canada

Coming soon! Tips & Recipes for School Food Services: Meeting the *Guidelines for Food and Beverage Sales in BC Schools*. This new resource has been created to assist people who prepare food for sale to students in implementing the *Guidelines*. It includes tips on how to choose healthy recipes, substitutions to make favourite recipes healthier, and a selection of recipes that meet the *Guidelines*.

It will be released in *draft* form mid-late September 2008. Look for it at www.healthyeatingatschool.ca or contact Andrea Ottem at

aottem@telus.net. It will also be distributed at the BCCASA conference in October. The plan is to finalize the content by early 2009.

Dietitians of Canada, the publisher, is interested in hearing from you about its suitability and will be accepting comments and ideas until November 15, 2008. We are also interested in including more recipes. Do you have tasty, healthy recipes that students in your school enjoy? Are you willing to share them? If your answers are yes, please contact Andrea Ottem at aottem@telus.net.

Garabaldi Chowder Festivlle 2008



The sun was shining and students throughout Maple Ridge began to arrive bright and early ready to prepare and showcase their culinary creations. Just before the burners were lit, students were anxiously for Chef Daniel Lesnes to give a few last words of encouragement. Before you could say chowder, the culinary arts students began to transform a variety of raw ingredients into warm and comforting chowders. The atmosphere is not like a regular competition, this festivlle of flavours is unique because the focus is on the food, creativity and most of all student colaberation and networking.

Top choice is not judged by third party critiques, but decided by the contestants themselves. There is also the peoples choice award decided by the staff and students of Garabaldi High School. Every contestant leaves proud of their accomplishments and eager to be a part of the next years event. A special thank-you needs to go to Daniel Lesnes for his unique vision and time spent on organizing this much needed event. Other districts are always welcome and encouraged to join the festivlle .

2008 Chowder Festival Winning Recipes

Butter Poached Lobster Chowder with Orzo and Mascarpone

By Kyle Tillotson

Although not a typical one-pot wonder, as is the case with many chowders, this version utilizes the lobster to it's fullest. The mascarpone doesn't hurt either.

Step 1:

2 fresh lobsters
Zest of 1 lemon
White vinegar (as needed)

Directions: Put the lobsters in a tight-fitting heatproof container. Cover them with cold water, and then pour the water back out into a large measuring cup or bowl. Bring the water to a boil and add ½ cup vinegar/ 7 ½ liters of water. Pour the boiling, acidulated water over the lobsters and allow them to steep for 2-3 minutes depending on the size. After removing the lobsters, break off the claws and return to the water for an additional 5 minutes. Remove lobster meat from the shell.

Lobster Stock:

Reserved lobster bodies
¼ cup grapeseed oil
1 cup chopped tomatoes
1 cup tomato juice
½ cup chopped carrots
Water (to cover)
1 bunch of tarragon

Directions: Heat the grapeseed oil in a large braising pan to medium-high heat. Sear the lobster bodies for a couple of minutes on each side until they turn bright red. Add the tomatoes, carrots, tomato juice, and half the tarragon. Cover with water and bring to the boil skimming off the scum. Reduce to a simmer and let it cook for 1 hour. Strain as necessary, let it cool with the other half of tarragon, and chill until needed.

Step 2:

Beurre monté
Reserved Lobster

Directions: Cut lobster meat into even sized pieces. Poach lobster meat in beurre monté until the meat is completely opaque but still very tender.

Orzo:

Boil 1 ½ cups orzo in boiling salted water until al dente.

Final assembly:

Reserved lobster bodies
Lobster stock
2 yukon gold potatoes
2 tablespoons tomato paste
1 teaspoon grapeseed oil
½ cup mascarpone cheese
2 cups heavy cream



2008 Chowder Festive Winning Recipes continued:

Chives finely chopped
Salt, paprika, white pepper

Directions: heat the oil on medium heat. Add half the tomato paste and lightly cook. Add stock and simmer for 10 minutes. Using a small melon baller, cut small spheres of potatoes and add them to simmering stock. Add cream and remaining tomato paste. Simmer for another 5 minutes. Season with salt, pepper and paprika. Add poached lobster, mascarpone, orzo, and chives. Serve.



Roasted Garlic and Prawn Chowder

Recipe by David Parent

Ingredients:

14 Yukon Gold Potatoes
4 L. Vegetable Stock
2 Bulbs Garlic
12 Black Tiger Prawns
4 cups Mushrooms
1/3 cup Olive Oil
1/2 cup Whipping Cream
1/3 cup Flour
3 stalks Celery
Pinch Oregano
Salt & Pepper



Method:

1. Dice onions, celery, and mushrooms
2. Break apart garlic, sauté in frying pan and roast until golden brown.
3. Reserve oil and sweat onions and celery until tender. Form roux with flour.
4. Slowly add stock while whisking.
5. Peel and cut 10 potatoes in squares, Add, and cook until tender.
6. Shred remaining potatoes.
7. Sauté mushrooms, add to chowder.
8. Chop roasted garlic, add to chowder.
9. Make a whitewash with whipping cream and flour, add slowly and continue whisking.
10. Sauté prawns, coll and cut into smaller pieces. Add to chowder
11. Add oregano and salt and pepper to taste.

SD #42 Chowder Festival 2008 continued



David Parent "Roasted Garlic and Potato Chowder" The People's Choice Winner



Kyle Tillotson "Butter Poached Lobster with Orzo and Marscapone" Peer Evaluation Winner



Marco Webber "Traditional Clam Chowder"



Tyler Morgaard and Kylee Lewicke "Patterson's White Seafood Chowder"

For more action shots from the 2008 Chowder Festival,
go to our website at:
www.bctf.ca/bccasa.ca



BCCASA Annual Conference 2008

“Whistler Culinary Discovery “

The BCCASA 2008 conference and AGM will be held on Friday, October 24th and 25th at:

Nita Lake Lodge located at:

2131 Lake Placid Road
Whistler, British Columbia, V0N 1B2

Toll Free: 1-888-755-6482 (NITA)

www.nitalakelodge.com

TENTATIVE CONFERENCE SCHEDULE:

Friday October 24th:

8:00 – Registration and Refreshments

9:15 – Guest Presentations

Presentations Include:

-Former culinary arts student's share their experiences.

-Garry Kaston on healthy schools.

-Debbie Shore of Malaspina College.

-Alison Bell will share her food security master's thesis.

12:15 – Lunch

1:30 – Annual General Meeting

Saturday October 25th

8:00 am – Organized Activities

These will allow us to experience all that Pemberton/Whistler have to offer. Specific information will be given at registration or for a sneak peak, visit the website at: www.bctf.ca/bccasa.ca

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

- PSA Public Relations
- Membership anniversary date. When should it be? Should it happen?
- Lifetime Membership Criteria
- B.C. Chef/BCCASA Scholarship Brunch
- Alison's Executive Retirement
- Standard Curriculum. Discuss the process that needs to take place for change.
- BCCASA AGM 2009

Please complete registration form on page 8 and fax to Eric Mac Neill at 250-751-3405 by October 17, 2008

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

Accommodations Costs at Nita Lake Lodge

Studio Suite single/double
\$116.00 per night

One bedroom suite (4 people)
\$143.00 per night

Two bedroom suite (6 people)
\$206.00 per night

For reservations call 1-888-755-6482

*Please note that price above does not include \$15.00 parking or taxes.



**“Whistler Culinary Discovery”
BCCASA 2008 Conference Registration Form**



Name: _____

School: _____

—

Address: _____

—

Phone Number: _____

Fax: _____

e-mail: _____

Member \$150.00 Non-member \$250.00

The conference fees will include Friday lunch at the
Nita Lake Lodge, Saturdays activities, lunch and dinner.

Please fax completed registration form to Eric Mac Neill at (250) 751-3405
on or before October 17, 2008. Please make cheques out to BCCASA and
sent to:

Eric Mac Neill (Dover Bay Secondary School)
6135 McGirr Road
Nanaimo, B.C.
V9V 1M1

Lesnes Brain Teaser #17

My first recorded use is in China in about 2700 B.C. Originally I was used medicinally as a powerful laxative, and a known cure for venereal diseases. It was not until the eighteenth century that my stalks became popular for eating. My leaves contain oxalic acid and are toxic. I'm field grown from late winter to early summer, and hothouse grown all year, but my field flavor is stronger.

Although I am often used as a fruit, I am a member of the buckwheat family, an almost indestructible perennial, whose stalks grow up to two feet long. Often combined with strawberries or ginger, I am awesome as a fruit soup, pie, sauce for meats, jam, sorbet, or ice cream. I can even be fried or poached.

WHAT AM I ?

Upcoming Events

Gingerbread Competition: North Surrey Secondary School; Thursday, December 11, 2008

Sculpture Competition: Enver Creek Secondary School; Wednesday, April 15, 2009

Chili Competition: Lord Tweedmuir Secondary School; Thursday, May 7, 2009

SD #42 Chowder Festival: Thursday May 21, 2009

CCEA Conference: Sask. June 19, 20, 21, 2009