

Remembering Andreas Fopp
Pages 7, 8
The Maillard Reaction Pages
8, 9
Cakes For A Cause Pages
13, 14
Gingerbread Recap Pages
14, 15



POWELL RIVER
PAGES 4-5



CONFERENCE
TEASER PAGE 6



AITC
PAGES 11,12



BOUQUET GARNI



New Curriculum

By Brian Smith: President's Message

Firstly, I would like to thank Eric MacNeill for his service to our small, tight knit association, for his role as BCCASA president these past eight years and has earned Eric the title of being BCCASA's longest serving president. His writing style has taken the President's Message to a whole new level; one that's difficult to emulate. Looking for inspiration, I re-read Eric's first message, (January 2008) which interestingly he foresees that big changes were imminent with the implementation of the healthy school guidelines. Fast forward eight years and more big changes are coming to our teaching kitchens; B.C.'s new curriculum.

At this point, we have yet to see a draft of the new curriculum, only a draft framework for the newly named "Applied Design, Skills, and Technologies." What we do know is that personalized learning is at the center of the changes. According to the Ministry of Education website: *The draft framework envisions a learning environment that is experimental and hands-on. Skills are gained through competence to do something and to do it increasingly well. Students in grades 10-12 will have the opportunity to specialize in a specific area or continue to explore interest in more than one area. Their specialization might be driven by student's desire for practical skills in a particular area, their interests and passions, or their plans for post-secondary education or careers.* Does this not sound like what is already occurring in our teaching kitchens on a daily basis? Are culinary students not already working hands-on? Is the proposed new curriculum going to be a huge transition for teaching chefs, as it would be for an English or Science teacher? It will be interesting to see what actually is new in the curriculum, other than a name change.



"It will be interesting to see what actually is new in the curriculum, other than a name change"

The new grade 10–12 curriculum is going to be available for voluntary use in the 2016/17 school year, before becoming the official curriculum in 2017/18. As with anything new, there comes a lot of different viewpoints, criticisms, uncertainty, and rhetoric. I'm sure there has been much buzz in your staff rooms and staff meetings. Many teachers have concerns with funding, implementation, training, and resources, while some view it as the next step in privatization. Given our current government's role in public education, it's completely understandable. Many parents are skeptical, generally unsure how this will affect their children's education, while some believe it's not putting enough emphasis on math. A small group of parents in Victoria dismiss the new curriculum outright and are petitioning to return to a system of mastering foundational skills, by teacher-led explicit instruction, memorization and daily practice. Quite the opposite of what the Ministry of Education envisions for 21st-century learning: *A concept-based approach to learning with a focus on the development of competencies, to foster deeper more transferable learning. Deeper learning is better achieved through 'doing' than through passive listening or reading.*" Again, is this not what is already occurring in our teaching kitchens and how we as chefs instruct our culinary students?

For me personally it will not be hard for me to adapt to the new curriculum, as the school where I teach, has been a trailblazer in the personalized learning field. Since it's opening in 1992, Thomas Haney Secondary has allowed individual students to focus on their own needs, strengths and aspirations. Jan Unwin, former Thomas Haney principal and current Superintendent of Graduation and Student Transitions for the Ministry of Education has been heading up the changes. Responding to my email on how she foresees the new Applied Skills curriculum and in particular our teaching kitchens: "The new curriculum across all disciplines is attempting to create experiential, hands on, relevant, engaging learning opportunities for all students so that they can go deep into learning that aligns with their passion and shows purpose. I think that teaching kitchens already provide these opportunities and you can definitely

*Welcome to our new
BCCASA Executive
Members!*

Brian Smith

(formerly 2nd Director
and new BCCASA
President)

Andrea Salzbrenner
(formerly 2nd Director
and New 2nd Vice
President)

Scott Roberts

Newly appointed 2nd
Director and resident
"Ranger of the North"

~

Have something to share?
Interested in joining the
executive? Let me know!

It is important that we keep
BCCASA current; sharing the
ideas and voices of our Chef
Instructors throughout BC!

Andrea Salzbrenner

andrea.salzbrenner@sd6.bc.ca

Bouquet Garni Editor

~

see that in terms of the levels of engagement and enthusiasm when you walk into the kitchens.”

I also contacted Sean Nosek, Director of Instructor for the West Vancouver SD, for how he foresees the new curriculum relating to our teaching kitchens. Nosek, commented: “The notion of ‘learning by doing’ is a predominant theme in the new curriculum. I see the proposed changes as honouring the wish to ensure students can explore and experiment in a wide range of areas, while simultaneously allowing them opportunities to specialize. I also see in the new curriculum a valuing of skills that are practical and have a ‘real life’ focus. For teaching chefs, this should be a welcome opportunity. Kitchens are wonderful spaces to see students develop their unique and particular interests and aptitudes. Some may be looking for little more than an introduction to the basics, but others will want to master the intricacies of a cream sauce or a vol au vent pastry. Some will go on to pursue a calling in the culinary arts. And this range of interests and abilities is precisely why we desire a curriculum that is varied and flexible. And this is why teaching kitchens will continue to thrive.”

While we don’t know exactly how new curriculum will look, we do know that changes are inevitable. I believe that it will far easier to implement the changes that the new curriculum will bring if we embrace the change. Teaching chefs are accustomed to be innovative, open minded, flexible, and have the ability to adapt to all conditions. We and our students live in a state of constant change and should not be afraid of trying things in a new and different ways. After all, we know the changes will not be much of a stretch from what is already occurring in our teaching kitchens across the province, and the amazing things that our culinary arts students are achieving.

Lastly, Mike Austin needs once again to be congratulated and thanked for hosting a truly local conference. The conference was Interactive, informative, and collaborative. Thank you Mike!

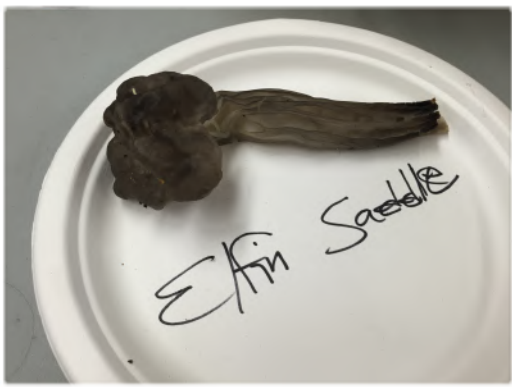
Brian Smith

BCCASA President



[@BCCASAchefwebsite](https://twitter.com/BCCASAchefwebsite)

www.bccasa.ca

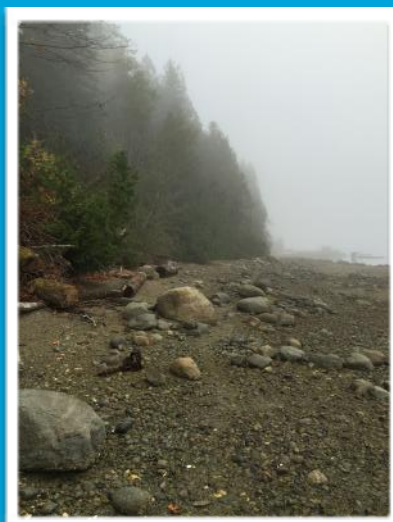


A Chef's Adventure on the Sunshine Coast

This year's BCCASA conference in Powell River was an amazing adventure that can only be described as true educational gastronomy experience filled with endless collaboration, discussions and new adventures. In case you were not able to join us this year, here is what you missed.

The weekend started on Friday, October 23rd at Brooks Secondary School where our host, Chef Michael Austin and his dedicated culinary served a breakfast that would set the tone for the entire weekend. Conference participants were treated to a local spread that included sausage made from local pork that the class butchered and prepared, brioche French toast and warm baked muffins. All of this was enjoyed in front of a window with unrestricted views of the ocean on a beautiful sunny day. After breakfast, the AGM began with an introduction of our host's program which includes a very close partnership with VIU. The meeting continued into collaborative discussions on many of the year's issues, concerns and of course successes. After the AGM, the group was treated to a tour of the school while Mike and his team reset the room for our lunch that featured local ingredients that included a soup of local chanterelle mushrooms that Mike and his daughter foraged for.

With full bellies and sound minds, we were bussed to Haywire Outdoor Adventure Centre which is part of SD #47's outdoor education program. After a quick introduction to the facilities, the group broke into two groups. One



group walked to the ocean where canoes and life jackets were waiting to go on a guided paddle, the rest went into the forest with local foraging guides to learn all about mushroom picking. With baskets in hand, foraging began. Afterwards, the group all gathered together to identify the findings and take the best mushrooms for Saturday's finale. On our way back to town, we stopped for a tour of the newest microbrewery in Powell River then off to the hotel to relax and freshen up ahead of our dinner reservations.

Saturday, the culinary adventure continued with the group being bussed to a seaside property just outside the small harbour town of Lund. Here we were treated to a hands on tour of a working oyster farm and afterwards, oysters were picked up and shucked right on the beach. From there, we travelled five minutes to Lund where we were treated to the world famous Nancy's Bakery for a three-course lunch. On our way back to Powell River, we stopped at a salmon hatchery where we witnessed hundreds of spawning salmon ending their life's journey with the help of some modern technology. The entire weekend was capped off with all of the chefs and other teachers gathering back at Brooks Secondary School where we all got into our chef whites, were assigned a protein of either local pork, salmon, or shellfish and did something that can be compared to a witnessing a symphony. For the first time in our history, everyone cooked together to create a farewell dinner that would be unrivalled.

We are looking forward to our next conference in 2016 which will take place in Kamloops, B.C. If you would like to join our next professional development adventure, be sure to watch the PSA conference publications for more information.

Trevor Randle
Chef Instructor – Maple Ridge Secondary School
V.P. B.C. Culinary Arts Specialists Association



Old Traditions & New Tastes in Culinary Education



2016 BCCASA Conference and AGM

Scott Roberts, Chef Instructor at NorKam Secondary School will host in beautiful Kamloops BC. Join us as we learn (and taste) how this city and it's culinary arts education has embraced traditions while adopting new techniques. Visit our website for up to date information www.bccasa.ca.

Remembering Andreas Fopp



Abby Senior

Feb. 12, 2016 Abbotsford ·

We have sad news today. This morning we learned that Chef Fopp passed away after a battle with cancer. Andreas joined the Abby staff in 1987. It has been the privilege of all those in the Abby family to have such a talented chef prepare the best meals in the province for them. As a teacher and mentor - his students will never forget him.

Pennie Lynn Erickson So amazing. So patient. Chef Fopp introduced me first for my love of food and cooking. Thought of him so often as I had my café in Alberta. Would never have done it without him being my mentor so many years ago.... I will miss him. RIP. It's a sad day, someone has some huge shoes to fill. He didn't just teach, he inspired!

Alexander Wilkinson I can not thank Chef enough for all he has taught me. He was the greatest teacher I have ever had, but not only that, he also became a very good friend. I would always come see him, just to talk, hang out, and occasionally bring him an exotic ingredient to try out. Least to say, he was an incredible man, who I looked up to greatly. Today is a very tough day, but chef will always be in my heart. Thank you Chef Fopp.

Megan Emily RIP Chef! I will miss you so very much. He was an inspiration to me, he changed my life for the better, and for that i am forever grateful. So strong and admirable. This world lost an incredible man today. I will forever remember him 💕💕

Lee Green
Chef Instructor
David Thompson Secondary School Cafeteria

I would like to relate a short story about Andreas.

I was visiting one of my ACE-it students on Work Experience at Earls Bridgepark in Burnaby recently and she was paired with a charming young cook named Simon who was an Abbotsford Secondary alumni. He was raving about Chef Fopp's culinary and teaching ability, how he learnt so many cooking techniques that he could rely on now that he was working in the industry. He said the school didn't know how lucky they were as Andreas was making food that was so far beyond the standard Cafeteria fare - he mentioned "rosti potatoes" when they could have been serving frozen French fries. I was so impressed with Simon's enthusiasm I was intending to contact Andreas to see if I could spend a Pro D day in his kitchen. I am very saddened that I never got the chance.

With much sympathy,
Lee

The Maillard Reaction

There's one chemical reaction that, whether you have an interest in chemistry or not, we all carry out on a regular, maybe even daily, basis. That reaction? **The Maillard Reaction.** This is a process that takes place whenever you cook a range of foods – it's responsible for the flavours in cooked meat, fried onions, roasted coffee, and toasted bread. The reaction's name is a little deceptive, because it's really an umbrella term for a number of reactions that can produce a complex range of products. The main stages, and some of the different classes of products, are summarized in this graphic.

The Maillard reaction takes its name from French chemist Louis-Camille Maillard, who originally described the reaction between amino acids and sugars in 1912. His study did not offer much in the way of analysis on the reaction's impact on flavour and aroma in cooking, however; it was not until the 1950s that its mechanisms and culinary contributions would become more clearly understood.

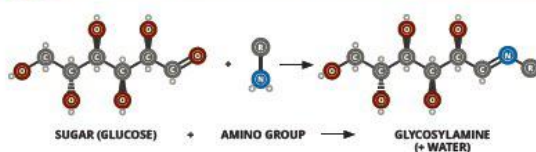
In 1973, American chemist John E. Hodge published a mechanism for the different steps of the reaction, categorizing its stages and identifying a range of the different products produced as a result of these. He identified the first stage as being the reaction between the sugar and the amino acid; this produced a glycosylamine compound, which in the second step rearranged to produce a ketosamine. The final stage consists of this compound reacting in a number of ways to produce several different compounds, which can themselves react to produce further products.

Melanoidins are one of the potential end products. These are long, polymeric compounds, which act as brown pigments, giving the cooked food its brown colouration. The Maillard reaction is referred to a non-enzymatic browning reaction, as these melanoidins are

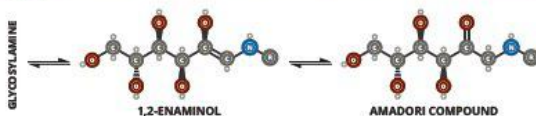
A GUIDE TO THE MAILLARD REACTION

The Maillard reaction occurs during cooking, and it is responsible for the non-enzymatic browning of foods when cooked. It actually consists of a number of reactions, and can occur at room temperature, but is optimal between 140-165°C. The Maillard reaction occurs in three stages, detailed here.

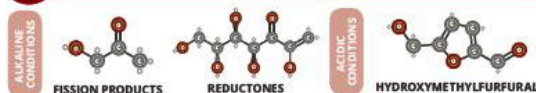
- 1** The carbonyl group on a sugar reacts with a protein or amino acid's amino group, producing an N-substituted glycosylamine.



- 2** The glycosylamine compound generated in the first step isomerises, by undergoing Amadori rearrangement, to give a ketosamine.



- 3** The ketosamine can react in a number of ways to produce a range of different products, which themselves can react further.



Classes of Maillard Reaction Products



The Maillard reaction produces hundreds of products; a small subset of these contribute to flavour and aroma, some groups of which are described below. Melanoidins are also formed, brown, polymeric substances which contribute to the colouration of many cooked foods.

PYRAZINES cooked roasted toasted	PYRROLES cereal-like nutty	ALKYLPYRIDINES bitter burnt astringent	ACYLPYRIDINES cracker-like cereal
FURANONES sweet caramel burnt	FURANS meaty burnt caramel-like	OXAZOLES green nutty sweet	THIOPHENES meaty roasted

produced without the aid of enzymes; this differs from enzymatic browning, which is what turns fruits such as avocados brown.

Hundreds of other organic compounds are formed. A subset of these can contribute to the food's flavour and aroma, and some of the different families of these compounds are detailed in the graphic. As a consequence of the complexity of the Maillard reaction, different amounts of different compounds can be formed in different foodstuffs, giving the wide variety of potential flavours. Cooking conditions can also influence the flavours produced; temperature and pH, amongst other factors, can have an influence.

The products of the Maillard reaction aren't all good news, however. The carcinogenic compound, acrylamide, can also be produced as a result of the reaction, and the levels of it rise as food is heated for a longer period of time. A 2002 study found that fast food can contain particularly high levels of acrylamide, though measures have since been taken to try and reduce these levels. This gives some perspective to the discussion of carcinogens in food products; whilst, of course, we'd prefer to limit our exposure to these types of chemicals, in many cases carcinogenic compounds are already present as a natural consequence of cooking.

It's not just in your kitchen that the Maillard reaction is taking place. It also occurs at a much slower rate in our bodies, and researchers have suggested that it may have a role in the formation of some types of cataracts. It's also been linked as a contributor to other medical conditions.

Due to its complexity, there's still plenty we don't know about the Maillard reaction. Whilst we know that factors such as pH and temperature can affect the course of the reaction, we still know little about how to adjust these to specifically influence the final products. As we learn more about it, we learn more about the reactions that make cooked foods taste so good – not a bad application of chemicals.

Take a Bite of BC Dinner Raises Funds

for Ag Awareness



Farmers, producers, teachers, principals and members of the Delta community gathered together on March 5th to support the programs of BC Agriculture in the Classroom Foundation (BCAITC) at their Fundraising Dinner. The dinner was put on in an effort to expand BCAITC's programs that raise awareness of agriculture education in BC.

The dinner featured a five course meal prepared by 5 chefs and their students who participate in the Take a Bite of BC program. The BC product used to create the dinner was donated by producers who already support the program. Hosted by Chef Gerald Worobetz at South Delta Secondary, guests were able to hear from Executive Director Pat Tonn on everything the foundation is doing to bring BC's agriculture to their students.

The dishes prepared by the chefs and students ranged from *Roasted BC Root Vegetable Bisque* to *Braised B.C. Beef Shank with Leek Gratin Dauphinois* and *Grilled Peppers*, all made with fresh BC product.

BCAITC would like to thank our chefs and their students for all their hard work and dedication that made our dinner such a success. We had so many compliments from guests on the quality of the meal. We would like to thank:

Trevor Randle – Maple Ridge Secondary

Gerald Worobetz – South Delta Secondary

Daniel Lesnes – Garibaldi Secondary

Lori Pilling – Delta Secondary

Brian Smith – Thomas Haney Secondary

We would also like to thank our generous Take a Bite of BC suppliers who donated fresh BC product for the dinner. It was a memorable night to celebrate the vast abundance of BC's agriculture.

We look forward to again collaborating with our talented chefs and their students for next year's event!

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



Cakes for a Cause

hosted by the Matthew McNair Culinary Arts Program

Hello Chefs and Culinary Educators:

Matthew McNair's Culinary Arts Program will be hosting a cake decorating competition. It will be open to all students currently enrolled in any Lower Mainland Culinary Arts Program.

The event will be held on Tuesday 17th May, 2016.

I am writing this email both to garner support for the competition and to request your input regarding the format that the event should take. Our preliminary ideas are outlined in the next paragraph.

We would like to achieve three goals:

1. To have students compete in a cake decorating competition amongst their peers, allowing them to highlight the skills that they have begun to gain and perhaps create a passion they can pursue.

The competition will have three main categories:

- wedding cakes
- themed or birthday cakes
- cupcakes

All cakes will need to be edible and a small, sample cake will have to be provided for the judges. Judges will be pastry chefs and bakers in the industry.

Trophies will be awarded to the winning schools and to the individual students.

2. To make the local community aware of what is available in our programs and to showcase some of the refined skills of these aspiring pastry chefs and bakers.

We will be auctioning the cakes after the judges have been given sufficient time to consider each entry (silent auction). This is why we will insist on real cakes only.

The funds raised will be donated to a local charity or scholarship fund. We will invite local media representatives to attend the event and encourage them to provide media coverage to raise awareness of all the Culinary Arts programs.

3. We will also have several Chefs from various Culinary Colleges on site doing demos; some will show sugar work, some chocolate work and truffle making and others will demonstrate how to work with fondant and gum paste. This allows the event to also function as a viable field trip for any visiting schools.

We intend to use an online registration system to make the process as user friendly as possible. This will also allow us to keep track as the event takes shape and will ensure that we allocate sufficient physical space in the school for the competition, the demos and to accommodate those who are planning the trip.

Thank you in advance for partnering with us in this endeavour. We are looking forward to hearing from you. Chef Ray



Christmas Express, rollercoaster top sweet Richmond competition

McNair secondary hosted the third annual gingerbread house contest, with some amazing entries

- See more at: <http://www.richmond-news.com/community/christmas-express-rollercoaster-top-sweet-richmond-competition-1.2133554#sthash.WwLUaoAY.dpuf>
-

The ferris wheel kept snapping and the rollercoaster kept sinking; not the news you'd want to hear if entering a theme park.

It's just as well that Richmond's latest fairground, called "Enchanted," was made almost entirely out of gingerbread and other sweet treats.

The magnificent creation was the work of McNair secondary culinary program students Lorraine Cabe and Sayyeda Mulla, who entered the third annual McNair Gingerbread Competition for the first time.

The pair of Grade 11 girls had been working on their intricate design since October



and every evening for the last month, ahead of the judging on Friday, which the Richmond News was part of.

Such was the quality of the competition, however, the McNair students could only finish second overall, beaten out for gold by Richmond secondary's "Christmas Express."

"We've been hard at it every single day for a month, after school until 8 p.m., in the cafeteria," said Lorraine, while the designs were still being judged.

"Even the janitor kept coming in and wondering what we were doing.

"Our biggest issues were the gingerbread ferris wheel breaking, and the Rice Krispie structure for the rollercoaster kept sinking; it took us quite a few attempts to get it to set."

Also entered in the competition, were students from MacNeill secondary and L.A. Matheson secondary from North Surrey. Criteria for the designs included the necessity to fit on a table and everything in it had to be edible.

Entries were judged on originality, best use of gingerbread, best use of icing, best overall and best use of candy.

The top three overall winners were:

Gold: Richmond secondary's "Christmas Express" (S. Gouden, Hannah Durland, Stephon Mok and Nicole Tan);

Silver: McNair secondary's "Enchanted" (Lorraine Cabe and Sayyeda Mulla);

Bronze: MacNeill secondary's "Starring Christmas" (Denise Leung, Chloe Ma, Gina Jiang and Tina Su).

And in the category of originality and precision, the top three were:

Gold: McNair's "Enchanted;"

Silver: Richmond secondary's "Sleeping Beauty Castle" (Emma Louise Marcotte, Monica Lee, Casandra Melanson and Samantha De La Torre);

Bronze: MacNeill secondary's "Starring Christmas."

The top three overall winners and out-of-district participants were awarded with gift bags filled with baking tools and supplies, most of which were donated by Snowcap Baking & Restaurant Supply.



Six Minute Safety Talk For Culinary Arts

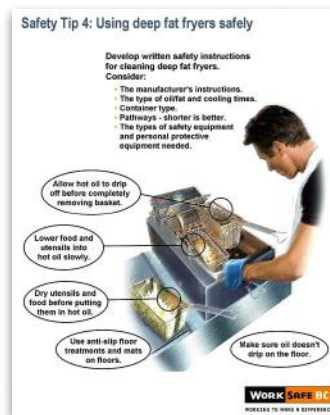
Instructor Guide

Deep fat fryers

Deep fat fryers are the source of many of the burns experienced by young kitchen workers. Because the burns are so severe, and relatively common, deep fat fryers warrant special safety warnings and instruction.

Demonstration and Discussion Topics

- Discuss the hazards of deep fat fryers and deep fat cooking in the kitchen.
- Tour the kitchen with the students, pointing out where the accidents can occur – the stove, the deep fat fryer, the cleaning facility.
- Distribute the student handout.
- Use the student handout as your discussion guide.
- Discuss how deep fat fryer burns can occur.
- Remind students that they are required to wear non-slip shoes.
- Explain what can be done in the workplace to minimize the risk of burns from deep fat fryers (e.g., non-skid flooring, written safe work procedures, clear walkways).
- Emphasize that following safe work procedures is mandatory. Make sure all students are trained in how to work safely with, and clean, deep fat fryers.



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

A worker was pushing a container of hot grease from the kitchen to the outside for filtration. When he reached to hold open a door, the container slipped, the lid fell off, and hot grease spilled over much of his body. He sustained second- and third-degree burns to his ankles, arms, chest, and face and was hospitalized for 2 weeks. Scarring occurred on all burned areas.

After being instructed to pour cooking oil through a filter to clean it, something he had never done before, a young worker asked for a safety apron and gloves. He was told they weren't necessary. The boiling oil spilled, splashing all over him. He suffered third-degree burns on his neck, chest, hands, stomach, groin and feet. He didn't know at the time that he had the right to refuse unsafe work.

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:

Using deep fat fryers safely

http://www2.worksafebc.com/PDFs/SafetyBulletins/StartSafe/kitchen/rc_tip4.pdf

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Financial Report

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BCTF Account \$11,473.34

