

Bouquet Garni

"The smell of good bread baking, like the sound of lightly flowing water, is indescribable in its evocation of innocence and delight..."

M. F. K. Fisher, The Art of Eating

June 4, 2002

Volume 5

Issue 3



BCCASA
cuisine education

British Columbia
Culinary Arts
Specialists' Association

www.bctf.bc.ca/PSAs/BCCASA



Bouquet Garni

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Fellow members and friends

Another school year comes to an end and what a year it has been! Since 91, not only has the political climate changed on a global level, but the education system has been through drastic changes as well. Since the last Provincial election the new Premier and his education minister made it clear that things won't be as they once were. We are in for major changes in our lives, professional and personal. Health and education are the targets.

Culinary Arts programs are not as secure as they once were. My message to you is that we should not be afraid of change, after all the food and hospitality industry is built on change. We must adapt to new situations and welcome the challenges attached to them. Going the other direction would be a waste of time and energy. Let us use the new directives to our benefit as an excuse for revamping our programs, reviewing the curriculum and its objectives; eliminating the wrongs, and improving on the rights. Let us review our priorities and set new goals. One of the consequences of this new era is the closure of some of our programs and it is with great sadness that I must confirm the closure of Ross Martin's at Stelly's. Please make sure to read Ross's message to us in this issue of Bouquet Garni (page 16). Fortunately Ross is also an English teacher so he won't be out of a job. Ross Martin's situation makes me think of all our colleagues who do hold their position under a letter of permission. I urge them to enter the U.B.C chefs' program and complete it as soon as possible. The whole program consists of 154 course credits divided as follow:

- T.Q 30 credits
- College courses 30 credits
- U.B.C courses 94 credits

For more details contact Gary Rupert at 604-822-2214, email grupert@interchange.ubc.ca

See details of the chef's program in this issue of Bouquet Garni as well as a report from the 1995 annual meeting of the BC College of Teachers stating that a chef instructor enrolled and committed to the U.B.C chef's program will have their letter of permission automatically renewed. Daniel Lesnes and myself are graduating this year as well as David Schnider. Take it from us there is a light at the end of the tunnel.

Years ago I was complaining of the fact of having to take a second teaching subject. Well today I change my mind as I could very well be teaching French in the near future.

Remember to contact Terry Larsen as to where and when to pick up your knife roll. H.I.E.A.C and his Director Tony Wood graciously donate these knives. They are provided by Sanely through their representative Peter Mah. If you are in need of knives for your teaching kitchen please remember Peter who can be

*Pierre Dubrulle
President,
Chef Instructor
Thomas Haney
Secondary*

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*Terry Larsen
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2002 Scholarship Awards Brunch

Sunday May 5, 2002 BCCASA held its annual Scholarship Awards in conjunction with the BC Chefs' Association Scholarship brunch at the beautiful and prestigious venue of the Marine Drive Golf and Country Club.

We were treated to a sumptuous buffet brunch prepared by Chef Stephen Hall and his brigade. The menu delighted and tempted with a generous assortment of salads and seafood, breakfast items, ginger-soya salmon, NY Striploin roast and an intriguing asparagus and toasted walnut frittata. And for the sweet tooth assorted pastries, mousses and the extremely well indulged in chocolate dipped strawberries.

A special thanks needs to be given to the industry suppliers who always come to the fore when asked to supply product for BC Chefs' and BCCASA functions. Suppliers to this year's brunch were: Sysco/Konings, Serca/Neptune, Allied Food Services, Nestle Canada Inc., Albion Fisheries, McCain Foods, and English Bay Batter. Without these generous companies and the product they donate functions such as this could not be held at such reasonable cost.

The guest speaker for this year's Awards Brunch was Ulrich Falter, former Chef Instructor at VCC and BCIT. Uli in his own inimitable style gave us an eleven point look at his life and career as a Chef and teacher. Each of the eleven points gave some serious career advice to the young culinarians honoured this day. Uli emphasized the need to set one's goals and to finish what you start then to set further goals and carry on with self-discipline and self-direction. Furthermore he explained to those present, especially the young culinarians, the need to continue learning and the advantage of seeking out mentors in the Culinary world to learn from and to help them advance in their careers.

On this auspicious day BCCASA awarded fourteen scholarships to deserving young people, as did the BC Chefs' Association.

Honoured with scholarships and awards from the British Columbia Culinary Arts Specialists Association were:

Stephanie Mantel	Enver Creek Secondary
Sean Palmer	Enver Creek Secondary
Kyla Allen	Frank Hurt Secondary
Maria Sunnel Pacumio	Frank Hurt Secondary
Alain van den Meersche	Semiahmoo Secondary
Shane Trobacher	Chilliwack Secondary
Megan Wallace	Chilliwack Secondary
Kane Featherstone	Rick Hansen Secondary
Sandra Swan	Thomas Haney Secondary
Michael Garrison	Aldergrove Secondary
Rickey Campbell	Aldergrove Secondary
Melissa Massey	Walnut Grove Secondary
Colin Burslem	Gleneagle Secondary
Shirley Tse	Britannia Secondary

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and the recipients of the BC Chefs' Association Scholarships were:

Sandra Swan	Thomas Haney Secondary
Sara Hardy	Abbotsford Secondary
Kyla Allen	Frank Hurt Secondary
Stephanie Winkvist	Johnston Heights Secondary
Krystal MacDonald	Garibaldi Secondary
Shawn Sriver	Enver Creek Secondary
Brenda Rodney	Enver Creek Secondary
Season Bailey	Vancouver Community College
Kumi Iwashita	Vancouver Community College
Shirley Tse	Britannia Secondary
Maria Sunnel Pacumio	Frank Hurt Secondary
Sarah McAllister	Chilliwack Secondary
Ross Lalande	Maple Ridge Secondary
Grace Santos De La Cruz	North Surrey Secondary

*Terry Larsen
1st Vice President
Chef Instructor
Enver Creek
Secondary*

We wish this year's recipients good luck in their aspirations to become cooks and chefs and whole-heartedly send them off to our post secondary and industry colleagues for further training.

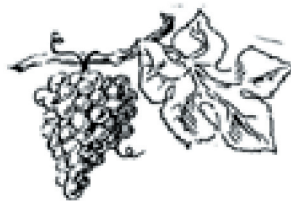


reached at 604-939-6382, Fax 604-939-7598

Keep in mind that while going through these difficult and challenging times that you are not alone. BCCASA is going through these changes with you and will act on your behalf whenever the opportunity arises. Renew your membership; bring in new associate members (your assistants).

We must stick together

Pierre Dubrulle



This is to inform all of you, kind and selfless people, The 3rd year Provincial Apprenticeship Competition's top Award is to be called the Lorna Graham Award. Belcarra Equipment Ltd's, Peter Mah has committed for this and the next 6 years, to give an engraved Knife to the first place winner.

Since Lorna began this final test for our young Culinaricians, I hope you feel as I do, it is a fitting tribute to our lost but not forgotten colleague.

Thank you.

*John Cloutier
1st Vice President
Education Chair
B C Chefs Asso-*



*Terry Larsen
1st Vice President
Chef Instructor
Enver Creek
Secondary*

18th Annual Frank Hurt Secondary BC Lard Sculpture Competition Wednesday March 13, 2002

Although this year's competition did not have a formal theme some 70 very diverse and spectacular exhibits were shown at the 18th Annual Lard Sculpture Competition held at Frank Hurt Secondary today. The weather was not as mild nor as accommodating as it was in the warmth of last April, but this did not daunt the young sculptors from transporting their masterpieces from the Island and from around the Lower Mainland.

This year we were treated to representations of fairies and pixies of varying sizes; dragons, musical instruments, horses, bears, demons and monsters, a funky Mount Rushmore creation, cheese boards and French food platters, dolphins and mermaids and Lady Liberty still strong and holding her torch high to guide all people to freedom. As in past competitions the work was outstanding and of high calibre and imaginative design.

One hundred and fifty students from 9 schools imagined, created and sculpted these exhibits. School districts represented were Esquimalt from south Vancouver Island and Maple Ridge, Surrey, and Vancouver from the Lower Mainland.

Awards for the top five high schools went to Frank Hurt (131 points), North Surrey (84), Queen Elizabeth (67), Esquimalt (62), and Enver Creek (46). With the Top Out of District High School Award again being presented to Esquimalt Secondary.

This year "Mount Cool J" (a Mount Rushmore style sculpture) took Top Male Entry (96 points) and was designed by the Frank Hurt team of Zaldy Cruz, José Castellanos and Bryan Michaels who sculpted likenesses of themselves and their Chef Wolf von Oelffen as the four Rushmore-type figures.

The Top Female award was presented to Sara Bouthavilay, Jenny Ngyen and Renita Palani from North Surrey Secondary for their "Little Boy" with 96 points.

The Co-ed category this year was won by another team from North Surrey: Daryelle Johnson, Lindsay Manning and Derek Avila for their 92 point sculpture of "Curious George."

This year the task of judging was given to and ably carried out by Bob Chadwick (Associate Superintendent and Director of Instruction - Career Programs, District #36 - Surrey), Maureen McDonald (Assistant Superintendent), Fernand Houle (Chef/Owner, A&F Catering), and Mary Polak (Chair of the Board of School Trustees, District #36 - Surrey).

Events of this size and scope need many people to make them a success. So for their efforts thanks go to Chef Wolf Von Oelffen (Frank Hurt Secondary), Chef John Haen (North Surrey Secondary) and the team of Culinary students from Frank Hurt Secondary for their hours of organization and effort in making this event another success. Also, thanks to the principal of Frank Hurt Secondary, Mr. Lorne Cope, for his support for this annual event, and to his staff and students for giving up their cafeteria for the day.

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This year a special thank you goes out to Ralph Huygens of Princess Margaret Secondary who designed an Excel program for Competition Tabulation for us; this was the program's inaugural run and it greatly sped up the tabulating and completion of the final results. We will now be able to use the program for future Gingerbread and Chili competitions as well as the Lard Sculpture. And a big thank you to our data entry specialists, Dianne and Lori, for their help to make the computer program run smoothly.

Once again, our young Culinarrians proved that they have the talents and skills to impress themselves, their Chef Instructors and the general public with an outstanding display of design and creativity.

*Terry Larsen
1st Vice President
Chef Instructor
Enver Creek
Secondary*



Top Five Schools:

1	Frank Hurt Secondary	131 points
2	North Surrey Secondary	84 points
3	Queen Elizabeth	67 points
4	Esquimalt Secondary	60 points
5	Enver Creek	46 points

Top Out of District High School:

Esquimalt Secondary	60 points
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Top Female Entry Exhibit:

Sara Bouthavilay	North Surrey Secondary	96 points	Little Boy #10
Jenny Ngyen			
Renita Palani			

Top Male Entry Exhibit:

Zaldy Cruz	Frank Hurt Secondary	96 points	Mount Cool J #21
José Castellanos			
Bryan Michaels			

Top Co-Ed Entry Exhibit:

Daryelle Johnson	North Surrey Secondary	92 points	Curious George #1
Lindsay Manning			
Derek Avila			

Number of exhibits: 70

Number of schools: 9

Number of Students Participating: 150

Number of School Districts: 4 (Surrey, Maple Ridge, Vancouver, Esquimalt)

Judges:

Bob Chadwick	Associate Superintendent, District #36 (Surrey)
Fernand Houle	Chef/Owner A & F Catering
Maureen McDonald	Assistant Superintendent District #36 (Surrey)
Mary Polak	Chairperson of District #36 (Surrey) School Board



*Terry Larsen
1st Vice President
Chef Instructor
Enver Creek*

Competition Co-ordinators:

Co-Chairs:

Chef Wolf Von Oelffen, Frank Hurt Secondary

Chef John Haen, North Surrey Secondary

Judging Co-ordinator:

Chef Terry Larsen, Enver Creek Secondary

Principal, Frank Hurt Secondary:

Lorne Cope

Student Volunteers: (Frank Hurt Secondary)

Allison Eytcheson Diana Gebert Angie Gill Amy Iggulden

Laina Rauma Jill Tuddenham

Exhibiting Schools	Points		Points
Frank Hurt	131	North Surrey	84
Queen Elizabeth	67	Esquimalt	60
Enver Creek	46	Britannia	33
Semiahmoo	27	Thomas Haney	22
Fleetwood	9		



What Am I?

I am the first seasoning whose use was ever recorded. I date back as far as 3000-BC Assyria. There is some confusion about my actual origin. While some believe Africa, others insist on India. Frankly, I don't care, I'm just proud to be number one. I have been used in China for over 2000 years but I never made to the inside, I'm still considered a foreigner there. My arrival in the States is attributed to the African Slaves and this is why I was initially very popular in southern cooking. I am an annual who grows tall and straight with deeply veined egg-shaped leaves and lovely pink and white flowers. I get plucked when I'm green (doesn't everyone?) to avoid bursting. I am popular all over the world where I am regularly used in sweet and savory food. My latest fad is to be blackened, but you'll find me in white and brown as well. Toast me for more intense flavor. I impart a slightly sweet, nutty flavor essential in specific types of bagels, breads, pastes, halvah, noodles, meats, fish, and of course, oil. In fact, I am 50% oil, so be careful, if you keep me too warm I'll go rancid. Best to keep me in an airtight container, and keep my bedroom cool and dark. In this condition I'll give you a good 3 months, in the icebox I'll give you 6 months, and frozen I can go for a year. My fat is largely unsaturated and when dried I provide magnesium, potassium, iron, calcium, phosphorus, zinc copper as well as dietary fiber and riboflavin. I help your nervous system, bowels, and make a fine massage oil. Although my name is often use to "open" doors, I've never seen it work.

Brain Teaser

*Daniel Lesnes
Chef Instructor
Garibaldi
Secondary*

*For the correct
answer check
our website*

2002 Cook Training Articulation Meeting



On May 2, 2002, on behalf of BCCASA and in the place of our President Pierre Dubrulle, I attended the Provincial Cook Training Articulation Committee meeting in Kamloops at the University College of the Cariboo; Mark Perry and Kurt Zwingli hosting.

Following progress reports by the delegates on their respective Cook Training programs, Kurt gave a power point presentation on WebCt, a computer program which has enabled the Cook Training department at the University College of the Cariboo to put all their written competencies on the Net for students to work from and study. As well they can access the tests and with permission and time-limited access codes write them. Also students can see their marks and records of achievement in the course. Kurt also spoke about the Recipe Database project started last year. Cariboo College Cook Training has gotten their recipe files onto the program and has set up the basics of the program, but the Committee needs to access some funding to complete the project and to get the rest of the colleges and the secondary schools on-line. Tony Wood suggested he try some of his contacts in the Federal government that he knows has funding for these types of projects.

Linda Love, Dean of Applied Programs, Malaspina was appointed as the BCCAT Liaison Administrator for the Cook Training Articulation Committee. She spoke about an upcoming announcement by the Minister of Skills Development and Labour and the Minister of Advanced Education concerning apprenticeship now that ITAC is being dismantled. The only thing Linda knows for sure is that the Ministries want to concern themselves only with Credentialing and Standards, they have no interest in how apprenticeship looks or the process one takes from novice to tradesperson.

This announcement led to the afternoon's lengthy discussion on the Cariboo College Revised Apprenticeship Initiative put forth by Mark Perry and Kurt Zwingli. After much discussion and some heated debate it was decided that the proposal be held in abeyance until we hear from the above Ministries about their view of apprenticeship in this province. Also that the four colleges that offer Cook Training Apprenticeship (VCC, Camosun, Okanagan University College and the University College of the Cariboo) hold town-hall type meetings in their regions to get more Industry feedback on the proposed models. These meeting to take place by September and then send the feedback and the proposal to the Minister of Skills Development and Labour to show that the Cook Training Articulation Committee is working in a proactive mode to ensure that our industry is supplied with knowledgeable and well trained individuals through a viable apprentice system.

Another point of interest in the day's meeting was a presentation by the Cook Trainers at two Corrections Canada facilities in the Fraser Valley. They currently offer Level I and parts of Level II and were asking for recognition and ladder into the BC College system. It was motioned and passed that if they are teaching the full scope and sequence of Level I that graduates of their programs

*Terry Larsen
1st Vice President
Chef Instructor
Enver Creek*

Continue on page



*Alison Bell
Chef Instructor
David Thompson Secondary
School
Invermere*

The Edible Schoolyard: The Salvation of a School

Students preparing delicious, nutritious, foods, students enjoying meals together as a family, and students learning the origins of fruits and vegetables. Does this sound familiar? It is to those of us who teach Cook Training programs and to the students in schools fortunate enough to have a Cook Training program. It is, however, unfamiliar in many schools both in Canada and in the United States. The majority of Canadian schools have cafeterias that are operated by large catering companies and some, horribly, are now converting their cafeterias to Food Courts with the likes of Burger King and Pizza Hut.

Many schools in the U.S. have cafeterias serving foods that have been prepared in central kitchens and then trucked to the schools daily. At a conference in Seattle a few years ago, many of us visited such a kitchen. A factory kitchen with conveyor belts for assembling anemic-looking macaroni and a vat of tomato sauce the size of a swimming pool! (I still can't get my mind around the concept of the French fry extruder machine that was fed with powdered potatoes. YIKES!!)

Martin Luther King Jr. Middle School in Berkley California was one of these schools. "Was" being the operative word here. Fourteen years ago, this school began an amazing transformation. What was at the crux of this change? You guessed it, food! Not food alone, but an amazing chef with a passion for food and for the environment.

Alice Waters, founder of the ground-breaking restaurant Chez Panisse in Berkley, California and one of the most highly esteemed chefs in the United States, was disturbed by a run-down and seemingly neglected school in her neighbourhood. Declaring her concerns about the state of the school during an interview with a local radio station, Waters questioned how something like this could go on in an "enlightened community" like Berkley. Fortunately, one of the listeners was Neil Smith, the principal of King School. Concerned by her remarks about his school, Smith contacted Waters and over lunch at her restaurant, discussed their philosophies of education, community responsibility, and respect for the environment. The first seeds for the garden project were planted and after much work on the part of Waters, King School administration and teachers, parents, area chefs and community members, "The Edible Schoolyard" was born. An organic garden for learning.

Designed and planted in an area of the school-ground that was in a terrible state of disrepair, "The Edible Schoolyard" is now a place of beauty, built and maintained by over 900 students, 12 teachers and scores of volunteers. According to David Hawkins, one of the teachers at King School, "the success of the project lies in the hearts and the minds of the students and faculty. More than that, the success of the garden is visible to anyone who enters the garden gates.

On entering the garden, Luzia Zemp of VCC, my colleague Heather English and

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SEAQUAM CULINARY STUDENTS WIN BIG IN CROSS CANADA RECIPE CONTEST

Last fall, SYSCO/SERCA Food Services. Inc. issued a challenge to Canadian students in Culinary Arts to submit their own recipes in the second Annual Great Canadian Student Recipe Contest.

The response was again overwhelming, with hundreds of entries coming in from students chefs across the country. Twenty winners were selected, and each winner received a \$500.00 scholarship. Seaquam High School in Delta B.C. was the only High School in all of Canada to win. The winners from Seaquam are AMY MERCHERS with a "Whipped Meringue Delight" and JON-ATHON HO with a "Malaysian Madness"

Malaysian Madness

The apples: 3 tablespoons unsalted butter
6 Golden Delicious apples, peeled cored, cut into wedges, halved
1 Can of Peaches, drained
2 tablespoons vanilla extract
3 tablespoons sugar
1/4 cup Amaretto

Warm the butter in a large pan over medium heat. Add the apples, vanilla and sugar and cook, stirring constantly, until the apples are lightly caramelized, 7 to 10 minutes. Lower the heat, cover the pan and cook 5 minutes more, until the apples are almost cooked through. Add the peaches, then Amaretto and, mix well. Remove from heat, let it stand. It can be refrigerated for up to 12 hours.

The pastry: 8 sheets phyllo
6 tablespoons unsalted butter, melted and still warm
2/3 cup confectioner's sugar, sifted
1/2 cup sliced almonds

1) Center a rack in the oven and preheat the oven to 400°F. Place a 10-inch tart ring or, in a pinch, a 10-inch spring form pan minus the bottom, on a non-stick baking sheet.

2) Brush the top sheet of phyllo with butter, dust it with confectioner's sugar, and lift the sheet off the stack. Crumple the dough and press it into the ring - it should be fairly flat; sprinkle with almonds. Repeat this procedure three more times, until you have four buttered, sugared, and almond-sprinkled sheets of phyllo in the ring.

3) Spoon the apples and peaches into the center of the croustade, leaving a 1-inch border bare. Working as you did before, butter, heavily sugar and crumple a sheet of phyllo, fitting it into the ring to cover the apples. Place the pastry into the oven, and bake for 12-15 min, or until lightly brown. Remove it from the oven, take a blowtorch, and caramelize the icing sugar. Sprinkle this layer with almonds and cover with another crumpled sheet of buttered and heavily sugared phyllo. Slip the pastry into the oven and bake about 12-15 minutes, watching the top of the tart carefully to make certain it doesn't brown too much. Again take the blowtorch and caramelize the top. Repeat this step one more time.



*Brock Paton
Chef Instructor
Seaquam
Secondary*

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*Brock Paton
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4) Butter the last sheet of phyllo and, once again, crumple it to make a crown. Place it on top of the croustade and dust it heavily with confectioner's sugar. Return the tart to the oven and bake for 10-15 min. Take the blowtorch and caramelize the last layer. Let it stand for 5 min. Now remove the ring, and server either room temperature, or warm.

Whipped Meringue Delight

A cake that consists of four layers. Two meringue and two whipped topping. It is best made the day before it is required. This allows the layers to soften slightly. This recipe is unsuitable to freeze or microwave.

Meringue: 5 egg whites
 1 1/4 cup sugar
 1 teaspoon vanilla
 1 teaspoon cream of tartar
 pinch of salt
Topping: 600ml whipping cream
 6 crushed skor (Hershey) bars

Method: Preheat oven to 300°F. Draw and cut out two 8 inch circles on brown paper. Beat egg whites in a large bowl with electric mixers. Gradually add the sugar, salt, and cream of tartar. Beat mixture until it forms stiff peaks. Add vanilla. Place circles on individual ungreased cookie sheets. Spread egg white mix onto the paper circles and bake for one hour. Prepare the topping (whip whipping cream, then fold in crushed skor bars with spatula). Once the meringue has cooled, spread topping between the two layers of meringue and on top. Cover and refrigerate. Tip: Chocolate shavings or strawberries are nice garnishes for this recipe.

Amy Merchiers Seaquam Secondary



VCC Part Time Courses

Watch out for our new/revised Part time courses this coming fall VCC City Centre has to offer: Italian Gelati, Sugar Crafting, Wedding Cakes, Dessert making, Techniques on plating desserts, Seasonal Centre Pieces etc. Please feel free to reword it. For more detailed information please contact

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CAKE DECORATING 11/12



Culinary Arts 2002

Credits: 2 Fine Arts

Learning guide

Name: -----

Student # -----

	Mark out of	Your mark	Teacher's mark
Attended class	15		
Watched demo	15		
Made one batch of croissants	40		
Test	30		

LEARNING GUIDE OUTCOMES:

On completion of this unit you will be able to:

1. relate to different kind of sweeteners
2. understand the history of croissants
3. analyze the formula for croissants
4. watch chef do a demo on how to make croissant dough and shape it into croissants
5. make your own croissant dough
6. shape and bake croissants

RESOURCES:

Formula for croissant dough

DIRECTIONS TO STUDENTS:**Learning activity #1: sugar**

1. The earliest sweeteners were honey, sweet fruits, and syrups concentrated from fruits. Nowadays, the most common sweetener is white table sugar, refined from sugar cane or sugar beet. Cane & beet sugar have the same taste and cooking properties. Sugar can also be obtained from certain palm trees and maple trees, as well as from grain such as barley.
2. For cane sugar, the juice is extracted and boiled until it crystallizes. The resulting liquid is then passed through a centrifuge (a mechanical device, that separates substances of different densities, using extremely fast speed, by removing moisture). In the case of sugar cane or beet juice, the raw sugar crystals are separated from the liquid molasses. The liquids siphoned off during processing may be made into brown sugars and syrups.
3. White sugar = sucrose, which is composed of 2 sugars in equal amounts: glucose (also called dextrose) and fructose (also called fruit sugar). Glucose and fructose naturally cling together to form sugar crystals. Adding a small amount of glucose or cream of tartar to sugar syrup will prevent crystallization.
4. Granulated sugar is the most common type of white sugar. Berry sugar is also called superfine sugar, and is used mainly for making drinks, cakes and frostings. Confectioner's sugar also known as icing sugar, has been ground to a fine powder and mixed with cornstarch to prevent it from hardening into a mass. Mixing white

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sugar with molasses and cooking it slightly will produce brown sugar, giving it flavour, moisture and colour. Brown sugar is available light or dark and is often used in baking where it is frequently combine with cinnamon. Honey is the original sweetener. Honey has a specific taste depending on the kind of flowers or herbs bees have been feeding on. Popular flowers and herbs are, sage, lavender, rosemary, heather, eucalyptus and buckwheat. The colour of honey varies with the feed. Honey flavours baked goods, and make them dense and moist, so that they keep longer.

Learning activity #2:History and Formula

1. In 1683 the Turks were besieging Vienna in Austria. During the night of August 26 1683, bakers who started their shift, heard noises coming from the ground below. They gave the alarm and the Viennese soldiers found the Turks trying to mine from under the fortifications. Caught in the act the Turks had to leave in a hurry. To celebrate their victory, the Viennese bakers decided to create a yeast bread in the shape of the moon crescent found on the Turkish flag. The croissant was born. French bakers took over the Viennese formula and lightened it.

2. Formula for croissant

Milk	450 ml
Compact Yeast	30 g
Sugar	30 g
Salt	15 g
Butter soft	80 g
Keynote (bread) flour	800 g
Butter (soft & unsalted)	450 g

Learning activity #3: Directions for making croissant dough

1. Mixing: heat up milk to lukewarm, add sugar and dissolve yeast. This should take about 5 minutes. Place flour, 80 g butter, and salt, in the electric mixer bowl fitted with the dough hook. Add milk mixture and mix to a smooth dough. Do not over mix; do not develop the gluten. Gluten development will take place during the rolling in procedure.

2. Fermentation: Let dough ferment for one hour at 27°C. Punch down, spread out on a greased cookie sheet and refrigerate for 30 minutes.

3. Roll in the 450 g soft butter and give 3 folds {drawing will be attached in final learning guide}. Rest in cooler overnight.

4. Shaping: {drawing will be attached in final learning guide}. Proof at 27°C and 65% humidity. Egg wash after proofing.

5. Baking: 200°C preheated oven for 12 to 15 minutes. Cool down on a cooling rack. Freeze well baked or unbaked. Can be stuffed with various savory or sweet fillings.



KEY VOCABULARY

sweetener	sugar cane	sugar beet	palm tree	maple tree
barley	centrifuge	raw sugar	liquid molasses	sucrose
glucose	fructose		cream of tartar	crystallization
berry sugar	brown sugar	honey	rosemary	sage
croissant		croissant formula	lavender	
granulated sugar		confectioner's sugar		

TEST

NAME:

- 1- Name one of the earliest sweeteners.
- 2- Nowadays what is the most common sweetener?
- 3- What is the most common sweetener made of?
- 4- What is a centrifuge?
- 5- What is sucrose composed of?
- 6-On what date was the croissant born?
- 7-In which European city was croissant born?
- 8-What was croissant shaped after?
- 9-Write down the formula for croissant dough
- 10- at what temperature is croissants baked at?
for how long?

CAKE DECORATING RESPONSE

I felt pride when I:

Name one or two things that you already knew:

What did you learn that you did not already know?

Name one thing that surprised you:

When I was finished with this learning guide, I felt:

Pierre Dubrulle,
President,
Chef Instructor
Thomas Haney
Secondary



*Ross Martin
Chef Instructor
Stelly's Second-
ary*

It is a sad but certain fait accompli that the long standing Culinary Arts Program at Stelly's will be inoperative as such next year. Instead of a full fledged TQ/CCC Instructor driven program it will become a "hot dog" service operated by two CUPE staff, responsible for generating revenue to cover the totality of their wages, with the assistance of "work experience" students. The facility very nearly was (and may still yet be) contracted out to a private interest.

This is the result of years of shortsighted budget cuts by a Province and a District that shows, outside of empty platitudes, no longer any real interest in promoting or sustaining a viable trades program at the Secondary level.

One of the first casualties, a result of forced staff cutbacks two years ago, was our Popular (and profitable) George Stelly Dining Room Restaurant. It had been an integral part of the program since its' second year in 1978. Without the Restaurant we could no longer run our locally developed (based on Provincial and National Industry training standards) Food and Beverage Server 11 course.

The situation overwhelms me with personal sadness and professional frustration as well as a palpable sense of loss. I will be re-engaging with my academic side as an English teacher. Perhaps, it is just as well, since I have agonized over the last few years as the funding, support and resources for my program and students have been eroding.

I will however, always consider myself a colleague and will continue to promote culinary and trades training from every vantage point available to me. I hope to be able to, from time to time, meet at least socially, with BCCASA members for whom I hold such profound respect and personal fondness.

I will continue to exorcise my passion for things culinary through other and different means.

The fact that the well established and once solid Culinary Arts Program at Stelly's can fall victim to the whims of Education's Moguls and Mandarins causes me to fear for the continuance of other and even all such programs.

Can anyone provide any sense of what the situation is Provincially. How are programs faring? Are we growing? Have there been or will there be other imminent closures or "downgradings"?

Thank you all for great friendship, professional inspiration and past assistance. I look forward with sincere enthusiasm to any contact we may have collectively or individually in the future.

With regards,

Ross Martin



CHILLIWACK SCHOLARSHIP DINNER

George Rees has done it again!



*Julius
Pokomandy
Former Chef
Instructor*

The well-known and highly respected chef instructor working in the Chilliwack Secondary School organized and presented a well received multi course dinner on the 27th March. The occasion was the 11th Annual Scholarship/Bursary Recognition Dinner held in the cafeteria of the school.

The food and the table service was anything but “cafeteria”. In fact, it was worthy of a good restaurant anywhere in the Greater Vancouver area.

Rees is a twenty-five year veteran of the Chilliwack District. He has, over the years pioneered a number of innovating teaching methods for the Cafeteria/Culinary Arts programs. The success of his program was clearly evident at this special happening.

The evening commenced with an introduction and welcome by Ms. Jacquie Taylor, Superintendent of District 33.

The dinner courses emerged from the kitchen with professional efficiency.

For starters: Sesame Crusted Crab Cakes with Lemon grass Cream, Red Pepper Aioli. This was followed by Rice Paper Wrapped Mesclun Greens Sesame Soya Vinaigrette. The main course of Seared Chicken Breast with Herbed Havarti with Rissotto Strudel, and Fresh Tomato and Black Bean Ratatouille was enjoyed by all. Completing the food part of the evening was a Chocolate Swirl Cheesecake, Burnt Orange Tuile, with Raspberry Coulis.

During the meal a surprising musical treat from the 2 year old Chilliwack Senior Steel Band *Pandora* under the musical direction of faculty member Craig Scott. They played a Caribbean inspired program, with skill, talent and gusto. It was a full sensory treat to savor the Black Bean Ratatouille to the alluring rhythms of “Corrina, Corrina” and other tunes from the Islands.

Mr. Harry Geddes, President of the Chilliwack Foundation expressed continued support from the Foundation to student’s scholarship graduating from C.S.S.

Geddes described the aims of the Foundation, supporting each year with several worthwhile projects with over 100 000 dollars, in the Chilliwack, and Sardis areas. Chilliwack Secondary received \$23,000 of that sum for the graduates of school year 2000-2001.

On behalf of last year’s recipients Lisa Ego, now in her successful first year in university, commented: “My scholarship made it possible for me to complete my first year without going into debt. The scholarship is a practical incentive for students to continue with their post secondary educational career”.

An enthusiastic applause expressed the appreciation of the 160 guests as the line up of the cooks, and servers were introduced. Special notices were accorded to Student Chef Sara McAllister, Student Sous-Chef Levi Richtert and Maitre D Melissa Vriend.

Special guests of Chef Rees from the BCCA, and the BC. Culinary Arts Specialists’ Association included: Carol Wunderlich, Brian Larson, Terry Larsen, Daniel Lesnes, Pierre Dubrulle, and Julius Pokomandy. After the dinner an impromptu meeting happened in the teaching kitchen. It was “shop talk” at its best.

*To view pictures
go to our web-
site, click on
“Current Info”*



Julius
Pokomandy
Former Chef
Instructor

Rees explained the station rotation in the kitchen, the designation of tasks to the students, menus, and the day to day operation of the kitchen.

Former graduate Richard Niezen is the all important Teaching/Chef's Assistant. He explains, "Our program performs an essential service and opportunity to the students. They take responsibility, and learn cooking skills, as well, cooperative attitudes. I am a good example of the success of this system".

Complementing the teaching staff are Cafeteria Assistants Frances Petersen and Mrs. Judith Booker. "The cooperation of the staff is very important to our day to day success," says Rees. "The students work at their stations, the staff monitors their progress and works along side them."

It is not an easy task to teach 140 students each school year, and make it in some way meaningful for them. Rees: "When a student walks into my classroom I must remember that everyone of them is different, everyone of them has a special gift, a talent, and all of them want to belong."

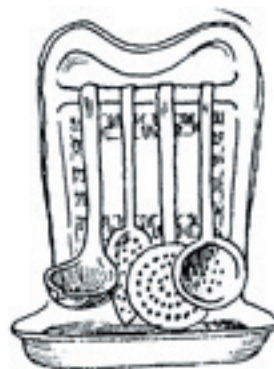
"I like my students," continues Rees, "to master some basic life knowledge before I even attempt to give them some cooking skills. Some of those skills are: coming to school on time, have a good attitude when you get there, be organized. Always work to the best of your ability. Once we have the students master these skills, then it is time to teach cooking".

In a recent *Food for Thought* letter to parents and students Rees summed up the essence of his program.

It said: "The results of having programs like these are that students leave high school with skills that will meet some of the industry demands in foodservice. We try to give students a sense of belonging, a set of values they can share with each other and last but not least we try to help boost students self esteem."

For over 20 years the teaching kitchen and classrooms of Chilliwack Secondary has graduated many hundreds of students, prepared and ready for a meaningful career.

The 11th anniversary scholarship dinner was a measurable and successful evidence of the "Partners in Learning" policy of Chilliwack Secondary, and of a very supportive community. And, the pedagogical commitment and great work of one teacher: George Rees.





First Name	Last Name
School address	
School District #	
Phone (work)	Phone(home)
email	
Home Address	

Please help us by making this roster as current as possible by sending your information.

Daniel Lesnes
Chef Instructor
Garibaldi
Secondary



To view pictures
go to our web-
site, click on
“Current Info”

A few years ago, the school added a kitchen structure where 95 minute classes, including a demonstration, food preparation, setting of tables with tablecloth and flowers, sharing of food and class clean-up takes place. Plans are in the works to incorporate a Cook Training program at the school in the next few years using only organic and seasonally grown foods. Through my many e-mails to the school, I have explained the types of programs we teach in BC. They were very impressed to learn about what we are doing and the innovative approach we take with our curriculum. The seed has now been planted at DTSS and we have hopes of creating a similar garden in the next few years. Now if we can only do something about the growing season in the East Kootenays!

Alison Bell
Chef Instructor
David Thompson Secondary
School
Invermere

Continued from
page 10



*Continued from
page 9*

be given credit for the same and enter into Level II in BC Colleges when space is available.

I spoke about the Canadian Chef Educators Association, passed out brochures describing the Association and its mandate and mission Statement, and encouraged our post secondary colleagues to join and have their fellow instructors join as well. The goals of the Canadian Chef Educators Association tie into those of the BC Cook Training Articulation Committee: standardization of training and apprenticeship programs and the transferability of credit between secondary schools and colleges and between colleges.

The important part of this year's Cook Training Articulation Meeting for Secondary Culinary Arts training is the need to address what Cook Training apprenticeship is going to look like in BC and to be proactive in ensuring that this training is beneficial to our students, so that they are able to achieve credentials that are recognized and transferable across Canada.



Gulf Islands Secondary School Lamb Chili
Winner of the 2002 B.C. High School Culinary Arts Chili Cook-Off
Created and Prepared By Orion Marciano & Derek Kitchen

1 KG Ground Lamb, Browned Off
500g. Lamb Stew Meat, Seared Off
1 Large Onion, Diced
4 Stalks Celery, Diced
2 Red Bell Peppers, Diced
2.84L Diced Tomatoes
1L Tomato Sauce
5 Cloves Roasted Garlic, Minced
2 Chipotle Peppers in Adobo Sauce, Small Dice
60 ml Chili Powder
30 ml. Cajun Blackening Spice
15 ml Cumin Powder
1 Cinnamon Stick
5 ml. Liquid Hickory Smoke (optional)

Caramelize diced onion, add red peppers and celery and sauté until celery is soft. Add all remaining ingredients, bring to a boil, reduce heat to a simmer and let cook 2-3 hours, uncovered, stirring occasionally. Remove cinnamon stick and serve with chopped fresh cilantro leaves.

FLEETWOOD PARK'S 2ND CHILI COMPETITION



On Thursday May 16th, Fleetwood Park held the chili competition outside in the warm sunshine. There were 14 schools represented from districts from the Gulf Islands in the west to chiliwack district in the east, a total of 51 teams from those schools totaling approximately 150 students.

There are two categories for teams to compete chili with meat or chili without meat. Some of the exotic meats used by some teams were ground beef, chicken, diced beef, ostrich and buffalo.

The competition got underway at 8:45 am teams had until 11:00 am to prepare and serve their chili to the judges.

Teams were judged on the following: sanitation, preparation, timing, presentation, texture, taste, use of spices, and THEIR OWN PERSONAL RECIPE.

The 6 judges were : Surrey school trustees: Mary Polak,
Heather Stilwell
Shawn Wilson
Surrey assistant superintendent: Peter Drescher
Superintendent of career programs: Bob Chadwick
Retired chef and teacher: Julius Pokomandy
Each judge tasted all 51 recipes.

Master of ceremonies was Fleetwood's Principal Dave Paul.

After the final scores were tallied the winners were:

Meatless chili

1st Seaquam school of Delta with Jackson Carpenter and Johnathan Ho

2nd Sardis school of Chiliwack

3rd Britannia school of Vancouver

Meat chili

1st Gulf Island secondary of Gulf Island with Orion Marcano and Derek Kitchen

2nd Thomas Haney school of Maple Ridge

3rd North Surrey school

*Steve Wade
Chef Instructor
Fleetwood Park
Secondary*

*To view pictures
go to our web-
site, click on
"Current Info"*

Student of the Year Plaques

The engraver requires all names for all the brass nameplates before he commences engraving, therefore please submit the name of your student by June 28 to: Dot Mufford. Her email is: dmufford@uniserve.com; fax....604 534 9360;

address D Mufford,
Box 15, Milner, B.C.
V0X 1T0.



**WORKERS'
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April 10, 2002

British Columbia Culinary Arts
Specialists Association
Thomas Haney Secondary
23000-116th Avenue
Maple Ridge, B.C. V2X 0T8

Attention: Pierre Dubrulle, President

Dear Mr. Dubrulle:

RE: Class Size for Teaching Kitchens

Thank you for your recent letter bringing to my attention your concerns with class size and the potential health and safety issues related to an excessive number of students in your kitchens.

Health and safety hazards, as you identify, are well recognized in the culinary arts. Unfortunately, the Workers' Compensation Board of British Columbia is not in a position to dictate class size. However, we would strongly encourage School District #42 utilizing the District's own Joint Committee to undertake a detailed evaluation and risk assessment of the potential hazards in your own kitchens. Such an assessment would need to consider risks associated with fewer or more staff working in the kitchen at the same time. Safe work procedures would then be developed for various kitchen activities based on the risk assessment.

Occupational Safety Officer Paul Orr is available to offer assistance to the District, the Joint Committee or the BCCASA to complete this activity.

Yours truly,

Allan G. Johnson, CIH, ROH
Regional Manager
Regional Services
Burnaby/Coquitlam
AGJ/sp

c.c. Paul Orr, OSO
T. Holizki, Manager, Industry Services
Firm File

The Organic Mountain Experience: Come join us in the Purcell/Rockies for an organic education



Friday October 25-Sunday October 27th, 2002

Sanctioned by the BC Culinary Arts Specialists Association
Hosted by Alison Bell - Chef Instructor
Joanne Bragg - Tourism Coordinator
David Thompson Secondary School, Invermere, BC

Purpose:

To bring culinary professionals together
To provide awareness of environmental issues and organic food and cooking techniques
To relay current information regarding industry career opportunities

TENTATIVE CONFERENCE SCHEDULE

Friday October 25

7:00 AM Depart from Vancouver
9:30 AM Arrive in Calgary – Private Bus transportation from Calgary to Banff
11:30AM Arrive in Banff – Tour and lunch at Banff Springs Hotel
1:30 PM Free time to wander Banff Ave./ visit the Rocky Mountain Fudge/
White Museum
3:00PM depart from Banff to Radium Hot Springs
4:30PM Radium Hot Springs relaxing soak or nature walk
6:00 PM Arrive in Invermere, check into the Best Western Invermere Inn
(Prices are \$59.00 single or \$69.00/room double occupancy when
booked by July 15th - quote BCCASA call 1-800-661-8911 (Lianne)

Saturday October 26th

Continental Breakfast included with your stay at the Best Western
Take a 5 block stroll to David Thompson Secondary School for workshops
9:00-9:30 AM – Keynote Speaker TBA – Food Service Industry perspective
on organics.
9:30-10:00 Coffee break
10:00-11:30 Workshops****
11:30 – 12:30 Lunch provided
12:30 – 2:00 Workshops****
2:00PM on – free time with possibilities of golf, guided tour of organic coffee
production, guided hike, or guided historical walk of Invermere
7:00PM cocktails and dinner at one of Invermere's heritage buildings

*******Possible workshops include:**

~ Zehnder's Ranch - organic meats and vegetables, Community gardens,
Organic bison products, Alternative career paths for chef training students, Rocky
Mountain Cuisine, Kicking Horse Organic Coffee Company, Baking with organic
flours and the use of sourdough, Southern Alberta Institute of Technology (SAIT)
presentation

Sunday October 27th

Continental Breakfast included with your stay at the Best Western

*Alison Bell
Chef Instructor
David Thompson
Secondary
School
Invermere*



*Alison Bell
Chef Instructor
David Thompson
Secondary
School
Invermere*

9:00AM depart from Invermere to Chateau Lake Louise for tour and lunch
3:00 PM arrive at airport for departure to Vancouver

Cost: \$65.00 per person BCCASA Member, \$95.00 non BCCASA member
Includes bus transportation to and from Invermere, lunch and tour at Banff Springs Hotel, Radium Hot Pools pass, Saturday's conference, lunch, and dinner, Sunday's lunch and tour of Chateau Lake Louise

To register:

Send a cheque, before September 15 2002, payable to David Thompson Secondary School, RR#4 1535 14th Street, Invermere, BC. V0A 1K4

Please Include: your Name, School Name and School District, Address, Phone # and email

For more information contact Alison Bell: albesd06@rockies.net

Transportation Information:

Conference attendees must organize their own transportation to Calgary. There are a number of possibilities....

Westjet Flight 72: October 25: Leaving Vancouver at 7 am, arriving in Calgary 9:10 am
Westjet Flights 2, 511, or 84: October 27: Leaving Calgary after 2 pm Sunday for Calgary. \$247.63 approximately (flight costs go up the longer you leave it to book)

WestJet Flight WJ 28: 25 October 25: Leaving Abbotsford (YXX) 06:35 am, arriving Calgary (YYC) 08:45 am

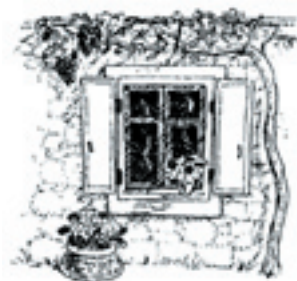
WestJet Flight WJ 235: October 27: Leaving Calgary (YYC) 4:40 pm, arriving Abbotsford (YXX) 5:00 pm

Air Canada Flight 200: Vancouver to Calgary October 25

Air Canada Flight 227 or 229: Calgary to Vancouver: October 27

Please Note: You must arrive at Calgary prior to our 10 am departure to Banff on Friday, October 25. We will be returning to Calgary airport after 2 pm on Sunday, October 27.

If you are unable to get a flight at these times, you may be required to provide your own transportation to Invermere and back to Calgary.





B.C.C.A.S.A. Statement ending April 30, 2002

Income	Current YTD	Original Budget	
Income surplus	\$20,730.39	\$20,730.00	
Surplus outside account			1,554.00
Membership	2,074.67	2,686.00	
BCTF grant	4,500.00	3,500.00	
Advertising		100.00	
Other	731.31	1,000.00	
Conference fees		3,500.00	
Total Income	\$28,036.37	\$33,070.00	
Expenses			
Meeting executive	\$ 1,020.48	\$ 2,000.00	
Meeting table officers		500.00	
Meeting council			500.00
Meeting subcommittee		100.00	
Meeting TOC costs	215.00		
Publication journal	364.00		
Publication newsletter	712.77	3,000.00	
Publication other		500.00	
Publication equipment	204.54	1,000.00	
Operating	33.71	500.00	
Chapter Support		500.00	
Affiliation fees & meetings		200.00	
Curriculum development		1,000.00	
Scholarships	1,200.00	4,666.00	
Miscellaneous	111.76	1,000.00	
Conference operating	100.00	2,500.00	
Conference facilities		6,000.00	
Conference catering	2,494.65	2,500.00	
Conference printing	0.00	200.00	
Conference hold for future	2,430.49	6,404.00	
Total expenses	\$ 7,958.80	\$33,070.00	
Total	\$20,077.57		

Dorothy
Mufford
Treasurer
Walnut Grove
Secondary



Bouquet Garni is a publication of the BC Culinary Art Specialist Association. Three issues are published each school year. Subscription to the BCCASA Newsletter "Bouquet Garni" is included in the BCCASA membership. 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

Daniel Lesnes bccasa@look.ca or lesgau@mac.com

Garibaldi Secondary School

24789 Dewdney Trunk Road

Maple Ridge, B.C. V4R 1X2

BCCASA Advertising Policy

The British Columbia Culinary Arts Specialist Association reserve the right to be selective in the acceptance of advertisements, including, but not limited to, vendor, content and style. Unless other arrangements have been made, a cheque for the full amount must accompany advertisement copy; otherwise the ad will not be published.

Current advertisement prices are as follows: Business card size \$25.00/issue (3 issues / year)

No institution/business shall have access to BCCASA membership lists for the purpose of sending information directly to BCCASA members. All materials are distributed through the provincial specialist association (BCCASA/BCTF)



Have You Signed On to the BCTF's e-mail Communications List Server for BC Culinary Arts Specialists Association?

The BCTF has established an e-mail communication list server to promote communications between Culinary Arts teachers and to keep such teachers informed as to interests and concerns related to the delivery of service to Culinary Arts students.

Information concerning how to join the list is given below.

1- Joining the list

To join the psa-bccasa list, send a message with the following form (the e-mail address is case insensitive):

From: Mickey Mouse <mickey@toontown.bc.ca>

To: list@bctf.bc.ca

Subject: <leave blank>

Message: join psa-bccasa and Send

or go to

www.bctf.bc.ca/About/PSA/ and click on "Mailing Lists" and follow the instructions.