

Bouquet Garni

"Competition has always been in me. It pushes the limits of what can be accomplished"
Christopher Mills - Bocuse d'Or 2001



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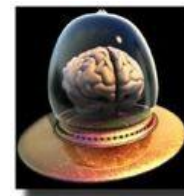
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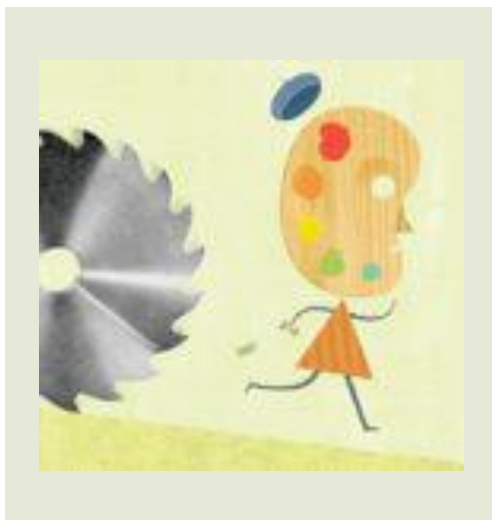


President's Message

submitted by Chef Eric MacNeill - Dover Bay Secondary

The culinary arts program at Walnut Grove Secondary School in Langley is being cut due to financial reasons. There are a number of reasons why this both angers and saddens me and would no doubt do the same thing to you. First of all it is a very personal reaction. Mona Garga, the chef instructor there, is a personal friend and active BCCASA member, and she is going through hell. Her life is in turmoil as she tries to make sense of this decision and tries rebound after such a life altering event. Also it makes me, and I am sure you as well, feel extremely vulnerable. If it can happen to her program, in a very large, suburban high school, it can happen to us all.

What really angers and puzzles me is that the powers that be do not see



the value in programs like ours. It was only a couple of weeks ago that Global TV and CTV were running news stories about John Bishop, well known celebrity chef in Vancouver, training lunch ladies about how to deliver healthy, local foods in the non teaching school cafeterias that they work in. The implication being that students in B.C. have no healthy eating options in this much covered obesity epidemic among the youth. You can read about BCCASA's position at a following John Bishop publicized presentation in another article in this issue, as Trevor Randle informs the media that there does exist other healthy food proponents. And those proponents are us. Trevor took a stand, explaining who we are and that we have been involved in the "Healthy School Guidelines", "Take

President's Message

continued:

a Bite of B.C., (who, as you know, have been donating thousands of dollars in local food to our kitchens) and we have been creating healthy foods for years. The "Jamie Oliver" food revolution and the many studies and articles have made this issue front and center but we been steadily exposing both the general student population and our own culinary students in our schools long before the "Jamie Olivers" and the "John Bishops" came along. It seems the one main difference between the celebrity chefs and the chef instructors in our programs is the media attention "they" receive. But what we have in common is the skills and the ability to address those issues.

Yet it is incredibly hypocritical that it is the same people who proclaim their concerns about the poor eating habits of the youth are the ones that cut programs like Mona's. The people who are in position to make such decisions would politicize the need to address the ever growing obesity problem among the youth, that this issue is a grave concern to them, but are so short sighted they cannot see beyond the bottom line. Yes all school districts are facing tough financial choices but to direct support away from our teaching kitchens, to allow catering contractors (which is the case in this particular situation) or to just close completely would nullify any claims that they have the health and well being of the students at heart. Our programs would provide much healthier options than private contractors because private contractors are much more profit driven than we are. We make food from scratch by the 24 or so students in each of the four classes, where as a contractor could not possibly replicate that because of the labor cost. Instead non skilled workers (like those in John Bishop's one day seminar) would be serving pre made, processed foods from packages. Perhaps the food they serve may be cheaper but certainly would be far inferior from both a quality and healthy perspective. But we can still sell quality, healthy food at an attractive price because as long as we are meeting our food cost, making a profit is not an issue.

But even then I am quite skeptical of the financial aspects of that argument because our programs are one of the few money generating programs in the schools. I know my program is self sustaining, that any revenue, after food cost and the wages of one support staff are met, supports the program. What other program can make that claim? And do we need to make a profit to legitimize the educational value of our programs?

If there is a financial argument to be made, the principle of Walnut Grove needs to look beyond his little world before making light decisions that have wide effects. Does this person know that, according to the Globe & Mail (April 30, 2011, P. F5) Canada is the only Group of Eight country without a government-funded school lunch program? "Providing healthy school lunches could fit into a broader food-education program that aims to explain why the best food doesn't come from the drive-through." Instead of cutting here and there to meet their bottom line, he needs take a stand. He needs to use his position to lobby for change rather than meekly accept what they have to work with. He needs to look at the trustees in the Saanich School districts who are publicly defying the government by operating a deficit budget. His decision seems to me as the easier option and he needs to look at the broader implications.

Walnut Grove Secondary School is the only school in the Langley District with a culinary arts program. Any student in that district wishing to take culinary arts in order to enhance a career in cooking would have to go elsewhere limiting the opportunities to pursue such a career. Speaking from experience I know students who have taken culinary arts are much better prepared when they reach a post secondary level than those who do not. And in the intense, compact program at the college level that prior experience is a huge advantage. The students who are serious about taking cooking as a career may decide to choose another district further reducing the financial argument about closing the program because those students will take the funding with them. As well, closing the program will reduce the chance of exposing a student to such as career option and in many cases will leave the non academic student with fewer options.

I would appeal to all of our members to take this matter very seriously. And do not rely on the executive of BCCASA or the BCTF to provide solutions. We all need to be actively involved in finding a resolution. Ultimately it is all of us who are affected.



2011 Chowder Festival

In between days of cold and rain that seem to have plagued our June, the sky cleared and the sun came out to shine on this years Chowder Festival. The event was hosted by Chef Richard Niezen at Samuel Robertson Technical School in Maple Ridge. Twenty teams set up their cutting boards and their burners in anticipation of creating some very unique and classical flavors in a very short time. Congratulations must go out to all of the students for their efforts and hard work. After official judging ballots and the people's choice ballots were tallied, the numbers were close but winners were declared.



Official Judging:

- 1st - Team # 13 SRT - Dereck Kielty & Alana Watkins
- 2nd - Team # 9 Thomas Haney - Ian Head & Kurtis Tunnski
- 3rd - Team # 14 SRT - Bjorn Peters & James Purdey tied with Team # 4 Centennial - Brandon Hoffman & Amy Chen

People's Choice:

- 1st - Team # 4 Centennial - Brandon Hoffman & Amy Chen
- 2nd - Team # 1 Thomas Haney - Taylor Chambers & Aaron Dunningham tied with Team # 9 Thomas Haney - Ian Head & Kurtis Tunnski
- 3rd - Team # 3 Centennial - Vince Deering & Jon Rickert

Culinary Students in Their Element



2011 Chowder Festival

continued:



Team Centennial Secondary 2011



The official judges.



Team Samuel Robertson Technical



Team Thomas Haney 2011



Chef Daniel Lesnes and Chef Brian Smith supporting their students.



Team Maple Ridge 2011



Team Garibaldi 2011



13 of 20 samples. No need to pack a lunch today!!



Cooking by the S.R.T. garden.

2011 Bocuse D'Or

submitted by Chef Pierre Dubrulle - Retired Lifetime Member

The Bocuse D'Or is the most prestigious culinary competition in the world. It takes its name after 84 years old world re-known Chef Paul Bocuse, and is being held every two years in Lyon, France in January. Canada participated in all the competitions. Out of 12 Canadian competitors 10 came from the west. Robert Sulaticky had the best place finishing 4th overall in 1999.

The world Wide Web has lots of detailed information regarding the Bocuse D'Or, therefore I will concentrate on the real reason for me to write this article.

While teaching at Thomas Haney Secondary in Maple Ridge, a young, reserved student joined my program. His name was Ryan Stone. Right away I suspected something special in the way he behaved, asking questions, being always on time, never arguing, handing his assignments ahead of everybody else. One day I showed my class a video showing how Robert Sulaticky became involved in the Bocuse D'Or and his participation in the competition. The video was one hour long. 12 students sat on milk crates around the TV screen. One by one, 11 of them left (not putting the milk crates back where they belonged!) and only Ryan remained there until the end. He later told me that after viewing this video he said to himself: "one day it will be my turn to represent Canada"

Ryan graduated. I introduced him to Scott Jaeger who took him under his wing as an apprentice. Ryan was selected to assist the Canadian representative to the 2005 Bocuse D'Or. He then won the rights to represent Canada for the 2011 Bocuse D'Or. Needless to say, I was very excited when he told me the news. My wife and I decided to join him in Lyon, last January.

The competition is one among many. It is part of a giant trade show known as "SIRAH" which stands for : "Salon International de la restauration, de l'Alimentation et de l'Hôtellerie". It is being held in the "Hall Paul Bocuse" where 2000 fans yell and scream their support to their

team. The hall has 12 kitchens, all identical. Competitors start cooking at 10 minutes intervals. They have 5 hours and 35 minutes to prepare and serve a fish and a meat platter. 12 judges mark the fish dish, and 12 the meat dish. Taste goes for 60% of the marks and the remaining marks are for timing, presentation, overall impression. This year The Scandinavian countries took the 3 first places. The Bocuse D'Or went to Denmark, while the Bocuse D'Argent and Bronze went to Norway and Sweden. Canada finished an honorable 12th. There is also a first prize for the best Fish platter, and for the best meat platter, as well as the best commis.

It was for us the experience of a life-time, and I strongly recommend to all my colleagues to attend and participate in the upcoming Bocuse D'Or.

Pierre Dubrulle
Windsor, Ontario
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20 Things You Did Not Know About BCCASA!!!

submitted by Chef Eric MacNeill - Dover Bay Secondary



1. Most of our members have both a B.ed. and journeyman red seal chef trade.

2. Students who graduate from our programs can be eligible for their first level credentials of the apprenticeship trade program.

3. As of March of 2009, 28,000 jobs gained in B.C. were in the trades.

4. Our kitchens are great advocates of the local food initiatives.

5. Take a Bite of B.C. is a pilot project to bring locally fresh, locally grown produce to teaching kitchens in the lower mainland.

6. Take a Bite of B.C. is soon to expand to Vancouver Island.

7. David Thompson Secondary School in Invermere has their very own greenhouse using much of the produce in their cafeteria saving 620 kilograms of carbon annually from transportation.

8. Students at David Thompson Secondary won \$1000.00 and provincial recognition in their "Food Miles" project.

9. Alison Bell, Chef Instructor at David Thomson has her Master's Degree in Food Security.

10. Annual events supported by BCCASA are: Ginger Bread Competitions, Chili Competitions, Chowder Competitions, Sculpture Competitions.



David Thompson Secondary School's Greenhouse, Invermere, B.C.

11 Very involved in "The Guidelines for Food and Beverage Sales in B.C. schools by working with the Dietitians of Canada.

12 Students eat one-third of their calories at school and a significant portion of that is purchased.

13 Many of our chef instructors reported that only a little adjusting in their menus to meet those guidelines were needed.

14 Students in our teaching kitchens are exposed to equipment that is standard in many restaurants.

15 The types of meals that our own students prepare and the types of meals the general student population are exposed to would be found in many "better" restaurants beyond the scope of "fast food" eateries.

16 TQS does not recognize the red seal chef as legitimate form of education for our chef's despite the 4 years it takes to get it and that it is a job requirement.

17 Daniel Lesnes Chef Instructor at Garibaldi Secondary School in Maple Ridge won 2009 Outstanding Teacher Award by the BC Agriculture in the Classroom Foundation in recognition of his daily efforts to bring local agriculture to his kitchen and his students, and Chef Trevor Randle was awarded the honor for 2011.

18 Pierre Dubrulle past BCCASA president and former chef instructor at Thomas Haney School in Maple Ridge is the founder of The Dubrulle Culinary Institute in downtown Vancouver, now a part of the Art Institute of America.

19 Rob Feenie, celebrity chef and Iron Chef and executive chef of all the Cactus Club Café is a graduate of the Dubrulle Culinary Institute.

20 Our annual conference is the envy of many other PSAs with venues that includes the Culinary Institute of America (CIA), Las Vegas, Cowichan Valley, Whistler, Okanagan Valley, Napa Valley, Harrison Hot Springs.

Take A Bite of B.C.

submitted by Chef Daniel Lesnes - Garibaldi Secondary

On June 15th, in recognition for his involvement and contribution to the 'Take A Bite of BC' program and 'The BC School Fruit and Vegetable Nutritional Program, Trevor Randle received the B.C. Agriculture In The Classroom (AITC) Chef of the Year Award at the National Agriculture in the Classroom Convention in Abbotsford.

Since the first steps of the Take A Bite Of BC program, Trevor has been actively involved in the creation and the implementation of the program. His work did not stop there; he also attended many promotional events and did many demos on top of engaging his students working with local produce at Maple Ridge Secondary School.

Congratulations Trevor for this well deserved award!!



BCCASA in the Media

Recently two of our members have been in front of the microphone and letting the world know what is happening in our teaching kitchens. The first was Chef Shirley Wong of Windermere Secondary School. Shirley hosted a Take a Bite of B.C. appreciation dinner. On the guest list were local media such as Global, local food bloggers, and of course farmers who contribute to the T.B.B.C. program. Shirley was also featured in an article in the Montecristo Magazine which highlights some of the amazing features that are unique to Shirley's program. Check it out at <http://www.montecristomagazine.com/ReadArticle.aspx?IssueID=1&ArticleID=15>



On a very different but equally important of a note was Chef Mona Garga's appearance in articles and on the radio talk show "Co-op 102.7 FM." Mona did an amazing interview with the host explaining the situation that she is facing in School District #35. Mona was calm and very professional despite the grave reality that no students in that district will be able to take any form of culinary arts training because both teaching kitchens have been closed down as of September 2011. Mona was able to get the facts out and acted as an excellent ambassador for the preservation of the trades in our secondary schools.

BCCASA in the Media

“Adventures in Culinary Arts” submitted by Chef Eric MacNeill - Dover Bay Secondary

The Rotary Club of Sooke annually sends youth from the Edward Milne Community School (EMCS) to many adventures throughout Canada in an attempt to direct youth in a direction for furthering their education or skills in a particular subject/discipline.

We decided to initiate the Ad. in Culinary Arts this year and set about creating an event that would assist youth from 15 to 18 identify with cooking and creativity in the culinary world. Sooke is blessed with a charmed location which entices tourists to the area and therefore we have a number of super restaurants and therefore experienced chefs.

Zachary Regan is himself experiencing the life as a Chef in Sooke at the Markus Restaurant and has worked at several other establishments. He has also completed the EMCS School culinary training and advanced to Camosun College's Culinary/Chef program.

He therefore seemed a logical fit for our adventure and he readily accepted the challenge.

After a significant amount of effort by Zachary and the Rotary Club of Sooke we decided on April 16/17 2011 to host the event and advertised throughout the Vancouver Island Rotary Clubs. We had limited the number of participants to 16 to be a suitable number in the EMCS kitchen having designed 8 work stations with the participants in pairs.

17 applied however 2 cancelled at the last minute for 15 at the event.

To allow participants and drivers time to arrive the program began at EMCS at 10 am on April 16th with attendees from as far as Port McNeill through Courtenay, Nanaimo, Ladysmith and Victoria and some from our own Sooke school EMCS.

After introductions etc. Zach gave an overview of the world as a chef as he sees it, followed by the notorious chef Angelo Prosperi Porta who is on staff at the Camosun College Culinary program as well as operating Cooper's Cove Guest House in Sooke, who gave an overview of the culinary programs at Camosun College including course funding options.

Following lunch the program turned to 'hands on'. Zach had created 8 boxes of ingredients



that the pairs would receive and have no idea what was inside and create a recipe and make a presentation at the end of the afternoon. One highlight in my mind was the ease that the participants 'paired up' with others they had never met before. The one given was that all were to create a base pasta from scratch with the pasta making tools and natural ingredients Zach had provided. There were eight different pasta type/forms by the end of the day!!



This day ended at the school with an presentation and 'eat off' when 10 Sooke Rotarians were dined sampling the surprise menus. The results were absolutely amazing, talk about creativity and presentation, this was incredible and all Rotarians were pleasantly surprised.

After 'clean up' the group went to watch movies with a culinary theme and socialize at one of the Sooke Rotarians house. Pizza, pop and popcorn were on for snacks and the group socialized and finally went off at 9:30 pm to their host Rotarian billets.



Sunday morning started at 9:30 am with a stroll at Whiffin Spit a popular walk between ocean and harbor, the weather was beautiful and a great lead in to a tour of the gardens and kitchen of the Sooke Harbour House. Most of all the vegetables on the extensive menu are grown on site and the youth learned a great deal about what can be eaten that grows in your own garden. Following that we moved to Markus's garden and kitchen where Zachary is really at home as the main chef and he gave an explanation of his experiences in a relatively tight work space.

The event then move to a Rotarians house for lunch, self created with a finale, farewell and pick-up at 1:30 pm on Sunday April 17th 2011.



A lot of work, I must say, but seeing the reaction and hearing the comments and feedback from all it is obviously something we will do again in 2012.

Our Youth are our future and we would be wise to give them an opportunity whenever we can after all they will be our leaders in the future.



BCCASA AGM and Conference 2011

Due to the sudden and completely unexpected cut of our 2011 conference host; Walnut Grove's culinary arts program in School District #35, the executive has been hard at work changing plans and creating new ones to facilitate our October AGM and conference. Unfortunately, there are were no solid commitments from facilities at the time this edition was printed. Rest assured, there will still be a conference, what it will look like and where it will be held are still in question. Make sure you check the website at : <http://bctf.ca/bccasa/> regularly over the summer break. As well, please make sure you stay plugged in to the "Whats Cooking" emails for updates and registration information that will be made available as it comes in. In the meantime, there are other pro-d adventures available such as the China Discovery. Please contact Lori Piling for further information.

China Discovery 8 Days \$999 + airport taxes

Day 1-2

Meals: Dinner

Home Departure

- ☐ Depart for Beijing via scheduled airline
- ☐ Arrival in Beijing .It was in this city that Chairman Mao proclaimed the People's Republic of China in 1949.
- ☐ Welcome dinner

Day 3

Meals: Breakfast, Lunch, Dinner

Tiananmen Square, Forbidden City, Capital Museum

- ☐ Tiananmen Square (the Gate of Heavenly Peace), the largest public square in the world.
- ☐ The Forbidden City, accessible only to members of the imperial court until as late as 1949. Get a close-up look at the golden-roofed Imperial Palace, one of the world's greatest architectural achievements.
- ☐ Tea Ceremony, experience and learning Chinese traditional tea culture.
- ☐ Capital Museum

Day 4

Meals: Breakfast, Lunch, Dinner

The Great Wall, Olympics Games sites

- ☐ Beijing Excursion to the Great Wall of China Travel to view one of the wonders of the world.
- ☐ 2008 Olympics Games Sites- Water Cube & Bird's Nest

Day 5

Meals: Breakfast, Lunch, Dinner

Temple of Heaven & School Visit of Cooking Lesson

- ☐ Temple Of Heaven-where emperors went to worship heaven for good harvests.
- ☐ Beijing Jinsong Vocational School Visit
- ☐ Experience & Learning the cooking lesson of Chinese food

Day 6

Meals: Breakfast, Special Lunch, Dinner

Hutong Rickshaw & Family visit

- ☐ Rickshaw Tour of Hutongs- an ancient city alley or lane typical in Beijing.
- ☐ Experience & enjoy the local family's Chinese house meal
- ☐ Optional cooking class in the hotel

Day 7

Meals: Breakfast

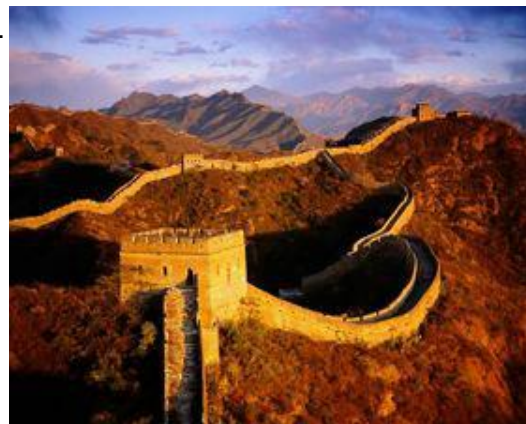
Free day to explore the city on your own

Day 8

Meals: Breakfast

Home or extend the trip to other cities of China

- ☐ Xi'an -Terracotta Warriors
- ☐ Shanghai - Pearl Of Orient, Ancient Water Town
- ☐ Guilin -The most beautiful place in China





Lesnes' Brain Teaser # 25

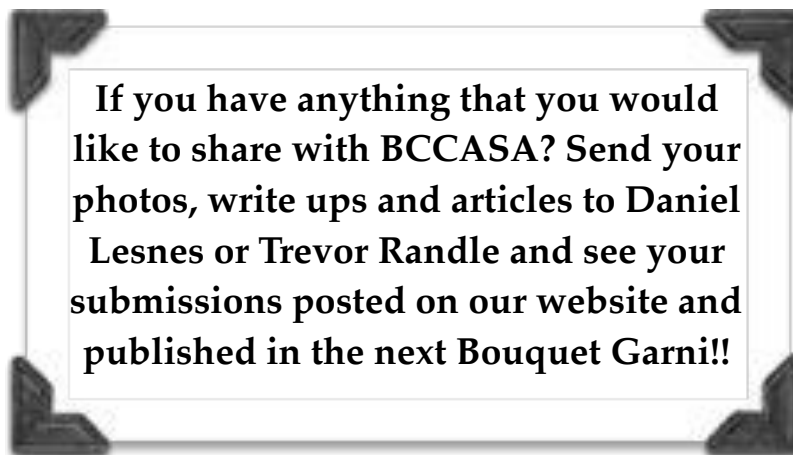
submitted by Chef Daniel Lesnes - Garibaldi Secondary



Here an easy one...

We're native to India and may be 10,000 years old. The Romans loved us. Then Americans declared us only fit for cows in the late 1600's. But today, we join the Queen for tea between slices of buttered bread. Smooth or warty, we always have glossy skin and almost white flesh. Ranging from 3 inches to 2 feet in length, generally the English are the longest, while American's are shorter and fatter. The Chinese hang weights on us sometimes to make us grow longer and stronger. Big or small, long and firm, with seeds or not someone wrote a book listing why we are better than a man in 100 ways. We do hang out with real climbers, who may need some guidance, constraint or support, so we don't end up rolling on the floor or taking over the party. Peel us if we're waxed, scrub off any spines, and gut us if you burp. Eat raw, steam or sautéed. Leave in vinegar, but not the freezer. We're a must for Greek salads and gazpacho. Combined with yogurt, we counter Middle Eastern spices. Great with fish, dill, and tomato. A source of potassium, calcium, folate, and vitamin C, we're fat free, cholesterol free and sodium free. We're a diuretic, purifier, and relaxant. Use us as a cool astringent to soothe your skin. From fields and greenhouses, we come for you all year with a summer peak.

To view the answer to this or any of the Lesnes brain Teasers, visit our website at: <http://bctf.ca/bccasa/>



If you have anything that you would like to share with BCCASA? Send your photos, write ups and articles to Daniel Lesnes or Trevor Randle and see your submissions posted on our website and published in the next Bouquet Garni!!

BUDGET REPORT

submitted by Chef Brian Smith - Thomas Haney Secondary
For the Year Ending May 31, 2011

INCOME

4099921 Income Surplus	11305.31
4099923 Conference Surplus Outside Account	11000.00
4099930 Membership / subscription fees	2965.95
4099931 BCTF Grant	4750.00
4099934 Interest income	110.01
4099939 Other	-1905.00
4099941 Conference grant	3000.00
Total Income	\$31226.27

EXPENSES

4099950 Meeting-executive	1203.70
4099961 Publication newsletter	1065.20
4099969 Publication - equipment	89.59
4099971 Equipment Purchase	111.99
4099979 Miscellaneous	42.47
4099980 Conference operating	10000.00
4099982 Conference Catering	1090.00
Total Expenses	\$13602.95
Balance	\$17623.32
Outside Account	\$476.41
Total Balance	\$18099.73



B.C.C.A.S.A. Executive

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Bouquet Garni Editor and meeting minutes

We're on the Web!

See us at:

<http://web.me.com/lesgau/BCCASA/Welcome.html>