

Bacon page 5**AITC pages 15-17****Vague Promises pages 18-19****Pia Carroll page 19****Financial Report page 20****CONFERENCE
PAGES 6-7****CHILI
PAGES 8-9****BITTER
PAGES 10-12**

BOUQUET GARNI



President's Message

THE PENDULUM SWINGS AGAIN. FAT IS NO LONGER THE ENEMY.

When I first started to get involved in BCCASA, *The Guidelines for Food and Beverage Sales In BC Schools* was just beginning. The Ministry of Education and the Ministry of Health with the Dietitian's of Canada put out the first Guidelines in November 2005 and has put out at least one revision since. In The Throne Speech of Feb. 2005, the Premier specified his desire to increase by 20% the proportion of British Columbians consuming the recommended daily level of vegetables and fruit, to decrease by 20% the proportion that are obese and overweight, and to eliminate junk food in schools in the next four years. He wanted BC to be the healthiest jurisdiction to ever host the Olympics. I agreed then, as I agree now, that the school setting provides important opportunities for children to learn and practice healthy eating. At the time I mentioned in a letter to the editor of our local daily newspaper that I welcomed the changes that were introduced by the Ministries. And I did say then that my program (and all of the Culinary Arts programs in BC) had only minor changes to make to meet the guidelines. I said "Unlike the stereotypical school cafeteria, the student chefs in our programs have always produced a healthy product, making most foods from scratch from scratch and using top notch ingredients." I also said in that same letter that my biggest complaint regarding the guidelines was its lack of flexibility and that "sometimes a knee-jerk reaction is typical of politician's response to issues that tend to arise". So how are we doing 10 years later? The war on obesity is a big fat flop. After two decades of hectoring from public-health officials they struggle to answer how could so many people be so wrong for so long. Now I do not hear about the "Guidelines". In view that rates of obesity, diabetes and heart disease are soaring did they quietly fade away because the new studies have shown their advice to be wrong? Or did they made a hasty retreat? Or is another revision coming to better reflect the new reality?



"The student chefs in our programs have always produced a healthy product"

(continued on page 2)

(continued from page 1)

In February 2015 the U.S. Dietary Guidelines Advice Committee, whose guidelines influenced millions of people, dropped its recommendations to restrict cholesterol. “Cholesterol is not a nutrient concern for overconsumption.” So just about everything we thought we knew about high fats was wrong. The doctors, dieticians, experts at Health Canada and yes the Ministry of Education and the Ministry of Health gave the wrong advice. For decades fat has been the most vilified nutrient in our diet. And new science reveals fat isn’t what’s hurting our health. We cut the fat, but by almost every measure, we are sicker than ever. Type 2 diabetes has increased 166% from 1980 to 2012 and cardiovascular disease remains the countries No.1 killer. The reason? Some say if you cut down on one food, you replace it with another. Over the past 30 years, we’ve replaced “bad” food like red meat, milk, eggs and butter but we added a whole lot of low fat junk food that increased caloric intake. One example of how experts maligned fats: school districts across the country have banned whole milk, yet chocolate milk remains as long as its low fat. And virtually all increases in calories has come from carbohydrates. The results were that carbohydrates break down into glucose and everyone now agrees that you need to stay away from sugar. Simple carbs like bread and corn may not look like sugar on your plate, but in your body, that’s what they are converted to when digested. And those sugars stimulate the production of insulin, which causes fat cells to go into storage overflow, leading to weight gain. Was the ultra-low carb diet by Dr. Robert Atkins correct 50 years ago when he first introduced it? At the time, The American Diabetics Association referred to the *Atkins Diet* as a “nutritionists nightmare.” However study after study have found that it’s very difficult to lose weight on a very low fat diet and those on a low carb diet lost more weight. The purpose of this message is not to defend one diet over another but to show that even the most reliable sources, when it comes to recommending healthy eating, can and were wrong.

But again I still preach moderation. Back then when the guidelines were introduced, as I mentioned, I called for flexibility, as I do now. It seems that the pendulum is swinging back where high fat is now acceptable. But do really what to go down that road? What if people get the message that saturated fats are fine and they adopt more unhealthy eating habits? Because we have made no inroads in curbing obesity and because we were micromanaged to what we can and cannot put in our mouths is a backlash coming? Could it be because we were told to adopt extremism that inevitably the no junk food rule may backfire on policy makers?

(continued on page 3)



FOLLOW US ON
TWITTER

@BCCASAcchef

Especially now that new studies have shown no links between heart disease and dietary fat and cholesterol. And that for decades dissenting voices found it hard to be heard and the status quo had become entrenched. It has become clear that a great deal of health and nutrition guidelines depends on fads, not science. So yes, sugar is bad and so is salt and so was fat. So the only real way to eat well is to eat well. Eat as we the chef instructors teach our students and serve in our cafeterias, real food absent of refined carbs and processed foods. Our *Guidelines for Food and Beverage Sales in BC Schools* didn't have it completely wrong. They were promoting a variety of healthy foods like we are. But they were adopting guidelines aligning themselves "with new evidence as outlined in *Canada's Food Guide*, limiting fat and sodium" on what many studies have shown to be wrong.

So where does that leave us now? An editorial in the *Bouquet Garni* from Pierre Dubrulle dated Nov. 11, 2003 shows his frustrations in proposed bans on unhealthy food in schools by the then Education Minister Christy Clark. Pierre writes about the loss of sales of french fries and how it will affect his bottom line and how his program will operate with such a financial hit. He too was preaching flexibility. "Like most teaching kitchens in this province, Chef Instructors make it a point to serve nutritious, well balanced meals, limiting the amount of junk, greasy salty foods being offered" He says eating french fries properly done is alright. He was right, from both a nutritional and financial perspective. The pendulum swings back. Pierre was right 12 years ago and I am right now. We do not see the experts as having the answers and as Pierre said then "It is up to us to offer choices, alternatives without compromising the bottom line".

Chef Eric MacNeill Dover Bay Secondary



Lesnes' Brain Teaser

*submitted by Chef Daniel Lesnes Garibaldi
Secondary*

Accidents happen and that's why I am here! The head gardener of our Botanical Gardens forgot about my roots left covered in soil in the cellar. He discovered that my roots produced lovely, pale, tight cone shaped heads. It took another few decades before my growing method was perfected but once introduced to the general public, I became as firmly established in my country's cuisine as 'Moules frites' or chocolates. I really gained fame in 1850 when I helped save the capital of my country from famine.

My common name comes from a relative's Latin surname and we both share a Latin first name. Members of the Composite family, our names have been interchanged through the years, but only I have a Flemish name and have been called white gold. I am an herb and it is my complex cultivated form that is a delicacy -- they cut off my head, hide me in the dark, and wait for my second growth. This sounds like torture, but this is the only way I can survive! Then I am sold wrapped in blue paper to protect it from light, I am very sensitive to it, and so preserve my pale colour and my delicate flavour. Usually a slender blonde, I'm 4-8 inches long and 2 inches in diameter.

I don't get better as I get older, use me when I am fresh and crispy, enjoy my mild bitter sweet taste fresh in salads or stuffed, braised or gratinéed, I am excellent just with butter or in recipes with cured meats. When crossed with Radicchio, I'm red-tipped and milder, but will lose my flavour if cooked.

My roots could be used as a substitute for coffee, in fact, they have been widely used during economic crises such as the Great Depression in the 1930s and during World War II in Continental Europe. I stimulate the appetite, cleanse the intestines, aid digestion, and contain folic acid, potassium, and vitamin C.

WHAT AM I?

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

Getting it Right: Chef's Teaching Assistants Challenges

submitted by Sandi Slizak, Chef Instructor Vernon Secondary School

After reading about cafeteria assistants in Eric's president's message (*Volume 17 Issue 2*) in the last *Bouquet Garni*, I felt compelled to write about how my program runs in Vernon.

I teach grade 11 & 12 students. We are a semester school and I teach 4 classes 1st semester and 4 classes 2nd semester. Second semester is also when we offer Ace-It, if there are enough students. This semester I'm teaching 4 cafeteria blocks and Ace-It with 2 students. Our school runs from 8:25 to 3:05. I teach FoodSafe the 1st week of each semester.

Of course we are open during 1st break and lunch so I'm compensated for my prep & breaks by finishing with students by 1:00 pm and able to leave the school by 2:00pm. I'm usually shopping at the Superstore by 7:00am 4 days a week, head to the school and get set up before the students arrive.

Each cafeteria block is made up of 16 students and let's face it sometime I don't have the most academic students and I have lots of Life Skills, ELL and Resource Room students. If I have students who need the support of an E.A. then I am given an E.A. for that block. If no EA is required I'm on my own. I do not have a Cafeteria assistant and am on my own otherwise.

I run the cash register at break but I do have a noon supervisor who runs the cash at lunch.

Over the years I have done a lot of off premise catering, my only stipulation is that the food is picked up at the school by 2:00pm.

So I'm responsible for, billing out the catering, doing the cash out every day, updating our teachers charge book and billing out to them at the end of every month. As well as the cafeteria menu, specials of the day and any catering. The students are very busy and at the end of every day I'm amazed at what we've actually got accomplished.

My teaching happens by stations and of course I find *Rouxbe* a fabulous resource, and I like that students have access to it 24/7.

It would be nice to hear about other programs and what they do for prep, catering, cash, billing for the catering etc.

Thanks and have a great end to your school year and a fabulous summer. I am sad there is no France trip.

Sandi

sslizak@sd22.bc.ca

If you like to reply or comment on Sandi's article or on Eric's President's Message, please forward them:
brian_smith@sd42.ca

Chemistry of the Teaching Kitchen

Bacon, the once humble standard of the North American breakfast has become hip. There's just something about this salty, smoky, crispy, fatty treat that excites the senses, like no other food can match. In recent years, food bloggers and hipsters have taken bacon to new heights, helping us see how this beloved breakfast meat can be incorporated into nearly every dish imaginable. It's been bacon for breakfast, lunch, dinner, and drinks.

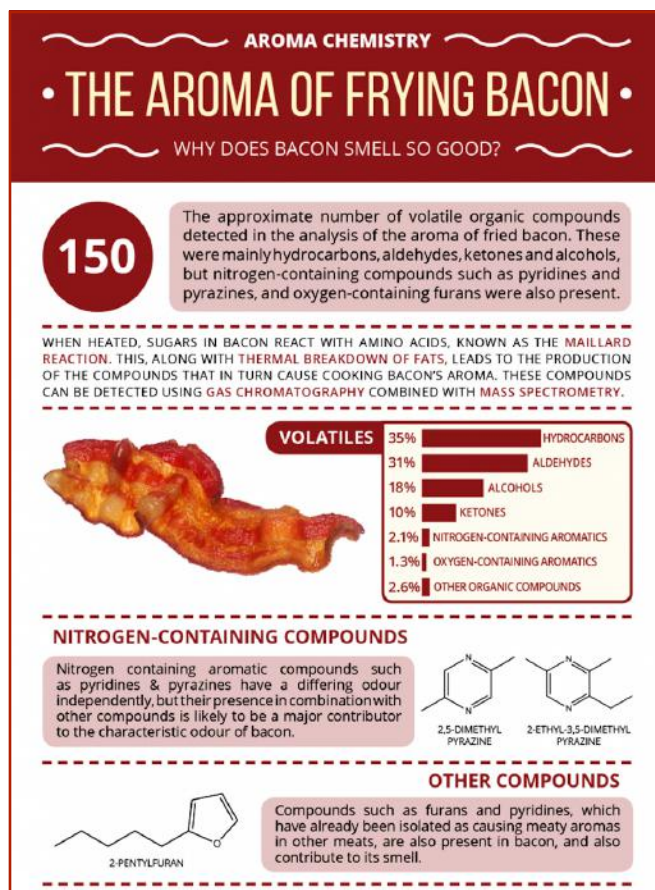
The joy of bacon isn't limited to eating, it begins when you start to cook it and the smell fills the kitchen. The amazing aroma is the result of a process known as the **Maillard Reaction**, in which sugars break down and combine with amino acids to form any of 150 different organic compounds.

In bacon, volatile compounds are produced due to the thermal breakdown of fat molecules. As well as this, in the case of smoked bacon, nitrite used in the curing process can also react with the fatty acids and fats present in bacon on heating – leading to a higher percentage of nitrogen-containing compounds than in standard pork meat.

So, what compounds give bacon its aroma? Researchers studying the aroma of bacon, compiled an exhaustive list of the volatile compounds present. They found that hydrocarbons, alcohols, ketones and aldehydes were present in large quantities in both the bacon and pork aromas. They also found some compounds present exclusively in bacon, suggesting that these play a major role in its scent. That collection of compounds is unique to bacon and is not produced when other types of pork are cooked.

Researchers found that individually, none of the nitrogen containing compounds, had the precise smell of bacon. However, they suspect that combined and in combination with other volatile compounds, is most likely responsible for the aroma of frying bacon. As well as nitrogen containing compounds, compounds which had previously been identified, from other meats, as having a 'meaty' scent were isolated. These included pentylfuran, an oxygen-containing organic compound, and dimethylpyridine. Since there's no single compound that is responsible for the smell of bacon, it is difficult to replicate the smell.

It's perhaps a little disappointing for researchers that a lone compound isn't responsible for bacon's aroma. However, the difficulty in ascribing it hasn't stopped the attempts of some hipsters trying capture its essence in perfume form or topping it on doughnuts. It's probably time for everyone to stand back and smell the bacon.



2015 BCCASA Conference and AGM

"A Chef's Adventure on the Sunshine Coast"

Hosted by Chef Michael Austin

Brooks Secondary School



Agenda

Friday October 23, 2015

8:00am - Pick up from hotel and travel to Haywire Bay Outdoor Education Facility.

8:30 - Breakfast prepared by Brook's culinary arts students.

9:00a.m. - AGM

11:30a.m. - Lunch provided by Brooks Secondary

1:00 p.m. - Guides of Haywire Bay Outdoor Education Facility will offer your choice of mushroom picking tour, hike, canoe or kayak.

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

7:00p.m. - Travel by bus to the Alchemist restaurant for dinner.

Saturday October 24, 2015

Breakfast at hotel.

9:00 - Travel by bus to Okeover Inlet.

10:00 - Meet with local oyster farmers and tour.

11:00 - Travel to the sea side town of Lund.

12:00 - Lunch at Nancy's Bakery

1:00 - Tour the community of Lund

2:00 - Travel to hotel to freshen up.

4:00 - Travel to Brooks Secondary school where the group will break into groups and prepare dinner together featuring local ingredients.

Cost: \$150.00 for BCCASA Members and \$290.00 for non members.

After you register on line at <https://www.surveymonkey.com/r/5F6RWB2> , please make cheques out to BCCASA and mail them to Paul Richardson at:
1164 Condor Crescent, Coquitlam, B.C. V3E 2B3

2015 BCCASA Conference and AGM

"A Chef's Adventure on the Sunshine Coast"

Transportation Options

There are three options available for you to travel to the beautiful Sunshine Coast from Greater Vancouver

#1 B.C. Ferries



Take the ferry from Horseshoe Bay to Langdale. You will have a 90-120 minute drive to Earl's Cove to catch a second ferry to Saltery Bay. The final leg of the trip is a 20 minutes drive into downtown Powell River.

(Ferries are not scheduled to connect, so waits may vary)

Your paid fare at Horseshoe Bay gets you onto both ferries without having to pay a second time.

Total travel time 5-6 hours

cost:

Vancouver to Powell River \$53.00 for standard vehicle and \$15.85 per passenger + tax

Powell River to Vancouver \$51.30 for standard vehicle and \$15.40 per passenger + tax



#2 Pacific Coastal Air

BCCASA has been offered a group rate, but time and space is limited. Those wishing a seat, please email Trevor Randle and send him a \$50.00 non-refundable cheque no later than June 18, 2015. On June 19th, the seats will be booked under BCCASA. Remaining payment must be sent to Trevor before September 15, 2015.

Trevor's Address: 3213 270th Street, Aldergrove BC V4W3G5

YVR South Terminal to downtown Powell River departing October 22 @4:40 PM arriving at 5:15 PM. A shuttle will pickup guests and take them to the hotel.

Downtown Powell River to YVR South Terminal departing October 25 @9:15 AM arriving at 9:50 AM. A shuttle will pickup guests at the hotel and take them to the airport.

Total travel time 1 hour 10 minutes

cost: total round trip including taxes and fee \$284.77

#3 Bus

<http://www.malaspinacoach.com/> for schedules and rates

2015 BCCASA Conference and AGM

"A Chef's Adventure on the Sunshine Coast"

Accommodation

Powell River Town Centre Hotel

24 hour toll-free reservation line
1-866-485-3001

A block of 20 rooms has been made available exclusively for BCCASA conference participants until October 8, 2015.

Please reference BCCASA when you make your reservation.

Cost - \$105.00 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

- Rooms will be held until October 8, 2015.
- Continental breakfast is offered to hotel guests between 7:00 a.m. and 10:00 a.m. daily or the voucher can be used for \$5.00 off the hot breakfast menu in the restaurant.
- 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.



15th Annual Chili Cook-off hosted by Chef John Buist

submitted by Chef Renee Thomas

Chef John Buist of Lord Tweedsmuir Secondary School hosted the 15th Annual Chili Competition in the Alice McKay building at the Cloverdale Exhibition Grounds on May 7th. Nine schools participated, with a total of 25 teams participating. Teams came from as far away as Kamloops and Merritt; and closer to home Coquitlam, Langley, Surrey and Vancouver.

A big thank you to the five “brave” chili judges: [Laurae McNally & Terry Allen](#) (Surrey School Trustees), [Andrew Holland](#) (Assistant Superintendent of Schools, Surrey), and [Kyle Smith & Ryan Gallicano](#) (North View Golf & Country Club, Surrey). Ryan and Kyle were both students at Lord Tweedsmuir and then ACE-It students at Tamanawis and were the recipients of the “Best Overall Chili”; May 5, 2011.

The Winners Are:

Best Overall winners of the Wusthof Chef Knives and recipient of the Gold Medal for the best Poultry Chili was team “Hawaiian Rapids” wearing hula skirts and leis from Riverside Secondary, Port Coquitlam, BC.

[Kimberly Gauvin](#), [Courtney Bengo](#), [Terry-Lynn Stephens](#)



What the winner's said:

“Participating in this year’s chili competition was a great experience. I learned a lot from this event and was able to connect with my team better. Our communication grew, allowing us to work more efficiently. I am thankful for Chef Garga, who helped us prepare for the competition and for having a winning team.”

“I had an outstanding time at the Chili Competition. I loved working with my team mates. I enjoyed making a Hawaiian Chicken Chili and being able to add our own ingredients to make it unique.”

“It was awesome to be around other students that love cooking as much as I do. It was great to sample all the other groups’ chili.”

“Wish I was not in grade 12, so I could enjoy the experience again next year.”

Most Original / Creative Recipe the Gold medal also winning Silver for their meat chili went to team Ragin Canajun of Tamanawis Secondary, Surrey BC.

[Brian Swartz](#), [Nick Archer](#), [Cheyenne Shouting](#)

The Silver medal going to Lord Tweedsmuir’s team “The Chil-istas”, also winning Bronze for their Meat Chili Recipe.

[Maddie Ferris](#), [Jordan Slater](#), [Aysha Devison](#)

Best Presentation the Gold and Silver medals were won by Queen Elizabeth's teams, Surrey BC.



Gold Team

"Mirchi's"
for their "Chili
Chicken"

Manpreet Kaur,
Harpreet Singh,
Veerpal Sandhu

Silver Team

"Chili Chili Bang
Bang" for their "Fresh
pineapple Chili with
Shrimp"

Rajvir Jhutti,
Lydia Lydia



Best Team Spirit won by The "A Team" of Frank Hurt Secondary. The 3 cousins; Stephanie, Katherine and Gissel Alegria set themselves apart with their computer presentation of the 3 chili cooks along with the "mock" newspaper headlines for the day's Sun and Province newspapers with them winning the competition. Very creative and well done!

Best Kitchen Management well deserved by L.A. Matheson's team "Cajun".

[Julie Ly](#), [Brook Nand](#), [R.J. Ornopia](#)

Best Theme: Merritt Secondary's "Native" theme featuring hay bales, a Coleman oven to bake bannock and "secret" ingredients. They also won gold for the Best Seafood Chili served on a cedar plank garnish with a bark knot.

[Elijah Mack](#), [Sheldon Charters](#)

Best Sportsmanship "The Chili Kings" dressed royally as the King and Queen from Semiahmoo Secondary, Surrey.

[Hannah Gunn](#), [Justus Freed](#)

Best Poultry Chili

Bronze (Merritt Secondary)

[Leah Collins](#), [Chelsea Spence](#)

A special THANK YOU to Chef Buist for the many hours he spends planning and organizing such a great event.



Bitter: Re-capping our Professional Development Day

submitted by Chef Renee Thomas, Queen Elizabeth Secondary

Bitter was the focus of Quang Dang's menu and dissertation from Jennifer McLagan's latest book *Bitter*, at Barbara Jo's Books to Cooks, on May 1, 2015.

Chef Dang is the executive chef at *West*. Quang has established himself as an advocate of sustainability and a champion of West Coast cuisine.



The chefs are seated, the counter is full, and there is an aura of anticipation, their eyes opened wide and senses awakened. Mark Holmes welcoming them with a vibrant pink cocktail of Campari and freshly squeezed pink grapefruit juice, garnished with a wedge of pink grapefruit. Their first taste of "bitter" WOW!

Bitter is the most memorable of all the flavours often associated with the message "get away from me". Our ancestors learned to avoid "bitter" because a lot of poisons are bitter.

Bitter is alkaline balanced by adding salt, fat, acid and sugar-sugar being the least balancing factor. The rind of an orange is acidic and the white pithy center is alkaline combined they are neutral. The art to making a good dish with "bitter" is balancing flavours.

The Belgian Endive Salad with Anchovy Dressing was likened to a rustic Caesar Salad. In his salad Quang used both the pale green and burgundy tipped Belgian endive, the burgundy colour the result of crossing the endive with radicchio. He gently massaged the endive with salt, massaging the seasoning in to draw out water and some of the bitterness. Anchovies with their oil was added to the saucepan; pepper and garlic freshly grated on a rasp were added to balance "bitter". Quang chose to mash the anchovies with a fork rather than puree the dressing thus enhancing the "rustic" appearance of the vinaigrette. Freshly squeezed lemon juice was added while Dijon mustard was whisked in to emulsify the mixture. The vinaigrette gently heated; if it splits it's not such a bad thing. Using his hands the warm vinaigrette was gently tossed with the trimmed and quartered endives, then simply plated and served. The bold flavours of the vinaigrette combined with the bitter endive and we experience "balance"; fishy, salty, sour and bitter.

The Belgian endive, locally grown in Abbotsford is available year round. Both the Belgian endive and pale white asparagus are grown using a horticultural technique called "blanching". Blanching is a term we are all familiar with used to remove skins from vegetables or fat and blood from meat. The process of blanching the Belgian endive requires it be grown twice. First in the field where it produces green leaves that are very bitter and are usually fed to animals; the plant is then dug up with roots intact, replanted inside and covered with sand or soil to prevent the light from reaching it. It is ready to be harvested about a month later when the root produces a tightly closed white head that begins to push through the soil and the tip of the Belgian endive turns the palest green.

The origin of the Caesar Salad was reportedly invented by Caesar Cardini owner of the Tijuana Restaurant in 1924. As legend has it some hungry friends happened by the restaurant. Running low on supplies he threw together what he had on hand among them being Romaine lettuce, garlic, croutons, Parmesan cheese, olive oil and Worcestershire sauce. His patrons were more than happy with the mix and spread the word. The big question then is by who and when the anchovies were slipped into the mix.

The radicchio was quartered and placed in a large roasting pan for the “Grilled Radicchio with Creamy Cheese”. The radicchio liberally seasoned with salt and pepper and drizzled with “cheap” Balsamic vinegar. Quang emphasized not to use an expensive balsamic because it is too sweet and too thick. Olive oil is generously poured over the leaves which helps protect the leaves from the broiler. He warned us if the oil is added before the balsamic, the balsamic will run off the leaves. The roaster with the prepared radicchio was placed under the broiler, broiled until it started to brown and was lightly charred. It may even look burnt and that’s the way you want it, it produces a different level of caramelization. The charred radicchio was topped with Farm House Natural Cheeses’ Fromage Frais and finished with a drizzle of olive oil. The recipe works for cabbage and other lettuces. Quang commented lettuce is more than just “salad” as are herbs; both have more nutrients than root vegetables.



Radicchio like Belgian endive requires coddling during cultivation. This chicory begins as a leafy green and needs cold temperatures to its change colour. Quang Radicchio is also grown in the Fraser Valley. It is left to winter in the fields, looks rotten, but peel off the outer leaves and you find a little red gem in the middle-“radicchio”.

Fromage Frais is a cream cheese made with Farm House Natural Cheeses whole dairy milk and an aromatic European culture which gives it a lemony finish. A cow’s cheese with a little acidity to balance “bitter”. Located in Agassiz all their cheeses are made from their own milk despite being part of the dairy co-op. The truck literally picks up the milk on one side of the farm and drops it off on the other. A discussion ensued about managing diversity in our diets and the effects on GMO products in our bodies. Tofu is a soy product used to create many different vegetarian products and too much of anything is not good for you. Vegan cheese is made with tapioca starch which is steamed producing a texture like cheese, slices like cheese and even melts like cheese.

Quang declared “Beer Soup” must be Australian because it is the only place he has experienced it. The recipe actually originated in northern France near the Belgian border where beer is the drink of choice. Beer Soup, made with Amber Ale, a darker beer that has a lower acidity that will not curdle the cream. Hops added during the brewing process contribute to “bitter”. Rye flour is whisked in to add viscosity; salt and a fresh grating of nutmeg for flavour combined with the whipping cream to balance “bitter”. A well toasted rye crouton also contributes to bitter and is placed in the soup bowl. The soup carefully ladled over the crouton and finished with a grating of nutmeg. Simple, and not surprisingly, it tastes like beer.



The Turnip and Fava Stew was my personal favourite. The turnip is bitter, balanced by the brown nutty butter (fat). The butter from Farmhouse Cheeses is really yellow; their Guernsey cows eat clover which has in it beta carotene that contributes to the colour. We are challenged to use our sense of smell as Quang browns the butter. It’s agreed you can smell “brown”. Timing is the key in this dish to layering the flavours. Sliced onions are added, stirring to coat them with the browned butter, diced red peppers and grated garlic are then added, seasoned with salt and 10 thyme sprigs. The heat reduced to low, covered and cooked gently until the vegetables are soft. The turnips are added and cooked until “just” soft. Do not “granny cook” the vegetables. Add a little water if you are

worried there is not enough moisture. Toss the blanched fava beans in a little olive oil to prevent colour loss when exposed to the light. The fava beans are added and heated until just warmed through, the thyme stems are removed and the stew is served. Quang suggests if you purchased turnips with greens, chop the greens and stir them through the stew.

White Asparagus is not yet grown locally. BC’s green asparagus takes 3 years before it starts producing and 7 years for best production. Thistles like to grow where asparagus grows and it grows faster making it easier to find wild asparagus. Cardoons look like big ugly anemic white celery. The recipes for cardoons in this book are fun to play with “bitter”.

The white asparagus for the “White Asparagus and Blood Orange Sauce” is blanched like an artichoke in highly seasoned water (lemon and salt); it is brought to a boil and turned off. The blood orange sauce is a simple butter sauce. Cream is added to the reduction of blood orange zest and juice; place over very low heat. Each piece of butter is gradually whisked in, thoroughly incorporating each before adding another.

The butter sauce is a warm sauce and should be served as soon as it is made. This dish is not only pretty but tasty too! Can you imagine adding a dozen sweet sea scallops pan fried in clarified butter until just opaque? Yum!



Quang commented the Vancouver Aquarium’s “Ocean Wise” program is now in its 10th year. Biologists are predicting “doomsday” on the fisheries in the Howe Sound. The spot prawn fisheries are collapsing as a result of a Starfish explosion on the ocean floor followed by sea urchins eating all the kelp where the baby spot prawns hide. They predict once the sea urchins are gone, the kelp will grow back quickly. What is happening in Howe Sound will not destroy

the BC spot prawn industry, because BC is home to 152 farms. Just as there are no longer BC sardines because sardines are migratory; they just went and we cannot predict where they went.

Quang reminded us, being a chef today has changed. You need to be fit. You’ll wear out if you “just” constantly repeat what you do. Being a chef requires not only fitness, but reading, travelling, and seeing what chefs and farmers are doing. Lastly, getting involved in where your food comes from and understanding how it arrived on your plate.

The day was highlighted with good food, good conversation and the passionate knowledge of Chef Quang Dang. He has awakened our senses, rekindled our passions and guided our discovery and understanding of “bitter and balance”.

“Bitter is not simply a reaction on our tongue—a taste in the strict sense—but also includes many different signals that register as bitterness in our brain.”

Jennifer McLagan

Maple Ridge secondary Grade 12 student Alysha Yoon keeps a close eye on her cheesy chicken combination during School District No. 42’s annual chowder competition on May 14th.



The annual ChowderFest took place under sunny skies at Thomas Haney Secondary on May 14th. The event was hosted by Chef Brian Smith. A total of 34 students and 17 teams took part. This year's competition saw many different styles of seafood chowders, poultry chowders, and a mix of vegetarian options. The four judges commented on how impressed they were with the wide range of styles and flavours that the students created.



Jessica & Olivia

The winning team from Maple Ridge Secondary was Jessica Pretzer and Olivia McDonnell with their Thanksgiving Chowder.

Coming in a close second was Alejandro Gutierrez and Sean Roy from Samuel Robertson Technical with a Spicy Bacon Chorizo & Corn Chowder.



Congratulations to all the student chefs that competed.

Spicy Bacon Chorizo Corn Chowder

created by Alejandro & Sean

Ingredients

Bacon (diced) 75 grams
Chorizo (diced) 75 grams
Butter 45 grams

Onions (diced) 70 grams
Celery (diced) 60 grams
Carrots (diced) 40 grams

Corn 150 grams
Potato 100 grams
Green Pepper (diced) 25 grams
Garlic 5 grams

Flour 120 grams

Chicken Stock 1.25 litres
Bay Leaf 1

Milk 500 millilitres

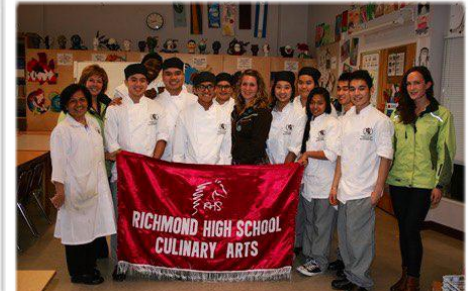
Salt
Pepper
Worcestershire
Frank's Hot Sauce
Onion Powder
Oregano
Garlic Powder

Method

1. In a medium saucepan, melt the butter, then add the bacon and chorizo, sauté on medium heat until golden brown.
2. Add onions, carrots, and celery. Sauté for 6 minutes or until they have softened a bit.
3. Add corn, potatoes, peppers, and garlic. Sauté for 5 minutes.
4. Add flour to form roux, turn off the heat
5. Add chicken stock, stir until smooth. Add bay leaf. Bring to boil, stirring frequently. Lower heat and simmer for 12 minutes.
6. Place milk in bowl and stir in one large ladle of hot soup to temperate milk. Add the mixture to the soup.
7. Adjust the seasonings to taste.
8. Plate up the chowder, garnish and serve.

Garnish ideas: Fresh herbs, Brunoise Peppers or other veggies, Baked Cheese Crisps, Fried Tortilla Shards

BC Cattlemen's Association and BC Agriculture in the Classroom's *Take a Bite of BC Program* have once again teamed up this year to bring beef education to culinary arts students in the Metro Vancouver area. Erika Strande, a young female rancher from Merritt, BC discussed with culinary arts students, what is entailed in beef production in B.C. These sessions are aimed at helping urban students make the connection between agriculture and the food they prepare in their culinary training. The students were all very interested and had great thought-provoking questions!



For more on what it's like to ranch in B.C., check out Erika's blog <https://lifeonabccattleranch.wordpress.com>

TOP 10 REASONS TO Love Lean CANADIAN BEEF

CANADIAN BEEF IS...

- #1** A nutritional powerhouse, with 14 ESSENTIAL NUTRIENTS plus energy
- #2** An EXCELLENT SOURCE OF HIGH QUALITY PROTEIN for muscle growth and repair
- #3** A LEAN CHOICE: beef's fat content is similar to skinless chicken and fish
- #4** One of the best sources of IRON, needed by every cell in your body
- #5** Packed with B VITAMINS, for energy and healthy brain function
- #6** An excellent source of ZINC, to support a strong immune system
- #7** A CALORIE-WISE, PROTEIN-RICH choice for achieving a healthy weight
- #8** Part of a heart healthy diet for managing CHOLESTEROL
- #9** Real food, recommended as part of EATING WELL WITH CANADA'S FOOD GUIDE
- #10** FLAVOUR and SATISFACTION your whole family loves

BEEF FAST FACTS:

- The BC beef industry is made up primarily of cow-calf operations.
- Over 4,000 cattle ranches are in BC and raise approximately 500,000 head of cattle which makes up 4.5% of the national herd.
- BC ranches occupy 5 million acres of private land and have tenure on a further 21.5 million acres of crown rangeland.
- There are an estimated 8,700 persons employed in the BC beef sector (including ranches, feedlots and processing plants).
- Beef production contributed \$24.6 billion to Canada's economy in 2010. (source Canfax Statistics Canada 2010)

1. Feedlots: Are all cattle raised in one and for how long?

The majority of cattle are at some point placed in a feedlot. However, the average animal spends only 60-120 days in a feedlot and the rest of their lives are spent grazing freely on pasture.

2. Why do BC producers send cattle to Alberta to be finished and processed?

The majority of BC ranches produce calves. Roughly 95% of these calves are sent outside of BC for finishing. The reason for this is that BC has a very small feedlot and abattoir sector. BC's geography does not allow for large crop production like that of the prairie provinces. Therefore in order for BC producers to finish their cattle in BC, they would have to purchase and transport grain from other provinces which has a higher economic and environmental bill. Another factor is our relatively small abattoir industry. Currently, BC does not have a federally inspected abattoir.

3. What is the difference between grain-fed and grass-fed?

All beef can be defined as grass fed as all cattle spend the majority of their lives eating grass on pastures or being fed hay. However, it is what cattle are finished on that may make a difference. Those that are grain finished are fed a mixture of grain to their diets for about 4-6 months.

Fresh Mushrooms and Herbs from Take a Bite of BC

Submitted by Emma Sweeney, AITC BC

Schools participating in **Take a Bite of BC** received some delicious herbs and mushrooms in April from Evergreen Herbs and All Seasons Mushrooms. Nothing like fresh herbs and mushrooms to enhance a culinary dish!

We have had lots of great feedback from our chefs on the program telling us that their students are completely changing their attitude towards mushrooms. “The varied produce on the **Take a Bite of BC** Program allows me to encourage students to go outside of their comfort zone a bit and try foods that they think they will not like”, said Chef Randle from Maple Ridge Secondary. “Mushrooms seem to be the one food that students in my school love or hate. I have never had so many students come back and tell me that they are converted after trying our mushroom dishes.”

All Seasons Mushrooms, is one of the most prominent “certified organic” mushroom production companies in BC and is a proud supplier to **Take a Bite of BC**. All Seasons was established in 1997 and is locally-owned by Frank Moscone and family in Langley.

Evergreen Herbs is a family run farm that has a long history of farming in the South Surrey, B.C. area. The farm started as a traditional operation, then beginning in 1996, they introduced small scale herb production into their greenhouses.

Many thanks to all of the chefs on **Take a Bite of BC** for continuing to come up with creative ways to integrate BC product into their Culinary Arts classes.



Take a Bite of BC is one of many programs provided to schools by the **BC Agriculture in the Classroom Foundation**

Take A Bite of BC: Our First Year

submitted by Chef Andrea Salzenbrenner, David Thompson Secondary, Invermere, BC

I can not thank the Farmers of BC and the *Take a Bite of BC* program enough for the incredible opportunities that this program has afforded us. Coming from a small town in the East Kootenays of BC, our Chef Training program is unique; but we have a stellar reputation in our community. We try our best to expose students to professional cooking, food and practices as much as we can, all the while instilling an appreciation of quality food and knowing where your food comes from.

Our program has access to a community greenhouse that produces many different edible products on a small scale, and TABOBC program takes our food resources to a whole other level. We often struggle with the budget for fresh quality food product that is accessible, being that we are far away from a lot of major city centres. TABOBC has provided us with a substantial amount of quality food from our own province that we can use to feed our students and be so proud in doing so!

Our first delivery this fall could not have been better received! It was delivered to us on a pallet so large, that our students could not believe the size of! They enjoyed seeing all of the products coming in. When we talked about the program and what generously donated, they were floored. It was nothing but wide eyes and raised eyebrows! Many of the students spoke about how nice it would be to let the farmers know what we were doing with the product, and they were happy that I told them that I was providing feedback.

I am lucky to have a spectacular baker as my chef assistant and he is always baking up quality breads and buns, etc. We used the fresh herbs in some of our breads and buns that we bake and they were a huge hit. The students love the new inspired products that we are encouraged to come up with thanks to the TABOBC products that we receive.

Throughout this program I am continually reminded of the generosity of our donors and of the quality product grown right here in BC. I am so thankful for a program like this. Our culinary programs thrive on the support of the province and our farmers.

As we are a smaller program we don't always have the opportunity to break down full animals and having the whole chickens and salmon was a great opportunity for our students to practice their butchering skills and break down their chickens and salmon into different usable pieces! We made some BBQ chicken for some sandwiches and BBQ chicken pieces for a Southern style menu including corn bread and baked beans. We then made some delicious roasted chicken stock for soups with the bones! With our salmon, oh where do we begin... we started by a great opportunity to even just see a whole fish and a large one! Many students have never seen an Atlantic salmon this big before! Then we were able to explain how to check for freshness, before butchering. We cut our salmon into some different cuts and explained the delicate process of pulling bones, skinning and filleting a fish. Then we seared our fresh salmon for a very popular grilled salmon Caesar salad, the smaller salmon pieces for a salmon sandwich and we made a stock from the fish bones and head.



We've had many unique teaching opportunities, exposing our students to new foods. With our cheese delivery, we created a cheese tasting. During our cheese tasting, students were able to try each cheese and explore its taste, smell, colour, texture and even recommend how they would best serve it!

(continued on page 19)

(continued from page 18)

Students really enjoyed tasting some new cheeses that they had never heard of as well. Many young people get stuck in the rut of defining cheese as either “white or orange” without ever truly exploring cheese for what it is and can be! It was a truly eye opening experience for a lot of students, and they were pleasantly surprised at how much they did enjoy the cheese varieties. Many were afraid that they would not enjoy them.

I am noticing that my colleague (chef assistant) and I are really enjoying becoming inspired by the products that we are receiving. It is very encouraging to myself that we remain inspired when we are writing new menus each week, trying not to duplicate too much. Having these products available to us is benefitting not only the students learning but the staff as well!

I strive to encourage students to search for and request local fresh products, enjoy making food from scratch and simply enjoy cooking, in hopes that our students will cook more often and live healthier lives.

And in the end, we the instructors and our students are all staying inspired. For the love, security and enjoyment of good quality food from BC being brought into our schools and communities.

Andrea

andrea.salzbrenner@sd6.bc.ca

Lindsay Babeneau Retires

It is with mixed emotions that the BCCASA Executive announce the retirement of Lindsay Babeneau. Lindsay has been the Executive Director of the B.C. Agriculture in the Classroom Foundation since it's inception and has been directly responsible for the agricultural education of countless students and teachers.



Through her many projects, programs and resources, Lindsay has always been a huge supporter of B.C.'s chef instructors and culinary programs. While initiatives such as the *AITC Summer Institute* and the *Fruit and Vegetable Program* have had great impacts on chefs and students alike, none have been as directly influential to our programs as *Take a Bite of B.C.*

It is through Lindsay's vision, drive and true understanding of what it is we do on a daily basis that such a program has been able to be so successful.

BCCASA is grateful to Lindsay for all that she has tirelessly done. We wish her all the best in this well deserved chapter of her life. It will hopefully be a restful one, but knowing Lindsay, this will not be the last we will see or hear of her.

Good luck Lindsay and thank-you for everything, it has made a difference.



Vague promises won't help trades education

Geoff Johnson / Times Colonist

This is not the time to climb onto the “ain’t never gonna happen” bandwagon that is .

To jump on board now would be crass, what with government bogged down in an economic mire not of its own making and the premier trying to explain that falling oil prices and a tough economy have altered the government’s liquefied natural gas playbook, making it more difficult to predict which LNG plants will go ahead or how or when.

Still, it seems an odd time for government to be distributing an even odder document entitled B.C.’s *Skills for Jobs Blueprint: Re-Engineering Education and Training*. The document, from WorkBC, is not new but has resurfaced with news that the LNG game plan is suddenly in need of revision.

The cover graphics alone of the document raised educational hackles even before the text itself had a chance to offend.

The notion of “re-engineering” education is supported on the cover by a series of graphics including a hammer crossed diagonally, thankfully not with a sickle, but with a screwdriver and wrench. There is also a graphic of three cogs working together, presumably representing the idea that trades education is something that simply needs mechanical adjustment before it will be ticking along smoothly.

And that’s just the cover of a very political, not an educational, document. Despite the claim on page one that “we are re-engineering education ... so that B.C. students ... have the skills to be first in line for jobs in a growing economy” pages 24 through 40 of a 45-page document make it clear that this is all dependent on the LNG promise being fulfilled.

Pages 38 to 40 are about recruiting from across Canada and “utilizing skilled international workers.” Those inclusions in the *Blueprint* seem to be an implicit admission that kids in B.C. are not being prepared for careers in trades, much less the trade career bounty that LNG promised.

“an implicit admission that kids in B.C. are not being prepared for careers in trades”

Trades education in B.C.’s secondary schools has been struggling for years with low enrolments while a succession of ministers of education has talked about “academic rigour” and the importance of “scholastic excellence.”

Probably 75 per cent of parents, when asked about their offspring’s post-secondary aspirations, talk about university or college. Yet only about 15 per cent of secondary grads will enter a university.

In 2013, Mike Howard, then president of the B.C. Technology Education Association, quoted a *Canadian Apprenticeship Forum and Skills Canada* study that found that while 32 per cent of high school students said they would consider a career in skilled trades, the average age of entry for apprenticeships in Canada is 25, which suggested that high-school students do not see apprenticeship as the best immediate pathway to the job market.

It’s true that some of the sons and daughters of tradespeople will follow in their parents’ footsteps, but otherwise, guiding your kid toward a trade is something many non-trades parents do not even consider.

(continued from page 19)

Then there is the capital cost of acquiring and maintaining up-to-date equipment for any form of industrial/technical or pre-trades education in secondary schools. Nonetheless, trades educators, especially at the secondary-school level, experienced a momentary flicker of optimism when it seemed that government, through WorkBC, might be refocusing on practical arts. But no, that ancient drill press in the metal-work shop or the 1970s equipment in the auto-repair shop will not be updated before 2020 at least, and apparently only then if LNG is up and running. Along with the already-mentioned factors inhibiting the growth of trades prep courses in B.C. secondary schools, there is the requirement that trades teachers possess both trade certification and formal teacher training.

Many tradespeople, quite capable of teaching a trades course, have no wish to take a year of no-income teacher-training that they see as unnecessary. With fewer teachers, reluctance on the part of parents and students, aging equipment and increased class size, it will need more than the promise of an LNG bonanza to get secondary-school trades education back on its feet.

*Reprinted with permission.
Geoff Johnson is a retired superintendent*

A special thank you to all that
submitted inclusions for this issue
of the Bouquet Garni

#teachingchef

Pia Carroll (1952 - 2014)

Pia Carroll was a friend to many, a mentor to most and a role model for everyone. She passed as gracefully as she lived, with dignity and a quiet resolve on December 18.



For many of the students who came into the Culinary Arts program at Edward Milne Community School, Pia Carroll's mentorship and passion for cooking changed their lives. Many of the graduates from the program would not have stayed in school if not for Pia.

At a critical turning point in Pia's life, she was hired for the culinary arts program. It changed her life and it changed the lives of the students who studied in her classes.

But her influence went far beyond the classroom, it extended into the community and into the hearts of those who were fortunate enough to get to know her. Former Principal of EMCS Roberta Kubick first met Pia at EMCS, and it was through Pia that Kubick saw how she could participate in and view the community. "She really shaped and positively influenced how I feel about Sooke." Kubick said Pia was instrumental in bringing in the slow food concept. They worked closely on grant funding applications for the garden at EMCS and they ensured the project was done locally with students building/designing and cultivating the gardens. The trades class built the shed - the whole school became involved. "The garden is the heart of the school and a place where all could gather," said Rubick. All excess food was shared with local families in need.

Her impact and influence on the culinary arts and the students was obvious. She held the trust of many students as she encouraged them to strive to be all they can be, said Kubick. "Her actions and her compassion guided students to new heights, Pia has made an imprint on us all." Kubrick called her a woman without limits. A very gentle, easy going soul, it was easy to be around her, but she was strong willed and she did have her convictions. Pia was Pia, reliable, consistent, loyal and non-judgmental. "She was an impactful teacher."

"She became an icon for food culture," said long time friend friend Phoebe Dunbar. "She changed the views we have on food."

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,

Ladner (604) 946 4194

2nd Director: Andrea Salzbrenner

andrea.salzbrenner@sd6.bc.ca

David Thompson Secondary,

Invermere (250) 342 9213

Six Minute Safety Talk For Culinary Arts

Instructor Guide

Burns & Scalds

Each year, about 400 young workers in British Columbia suffer burns or scalds in kitchen accidents. About 8 of these involve 3rd degree burns, requiring hospitalization and cosmetic surgery. All scalds and burns are preventable.

Safety Tip 3: Preventing burns and scalds



Demonstration and Discussion Topics

- Discuss scald and burn hazards in the kitchen, including hot surfaces, hot foods/liquids, open flames, and hot oil.
- Tour the kitchen with the students, pointing out these hazards.
- Distribute the student handout.
- Use the student handout as your discussion guide.
- Discuss how scalds and burns can occur, and that scalds (hot water burns) are as bad as fire burns.
- Remind students that they need to be alert (not groggy or sleepy) at all times in the kitchen.
- Explain what can be done in the workplace to minimize the risk of scalds and burns (e.g., non-skid flooring, hot liquids at waist height).
- Emphasize that good housekeeping is mandatory. Make sure all students are trained in how to keep their work areas clean.

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

1. A young worker in a Lower Mainland restaurant was moving a pot of boiling water when another worker distracted her. She turned quickly, spilling the water. She suffered second degree burns to her legs.
2. A worker reached to put a lid on a casserole that had just come out of the oven, forgetting that the lid had also just come out of the oven. He burned 3 fingers and his palm,

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:

Preventing burns and scalds

http://www2.worksafebc.com/PDFs/SafetyBulletins/StartSafeKitchen/rc_tip3.pdf

Financial Report

submitted by Chef Paul Richardson, Gladstone Secondary

Revenue:

14,137.62

Expenses:

2,971.93

Excess revenue over expenses:

11,165.69

Outside Account

4,375.85

Total

15,541.54