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BOUQUET GARNI

DELTA CULINARY ARTS SAVED FROM THE CHOPPING BLOCK

President's Message

As many of you may know, Lori Pilling's Culinary Arts Program in Delta was threatened with closure because of budget cuts. The program was saved because of the support of the community, students and many interested parties and stake holders. I think in the end the trustees saw the light not only because of the support that was expressed at the budget meeting but also because they too saw the value of such a program. It didn't make sense financially, educationally and for the sake of the general student population from a healthy eating perspective. My beliefs were expressed below, in an effort to sway Delta's trustees, from a particular focal point. I chose a healthy eating point of view because I knew that Lori and her support group would tackle that issue from another, closer more personal, perspective. I was hoping to round out the argument from a more expansive stand point. You would have heard similar comments from me in the past.

I focused my comments about the closing of Delta's Culinary Arts Programs on "child-hood obesity" concerns that are currently plaguing North America. Other reasons for saving such valuable programs are as legitimate as the ones that I outlined, especially when one considers the drive by the provincial government to make training for the trades one of its priorities. But I am sure educational arguments, the ones that consider the value a student can reap from such programs, were made by others. For me I emphasized a broader reach that goes beyond the teaching kitchen.



For more than a decade now "Healthy School Guidelines" have been in effect in British Columbia. The guidelines have been implemented to encourage healthy eating among the youth of our province. At the time, our teaching kitchens only had to do minor tweaking to meet those guidelines because we were already providing healthy choices to our student population. And we continue to do so. These concerns about childhood obesity have grown with more jurisdictions coming to grips with such a serious issue, sparking debates in a greater range of politicians and educators.

(President's message continued on page 6)

**"Perhaps there are
more reasons than
ever to become an
active member in
BCCASA"**

CHEF JOHN HAEN IS RETIRING!!

Submitted by Chef Terry Larsen, Enver Creek Secondary

After 33 years of teaching Culinary Arts at North Surrey Secondary Chef John Haen is retiring in at the end of June.

Chef Haen was classically trained in French Cuisine in various hotels in Europe, mostly in Holland and Belgium.

After his training John spent a year and a half in the armed forces serving with NATO in Germany. He immigrated to Canada in 1970 from Holland. In Canada he first took employment in Vancouver at the Hotel Vancouver. Later John opened a restaurant in Gastown and then was owner/operator of Holland Bakery and Delicatessen in Burnaby.

Chef Haen took on the position of Teaching Chef at North Surrey Secondary in 1981. Here, over the 33 years, he taught and mentored thousands of young people, many of whom entered the culinary profession and continue to work in the industry today.

During the past 33 years John also spent 2 years at Vancouver Community College teaching upgrading courses for apprenticeship. Chef Haen also created the Gingerbread Competition at North Surrey Secondary, which he organized and sponsored for 30 years. In addition over the years he and Chef Wolf von Oelffen took culinary students on 12 very successful educational trips to South East Asia.

John was twice the recipient of the Canadian Association of Food Service Professionals "Educator of the Year" award. He is Past Treasurer of the BC Chefs' Association and Past President of the British Columbia Chef Instructors Chapter of THESA, the precursor of BCCASA.

It is with great sadness that we see John Haen retire from teaching, the years of which he refers to as the best hobby he ever had. However we acknowledge John's great success as a teacher and a chef and wish him a happy retirement.

John, good luck from your friends and colleagues in Surrey Casa and BCCASA. Happy fishing !!



@BCCASAcchef

Our new website www.bccasa.ca

"Organic grass fed beef from Moonstruck Cheese.

We bought the whole cow and are learning where different cuts of meat come from. We have prime cuts, stewing beef and our own ground beef. This is not your average secondary school cooking class!"

Chef Mark Kilner,
Gulf Islands
Secondary



Surrey Casa Pro-D day

Submitted by Chef Renee Thomas, Queen Elizabeth Secondary

Chef Angus An introduced us to “Pok Pok” by Andy Ricker and “Burma, Rivers of Flavor” by Naomi Duguid



Angus is the chef/owner of Maenan Restaurant and Long Tail Restaurant.

Pok, pok, pok, pok the rhythmic sound of the pestle knocking the mortar; a familiar sound heard as Thai street vendors prepare their fare.

On the counter are two mortar and pestles sitting on neatly folded clothes. The two are not interchangeable, each designed for a specific use. The “huge” wooden mortar and pestle made from an unknown wood is deep and conical, used in the preparation of dishes like papaya salad. The pestle lightly bruises the vegetables and fruits to facilitate absorption of the dressing. The other, moderate in size, shallow and heavy is made from granite, is used to pound ingredients to pastes such as the red curry paste Angus prepared.

Angus demonstrated the pendulum motion of the pestle emphasizing it is not used to actually pound or grind the product. There is no modern substitution for the mortar and pestle, the food processor or robot coupe makes the paste too liquid, ultimately losing flavour and texture.

Dried Mexican Guajillio chilies were soaked overnight and deseeded for the preparation of the red chili paste. Since coriander roots are not readily available year round Angus substituted twice as much finely chopped coriander stems. The coriander seeds were toasted whole over medium heat until the oil begins to sweat and cooled completely. The peeled ginger was sliced thinly against the grain, as were the garlic, shallot and fresh turmeric. Angus imports his own turmeric, it is young and super fresh requiring very little peeling. The spices are added to the mortar first; pok, pok, pok, pok, pok, pok, with the pendulum motion of the pestle. The deseeded sliced red Guajillio chilies were added to bind the spices. He covered the mortar with his hand to prevent the chili from “jumping” into his eyes or onto his skin; frequently using a spoon to scrape the mixture down the sides. The ginger, garlic and shallots added one at a time working the pestle after each addition, until a smooth, fibrous paste is created. If a lot of curry paste is required make it in batches, do not over fill the mortar. There was about

1/3 c / 85ml finished product in the bottom of the mortar when Angus finished. Lemongrass and galangal are ingredients usually found in curry pastes, his version today did not include them.

Angus uses Aroy-D coconut milk (with the green label). Do not shake the can, allow it sit on the counter to warm up. Carefully divide it between 3 bowls, pouring off first the coconut cream, into the second bowl the coconut milk and finally into the third bowl the coconut water. On the counter in front of us are 3 bowls, a bowl of each which are obviously very different.

Khao Soi Kai is a mild curry soup with chicken cooked on the bone influenced by the Muslim Chinese and Burmese. A popular “street food” in Thailand which just happens to be one of Angus’ favourites. In a large braising pan is the “cracked coconut cream”; the coconut cream has been reduced until it is thick and separated yielding coconut oil and milk solids. Prepared red curry paste is added and fried to intensify the flavour and the colour. Thai cooking is really cooking with the senses “observe, smell, sight and sound”. Our first sense was the aroma of raw turmeric and shallots. The colour became darker and richer, the coconut oil absorbed by the paste and then released giving it a

nice sheen; the aroma of ginger and finally it is a rich red colour that looked like wet sand. The oil "coming up" on the surface is the sign of a good curry. For a beef curry continue to cook this mixture another 10 minutes to intensify the flavors. Seasoning has not been added because the sugar caramelizes affecting the colour and the fish sauce evaporates and just smells bad. Angus added some palm sugar, continuing to cook the curry until the sugar melted, the colour deepened and it tended to stick. The chicken legs are added to the curry and allowed to fry a little, because the water has been eliminated it fries properly. Thai chicken stock made from water, onion, garlic and lemongrass trim was added. The pan deglazed with coconut water, starting with the lightest. If necessary add coconut milk later to make it richer. The mixture completely covered the chicken legs in the braising pan, the fish sauce added and it was simmered uncovered until the chicken is tender. The Khao Soi Kai was served in a bowl on a bed of cooked egg noodles (fresh thick wonton noodles were used), topped with deep fried egg noodles and garnished with pickled mustard greens. The deep fried fresh won ton noodles had been deep fried for 30 seconds to one minute at 350F / 180C turned once, removed and drained. Angus noted that fresh noodles are cooked in salted water with no oil. Freshly sliced shallots and Angus' own chili oil were passed along with our bowls of soup. We were asked to taste the curry as we added each of them to taste the effects their addition had on the dish. The chili oil was made from 1 part fried chili (deep fried until burgundy colour), fried shallots and fried garlic adding oil as pounded in the mortar with some salt and pepper. Add enough oil to prevent it from going bad.

Very green hard papaya are used to make **Som Tam Thai** (green papaya salad). Papaya shredders can be used to shred the papaya which produce a very even long string. He demonstrated the traditional "Thai technique" for shredding the papaya "wacking" the peeled surface of the papaya with his French knife making "lots" of long slivered cuts, he sliced the scored papaya into the wooden mortar. His "mis en place" already had the green papaya and carrot beautifully shredded for today's demonstration probably using a shredding machine. The carrot was added for colour.

First into the wooden mortar for the preparation of the Som Tam Thai was the garlic, chili and palm sugar, the pestle lightly bruising the ingredients. The garlic is visible, the bruised red chili is broken and still in one piece, the seeds visible and spilling out and the palm sugar is dissolved. Keeping the chili visible makes it easy to remove it from the salad for those that do not want to much "hot". Palm sugar was added for sweet and balance; most Thai's do not like the salad too sweet. In consideration of seafood allergies Angus did not add the dried prawns to the mortar to prevent contamination of the mortar. The long beans were cut into 1-1 ½ inch pieces, added and bruised. The lime juice and fish sauce added with the shredded papaya and shredded carrot, the pestle used to barely bruise it, while simultaneously using a large spoon or rice paddle to scoop up all the ingredients from the bottom of the mortar and tossing them together, softening the ingredients to facilitate absorption of the dressing. Angus' description of this process "fold and pound"; but do not smash the papaya, it should be still be crisp. Halved cherry tomatoes were added and pounded lightly to release their juices to become part of the dressing. Coarsely chopped unsalted peanuts stirred in. The salad is plated liquid and all and topped with the dried prawns. The flavour profile when the salad was tasted was first "hot" then "sour" followed by "sweet" and finally "salty". Oh so good!

The **Pomelo Salad** a Burmese dish taken from Naomi Duguid's "Burma, Rivers of Flavor". This salad is very typical of Thai salads which are very simple and usually without mixed lettuces. The toasted chick pea flour was toasted in a wok over medium high heat or in a 350F / 180C oven until golden. The finely slivered shallots were fried in peanut oil until brown and crispy, cooled on paper towels, clumps separated and allowed to air dry 5-10 minutes, once cooled stored in a clean dry wide mouth glass jar and sealed. The shallot oil or "fragrant oil" was transferred to another clean dry jar. When purchasing fresh pomelo choose white over red and the "heavy" ones, they will be juicier. Angus cut both ends off the pomelo, scored the fruit like a basketball and pulled off the peel and white pith with his hands. He pushed his fingers into the center top of the pomelo and pulled it apart (in half) then he sectioned it, once again with his hands. The pomelo segments, fresh slivered shallots, crispy shallots, shrimp powder and toasted chickpea flour were tossed together in a bowl. The dressing

ingredients 1 tbsp / 15ml fish sauce, 1 tsp / 5ml shallot oil (fragrant oil), a pinch dried chili and prawn powder, were added and tossed. Once plated Angus topped the salad with crispy shallots and after a slight hesitation, he added roasted unsalted peanuts and fresh cilantro as he would in his restaurants. This salad was to die for - "fresh, crispy crunchy and explosions of flavor".

To complete our meal Angus prepared **Sticky Rice and Mango**. The white Thai sticky rice had been soaked in the fridge overnight to prevent the starch from souring. He had just purchased a steamer that had a sticky rice attachment. Into the steaming water of his new steamer he added 4-5 knotted pandan leaves, the process bruising the leaves. Pandan leaves are very "floral". Leave lots of room between the water and the steamer attachment, it is really important the water does not touch the rice. The bottom of the sticky rice attachment was lightly oiled before adding the rice. If you do not have the sticky rice steamer attachment line the steamer with wet cheesecloth. The drained sticky rice was added and spread evenly poking holes in the rice to allow the steam to come through. One knotted pandan leaf was added to the rice and covered with a lid. Coconut cream was added to a heavy bottom sauce pot and heated, he added sugar to make a translucent like syrup (like sugar syrup) then he added a lot of salt; the sugar and salt in balance typical of a Thai dessert. Remember the sauce is being added to unseasoned plain sticky rice and the salt brings out the coconut flavour. Good sticky rice when cooked will roll up in a ball and not stick to your hand. The cooked sticky rice was removed from the steamer into a large bowl, enough hot sauce poured over the hot rice to saturate it, every grain of rice covered. When two hot things are combined you need to keep them warm. He placed the bowl of saturated rice on top of the cooling steamer to keep it warm, the coconut sauce was absorbed as it sat. Meanwhile he peeled the Vietnamese mangos using a very sharp knife to prevent friction which damages the flesh of the fruit. Do not use a peeler. Thai mangos may be substituted. Vietnamese and Thai mangos are silky sweet and cannot be substituted with other varieties because they are sour. Once the mangos were peeled and sliced, Angus placed a large spoonful of sticky rice onto the dessert plate, topped it with the sliced mango and masked it with a ladle of the coconut sauce. This dish needs to be made and served hot, it does not hold well; the reason he does not serve sticky rice and mango in his restaurants. "Heavenly"



Thank you Angus for pok, pok, the vibrant Thai flavours "hot, sour, sweet, and salty" and sharing your extensive knowledge and expertise with members of Surrey CASA.

Angus' Restaurant Locations in greater Vancouver:

Maenan Restaurant

1928 West 4th Avenue
New Westminster, BC.

Long Tail Restaurant

810 Quayside Drive at the River Market Vancouver, BC.

Places to source the ingredients used in the recipes:

- 1) **Mytho** Glenn Drive and Kingsway, Vancouver, BC (where he purchased his new steamer with the rice attachment)
- 2) **Heng Long Market** in Surrey

Barbara Jo's Books to Cooks

1740 West 2nd Avenue
Vancouver BC
www.bookstocooks.com



President's Message (continued from page 1)

In the United States, to battle childhood obesity, Michele Obama introduced "The Chefs Move to Schools program." This program, founded in May 2010, an integral part of First Lady Obama's Let's Move! initiative, has its goal of solving the childhood obesity epidemic within a generation. On their website is a platform for chefs and schools to create partnerships in their communities with the mission of collaboratively educating kids about food and healthy eating. About this initiative, Michele Obama says *"We are going to need everyone's time and talent to solve the childhood obesity epidemic and our nation's chefs have tremendous powers as leaders on this issue because of their deep knowledge of food and nutrition and their standing in the community"*. On their website is written: *"Chefs, we need your help to teach children that eating healthy foods can be fun and delicious... to teach, inspire and motivate children to change their eating habits and play a role in beginning to turn the tide on the obesity epidemic"*. There is a model that Mrs. Obama can look to as a successful program, both in duration and pervasiveness. It belongs right here in B.C. high schools, **our Culinary Arts programs.**

There are more examples about the value of certified chefs offering their training and knowledge to encourage healthy eating among our youth. Celebrity Chef Jamie Oliver's "Food Revolution" has changed the British school system when it comes to the food that is offered in its schools. In B.C. our own celebrity chef, John Bishop, in front of television cameras, followed Jamie Oliver's lead by offering his service to schools in Vancouver that have no Culinary Arts Programs. He showed the "lunch ladies" that prepackaged, processed foods are detrimental to the health of its students. The message was clear to the viewers: That offering healthy eating choices is one of the keys to battling childhood obesity.

For examples of how high school cafeterias are doing without teaching kitchens look to Ontario. In the Dec. 14, 2013 Ontario edition of the Globe and Mail read the headlines: "Overhaul needed to stop cafeteria exodus." That exodus, noted by Ontario Auditor-General Bonnie Lysyk in a report released late last year, confirmed that *"cafeteria sales plunged by 25 to 45 per cent."* The Toronto District School Board, in an effort to combat the projected loss of \$700,000 in sales and the closing of 32 cafeterias, has borrowed a strategy used by celebrity chef Jamie Oliver. They enlisted Susur Lee to help launch "My Food My Way" a program that includes students in the process of cafeteria makeovers, from creation of menus to décor. As an example of a cafeteria that works and a model of student run cafeterias, the Globe and Mail uses Vancouver's South Delta Secondary School who *"helped pioneer the wider effort to make students stakeholders in their lunch rooms. They work and eat in the school cafeteria. Participation may win students back."* Ontario is looking to B.C. for ways to keep students from going to nearby fast food outlets because the present contracted food services is not working from both a financial and a healthy eating perspective.

We have reached a point where most people believe, including those in decision making capacities about how are schools are run, that we need to continue to address the connection between healthy eating and childhood well-being. Yet it is contradictory for the same people to proclaim their concerns about the poor eating habits of the youth are the ones that would cut programs like Culinary Arts in Delta. Mona Garga's program at Walnut Grove Secondary in Langley was cut because of such narrow minded and limited thinking. The people who are in position to make such decisions, who 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 that they cannot see beyond the bottom line. Yet all school districts are facing tough choices. But to direct support away from our teaching kitchens, to allow catering contractors as an option, would nullify any claims that they have on the health and well-being of the students at heart.

(continued on next page)



Lesnes' Brain Teaser

Ok, Ok! I admit it. I am bitter, hey its in my family's gene, especially in the long hot summer, but isn't everybody? Bitter yes, but that's no reason to tie me up with string or a rubber band, now is it? Sometimes I even get a bucket stuck on my head! Can you imagine? They say it's to give me a milder flavour. There ought to be a law for this!! I am an annual, beautiful ground plant dating back at least to ancient Egypt and possibly used as bitter herbs at the Passover Seder.

I have curly slender leaves that range in colour from yellow-white to yellow-green. I am large, loose, open headed, feathery light, and add beauty to any dish. I am primarily used in salads, but taste delicious in a sauté or by myself.

I must say I am most popular in France, Belgium and Holland. The French, Ha! those French, they like me very much in salad with lardons (bacon bits) and poached egg. During the war my root was used to bring some flavour to coffee or even used as substitute.

I'm not real sure, but if compared side by side there might have been a hairstyle named after me.

Find the answer on our website:
www.bccasa.ca

Our Culinary Arts programs can provide much healthier options than private contractors because private contractors are more profit driven than teaching kitchens. Our Chef Instructors have the knowledge, experience and skill to provide food made from scratch with direction to the 24 or so students in each of the four periods. Because of labour costs, a contractor could not replicate what we do on a daily basis.

Yet I am sceptical of the financial arguments that would be made to close such programs. All of our Culinary Arts programs are one of the few money generating programs in the schools and I know my program is self-sustaining...that after food costs and the wages of one of my support staff are met, any revenue supports the program. What other program can make that claim? And do need to make a profit to legitimize the educational value of our programs?

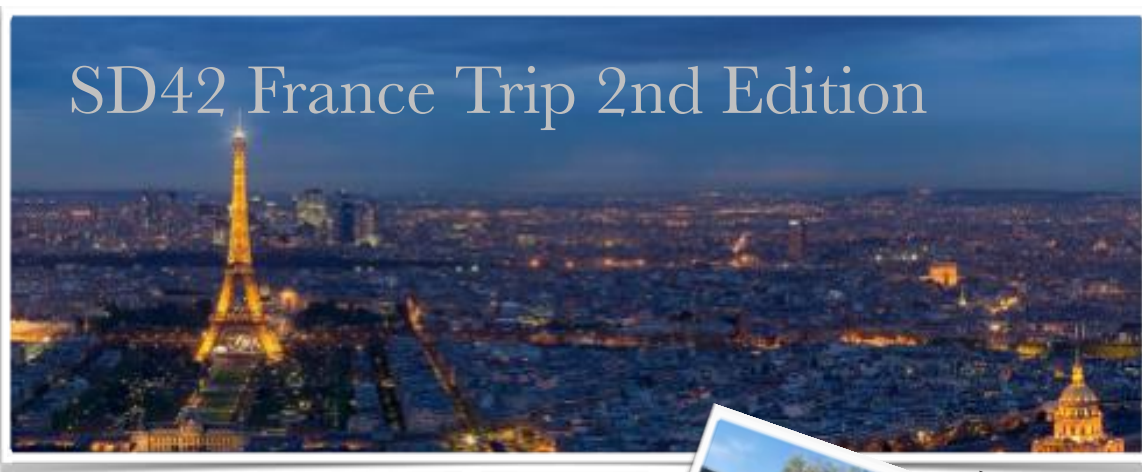
My letter was an appeal to the Delta School District to look beyond the bottom line and see the wider implications. And, thankfully, they made a decision that had a more positive outcome on such a multi-faceted matter. Where Michele Obama is looking to encourage chefs to take an active role in the education of our youth eating habits Delta was going to go in the opposite direction.

There was a successful result with Lori's program and there was much that was learned about the saving of her program. From that knowledge BCCASA can offer our support to other culinary arts programs who find themselves in similar predicaments. In the future your executive will be going beyond the duties you have come to expect from us and enter in a realm that will act on your behalf in order to save our programs from budgetary concerns. Perhaps there are more reasons than ever to become an active member in BCCASA or to encourage other teacher chefs to become members.

Chef Eric MacNeill, Dover Bay Secondary

A special thank you to all the chef instructors that made submissions to make this issue happen!

#teachingchef #bccasa #bced



SD42 France Trip 2nd Edition

Some of our French adventures

Rungis Market



Escoffier Museum Visit



Le Pont du Gard



Opio, Olive Oil Mill



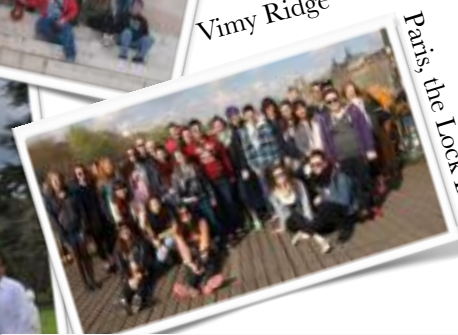
Vimy Ridge



Paris, Le Louvre



Paris, the Lock Bridge



Château de
Chenonceau, Lunch



The Seine River, Lunch



Overview of the trip

Even though the primary curriculum aspect of the trip was to explore some of the culinary diversity in France, it also included historical, cultural and language components. No culinary experience was necessary to participate in the trip. The tour took us from Nice to Monaco, Eze, Villeneuve Loubet, Opio, Pont du Loup, Ganges, Aix en Provence, Avignon, Pont du Gard, Aigues Mortres, Saintes Marie de la Mer, Ganges, Roquefort sur Luzon, Chenonceau, Paris, Vimy, Rungis, Jouarre.

Fromagerie Ganot



When referring to Brie, one think about the traditional Brie and other kinds of Brie, do not omit the mild Triple Crème or the famous Petits Coeurs à la Crème. Selected to be refined in our cellars bries meet specific criteria such as respect local Brie and traditional manufacturing from raw milk. Currently, we refine 4 kinds of Brie:

- Brie Fermier
- Brie de Meaux
- Brie de Melun
- Brie de Provins



Fragonard Perfume



Vimy Ridge

April 9-12th, 1917 5:30 am: Canadian corps attacked the German stronghold on Vimy Ridge. British and French forces both had been trying to take the stronghold from 1914-1916 causing 130,000 casualties. Some say it was the start of national pride. Four Canadian corps attacked the base. More than 10,500 Canadian casualties occurred. 11,285 Canadians are honoured by the Memorial atop Vimy Ridge which stands there today....



Derek & Nick



Having the opportunity to travel to France not only give me the chance to immerse myself in the French language, but also gave me an unparalleled experience that I will never forget. Allowing me to meet new people, taste new foods, and see exquisite sites and artifacts.

Laticia



Atelier des Chefs

In Aix en Provence we attended “Atelier des Chefs”. It’s the first cooking school to offer classes for both adults and children. They cater to all tastes: from everyday dishes to the most sophisticated dinner menu, from starter to dessert and dishes from all over the world. During our workshop, we prepared and savoured: Pavé of Cod with Hazelnut Crust, Mushroom Risotto, Beaufort Cheese.

Nancy



Escoffier Museum



Consulting The Guide Culinare “The Bible”

Daniel Lesnes, Brian Smith and Trevor Randle at Escoffier’s door



Olive Oil Opio



Opio Olive Oil mill and tasting



Aigues Mortes



Salt cultivation at Aigues-Mortes Salt Marsh has preserved thousands of hectares of natural land along the Mediterranean coast, maintaining its original ecosystem of exceptional flora and fauna. Careful maintenance by salt workers has enabled this area to develop a rich and distinctive ecosystem.





Rungis Market



Rungis is best known as the location of the large wholesale food market serving the Paris metropolitan area and beyond, the *Marché d'Intérêt National de Rungis*, said to be the largest food market in the world.

General Facts:

Annual turnover: 7.6 billion euros

1,200 companies employing 12,000 people

18 million European consumers served

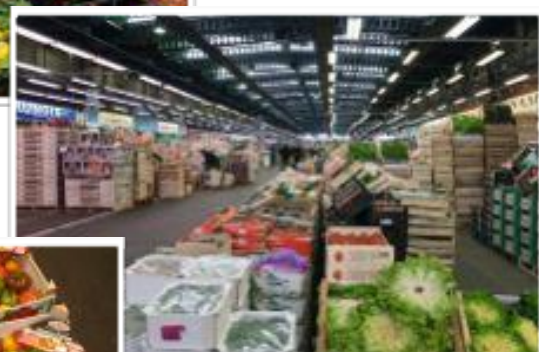
6.6 million vehicles per year

232 hectares, 7 kilometres from Paris

1.5 million metric tons of incoming products

198 million stems of cut flowers

17 million of potted plants



The France trip was such a wonderful experience with fabulous people. We are very thankful to the three Chefs who gave us this great opportunity to visit some regions of France. During this long trip, we enjoyed not only the guided tours and activities, but also a lot of free time! (we loved the food) We especially enjoyed the cruise lunch on the last day. The lunch was very good and while we were eating, we could admire all the famous monuments along the Seine River: The Eiffel Tower, the Louvre, Notre Dame, the mini version of the Statue of Liberty, all the bridges and so much more. Thanks to everyone in this group for this incredible memory!

Brenda & Calista



Bastille Public Market





Take a Bite of BC Reflects on another Great Year

As the weather warms up and summer approaches we look back on the success the **Take a Bite of BC Program** has achieved. This past year **Take a Bite** brought over 40,000 lbs of delicious BC grown product to 28 teaching kitchens, enhancing the education of over 3,600 Culinary Arts students in the province.

With the inclusion of the Okanagan schools last fall, Michelle and Emma from the AITC office, took the opportunity to visit the area. They were impressed with the enthusiasm of the schools. Many thanks to Sandi Slizak of Vernon Secondary who arranged for a reporter from the Vernon News to come out and cover a story on **Take a Bite**.

In the spring, rancher Erika Strande from the BC Cattlemen's Association visited four Culinary Arts classes in the Lower Mainland to give them an inside look at raising beef in BC. Erika's Behind the Beef presentations were an eye-opening experience for the students – one student expressed her surprise that a rancher could be a woman!

Throughout the year we took several sponsors into **Take a Bite** cafeterias for an up close and personal lunch with the students, so they could see just how appreciative the schools were of their donations. This gave the Chefs and Culinary Arts students a chance to meet the people behind the



fresh product they receive. After lunching at Delta Secondary, chicken farmer Daryl Arnold commented that he was "proud to support a program that continually educates students on supporting local farmers", and took the enthusiastic message back to the Metro Vancouver Agriculture Advisory Committee, where he resides as chair.

Although the busy year has now come to a close, we look forward with anticipation to the new and exciting prospects our program will bring us come September. In the fall we will be expanding our reach to include Vancouver Island and Invermere, BC. We would like to welcome our new and returning schools onto the Program for 2014-2015.

The schools who are not receiving product donations next year, have shown great commitment to BC's agriculture by continuing to promote local product and engage with the philosophy of **Take a Bite**. We offer our sincerest thanks to them for their enthusiasm in promoting the message of our program.

We believe that with your ongoing dedication, **Take a Bite of BC** will continue to enhance your students' culinary experience as well as instill in them an appreciation of the value of agriculture. We look forward to bringing you a taste of the fresh product BC has to offer.

Thank you all for another great year. Enjoy the summer and Take a Bite of BC!

Take a Bite of BC is one of the many programs provided to schools by

BC Agriculture in the Classroom Foundation

A Fresh Take on Cooking with Herbs

We always love getting out to visit some of our schools on **Take a Bite of BC**. This spring we dropped in on Thomas Haney Secondary for their delivery of living herbs from Kitchen Pick in Maple Ridge. The students were making cucumber and basil lemonade, plum popsicles infused with basil, and a Neapolitan Italian pizza with the fresh herbs. "We wanted to come up with some new and creative ideas on how to use the herbs," said Chef Brian Smith, "the fresh basil added a nice twist to some of our dishes."

We had a photo shoot to document some of the wonderful culinary creations, and we even got to try one of the delicious plum and basil popsicles.

Thanks Chef Smith for hosting us!



*Student chef Makenna Bradford with a refreshing cucumber and basil lemonade made with herbs donated by **Kitchen Pick** in Maple Ridge*



Take a Bite of B.C. is back on the road. The first stop was the Diversity Health Fair on March 1st at the Croatian Cultural Centre. From there, some of the demonstrations booked are at the Surrey Fusion Festival, Delta's Day on the Farm and 4H's 100th Anniversary celebration. All of these appearances are set with the intent to both promote the Take a Bite of B.C. program but also promote BCCASA and the great impact that our teaching kitchens have on students. Please contact chef Trevor Randle if you have students who would like to show what they can do in front of a crowd and assist with the various demonstrations.

Please don't forget that the AITC is always in need of pictures and experiences from your classes participating in the program. This feedback is vital for the continuation and growth of the program. Michelle has recently sent out a short form that will allow you to highlight each delivery. Lets show that BCCASA members still very much appreciate all of the donations that the farmers have provided by spending just a few minutes to share what your students cooked and any great teachable moments that came from the amazing products.

BCCASA in the Media



On January 24th, Chef Trevor Randle along with Agriculture in the Classroom's Director Lindsay Babineau and Delta potato farmer and TBBC supporter Bill Zylmans went on the Bill Good Show to promote Agriculture in the Classroom. Although it was a very short interview, producers were left wanting to hear more about AITC's programs and of course B.C.'s teaching kitchens. Be sure to share any media that you or your program receives. Send any link, video or pictures to one of your BCCASA executive members so it can be shared with the rest of the BCCASA universe!



Chef Instructor at South Delta Secondary Receives Outstanding Teacher Award from BC Agriculture in the Classroom

ABBOTSFORD, BC - BC Agriculture in the Classroom Foundation (BCAITC) is pleased to announce Chef Gerald Worobetz as the recipient of the 2013 BCAITC Outstanding Teacher Award. The award was presented to Chef Worobetz for demonstrating outstanding leadership and innovation in agriculture education.

Since 2004, nine awards have been given out. Previous recipients were acknowledged for their work with Spuds in Tubs, school greenhouse programs, and an entire school approach to agriculture education.

A chef instructor at South Delta Secondary, Chef Worobetz has gone above and beyond to promote Take a Bite of BC, a BCAITC program that delivers fresh, local product to secondary school teaching kitchens. "Gerald has been an outstanding ambassador for agriculture," said Lindsay Babineau, Executive Director of BCAITC, "I can't imagine a better or more deserving person to receive this award."

In addition to his work with Take a Bite of BC within his school, Chef Worobetz spearheaded a Professional Development Day for chefs participating in the Take a Bite of BC program. This event enabled chefs to collaborate and share ideas as well as gain new knowledge about cooking with all local ingredients. Thanks to Chef Worobetz, the Professional Development Day for chefs has now become a model day for BCAITC that will continue to be an integral part of the Take a Bite of BC program.

The award was presented to Gerald at this year's Agri-Food Industry Gala by BCAITC Board president, Sarah Ryall. Congratulations to Gerald Worobetz!

The Take a Bite of BC program is one of the programs managed by the BC Agriculture in the Classroom Foundation (BCAITC), a non-profit foundation working with educators through various programs to bring BC's agriculture to their students. To learn more about BCAITC, please visit www.aitc.ca/bc



BCCASA Collaboration - Sharing the Passion for Food and Education

(The importance of a passionate team)

Submitted by Chef Trevor Randle, Maple Ridge Secondary

I was intending on writing a quick article on the importance of a dedicated and passionate team in our teaching kitchens after Chef Ray Young from Richmond visited my kitchen during his school semester turn around. However, as I reflect on the morning's events I must digress the obvious and write less about BCTF and CUPE and more about the potential inspiration each of our BCCASA colleagues can bring to one another.

Ray could have justifiably spent the time in his own office catching up on the business part that seems to often get the best of most of us, but instead, he ventured out to spend time in different kitchens to not just learn but to share his passion as well. What was obviously an organic event took place. I challenged one of my first year students to prepare a vegetable dish for the day's local grilled pork loin entree. She chose to steam some carrots and finish them with a native spice from her home of Mexico that had a little heat and a good kick of lime. A little stumped on how to slice the carrots to best be presented on the dish. She turned to Chef Young who happily showed her a slicing technique that he likes to use. Later, when the students were finishing the butternut squash soup, Ray tasted along side of them. The students decided it was good but jot was missing something. Chef Ray immediately got the attention of all six students that were posted in my hot section along with a couple who overheard his lesson. Ray concurred that it was missing something but expended the observation by telling them that it starts off good and as it gets to the back of the pallet, it simply disappears. "A great dish will go all the way back and make you wonder what the chef did to make this so great" was his words. He challenged the students to go to the spice cabinet, smell the herbs and spices for complimentary seasonings that will excite the entire palate. The students all went to our vast spice cabinet, with Chef Young's words still fresh in their minds and started to smell herbs and spices and together gave the thumbs up or down to different aromas. In the end, the students made a spice mixture of cayenne and cloves. It was not something that I had tried before but after they added it, simmered it for a while, I must admit, the dish was taken to a new level.

If you have not yet spent a pro d day in another BCCASA member's kitchen, I highly recommend it. Chef Young's visit to my kitchen gave my students a new inspiration. He both reinforced my teachings and at the same time, introduced a different perspective to cooking that my students heard and appreciated. This was reinforced when one of my students asked if we could have him come by once a week!!!

Sushi Demo with Charlie



"The kids loved it. Some had never tried sushi before and they had a blast making tempura prawn rolls, Cali-Rolls, and smoked salmon cone rolls"

*Chef John Buist,
Lord Tweedsmuir
Secondary*

France adventure anyone?

submitted by Chef Daniel Lesnes, Garibaldi Secondary

I did a presentation of the trip at VIU dinner during the BCCASA October 2013 conference to inform you about the trip.

I have received some emails mentioning an interest for a similar trip for teachers. This could happen and I believe will be interesting and enjoyable for every participant.



TASTE OF FRENCH CULINARY AND CULTURE

2 weeks of authentic culinary experiences especially designed for teachers of BCCASA and friends

NICE - MONTE CARLO - AVIGNON - RHONE VALLEY - REIMS - PARIS

With visits to Èze parfumerie, Roquefort Cheese, hands on cooking classes at world renowned L'atelier des Chefs, Pont du Gard, Châteauneuf-du-Pape, Champagne tour, wine tasting, Rungis, Paris walking tour, Eiffel Tower and much more



Here are items to consider:

- The trip will take place after the 2014/ 2015 school year (June 26, 2015)
- Number of participants needs to be 30 in order for the trip to happen
- The tour activities can be planned according to our desire i.e.. we don't have to stay in the tourist path all the time
- The tour will be planned in collaboration with Hagen's Travel in Maple Ridge

I will follow up at the October BCCASA Conference in Powell River with more details.

2014 BCCASA Conference and AGM

"A Chef's Adventure on the Sunshine Coast"

Hosted by Chef Michael Austin
Brooks Secondary School



Agenda

Friday October 24, 2014

8:00am - Pick up from hotel and travel to Brooks Secondary.

8:30 - Breakfast prepared by culinary arts students.

9:00a.m. - AGM

11:30a.m. - Lunch at Shinglemill Restaurant

1:00 p.m. - Travel to Haywire Bay Outdoor Education Facility for your choice of mushroom picking tour, hike, canoe or kayak.

4:30p.m. - Travel back to hotel to freshen up.

5:30p.m. - Travel by bus to the Alchemist restaurant for dinner.

Saturday October 25, 2014

Breakfast at hotel.

Travel by bus to Okeover Inlet to meet with local oyster farmers.

Travel to the sea side town of Lund.

Lunch

Tour the community of Lund

Travel to Brooks Secondary school where the group will break into groups and prepare dinner together featuring Lois Lake Steelhead, Chanterelles and Oysters.

Cost: \$100.00 for BCCASA Members and \$200.00 for non members.

After you register on line, please make cheques out to BCCASA and mail them to Paul Richardson at:

1164 Condor Crescent, Coquitlam, B.C. V3E 2B3

2014 BCCASA Conference and AGM

"A Chef's Adventure on the Sunshine Coast"

Transportation Options

There are three options available for you to travel to beautiful Powell River from the Lower Mainland.

Option #1 - B.C. Ferries:

Take the ferry from Horseshoe Bay to Langdale. You will have a 90 - 120 minute drive to Earl's Cove where you will take another ferry to Saltery Bay. The final leg of the trip will be a 20 minute drive into downtown Powell River. (Ferries are not scheduled to connect so waits may vary) You will not have to pay for the second ferry. Your fare paid at Horseshoe Bay gets you to Powell River. Total travel time is 5 - 6 hours.

Cost:

From Vancouver to Powell River- \$52.65 for a standard vehicle and \$15.75 per passenger + tax.
From Powell River to Vancouver- \$51.30 for a standard vehicle and \$15.40 per passenger + tax.

Option #2 - Malaspina Coach :

This company has a bus service that leaves its downtown Vancouver terminal at 6:30p.m. and arrives in Powell River around 11:30p.m. Return has the bus leaving Powell River at 11:50 a.m. and arriving in downtown Vancouver around 5:00p.m. Total travel time 5 - 6 hours.

Cost:

From Vancouver to Powell River - \$79.00 + tax and any other surcharge.
From Powell River to Vancouver - \$70.00 + tax and any other surcharge.

Option #3 - Coastal Air

BCCASA has been offered a group rate for this option but time and space is limited. If you would like to choose this option, please email and send Trevor Randle a \$50.00 non refundable deposit to hold the seat no later than June 18, 2014. On June 19th, seats will be booked under BCCASA. Remanding payment must be sent to Trevor no later than September 15, 2014. Trevor's mailing address is: 3213 270 st. Aldergrove, B.C. V4W 3G5.

YVR South Terminal to Downtown Powell River departs at 4:30 p.m. and arrives at 5:05 p.m.
Downtown Powell River to YVR South Terminal departs at 9:20 a.m. and arrives at 9:55 a.m. A shuttle has been made available to take guests to and from the airport to the hotel.
Total travel time 1hour and 10 minutes.

Cost:

\$98.00 from YVR and \$123.00 from Powell River Airport plus taxes and charges.
Total round trip cost including all taxes and charges will be \$285.82.

2014 BCCASA Conference and AGM

"A Chef's Adventure on the Sunshine Coast"
Accommodation October 23 -26

A block of 20 rooms has been made available exclusively for BCCASA conference participants until September 2, 2014. Please reference BCCASA when you make your reservation.

Powell River Town Centre Hotel

Address - 4660 Joyce Ave, Powell River, BC V8A 3B6

Reservation Desk - 1-866-485-3001

Cost - \$100.00 per night + taxes. There will be a \$10.00 charge for each extra person over the age of 10 years.

Room Type: Standard room with one or two beds.

Other Information

- Continental breakfast is offered to hotel guests between 7:00 a.m. and 10:00 a.m. daily.
- Check in is 3:00p.m. and check out is 11:00 a.m.
- This is a 100% non smoking hotel. All reservations are required to have a valid credit card at the time of check in for a pre-authorization for the amount of your stay. Guests may choose to settle their bill by cash or credit upon check-out.
- The hotel has confirmed a shuttle to and from the Powell River air port for those who choose to fly.



THE EXECUTIVE

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Financial Report

submitted by Chef Paul Richardson, Gladstone Secondary

Y750 BC Culinary Arts
For the Nine Months Ending March 31, 2014

	Current Month	Current YTD
4099921 Income surplus	0.00	18,462.02-
4099930 Membership fees	0.00	1,670.63
4099934 Interest income	1,126.00-	89.74
4099940 Conference fees	1,046.50	1064.50
4099941 Conference grants	0.00	3,000.00
Total Income	<u>124.11-</u>	<u>22,175.89-</u>
4099950 Meeting-executive	0.00	1,187.83
4099952 Meeting-council	0.00	96.51
4099961 Publication-newsletter	0.00	131.40
4099970 Operating	0.00	283.87
4099979 Equipment purchase	0.00	4,027.94
4099979 Miscellaneous	0.00	41.34
4099980 Conference-operating	0.00	8,000
Total Expenses	<u>0.00</u>	<u>13,768.89</u>
Total	<u>124.11-</u>	<u>8,407.00-</u>



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