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BOUQUET GARNI



Getting it Right: Chef's Teaching Assistants Challenges

President's Message

Back in 2011, (Volume 13, Issue 2) the Presidents Message for the Bouquet Garni was in praise of the Chef's Teaching Assistants. I described my own program, explaining the value that I placed on my two assistants. I told of the important role they have in the teaching kitchen, allowing them to be in charge of their own stations, including directing menu applications, knife skill techniques, time management and student evaluation and discipline. They have, I said then, "the ability to provide a favorable and opportunistic experience for the students or, inversely, destroy what could be a possible career choice or valuable life skill". Since that message I had the opportunity to demonstrate to our members from around the province the skill and worth of one of my aids, by hosting a BCCASA conference here at Dover Bay Secondary in Nanaimo. Our breakfast was prepared by Joanne showcasing her baking skills including the famous Nanaimo Bar. There was also the opportunity for our members to chit chat with Joanne about the program. What I didn't anticipate at the time was that many of our chef instructors from around the province had the opportunity to compare teaching assistants from their own school. Some spoke of favourable comparisons and others not so much. Over the next few years there seemed to be increasing disgruntlement with many chef instructors in regards to the jobs of their aids. Not so much with the individual teacher's aids themselves, though in some cases that may be part of it, but with the overall disparity with job qualifications, number of aids found in each teaching kitchen and hours per day that are allotted. This disparity runs between school districts and schools within those districts. I would like to address the teacher's aids issues without disrespecting the individual aid; to speak of the challenges that we face with our most immediate co-workers but mostly concentrating on the system that creates the reality of our work place.

(continued on page 2)



"Many chef instructors find themselves with aids with inadequate qualifications"

(continued from page 1)

Before I start, let me say that I am not anti-union. During the last strike, I spent my fair share of time on the picket line and as I said in the last Presidents Message, I was very supportive of most of the reasons why we were there. As well, being the president of our PSA, I come in contact with the executive of the BCTF on a regular basis and can empathize with them on the challenges they face with our employers. Yet, because of CUPE contracts (any union, for that matter) seniority trumps all when if the basic qualifications are met. It does not matter how skilled the teacher's aid is in technical proficiency and human interaction if they have the most seniority and have the minimum qualifications then the job is theirs. I know how this sounds, first I say that I am in support of unions then I contradict one of the main foundations of any union's mandate. You will likely be saying I can't have it both ways. But I think I can, because this argument leads to job qualifications. Teacher Chefs need to appeal to Human Resources on job qualifications because we know more of what is needed in our kitchens than they do. And the qualifications need to better reflect the realities of the teaching kitchen. Many chef instructors find themselves with aids with inadequate qualifications or, as I will discuss later, with either not enough teachers aids or too little hours with which they work.

A few years back I had to struggle with my school district to upgrade the qualifications and in doing so I was looking at other school districts as a model. Spectrum Community School in Victoria has very good qualifications that would be the envy of other teaching kitchens. I managed to get better qualifications (enough to keep me satisfied) for what is called my "Chef Teaching Assistant". But, for me at the moment, the argument for better qualifications for that position is redundant because Joanne's qualifications are exceptional and she is not going anywhere. However for the other position, what is called my "Cafeteria Attendant", the qualifications leave much to be desired. All that is required for that position is one year experience in a food service environment (which could mean just about anywhere including fast food joints or a school lunch program). Another relevant qualification is the ability to operate industry standard equipment. My trump card is always safety and I can insist that the cafeteria attendant needs to know the equipment and all of its hazards. This can compensate for the inadequate way those qualifications are written. I also tried to upgrade the qualifications for the cafeteria attendant position but was not very successful.

(continued on page 3)



*"A Chef's Adventure on
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Hosted by Chef Michael
Austin,

Brooks Secondary
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Foraging in Pow
Town, take local food
to a whole new level.
We will be exploring
foods the way the First
Nations have been
doing for centuries on
the West Coast. Put on
your hiking boots and
brush up on your
canoeing skill because
we will be mushroom
picking, oyster
hunting, and steelhead
fishing. Be prepared to
cook it and eat it.



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(continued from page 2)

What I don't understand is why my school district is so reluctant to increase the qualifications because the school district tends to have better wages and benefits than the private sector so a qualified person will not cost more than an unqualified one.

There is a real need to shine the light on the need for good teacher's aids. Yet good qualifications isn't the only issue.

The other issues are more about the lack of teacher's aids or the amount of hours they work. Recently I received an e-mail from Leona Gunn, teacher chef instructor at Ladysmith Secondary (which is in the same district as my school.) She was asking about my program in regards to the aids. Her concerns are a good example of not only the variances between schools around the province but right within the same school district. Her issues are with the hours the aids get in a week. She also asked "Do you subsidize one of the aides out of your revenue or are they both paid straight up from the board?" My program pays for one of the aids. Perhaps the issue with our school district is my school is bigger than hers and better able to pay for one of the aids. But it appears that funding always seems to be the stumbling block not only in culinary arts but all over. Jessica Mann, chef instructor at Carihi Secondary School in Campbell River, further emphasizes that poor funding is making our jobs increasingly difficult. She mentioned in an e-mail to me: "I don't have an EA in my kitchen helping me. Despite the fact that I have many students with high needs my program is low priority for EA support. I am wondering how your two assistance are paid? My principal has said if I want to hire a regular kitchen assistant I need to pay them out of the profits from the cafeteria. I do not make much profit in the cafeteria, definitely not enough to pay someone's wages." I think school districts need to be reminded that there are safety and liability issues when working around any industrial equipment despite their economic concerns.

In a recent liability case in a shop class involving a death of a student, in the Langley School District, several factors were divulged during the proceedings. Some of these were:

1. The number of students being supervised at any given time.
2. The nature of the exercise of the activity in progress
3. The age and degree of skill and training which the students may have received in connection with such activity.

For both safety and liability concerns properly trained supervision is a must. Or lack of appropriate supervision or not having any at all is inviting disaster. Is this not our government who has now given trades in high school a priority? Then show me the money. If trades are such a priority, then why programs such as Jessica's are not funded to the degree it should. Who is responsible if there is an accident?

One of the agenda items at the last AGM was a call out from Paul Richardson to all chef instructors to share their EA stories. I believe this president's message is a timely one because it seems that I am hearing about the EA issues on a more regular basis. It appears that despite the governments mandate to encourage the trades, more and more chef instructors are becoming overwhelmed because of the lack of support. Has the past strike solved anything? Certainly not yet. So let's hear from the all of you chef instructors so that we could make this issue be heard.

Chef Eric MacNeill, Dover Bay Secondary



Cooking Up a Future

At Food & Finance High School,
Students Cook Up a Future

By Regina Schrambling

The most local fish in Manhattan cannot be sourced at any Greenmarket—they're swimming in a school in Hell's Kitchen. And definitely the only local pineapple can be found in the same unlikely place, growing far from Hawaii alongside lettuces and herbs in a green and leafy garden rooted in water instead of soil.

But those thousands of aqua-cultured tilapia and the Dole competition are not the only surprises at the Food and Finance High School on far West 50th Street, where teachers are addressed as “Chef” and teens wield knives after entering through the metal detector. This is a place where 10th-graders talk about *mise en place*, where hand-painted scenes from *In the Night Kitchen* grace an otherwise-industrial hallway, where the detention center is being converted into a café, run by students and open to the public.

And, because celebrities count, it's a school whose advisory board includes some of the bigish names in Manhattan's restaurant world, including Andrew Carmellini, Bill Telepan, Missy Robins, Amanda Freitag and the chef who recruited them all, Marc Murphy.

Food and Finance High, founded in 2004, is the only vocational public school in the city with food as a “major.” Students take all the academic classes needed to graduate with a Regents diploma, but they also learn to cook—in one classroom they were recently finishing chicken *velouté*; in another, preparing to bake Danish—and get many lessons in physics, math, biology and chemistry through the prism of food.

Tilapia and basil, soups and pastries are very good teachers, as is food history itself. As one working chef/instructor noted, pointing out on her whiteboard a timeline since ancient Greek and Roman cuisine: “Food didn't start with the Food Network.”

Thanks to paid internships in Manhattan food businesses and restaurants such as the newly three-starred Modern, students gain certification by the National Restaurant Association, something many pro cooks will never acquire. They also graduate with portfolios proving they know more than just how to mince garlic and chop chicken: In 10th grade they study management and “build” a restaurant from the ground up, costing it out and designing everything down to the color of the walls. I had to do that at the old New York Restaurant School, and I was a career changer.



525 W 50th Street New York, NY

But students get many more experiences I never had, such as acting as sous-chefs to city firefighters for the Daily News Five-Alarm Cook-off, or doing actual catering for the Food Network or Food & Wine-sponsored events, many showcasing school-grown tilapia, herbs and lettuces. An after-school program called EATWISE opens up extracurricular opportunities to cook or bake more, learn about nutrition or take up non-food pursuits such as guitar, chess or debating. (Who knew 4-H clubs were meeting so close to Times Square?)

If the school were only training (mostly minority) kids for kitchen careers, it would be impressive enough. But 80 percent do not go straight on to jobs in restaurants or bakeries or hotel kitchens, or even management. They move up to college, many of them on paid scholarships won because they have learned the first rule of chef success these days: competitive cooking. One student is at Johnson & Wales on a four-year scholarship worth \$100,000; another is at the CIA, to the tune of \$96,000. But for every student who goes on to higher-cooking ed, there might be one at Syracuse University, or Buffalo State or Virginia State.



That's the good news. The bad is that even the antithesis of a stereotypical failing New York City public school is subject to that weariest of clichés, the budget ax. The Bloomberg administration recently whacked \$45,000 from the food outlay for the food school (to be fair, it also chopped construction money for the city's construction school). So a program that is demonstrably working well and doing good has to grub for private support, or the tilapia could be more sustainable than the success.

Nan Shipley works with the nonprofit Food Education Fund to fill in the gaps, with fund-raisers. A benefit hosted by Ted Allen at the Chelsea Market May 13 will lure generous gourmards to donate some dough while rubbing chef-whites elbows with the likes of Aaron Sanchez, Marc Murphy and Alex Guarnaschelli; money raised will go toward building a greenhouse on the roof and opening that café. Shipley, whose own three children attend private schools, says she feels obligated to level the learning field for those with lesser means, which definitely describes most of those enrolled at Food and Finance High—87 percent come from families with income so low they qualify for free lunch. Most do not even have the money to pay application fees for college, let alone tuition.

"These kids leave with something: focus, a skill set, a lifelong passion for learning and creating," Shipley says. "They develop work habits, eating habits, interview skills. These students are technically precise and creative thinkers. They consistently win every culinary event they enter, and many win scholarships to prestigious culinary schools."

Food & Finance High opens up a big, wide world for its student body, many of whom travel long distances from other boroughs to attend. (One from Staten Island gets up at 4 a.m.) As Shipley notes, every chef who takes on an intern changes that student's life forever. But instructors also take classes on field trips, as Adrienne Terzuoli, who teaches baking, did to Johnson & Wales in Providence to show the potential.

Yocary Luna, who emigrated from the Dominican Republic when she was 6½, is one of Food and Finance High's poster students: She chose the school partly because it had just opened, not because she wanted to be the next April Bloomfield. Still, she learned to extract every advantage: In her four years there she volunteered at all CCAP and Food Network events, stayed after school to study more

and by her senior year entered a scholarship cooking competition, just for the experience. Shocking herself most of all, she said, she won first place, with full tuition to Monroe College in the Bronx.

Given that the most useful skill in cooking today is critical thinking, it's revealing how she approached the mystery basket to make her winning dish. The contents comprised chicken, goat cheese, fingerling potatoes and string beans, with any other ingredients allowable. She stuffed the breast with assorted vegetables, "the way we practiced in school," and did the potatoes and string beans to Escoffier standards. But the most telling detail is that she omitted the goat cheese, because to her palate there was no way to make it delectable. At Food and Finance High, she said, "we took classes like any other high school, like math and English. But food made me enjoy school more." Her goal is to open a restaurant in Miami one day.



Another graduate, Shania Thomas, won the first Teen "Chopped" on the Food Network and now holds down two part-time restaurant jobs. She will be starting at the CIA in May after winning a partial scholarship.

As Shipley notes, Park West, the school that occupied this building before Food & Finance, was notoriously dangerous. In 1988, the New York Times described it as "a center of violence and fear"; in 1992, a 10th-grader was shot at 10 o'clock in the morning in a hallway. And while Park West had a food arts program, by the mid-1990s most of its 18 kitchens had been abandoned for a decade because the school had so many problems.

Now, every year 4,000 eighth-grade applicants list Food & Finance in their top choices. Only 150 are accepted (with attrition, current total enrolment is 430). These students are not all Daniel wannabes, though—many middle-schoolers have as much interest in cooking as they might in geriatrics. They apply for the quality of the education.

All six teachers of the cooking and baking classes have industry experience; even the principal, Roger Turgeon, has worked as a chef. Their charges start cooking as freshmen and by the time they are seniors move into paid internships, 200 hours a semester served in addition to their full course loads. They may work front or back of the house at restaurants such as Beacon and Ditch Plains, bakeries such as Amy's Bread, or the Food Network. Evyette Ortiz, director of marketing for the Ark restaurant group, accepts four to five students a semester and works with Jessica Mates at the school to make sure they are actually learning—those who aren't happy working 9 to noon wiping down menus in an empty restaurant are switched to more fulfilling jobs.

One intern was recently placed with Anne-Marie Noonan, the group's best pastry chef, at Bryant Park Grill, where they "work side by side," learning focaccia and working up to desserts. Another worked with Ortiz herself to learn social media for restaurants—Facebook, Twitter, Instagram—and is now studying broadcasting at Ithaca College. Some interns work as hostesses, as at Clyde Frazier's restaurant, where one graduate has just been hired as a runner.



As valuable as the off-site teaching is, the fish and greens labs are integral to Food and Finance High. The waterworlds are run by an acclaimed scientist, Philson Warner of Cornell University, who also conducts experiments in breeding with student assistance. His tanks hold 10,000 fish, but as he notes, the only thing in the lab that smells fishy is the food they eat. (As he tosses a handful of the piscine kibble into a tank, it explodes with bodies surging for a bite.) Beyond tilapia, he grows striped bass, catfish and swai (also known as bass), with Australian lobster and shrimp as bottom feeders to keep the tanks clean. Students trade their chef wear for lab coats to work with Warner, learning chemistry and physics and other disciplines. Switching gear again, they learn to fillet and cook their crop back in one of the six kitchen-classrooms.



Tilapia has been an ingredient on “Top Chef,” but don’t hold that against it. Here it’s also used in classes, served in school cafeterias and at events the students cater and donated to food pantries. Plus the school sells it to the public on Fish Fridays, for \$2.50 a pound whole, \$5 for fillets.

In Warner’s “garden,” students tend 15 types of lettuce, seven kinds of Chinese cabbage and 15 herbs, including four types of basil, all fertilized by the fish, if you catch my drift. This is all in typical-Manhattan tight quarters, but Shipley’s group hopes to raise enough money to open that 2,000-square-foot greenhouse next year.

And Café Murphy should open sooner, giving the public a regular chance to taste what the school has produced. Everything will be made and served by students in this sleek, circular space, named for the late Richard Murphy, an advocate of disadvantaged kids, who helped start the school.

The fact that the detention center is no longer needed is just icing on the cupcakes. Clearly the one-of-a-kind Food and Finance High formula works. Maybe the recipe should be doubled.

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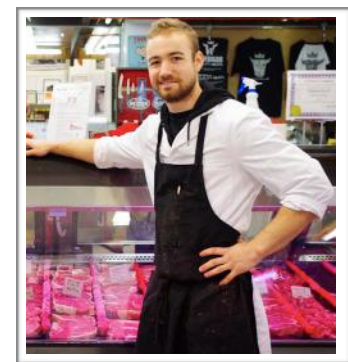


Regina Schrambling is a longtime food writer who left an editing job at the New York Times to train at the New York Restaurant School, freelanced for magazines for 15 years, returned to the NYT for 46 months as deputy editor of the Dining section and then happily returned to freelancing.

Meatcutting: A Trade in Demand

If you think the friendly neighbourhood butcher is a thing of the past, think again. As food savvy consumers become increasingly educated in the foods they eat, where it comes from, and how it's prepared, meatcutting skills are more important than ever before. Qualified meatcutters, with the skills needed to process a whole range of meats from pasture to plate, are among the most sought after tradespeople in BC right now.

According to the Canadian Professional Meat Cutters' Association, the meat industry is "the oldest trade on Earth", is Canada's fourth largest job creator, employing about 68,000 people across the country. These numbers include a wide range of jobs in meat processing and value-added work, as well as sales, marketing and distribution, everywhere from abattoirs and large meat processing plants to supermarkets, sausage makers and butcher shops.



Kyle Tillotson

Several factors are driving demand: a retirement bubble as many experienced meat-cutters in all areas of the industry are due to retire in the next three to five years. Meanwhile, the need for meat-cutting expertise is growing to meet consumers' demand. Supermarkets are hiring more trained meat-cutters to staff specialty meat and seafood counters, high-end butcher shops are cropping up in urban neighbourhoods, and long established businesses, like Vancouver's Windsor Quality Meats, are meeting the growing demand for naturally-raised products.

After finishing his apprenticeship at the Fairmont Pacific Rim Hotel, Kyle Tillotson, a Thomas Haney culinary art graduate, sought out to become a meatcutter. "It was a natural progression in my career, as I could build upon my culinary training and bring that experience into the meat store." Windsor Quality Meats on Main Street has proven to be an excellent place for Kyle to get his start, "I wanted to work at an established business and learn the old school ways."

Kyle has quickly risen to become the store's manager.

The Retail Meat Processing Program at Thompson Rivers University (TRU) in Kamloops has run full, or nearly full, classes for the past several years. As BC's only accredited meatcutting training program, TRU offers two paths to achieve the training required to attain certification. Students with no industry experience can register for the nine-month, full-time Foundation Program that provides a thorough grounding in the theory and practice of meat processing, credit for the first level of apprenticeship, and 900 hours towards the required 4,500 hours. From there, students work in the industry, and then return to TRU for a four-week program to complete Level 2 training.

Alternatively, those already working in the industry can register as apprentices and attend TRU for four weeks a year, for two years, to complete their Level 1 and 2 training. Regardless of the training and workplace experience pathway, once those and the BC Certificate of Qualification exam are successfully achieved, a meatcutter can obtain the journeyman status. BC is the only province with active meatcutter apprenticeship training. With a Certificate of Qualification, a meatcutter can rise fairly quickly to a well-paying job.

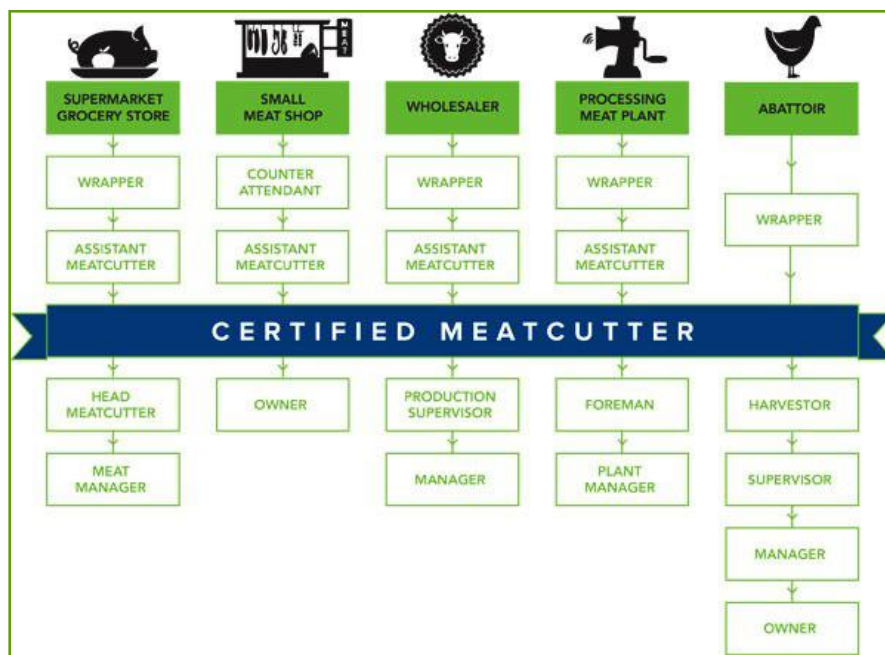
The meatcutting program prepares students for the business of meatcutting by stressing both accuracy and productivity, explains TRU Program Coordinator Corey Davison. “You can teach anybody how to cut meat and cut meat quickly, but you have to teach them how to make money at it too,” he says. TRU students run several businesses while they train, processing products for local ranchers and hunters and running an on-campus retail meat store.

“We use naturally-raised beef from a ranch just up the road so we know the quality is excellent. And students work on the whole carcass, not just meat from a box, which is a skill that’s increasingly in demand,” adds Davison.

Students include recent high school graduates and older career changers, as well as chefs and ranchers wanting to expand their skill sets. They all have plenty of options after graduation.

“On average we have 30 job postings for a maximum intake of 18 Foundation Program students each year, so every graduate goes into a job if they want to,” says Davison.

“Some go on to an apprenticeship, others go straight into industry, and others get some experience and then open their own shop. Whichever route they take, we encourage students to come back, do their Level 2 training, and become fully qualified tradespeople, so they can go on and sponsor the next generation of meatcutter apprentices” he adds.



Meatcutting is a good career choice for someone who likes a fast-paced environment, likes working with people, and enjoys working as part of a team. Meatcutting also offers a wealth of entrepreneurial opportunities, especially with the current growth in high-end, full service butcher shops and farm-to-table operations.

Job security is another clear plus. The food industry is always going to be here, so if meatcutters want to work, there’s always going to be a year round job out there for them. “After all, everybody has to eat.”

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SD#36 CHILI COMPETITION

MAY 7, 2015

Lord Tweedsmuir Secondary

CONTACT JOHN BUIST
 buist_j@surreyschools.ca (604) 574-7407

Six Minute Safety Talk For Culinary Arts

Instructor Guide

Knives & Sharps

Knives and other sharp-edged tools, such as meat slicers, are essential equipment for the culinary artist, but they're also the cause of many injuries, both minor and severe. Following safe work procedures and arranging the workspace to provide a safe environment will decrease the chances of losing time from work or losing a finger.

Safety Tip 2: Preventing cuts



WORKSAFE BC
NEEDING TO MAKE A REFERENCE

Demonstration and Discussion Topics

- Discuss the knives and other sharp tools used by the culinary artists.
- Tour the kitchen with the students, pointing out the hazards.
- Distribute the student handout.
- Use the student handout as your discussion guide.
- Discuss how cuts and amputations can occur.
- Remind students that they are required to wear protective gloves when cleaning slicers and grinders.
- Explain what can be done in the workplace to minimize the risk of cuts from sharps (e.g., good storage, well-marked bins for dirty sharps).
- Emphasize that care when working with sharps is mandatory.

Make it real. Tell at least two true stories of injuries from your experience or use the following examples:

1. A culinary worker's left arm was pulled into a meat slicer that had no safety or guards on it. The incident severed all nerves, tendons and arteries.
2. A 16 year old worker was cleaning a meat slicer when her foot slipped on a piece of plastic wrap on the floor. She fell into the slicer and cut off the nail and tip of her index finger.

1. Discuss the attitude that **"It won't happen to me"**
2. Remind them that an injury can and will happen if they take shortcuts or are careless.
3. Answer any questions or concerns they might have.
4. Set a good example by working safely at all times.

Resources:

Kitchen tip 2: Preventing Cuts http://www2.worksafebc.com/PDFs/SafetyBulletins/StartSafe/kitchen/rc_tip2.pdf

Use extreme caution when using meat slicers
http://www2.worksafebc.com/i/post_ers/pdfs/1999/ha9906.pdf

Growing the Teaching Kitchen: Recap

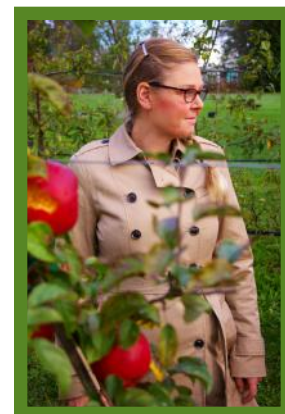
Our annual fall conference took place on October 24th at the UBC Farm, a 24 hectare learning and research farm located on the University of British Columbia's Campus in Vancouver. The facility is the only working farmland within the city of Vancouver, truly an urban agrarian treasure. UBC students including Megan, our tour guide, conduct projects in collaboration with more than ten different faculties. Projects range from: food system science, farming technology, community engagement and environmental stewardship. The farm provides students with the opportunity to learn in a unique and increasingly rare hands-on way. Megan led our group on an informative tour, highlighting all the activities that were happening on the farm. The weather cooperated and we all enjoyed the beautiful autumn day.



After a brisk morning walk through the farmlands, it was time to head into the great indoors for a demonstration on growing inside our kitchens. The Urban Cultivator is undoubtedly urban farming reconsidered. The all-in-one indoor garden provides the perfect growing conditions for herbs and vegetables, from arugula to wheatgrass. The enclosed hydroponic system is aesthetically designed and allows for continuous growing. Simply, after planting, you are only required to add fertilizer once a week, and eat the greens when they're ready for harvest. Thanks to Wil for the informative demonstration. It was clear that during the demo all the chefs instructors inside the Yurt, were each figuring out how they could get an Urban Cultivator into their teaching kitchen.

Our morning session concluded with Meghan Dehghan, presenting her master's research on how culinary arts programs can increase their sustainable practices. Meghan highlighted how we as teaching chefs, can make better use of the following: *Local and Organic Food, Waste Management, Water Conservation, Energy Conservation, and Chemical Management*. The discussions and information that came from Meghan's presentation could have easily filled several hours. A special thank-you to Meghan for sharing her research with us and to Trevor for organizing the day.

Photos courtesy of Chef Steve Schram, Frank Hurt Secondary



Golden Harvest



Squash, pumpkin, and apples were just some of the seasonal ingredients that were used to create local culinary delights for the Golden Harvest.



The sixth annual food tasting event, "A Taste of Maple Ridge and Beyond" challenged local chefs and culinary arts students from Garibaldi, Maple Ridge and Thomas Haney secondary schools to use local products in creating their dishes.

Participants were first sent a product list of what's available locally, and from it come up with a menu that is submitted ahead of time. "It brings awareness to the community about the possibilities of eating locally, event organizer Kimberly Lauzon said about the importance of holding an event like this.

"I think that one of the barriers to eating locally is that we have a lot of grocery stores that source food from outside of our community. People just don't realize how much we grow here."



Garibaldi chef Daniel Lesnes says "it teaches his students about cooking, serving and planning in a commercial and communal environment.

"It shows them how to be organized, to be efficient and think about all the details. If you forget to bring a spatula, for example, that could be bad.

So you have to make check lists and double check lists and try to visualize ahead of time what you need for working," chef Lesnes said.

Chef Lesnes and his students prepared chicken pesto paninis along with roasted apple on hazelnut short bread, with havarti, cranberries and pastry cream.



chowder

noun

:a thick soup or stew made of seafood or corn with potatoes and onions and milk or tomatoes

SD#42 Chowder Competition

May 13th, 2015

Thomas Haney
Secondary

For more information
contact Brian Smith
brian_smith@sd42.ca

604-463-2001






Launching Your Own YouTube Cooking Show!

Many celebrity chefs have a YouTube channel dedicated to sharing their culinary skills with others. But you don't have to be famous! You could make this an assignment done by an individual student, groups, or the entire class. Chef Instructors could create videos to use as a lesson plans or even as a shot at culinary fame. You are only limited by your creativity.



Gordon Ramsay on YouTube

<https://www.youtube.com/user/gordonramsay>

A famous Michelin star chef, born in Scotland, raised in England known for his:

- 12 restaurants located across the globe

ONE OF ONLY FOUR CHEFS IN THE UK TO MAINTAIN THREE MICHELIN STARS

Television shows:

UK Based:

- Gordon Behind Bars
- Ultimate Cookery Course
- Gordon's Great Escapes
- Gordon Ramsay: Shark Bait

FOX network, airs in 200 countries worldwide

- Kitchen Nightmares
- Hell's Kitchen
- MasterChef U.S.
- Hotel Hell

YouTube

Ramsay's YouTube channel features:

Tutorials:

- How to Sharpen a Knife
- How to Cook the Perfect Rice
- How to Finely Slice an Onion

Recipes:

- Steak Diane
- Stuffed Roast Chicken with Chorizo
- Spicy Mexican Soup with Tortillas and Salsa

561,500+ subscribers **385 videos** New videos every week **Clips from his TV shows**

1 Create Your own Channel
If you have a Google account for Gmail, you can use it.

2 Choose a Cooking Niche

- Knife skills
- Pasta
- Mother sauces
- Butchery
- Whatever you choose???



Alton Brown's «Cook Smart»

<https://www.youtube.com/altonbrown>

A famous TV chef, known for his strong presence on the Food Network.

Television shows:

- Good Eats
- Iron Chef America
- Cutthroat Kitchen

Cookbooks

- I'm Just Here for the Food
- Good Eats

YouTube

His YouTube channel, «Cook Smart» features:

Brown started his own YouTube channel and online cooking series in April 2014.

Though his channel only features four videos, new videos are posted every Wednesday.

The first video, "Alton Brown's Mustard Caddy" posted April 11, 2014, has seen **more than 1 million views in two weeks.**

His channel has **176,000+ subscribers.**

On his channel's main page, you can also see videos from the Food Network, including clips of his shows.

3 Create a Video Library
Record multiple videos at once so you can build an archive. Have your students record for you, (they're probably more skilled anyway!)

The more videos you have, the more likely students and other viewers will return.




Hannah Hart's «My Drunk Kitchen»

www.youtube.com/user/MyHarto

27-year-old Hannah Hart started «My Drunk Kitchen» as a joke with her friends.

On the channel, she teaches people how to cook things, while drunk.

YouTube

Her YouTube channel, «My Drunk Kitchen» features:

The first episode, «Butter Yo Shit» premiered in March 2011. She makes grilled cheese.

As of October 2014, Hannah Hart's channel has more than **1,548,000 subscribers.**

She posts a new MDK video twice a week, on Tuesdays and Thursdays.

Her book, «My Drunk Kitchen: A Guide to Eating, Drinking, and Going With Your Guts» will be available on August 12, 2014.

4 Build a Viewership
Make your videos unique.

Differentiate yourself.

Post content on a regular basis.

Keep your videos simple.

Promote videos on other platforms.

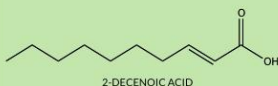


5 Involve your Students
6 Have Fun!!!

Chemistry of the Teaching Kitchen

THE CHEMISTRY OF CORIANDER

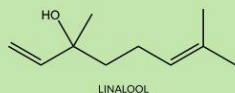
CHEMICAL COMPOSITION



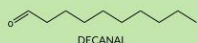
A range of aldehyde compounds are largely responsible for the aroma of coriander leaves. The largest proportion of these are those aldehydes with 6-10 carbon atoms, particularly decyl (10) and nonyl (9) aldehydes.

Other major constituents of the leaves are 2-decenoic acid, decanoic acid (also known as capric acid) and tetradecanoic acid.

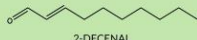
The chemical composition of coriander seeds is slightly different, with the alcohol linalool being the major constituent.



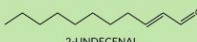
WHY CAN CORIANDER TASTE 'SOAPY'?



Coriander leaves contain high levels of organic compounds called aldehydes. The same aldehydes, or similar, are often commonly found in soaps and lotions.



However, perception of this facet of coriander's taste isn't purely chemical. Scientists have discovered that dislike of the taste of coriander may also be influenced, to an extent, by genetic factors. Studies have also suggested that crushing coriander leaves may lead to faster breakdown of aldehydes, diminishing the soapy taste.



Julia Child was once asked which foods she hated. She responded, "Cilantro and arugula, I don't like at all. They're both green herbs, they have kind of a dead taste to me. I would pick it out if I saw it and throw it on the floor."

Many people besides Julia are also of the opinion that coriander/cilantro has an unpleasant soapy taste. The cause of this has its roots in the chemical composition the leaves. There are also other factors at play.

Flavour chemists have found the composition of the essential oil of coriander leaves to be composed of around 40 different organic compounds, with 82% of these being aldehydes, and 17% alcohols. The aldehydes are mainly those with 9-10 carbon atoms, and it is these that are largely responsible for the aroma of the leaves – as well as its perceived soapy taste for some people.

The aldehydes present in coriander, are also commonly found in both soaps and lotions. Given that, perhaps it's not completely surprising that, for some people, the smell and taste of coriander is a little on the repulsive side. The senses of smell and taste evoke strong emotions. When we taste a food, the brain searches its memory to find a pattern from past experience that the flavour belongs to. Then it uses that pattern to create a perception of flavour, including an evaluation of its desirability. Before humans transitioned from hunter gatherers to settled industrialists, they relied on these strong senses to help find food when it was scarce, avoid poisonous plants, and sense when something had gone bad. Is it's possible that cilantrophobes can track their evolutionary roots back that far? Was this the genesis of *ihatecilantro.com*?

However, it's certainly not just down to the chemical composition of coriander leaves that some find it has a soapy taste, whilst others do not. It's been suggested that there's also a genetic basis to this, which explains why not everyone has the same aversion.

Scientists have highlighted a specific gene that codes for a receptor that is highly sensitive to the flavour of aldehydes. Several other genes have also been linked, so it seems likely that more than one could be responsible. As well as this, it's also possible for people to grow to like the taste of coriander, with it being suggested that repeated exposure to the taste leads to the brain forging new, positive associations. A recent Japanese study suggests that crushing the leaves will give leaf enzymes the chance to gradually convert the aldehydes into other substances with no aroma.

So whether you eat it on tacos or throw it on the floor, coriander/cilantro might just be one of the most divisive ingredients in our teaching kitchens, with a love/hate relationship amongst it eaters.



Lesnes' Brain Teaser

Submitted by Chef Daniel Lesnes, Garibaldi Secondary

Some sources hold that the Romans (who called us diamond-makers) consumed us, because of our putative ability to enhance mental prowess. Mark Antony (*Marcus Antonius January 14, 83 BC – August 1, 30 BC, roman politician and general who played a critical role in the transformation of the Roman Republic from an oligarchy into the autocratic Roman Empire*) is said to have chewed on us for days, without effect, and ended up being trounced by Augustus Caesar at the Battle of Actium, so go figure.

We have been described as old mens legs with clenched green fists clinging to them, for the record we are seriously offended. Others have said we are two of the three vegetables grown in Britain and this is just silly.

A 2008 survey conducted by Heinz revealed that we are the most-hated vegetable in America. A similar poll in Britain found us at the top of the most-hated list there, too. Isn't it too vilified to write about us like that? And yet, Brits grow about six times more of us than in the U.S. Believe me it is hard to live with such reputation.

Originally cultivated in the 16th century, we are members of the cabbage family. We are high in vitamins A and C, potassium, and iron. We also contain folic acid which is said to protect against cervical cancer and some birth defects. See, there is some good stuff in us. We are best boiled or steamed, adding butter, chestnuts, bacon bits, poppy seeds, sour cream, cheese, or white sauce. Some crazies even scoop out our center and insert tiny fish eggs. The nerve! However, we are confident there are many other ways to accommodate us, and make us enjoyable to eat. You are Chefs after all, we certainly will appreciate your support and creativity on that matter. But remember, do not overcook us! you will make us smell like rotten eggs. So be careful! With our high levels of sulforaphane, we should be cooked for only four to six minutes, or blanched twice. Looking forward to be in your plate many times! So long!

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

Culinary Tour of France for Educators

June/July 2015

Hello all,

In 2012 and 2014, I organized and led a Culinary trip to France for School District 42 students. Both tours were successful and very educational for students. I have received requests from teachers for a similar adult trip.

Please go to this link for more detailed info:

<http://francetrip2015.weebly.com>

Make sure to visit the itinerary page.

Best regards,

Daniel Lesnes Garibaldi Secondary





Take a Bite of BC Program Back at Walnut Grove Secondary

submitted by Emma Sweeney, AITC BC

Langley, BC – After a hiatus of three years, **Take a Bite of BC** is back at Walnut Grove Secondary. A strong supporter of using local product Chef Instructor David Snider was instrumental in bringing the program back to the school.

Students and staff were lined up in the cafeteria at Walnut Grove Secondary the day after the first Take a Bite of BC delivery waiting to sample some delicious soup made with squash from BC Fresh along with Turkey sandwiches curtesy of the BC Turkey Marketing Board. Inside the cafeteria kitchen there was a whirl of activity as the Culinary Arts students hurried to get the food ready and out to the hungry school. Chef Snider gave out orders to his crew as they served up some of BC's best from local farmers. "It's such a great program," said Chef Snider, "The students are getting to know so much more of what's grown in BC. We are so glad to be a part of it."



Take a Bite of BC was developed by BC Agriculture in the Classroom Foundation in partnership with the BC Culinary Arts Association, BC agricultural commodity groups and BC producers. The program started in 2009 with 14 schools participating. Take a Bite of BC is now in 28 schools in the Lower Mainland and Okanagan. For more information and recipes, please visit www.aitc.ca/bc

Take A Bite of BC!			BC Products Featured 2014 - 15			
Choose Close to Home and Make a Difference						
October 21	Whole Chicken <i>(BC Chicken Marketing Board & Hallmark Poultry)</i>	Whole Turkey <i>(BC Turkey Marketing Board & Sunrise Poultry)</i>	Winter Squash Mix / Parsnips / Cabbage Mix <i>(BC Fresh & AITC)</i>	Long English Cucumbers / Beefsteak Tomatoes <i>(Windset Farms)</i>	Fresh Cranberries <i>(Ocean Spray)</i>	
November 18	Ground Pork <i>(BC Pork Producers)</i>	Rutabagas / Beets / Turnips <i>(BC Fresh & AITC)</i>	White / Crimini / Portabella Mushrooms <i>(Prairie Mushroom)</i>	Eggs <i>(BC Egg Marketing Board & Golden Valley)</i>	Leeks <i>(Van Eckelen)</i>	
January 6	Artisan Cheeses <i>(BC Dairy)</i>	Frozen Strawberries <i>(F.V. Strawberry Growers)</i>	Ambrosia Apples <i>(BC Tree Fruit)</i>	Brussel Sprouts <i>(Lucerne)</i>	Fraser Valley Beans <i>(Lucerne)</i>	
			Fraser Valley Broccoli <i>(Lucerne)</i>	Fraser Valley Peas <i>(Lucerne)</i>	Fraser Valley Cauliflower <i>(Lucerne)</i>	
February 24	Whole Chicken <i>(BC Chicken Marketing Board & Hallmark Poultry)</i>	Frozen Raspberries <i>(F.V. Raspberry Growers)</i>	Anjou Pears <i>(BC Tree Fruit)</i>	Basil <i>(Evergreen Herbs)</i>	Canola Oil <i>(Alberta Canola Producers)</i>	
		Blueberries <i>(Snowcrest)</i>	2% Milk <i>(BC Dairy)</i>	Parsley <i>(Evergreen Herbs)</i>	Canola & Olive Oil Mix <i>(Alberta Canola Producers)</i>	
April 7	Whole Salmon <i>(BC Salmon Farmers, Grieg Seafood & Cermaq Canada)</i>	Endive <i>(Van Eckelen)</i>	Eggs <i>(BC Egg Marketing Board & Golden Valley)</i>	Cucumbers / Roma Tomatoes <i>(Howefarms)</i>	Bell Peppers <i>(Windset Farms)</i>	
				Cilantro & Mint <i>(Evergreen Herbs)</i>	Portabella / Crimini / White Mushrooms <i>(Prairie Mushroom)</i>	
May 5	Whole Turkey <i>(BC Turkey Marketing Board & Sunrise Poultry)</i>	BC Beef Roast <i>(BC Cattlemen's Assoc)</i>	Graffiti Eggplant / Ramiro Hot Peppers <i>(Creekside Hot House)</i>	Crescendo Peppers / Tomatoes / Living Lettuce <i>(Windset Farms)</i>	Living Herbs ~ Basil <i>(Kitchen Picks)</i>	

Sunrise Poultry

"Thanks to your donations, our students created a Thanksgiving dinner for the community. Our first delivery could not have been better received. It was nothing but wide eyes and raised eyebrows from the students. They were so proud of what they made."

— Chef Salzbrenner, D. Thompson Secondary, Invermere BC



We don't always have the opportunity for a student to break down their own full turkey. This was a wonderful teachable moment on professional food practices.



Roast turkeys ready for carving

Participating Schools 2014/15

David Thompson (Invermere)
David Thompson Secondary (Vc)
Delta Secondary (Lander)
Dover Bay Secondary
Edward Mills Secondary
Enver Creek Secondary
Esquimalt Secondary

Frank Hurt Secondary
Gastrol Secondary
Gulfport Secondary
L.A. Matheson Secondary
Ladysmith Secondary
Lord Tweedsmuir Secondary
Maple Ridge Secondary

Matthew McNeil Secondary
Queen Elizabeth Secondary
Samuel Robertson Technical
Sequoia Secondary
Squamish Secondary
St. Charles Tupper
South Delta Secondary

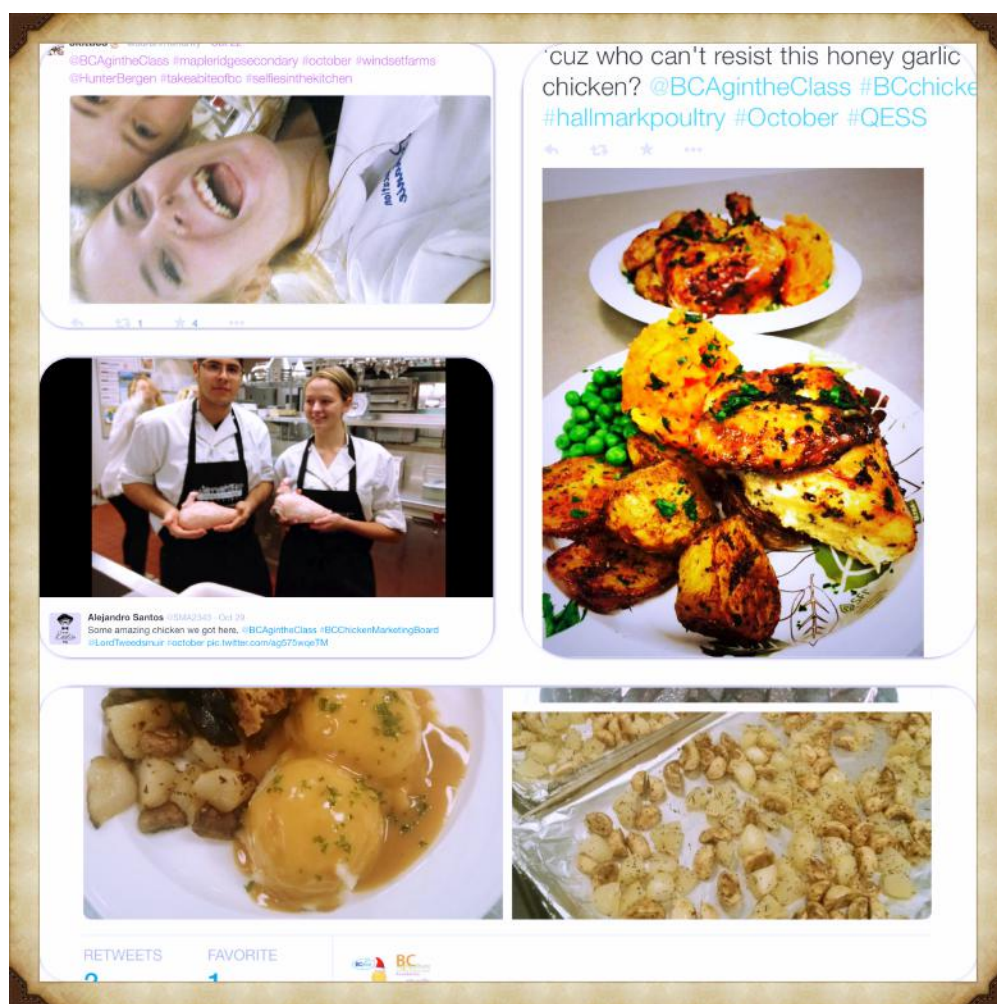
Spectrum Secondary
Stelly's Secondary
Tamanawis Secondary
Templeton Secondary
Thomas Hare Secondary
Vancouver Technical
Vernon Secondary
Walnut Grove Secondary

December 2014



Take a Bite of BC Twitter Contest

This fall, Culinary Arts students on Take a Bite of BC participated in a Twitter photo contest. Students came up with a creative way to tweet about dishes they created in their Culinary Arts classes using product from Take a Bite and including the Twitter handle of the supplier. The winners each received a \$50 iTunes gift card. We will be holding another contest for students in the new year, so watch for more emails from Emma Sweeney, BCAITC's Communications Coordinator. Congratulations to this year's winners!



Take a Bite of BC Twitter Contest – 2014 Winners

Sarah and Hunter – Maple Ridge Secondary

Rheia – Queen Elizabeth Secondary

Jose – Queen Elizabeth Secondary

Christian – Templeton Secondary



Human Ecology & Everyday Life

This M.Ed. in Home Economics Education with a focus on Human Ecology and Everyday Life is a unique graduate program, offered fully online, for teachers of home economics, human ecology, family studies, and family and consumer science. It will also be of interest to professionals involved in educational programs that focus on health and nutrition, the environment and sustainability, and related projects such as school gardens. The online learning environment makes it accessible anywhere in the world. Its underlying themes include interdisciplinary inquiry, human-environment interactions, local and global communities, ecological sustainability, researching practice, and social responsibility.

Start Date: September 2015 - Length: 2.5 years, part-time - Location: Online

Apply By: March 2 www.grad.ubc.ca/apply/online/



Twenty Things That You Didn't Know About BCCASA. 2015 Edition

1 Most of our members have both a B.Ed. and journeyman red seal chef trade. Many of our members are graduates of UBC's Chef Education Specialization Program, where the student gets some credits for their red seal. Some have their B.Ed. independent of their red seal.



2 Students in our programs can complete "Professional Cook 1 (PC1)" before they graduate. PC1 can be the first step towards PC3 or Red Seal.

3 Between now and 2020, the projected fastest growing trades occupations in B.C. are chefs and cooks (1.6%) and butchers and bakers (1.1%)



4 Our teaching kitchens are great advocates of local food initiatives. Our annual conferences reflect our interest and implementation of local foods



BCCASA has worked closely with the BC Agriculture in the Classroom Foundation to raise awareness of fresh local British Columbia foods.



9 Meghan Dehghan, Chef Instructor at New Westminster Secondary, has just completed her Masters "A Culinary Arts Program Guide for Increasing Sustainable Practices." Trevor Randle, Chef Instructor, Maple Ridge Secondary, and Lauri Humenuk, Chef Instructor, Spectrum Community School are completing their Masters in *Human Ecology and Everyday Life*.



6 *Take a Bite of B.C.* has expanded throughout the province, including Vancouver Island, the Okanagan, and as far East as Invermere



Gulf Islands Secondary is building an aquaponic fish farm system in their greenhouse. They will raise about 150 tilapia, and another 300 plants year round.

BCCASA member at East Three Secondary in Inuvik, NWT grows herbs, heirloom tomatoes, beans, lentils, rye and other heritage grains all above the Arctic Circle. How? In a former hockey arena!!

Several culinary programs have their own Twitter accounts where daily, weekly menus and specials are posted. Chef Gerald Worobetz at South Delta Secondary has an iPhone app for his daily specials. And Chef Mark Kilner at Gulf Island Secondary uses FaceBook to share what he and his students are doing both inside and outside of his teaching kitchen.



13

2014 UBC study concludes that by creating an environment within the school that is more conducive to healthy eating, it will likely provide the greatest benefit in supporting healthy weights among adolescents.

11

Chef Instructors in B.C. have implemented "The Guidelines for Food and Beverage Sales in B.C. Schools" without dramatic loss of sales. Ontario's new guidelines have seen losses of up to 45% in sales in some school districts. Toronto school district lost \$700,000.00 and closed 32 cafeterias.

14

The B.C. government is committed to encouraging trades as a career option. Students in our teaching kitchens are exposed to equipment that is standard in many restaurants. That exposure and the training they receive would easily prepare them for cooking as a career.

10 ANNUAL EVENTS SPONSORED BY BCCASA MEMBERS: GINGER BREAD COMPETITION, CHILI COMPETITION, CHOWDER COMPETITION, AND SCULPTURE COMPETITION.

15 Our culinary arts students in BC, prepare and serve nutritious and flavourful foods daily, without the input of celebrity chefs like Susur Lee. Our talented and hardworking chef instructors shine with only the glory coming from within.



Susur Lee Pocahontas

17 Gerald Worobetz, Chef Instructor at South Delta Secondary received the 2014 Outstanding Teacher Award by the BC Agriculture in the Classroom Foundation in recognition for demonstrating outstanding leadership and innovation in agriculture education.



TQS still does not recognize the red seal chef as legitimate form of education for our chef's, despite the 3 years it takes to get it and that it is a job requirement. The effort to change this has been in vain.

18 Past BCCASA president Pierre Dubrulle's former student Ryan Stone, represented Canada at the 2011 Bourse d'Or in Lyon France.



19 Chef Matthew Stowe, 2013 winner of "Top Chef Canada" is a culinary graduate of Lord Tweedsmuir

20 BCCASA organized a very successful conference to Beijing China, in June of 2012.



THE EXECUTIVE

President: Eric MacNeill

emacneill@sd68.bc.ca

Dover Bay Secondary,

Nanaimo (250) 751 3409

1st Vice President: Trevor Randle

trevor_randle@sd42.ca

Maple Ridge Secondary,

Maple Ridge (604) 463 4175

2nd Vice President: Brian Smith

brian_smith@sd42.ca

Thomas Haney Secondary,

Maple Ridge (604) 463-2001

Treasurer: Paul Richardson

prichardso@vsb.bc.ca

Gladstone Secondary,

Vancouver (604) 713-8288

Secretary Lauri Humenuk

lhumeniuk@sd61.bc.ca

Spectrum Community School

Victoria, (250) 479-8271

1st Director: Lori Pilling

lpilling@deltasd.bc.ca

Delta Secondary,

Delta (604) 946 4194

2nd Director: Andrea

Salzbrenner

andrea.salzbrenner@sd6.bc.ca

David Thompson Secondary,

Invermere (250) 342 9213

*The Matthew McNair
Gingerbread Competition was
held on December 18th.*

*We were please with the
interest in the competition and
hope to do it again in the
future. We had over 30 entries
from 5 school districts.
Unfortunately some of the
entries from Merritt never
made it, but the turn out was
still well represented within
the lower mainland. The level
of workmanship was high, the
judges awarded over 208 points
of a possible 250 points, the points spread between gold, sliver and bronze
was under 10 points in both the group and individual projects.*



*As always these events allow us to highlight the culinary program within the
school and with the local district administrators.*

Submitted by Chef Ray Young

Financial Report

Submitted by Chef Paul Richardson, Gladstone Secondary

Revenue:

14,004.42

Expenses:

(208.65)

Excess revenue over expenses:

13,795.77

Outside Account

5,613.50

Total

19,409.27

www.bccasa.ca