

Bouquet Garni

*"In cooking, as in all the arts, simplicity
is the sign of perfection" - Curnonsky -*

October 8, 1998 Volume 2
Issue 1





Bouquet Garni

Executive Board 1997-1999

President :	Mrs. Susan Leswal	Aldergrove Secondary, Langley (604) 856-2521
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Chairman of the Board:	Mr. Pierre Dubrulle	Thomas Haney Secondary, Maple Ridge (604) 463-2001

Duties of Board Members

President:	Assists in organization of workshops and attends a variety of meetings and conventions.
Director:	News media, and calling of directors to meetings, membership chairperson
1st Vice President:	Scholarship chairperson.
2nd Vice President:	Newsletter Editor.
Secretary:	Minutes, arrangement of up coming meetings.
Treasurer:	Book-keeping.
Education Chair:	Looks after the video library and education demonstrations.



Dear BCCASA Members:

Welcome back to the beginning of another school year. I hope the opening month has gone well for all of you and things have settled into a smooth routine. The executive met the first week of school and plans are well under way for our second year as a PSA.

At the executive meeting on September 10, the 1998-99 goals were set:

1. Create an awareness of the links between Culinary Arts and K-12 program.
2. Compilation and publication of a journal which describes the links between Culinary Arts and the K-12 program.
3. Increase membership as close to 100% as possible. (currently 62 of 83 schools)
4. Participate in Daybook (a lesson plan web site at the BCTF home page) and have lesson plans on the Internet.

If you would like to comment on any of the goals, please contact me.

Expanding Our Culinary Horizons Conference (October 22-24, 1998), Penticton

By now you should have received your conference information. Even though the hotel set a cut-off date of September 22 for room reservations, I am sure we can still accomodate anyone who would like to come. If for some reason you did not receive the conference package or if you would like to sign up now, please contact Dot Mufford at Walnut Grove Secondary School. For those of you who have already signed up for the conference, I would like to ask you to bring to the conference anything you would like to share with other members. This could include Pro-D courses, lesson plans, resource materials, ideas for the K-12 project, cooking and fine arts curriculums etc. On Saturday we will have an opportunity to get together for dialogue and sharing.

*President,
Susan Leswal,
Aldergrove Sec.*



*President,
Susan Leswal,
Aldergrove Sec.*

On Cooking

The new Canadian edition is now available. A representative from the publisher will be attending our conference and you will have an opportunity to view the new edition at this time.

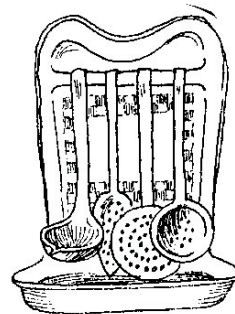
PSA Presidents' Meeting (September 18-19)

Due to the job action occurring at the BCTF, this meeting has been postponed to a later date. At this meeting, I was to take part in discussions around the issues of Pro-D, articulation, career prep and non-instructional days. If you have any information on these issues that you would like me to take to this meeting, please send me an e-mail or fax.

Communication with Members

This is a number 1 priority with me. It always puts a smile on my face and spurs me on, when I receive a phone call, fax or what have you from a BCCASA member. Please keep in touch. I have a new E-mail address now and it is as follows: sleswal@acss.sd35.bc.ca

Sincerely,
Susan Leswal





Editor's Note

With this issue, the second year of Bouquet Garni begins. I will continue to share with you the burgeoning world of the British Columbia Culinary Arts Specialist Association.

The good memories and results of our fall conference in Seattle brings anticipation for this year's conference in Penticton, Expanding Our Culinary Horizons.

The progress of the links between Culinary Arts and K-12 program will continue to run through this year's Bouquet Garni.

This summer I was not the only one spending some time at UBC campus, earning some credits toward a Bachelor of Education. Pierre Dubrulle has offered to share his major assignment from EPSE 401, Instructional Design course. The content will help you in preparation for the upcoming Annual Gingerbread House Competition (John Haen will send you applications for the 17th edition scheduled to be around the 10th of December).

Thank you to the contributors to this newsletter, I encourage everyone to participate in its content. Articles about teaching strategies, hygiene/safety, and web sites of interests to Culinary Arts Instructors or other are welcome. I want to remind you that the main function of this publication is to establish communication between all the members of our association. Use it; it is yours.

Hope to see you all in Penticton.

Sincerely
Daniel Lesnes





Past President
Pierre Dubrulle,
Thomas Haney
Sec.

*This Instructional design has been developed by Pierre Dubrulle
for a UBC course, (EPSE 401)
You are welcome to use it in preparation for the coming
gingerbread competition event*

Dubrulle Pierre

Major instructional design project

Wednesday July 22-1998

GOAL

Students will create an art piece made of gingerbread dough and enter the gingerbread house competition in Surrey in December of 1998.

Rationale

Given the necessary tools, facility and proper step by step teaching methods students will aim for a gold medal. Students will be teamed up. There will be 2 students per team. Project must be completed in 30 hours.

Prerequisites

- * Students must be in grade 11 or 12
- * Students must not have attended last year competition
- * Students must be in need of 1 fine art credit 11 or 12
- * Students must be available for a total of 15 classes each 2 hours in duration between the hours of 1pm and 3pm. (Lost time will have to be made up at the instructor's discretion)
- * Students must have their design approved by the instructor

Objectives

Students will organize themselves for the course

- * Find a partner
- * Study rules and regulations in both the kitchen and the competition
- * Select a work station in the kitchen
- * Operate the equipment that will be used on a regular basis
- * Be proficient with required hygiene and safety rules governing the kitchen
- * Search the internet for art pieces made of gingerbread dough

Evaluation: Multiple choice questions, check list



Strategies: provide students with

- * a copy of the food safe manual
- * a checklist of the equipment that will be used during the course with operating instructions
- * a set of rules and regulations pertinent to the kitchen and the competition.
- * A computer with an internet connection

Teams will decide on a design

- * Seek instructor's approval on style and size of the project
- * Get a piece of plywood which will be used to rest design on, from the woodshop

Evaluation: true or false

Strategy:

- * verbal discussion pointing out the width of a school bus door
- * Provide students with written instructions to the woodshop's instructor
- * Supply students with the book "gingerbread things to make and bake"

Students will analyze the basic elements of colour and design

- * Name the elements of design and understand the power of colour in a design
- * Name the principles of design and analyze their relationship to each other
- * Evaluate a design discussing the elements and principles of design

Evaluation: response sheet on video and short answers

Strategies:

- * watch video: visual design elements & principles
- * present students with informations & handouts on the language of color, design elements, design principles

Students will proceed with the next phase of their project

- * Cut out templates
- * Make gingerbread dough
- * Roll out dough and cut pieces using templates
- * Bake various pieces making up the selected design

Evaluation: observation, reflection, discussion & short answers

Strategies: provide recipe for dough

- * parchment paper and tools for templates
- * demo on making dough, rolling, cutting out and baking pieces of a design

Past President
Pierre Dubrulle,
Thomas Haney
Sec.



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Thomas Haney
Sec.

Students will make royal icing

- * Students will choose either a fabric or royal icing and place it on their sheet of plywood
- * Students will select a border to be applied around the perimeter of the sheet of plywood
- * Students will assemble their design

Evaluation: short answers

Strategies:

- * supply students with royal icing recipe
 - * instructor will demonstrate the making of royal icing
 - * students will be shown a finished base and an unfinished one
- emphasis should be on the interpretation of an unfinished piece versus a finished one
- * instructor will demo how to assemble a simple design

Students will decorate their design by

- * using royal icing and coloring it
- * supplying their own candies and edible decorative items in order to decorate their design in an artful manner

Evaluation: short answers, check list, digital camera

Strategies:

- * using the supplied color association chart, mix white icing with various food colorings(encourage teams to experiment)
- * provide teams with a suggested list of edible items to be used for the decoration of their design

Students will fill in their team registration form and name their design

Evaluation: checklist

Strategies:

- * provide students with provincial registration form and have them fill in
- * provide students with field trip forms for students to take home and have parents to sign
- * have students to make a short list of names and select one
- * using computer lab facility students will create a name card with the name of their design printed on it, using artful font



Students will take their project to North Surrey Secondary in a school bus and

- * enter the gingerbread house provincial competition
- * enter any theme competition if appropriate
- * bring their design back to their school
- * display designs and trophies in the school's administrative office for all to admire for a period of one week

Evaluation: check list

Strategies:

- * teams to carefully transport designs to the bus and place them inside the bus on the left hand side on provided support. Keep an eye on your design at all time
- * Take along spare royal icing(for minor repairs)
- * When arriving at Surrey Secondary do not carry your designs outside the bus. Teams will first locate their display table and line it with fabric provided by instructor
- * Teams will get a floor-plan from a member of the provincial committee and will place the name of their display in the order showing on the floor-plan
- * Teams will go back to the bus and will carry their designs in the same careful manner that they have shown for the loading of their designs
- * Teams will walk through the various exhibits and take notes and pictures
- * Teams will take great care when taking designs back to their school
- * Teams when back at their school will transport their designs in the administrative office along with any trophies and medals won.

Students will report on their experience

Evaluation:

- * verbal presentation to their teacher advisor class
- * essay
- * Overall marks

Strategies:

- * share the experience with peers who have not participated but might participate next year after hearing what the contestants have to say
- * write an essay relating the whole experience using pictures and computer print out on the making of the design using the digital camera
- * Teams to decide if they want their design to stay at the school or donate it to a charity, church organization, public library.
- * Students who have completed the project with a minimum mark of 70% will get one Fine Art credit. Marks will be distributed as follow: no medals 72%Bronze medal 76%, Silver medal 85% and gold medal 95%

*Past President
Pierre Dubrulle,
Thomas Haney
Sec.*





Canadian Chef Educators Association

Included in your newsletter is an application to become a member of the Canadian Chef Educators Association. This Association is made up of culinary arts teachers from across Canada. This Association compliments our own B. C. Culinary Arts Specialist Association and extends your *perspective beyond BC to the rest of Canada.*

Canadian Chef Educators Association

(please print or type)

Last name	First	Initial
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Home Address:

Apt#	Number and Street	City	Province
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Postal Code	Phone Number
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Home Fax Number	E-mail
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Work Address

Name of School or College and Trade Qualification	Number
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Street	City	Province
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Postal Code	Phone Number
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Fax Number	E-mail
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Position	Number of Years
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Signature of Applicant	Date (D/M/Y)
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- 1) _____ Signatures of Current Member Sponsors
- 2) _____

Annual Membership fee of \$40.00 to accompany application form.

Please make cheque or money order payable to:

Canadian Chef Educators Association

c/o Branda Jakubowski -Secretary

747 Franklin St., Thunder Bay, Ont. P7E 1S1



<u>Revenue</u>	<i>Actual 1997/98</i>	<i>Budget 1998/98</i>
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Membership	1,940.50	2,100.00
Surplus outside acct.	5,526.87	5,527.00
BCTF grant	2,750.00	2,750.00
Other	859.25	0.00
Conference fees	1,820.00	3,055.00
Conference grant	3,750.00	3,750.00

Total revenue	\$16,646.62	\$17,182.00
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<u>Expenses</u>		
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Meeting executive	0.00	200.00
Meeting council	0.00	500.00
Meeting sub committee	0.00	200.00
Meeting - other	856.18	500.00
Newsletter	403.65	800.00
Publication - other	53.76	200.00
Operating	375.29	600.00
Affiliation fees & meetings	0.00	600.00
Curriculum development	0.00	2,100.00
Scholarships	0.00	4,666.00
Miscellaneous	5.90	0.00
Conference-operating	6.63	50.00
Conference-facilities	1,562.64	3,205.00
Conference-catering	1,181.42	2,000.00
Conference printing	0.00	25.00
Conference future	0.00	36.00
Conference misc.	1,628.42	1,500.00

Total expenses	\$6,073.60	\$17,182.00
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Balance	\$11,108.40	
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Budget shortfall	\$535.38	
[income]		

Actual available Funds	\$10,573.02	
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Treasurer
Dorothy Mufford
Walnut Grove Sec.

Respectfully submitted: Dorothy Mufford Sept.9, 1998



*Chef Instructor
Angela Martin
KVR Middle
School*

A Week at P.I.C.A.

During the last school week of June, ten tired Foods teachers packed their books and timetables away, exchanging them for chef's jackets and sharpened knives. But this time, WE weren't the teachers; instead, Chef Walter Messiah at the Pacific Institute of Culinary Arts was going to put us through our paces. So began a fun and challenging week at a state-of-the-art cooking school on Granville Island in Vancouver.

Susan Leswal had seen the need for Home Ec teachers to upgrade their skills, and arranged with Sue Singer and Chef Walter, co-owners of P.I.C.A., to provide a week long course based on the competencies of the Level One Apprenticeship program. Five participants came from as far away as Fernie, Kamloops and the Okanagan; five Lower Mainland teachers commuted daily to Granville Island.

We had a fantastic week. Chef Walter, along with Chef Vernon and chef trainee Wade, started us at square one - literally - cutting and dicing brunoise and julienne, and turning carrots, zucchini, and potatoes. From there we progressed to the basics of stocks and sauces, vegetable ("veg") preparation, desserts and pastries - we were busy every minute each day from 7:30 a.m. to 2:30 p.m. Friday brought our last day in the teaching kitchen, where we prepared an incredible three course meal which started with beautiful Salmon Tartare. Our entree included a deboned chicken leg, stuffed with Mushroom Duxelles, Pommes Dauphin, and our nemesis, turned vegetables. Of course, everything we'd learned all week was put to the test as we sweated to produce the finest ever examples of French cuisine! Our favorite dish that day was probably the dessert: Orange Creme Brulée, skilfully browned with a blow torch!

Not only did we receive expert instruction from the chefs, we also had the privilege of eating our daily lunch in the formal dining room. Pacific Institute of Culinary Arts is open to the public every weekday for meals and afternoon tea, as well as selling a beautiful assortment of cakes and pastries. We experienced first hand the phrase "You eat first with your eyes". Many of the meals seemed too lovely to eat - but of course, we had to educate our palate as well as our minds...

The week was a great success. We learned an incredible amount from Chef Walter, and had fun at the same time. In addition, the networking we did with other teachers was invaluable. We now have a more complete picture of what is going on in Foods classrooms and teaching kitchens across the province.

Thanks to Susan Leswal's good idea, our school year ended on a high note. Our knives are honed and the blow torches are fueled up if she wants to put together a course for June, 1999!



The BCCASA Newsletter is a publication of the BC Culinary Art Specialist Association.

Four issues are published each school year. Subscription to the BCCASA Newsletter "Bouquet Garni" is included in the BCCASA membership. 1998-1999 fees : non-BCTF members: \$50.83; students: \$16. Payment of fees includes the Newsletter "Bouquet Garni", and information about conferences, workshops, projects, and other BCCASA publications and activities. BCCASA membership or subscription runs for 12 months from the time applications are processed by the BCTF staff.

Notice to Contributors

Articles submitted should be submitted in a package that includes:

- a hard copy of the document (proof read and ready to be included into the publication)
- the author's occupation and/or position in the educational system

You may also include any photographs or graphics. If you wish to have these returned please include a self addressed envelope in your "package".

We also encourage that you submit your document on a disk. Please proof read and spell check all work. Save the document in (Macintosh) Microsoft Word 6.0 as text only. If you are using Claris Works 3.0 save text format as "Word 5.6."

Please refrain from using any version of Claris Works lower than 3.0 or any other word processing

programs.

IBM documents need to be saved as "text" before submission

Address your contribution(s) to

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E-mail: daniel_lesnes@mail.schdist42.bc.ca