

Bouquet Garni

"Cookery is not chemistry. It is an art. It requires instinct and taste rather than exact measurements."

Marcel Boulestin (1878-1943)

February, 2003

Volume 6

Issue 2



BCCASA
cuisine education

British Columbia
Culinary Arts
Specialists' Association

www.bctf.bc.ca/PSAs/BCCASA



Bouquet Garni

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Organization of workshops and attends a variety of meetings and conventions.

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sleswal@sd35.bc.ca Langley (604) 856-2521
Past president.



*Pierre Dubrulle
President,
Chef Instructor
Thomas Haney
Secondary*

Dear colleagues,

At the last BCCASA Board's meeting, many important and relevant issues were discussed. Present at this meeting were: Dot Mufford, Allan Irving, Terry Larsen, Daniel Lesnes, myself, and last but not least Susan Leswal. As you may know by now, Susan has not been teaching for the last few years due to a bad car accident. She somewhat feels a bit better and is planning to go back to work one day a week. All of BCCASA wish Susan well.

The next PSA Council meeting will be held at the Airport Resort Centre in Richmond March 28, 29. Thinking about the future of this Association, I will be introducing Allan Irving to my fellow Presidents and PSAC Board Members. Allan will attend both days and will report to you in the next newsletter. A good portion of this conference will be dedicated to the proposed changes to the graduation program. Allan and I will keep you posted on the outcome of these heated discussions.

Other changes that our Provincial Government is proposing are with the apprenticeship program, which of course concern us all. "Open" forums were offered all over the Province and Terry Larsen, Daniel Lesnes and I thought that BCCASA should be represented and may be have a voice in this important issue. Off we go to Kwantlen College in Surrey. So much for an Open Forum! The meeting was by invitation only. We were issued numbers and our names placed on a waiting list. Meanwhile IWA representative as well as some other Unions were telling us what questions we should be asking if by any chance we got in. We did not get in and left this most bizarre assembly. The fact of the matter is that the apprenticeship program is being piecemealed and the employers will have free hands to decide when and for how long an apprentice should be going to school. In our trade, a young apprentice could be doing breakfast cookery for years without being offered a chance to upgrade. The other disadvantage is that a cook, certified in level one, will not be able to apply his/her certificate in another Province or another country. As it stood so far, a red seal trade qualified journey person can apply his /her certificate in all ten Provinces and Territories as well as in all countries belonging to the World Federation of Chefs and Cooks. Why fix it if it is not broken.

About "Skills Canada" culinary competition, Chef Instructors interested in entering students for the Regional competition should check the following website: www.skillscanada.bc.ca. If there is one competition we should support, this is the one. It is getting better every year and this is mainly due to our colleague and BCCASA member Ben Weber Chef Instructor at Hatzic secondary in Mission, and Chairman of the BC, and National committee for Skills Canada. Since Ben got involved, the regional and provincial scopes have become streamlined and are clear to everyone. Costs are in line, judging is done by professional, competent chefs and the timing of events is getting better all the time. Choice of main food ingredients is not so much of a mystery any more and students can relate to them. We can consider ourselves lucky to have Ben doing such a great job at representing all of us in this highly regarded competition.

Continue on page 21



*Alison Bell
Chef Instructor
David Thompson
Secondary School
Invermere*

The Organic Mountain Experience, October 2002, Invermere BC. Canada

Lunch at The Banff Springs, culinary demonstrations and artisan baking classes are only a few of the highlights of the sixth annual BC Culinary Arts Specialists Association conference hosted by David Thompson Secondary School in Invermere, BC last month. Chef Instructors from around BC, came together to learn about the world of organics. The aim of the conference was to give Chef Instructors a better understanding of the organic food industry. As teachers and culinary professionals who run Teaching Kitchens and who provide foods to thousands of BC students every day, Chef Training Instructors strive to learn about the best and most nutritious products with which to prepare their menu items.

The weekend conference began with an artistically presented three-course lunch at The Banff Spring's Bow Valley Grill, the busiest restaurant outlet in the Fairmont Hotel chain's thirty nine hotels. Buffalo Carpaccio, Grilled Arctic Char on a Bed of Leeks and a Chocolate Hazelnut Bombe was served in the newly renovated dining room with views of the Bow River and Mount Rundle. Following lunch, Sous Chef Martin Laprise led an entertaining and extremely informative tour of the revamped state-of -the-art kitchens. Having undergone a multi-million dollar renovation, the kitchens have been transformed from dark and cavernous to white-tiled and brightly lit rooms of beauty. The temperature-controlled Garde Manger kitchen featuring mountain views was awe-inspiring. A definite departure from kitchens of old that were most often cloistered away in the deep recesses of the hotel.

Chef Laprise detailed the training programmes and the apprenticeship opportunities for staff in the kitchens at the Fairmont Banff Springs Hotel . A valuable partner in education for David Thompson Secondary Schools in past years, The Banff Springs Hotel has given Chef Training and Tourism students important job-shadowing opportunities. Opportunities that are much-needed and which plant the seed for future career choices. A spot on the DTSS Chef-for-a-Day field trip to The Banff Springs is highly sought after!

The weekend was not all wining and dining! Saturday saw the conference participants take part in four varied and informative workshops in Invermere. The day began with a panel discussion by the conference presenters. Each were asked to give their views on the importance of organic products and where their responsibility lay in educating the public. An interesting discussion ensued with all presenters agreeing that sustainable farming practices and the use of top quality locally produced ingredients were integral to good cooking. The issue of sustainable and supportive communities was at the forefront, as was education. The role of chef instructors was seen as extremely important in encouraging responsible food purchasing and eating habits, not only in their students, but in the entire student population.

The first workshop was led by David Zehnder, a local farmer and rancher, along with Abra Brynne a self-described "Foodshed Animator" and specialist on sustainable communities and organic certification. Both



Dave and Abra spoke enthusiastically about community gardens, heirloom vegetables and grains, sustainable farming practices, the use of pesticides, and the controversial issue of genetically modified foods. The important role of chef instructors in educating students about these issues was impressed. Participants discussed and debated while rubbing heritage wheat from the Columbia Valley Botanical Garden to produce seeds for their own garden. Established locally by Zehnder and a group of volunteers it is a thing of beauty near the shores of Lake Windermere.

Wolfgang Stampe, Chef Instructor from the Southern Alberta Institute of Technology and Edgar Stricker, Bakery Instructor, also from SAIT, led a hands-on workshop on Artisanal Breads. Participants braided strands of sweet dough into glorious glazed loaves while learning about SAIT's Hospitality Careers program from Chef Instructor Stampe. The SAIT Hospitality Careers program has admitted several David Thompson Secondary School graduates who have gone on to successful careers in the culinary arts. Stampe also spoke of The Highwood Dining Room at SAIT, where students learn the art of fine dining preparation, and the ways in which SAIT is following current trends by using a variety of organic products in their preparations. Stricker's focus was on the artisan craft of traditional breads. While he is a supporter of organics, in his experience, organic flours do not produce the same results in his specialty breads. An interesting debate resulted with more than one participant pointing to the increasing numbers of organic artisan bakeries opening in Vancouver and Calgary which produce high quality products.

After a delicious lunch of organic grains, salads and innovative sandwiches, Chef Glen Manzer of the River Cafe in Calgary and Pamela Vipond of Sage Kitchen, Golden, producer of edible flower jellies and vinegars, spoke with passion about their respective industries. Both are advocates of the use of organic/local products and emphasized the importance of sustainable farming practices. While serving delicious samples of nasturtium, lavender, pansy and rose petal jellies, Pam detailed the commitment and devotion required to run a business such as Sage Kitchen. One thousand nasturtium seeds alone were planted in her hauntingly beautiful garden on the shores of the Columbia River. Edible flowers have been used in cooking throughout history, but it is only relatively recently that they have become popular among discerning professional cooks. While Pam is a practising organic gardener, her products are not yet certified organic. Sage Kitchen products can be found across Canada, a testament to the hard work and commitment by Pam to produce fine quality goods and to educate the public.

Both Sage Kitchen and the River Cafe stress the importance of educating the public and encourage the formation of partnerships between farmers and cooks. One example of this is the alliance that has been formed between the River Cafe and Hotchkiss Farms, outside of Calgary. Sous Chef Caroline Ramsey from the River Cafe works throughout the summer at the farm, planting, caring for, and harvesting fruits and vegetables which are in turn, used in the menu preparations at the cafe. Thumbelina

Alison Bell
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Invermere



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Chef Instructor
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Invermere*

Carrots, Chiogga Beets and Salsify, were roasted by Glen and splashed with Highwood Crossing's organic canola oil. Unlike other innocuous canola oils on the market, Highwood Crossing's organic canola oil is highly flavoured and a beautiful golden yellow, reminiscent of prairie fields. Organic Venison Tartar with Cloudberry Compote and Ermitte Blue Creme Fraiche, Organic Arugula with Camrose Alberta's Leoni Grana Parmesan and Red Curry Squash Cheese Cake with High bush Cranberries brought sighs of deep satisfaction from everyone!

The final presentation of the day was by Rebecca Kneen and Brian MacIsaac of Crannóg Ales. Crannóg Ales is Canada's only certified organic microbrewery, and the only on-farm microbrewery in North America. Using sustainable farming practices, Rebecca and Brian grow unusual ingredients and recycle brewery by-products to enhance and protect the environment. The public can tour the farm and brewing operation and Rebecca and Brian can provide an excellent example of the responsible consumption of ales. While brewing practices may not be part of the Chef Training Curriculum, the pairing of wines and beers with food is an integral part of fine dining. Wild Sockeye Salmon poached in Red Branch Irish Ale, Back Hand of God Stout served with chocolate truffles and Beyond the Pale Ale paired with a traditional Vindaloo curry were savoured while participants learned about the challenges and rewards of an organic brewing operation.

The following day saw the Chef Instructors at a farewell brunch and tour at the Fairmont Chateau Lake Louise. A spectacular buffet served in the Fairview Dining Room followed a tour of the Chateau's kitchens. While these kitchens have not yet been revamped, plans are in the works for a new convention facility to begin construction in the near future. The tour leader highlighted the impressive recycling program used by the Chateau. Also emphasized was their "plant a tree" initiative in which departments are given awards for "reducing, reusing and recycling". This program is essential to a facility the size of the Chateau that is situated in a national park.

A tired, but happy group of Chef Instructors boarded the bus for Calgary airport Sunday afternoon. All left with a better understanding of the organic food industry and a commitment to provide their students with the skills and knowledge to make more informed food choices. Chef Training programmes in British Columbia provide an invaluable service to all of our students whether it is through curriculum-based learning, or the delicious foods served in school cafeterias. The effect of the sixth annual British Columbia Culinary Arts Conference will be obvious in many schools in BC. Don't be surprised if the next soup you see served is garnished with an organic pansy grown in the school's organic garden!



On your Calender



The International Foodservice Expo 2003 takes place at BC Place Stadium In Vancouver, BC on March 2, 3 and 4, 2003. The show is open from Noon to 6:00 pm each day. www.internationalfoodserviceexpo.com

*Alison Bell
Chef Instructor
David Thompson
Secondary School
Invermere*

The 19th Annual Lard Sculpture Competition will take place on April 15, 2003 in the Cafeteria at Frank Hurt Secondary School, 13940 - 77th Avenue, Surrey, BC V3W 5Z4 Phone: 604 590 1311. Host Wolf von Oelffen

*Daniel Lesnes
Chef Instructor
Garibaldi
Secondary*

BCCASA Scholarship Awards Banquet
May 4, 2003 11AM, at Coyote Creek Golf and Country Club, 7778 - 152 Street, Surrey, BC Chef Dan Marshall

Island Hopping to a West Coast Culinary Arts Education
13TH Annual Canadian Chef Educators Conference
Saltspring Island and Malaspina University College, Nanaimo
June 19 - 22, 2003
For more info contact Terry Larsen
School Phone: (604) 543 8149
Or go to <http://www.telusplanet.net/public/mstinson/acea/html/conference.htm>

BCCASA Annual Conference "Organic Valley Experience" October 2003
Tentative Schedule: General Meeting and Election of new Board. Visit of Organic Farm in Langley. Visit and Lunch At Domaine de Chamberton Estate Winery. Guest Speakers: Lindsay Babineau (Agriculture in the Classroom), Kelly Knister (ministry). Tour of Fort Langley....



*Terry Larsen
1st vice President,
Chef Instructor
Enver Creek
Secondary*

21st Annual North Surrey Secondary Gingerbread Competition December 11, 2002

No snow and one of the balmiest fall and winter seasons in years heralded the arrival of the Gingerbreaders of British Columbia's Culinary Arts teaching kitchens. Teams from the Lower Mainland, Fraser Valley, Salt-spring, the Sunshine Coast and as far away as Invermere, BC came together to compete in the 21st Annual North Surrey Gingerbread Competition having envisioned, created, and produced fantastic wonders in Gingerbread. Every year we are amazed at the talent and creativity of these students as they take up the challenge of working in the medium of Gingerbread and Royal Icing. This year the competition tables were arrayed and laden with castles, skateboard parks, mansions, temples, guitars, carousels, log cabins, Christmas villages and scenes of a Rocky Mountain Christmas as well as many other intricately designed gingerbread creations, covered with royal icing, candies, and confections of all kinds -- enough to make the child in all of us begin to anticipate the coming of Christmas.

From far and wide the gingerbread teams came. This year we welcomed a team from David Thompson Secondary, Invermere BC, a 12 hour drive to Surrey to compete! Twenty-two secondary schools representing 10 school districts from the Lower Mainland and Fraser Valley (Burnaby, Richmond, Delta, Surrey, Abbotsford, Maple Ridge, and Chilliwack), Saltspring, Powell River, and Invermere created, transported and entered approximately 150 exhibits in this year's competition.

Judging took place in the categories of Top Five Schools, Top Out of District School, Top Female Exhibit, Top Male Exhibit and Top Co-ed Exhibit.

The top five schools were: Frank Hurt (113 points), Sardis (111), Queen Elizabeth (105), North Surrey (85), and Enver Creek (58).

Sardis Secondary from Chilliwack won for the Top Out of District award with an aggregate total of 111 points.

From Queen Elizabeth Jesika Ponce Avila, Norma Rangel, and Hardeep Jhund won the Top Female award with their 96.75 point creation the "Castle of Dreams" and Jamie Thompson, also from Queen Elizabeth won in the category of Top Male entry for his "Royal Hotel" exhibit with 92.75 points.

The team from David Thompson Secondary (Invermere BC) took the Top Co-ed entry this year: Adam McLaughlin, Aandrea, Stringer, Courtney Rice, and Tealka Lowe won for the "Rocky Mountain Winter Scene" (96.5 points) and also took the Best Overall Entry trophy for 2002.

Four other special categories of awards were also presented with trophies this year:

Best Use of Gingerbread

- Jesika Ponce Avila, Norma Rangel, and Hardeep Jhund from Queen Elizabeth for their entry "Castle of Dreams" (96.75 points).

Most Skillful and Artistic use of Icing

- Fawn Couteau and Steph Fry from Guildford Park for "Christmas Candy Carousel" (90.5 points).

Best Landscaping



- Tyler Roodenburg and Natalie Schlogl from Gulf Islands Secondary for "Island Scene (94.25 points).

Most Original Idea

- to Amanda Whiteford and Amanda Skorka of Frank Hurt for their exhibit "Halloween House" (94.75 points).

Judges for this year's event were Bob Chadwick (Associate Superintendent, District # 36 - Surrey), Kevin Deboice (District Principal, District # 36 - Surrey), Cynthia Lewis (Assistant Superintendent, District # 36 - Surrey), and Heather Stilwell (School Trustee, District # 36 - Surrey). As every year the exhibits and entries get better and more sophisticated the judging of the hundreds of gingerbread entries is a daunting task and these judges did a tremendous job. Thank you very much to these people for taking time out of their busy working schedules to help make this event a success.

Co-Chairs of this event, Chefs John Haen (North Surrey) and Wolf von Oelffen (Frank Hurt) convey their thanks to the British Columbia secondary school Teaching Kitchens and their Teaching Chefs for their continued participation in this competition.

On behalf of all the participants and their instructors I take this opportunity thank to Chefs John Haen and Wolf Von Oelffen and their teams of student and teacher organizers. Thanks also go to Principal Adele Wood and the staff and administration of North Surrey Secondary for hosting this annual event and welcoming the participants and the general public to their beautiful school. Many thanks to our Culinary Arts and Chef Training students who once again put forth a display of talent, creativity and skill which in many cases rivaled the work of professional Chefs. Well done!

Terry Larsen, Chef Instructor, Enver Creek Secondary

Top Five Schools:	Points
1. Frank Hurt	113
2. Sardis Secondary	111
3. Queen Elizabeth	105
4. North Surrey	85
5. Enver Creek	58

Top High School Out of District:	Points
Sardis Secondary	111

Top Female Exhibit:

Name(s): Jesika Ponce Avila, Norma Rangel, and Hardeep Jhund

School	Points	Exhibit Name & Nbr.
Queen Elizabeth	96.75	"Castle of Dreams" (#125)

Top Male Exhibit:

*Terry Larsen
1st vice President,
Chef Instructor
Enver Creek
Secondary*



*Terry Larsen
1st vice President,
Chef Instructor
Enver Creek
Secondary*

Name(s): Jamie Thompson

School	Points	Exhibit Name & Nbr.
Queen Elizabeth	92.75	"Royal Hotel" (#120)

Top Co-ed Exhibit:

Name(s): Adam McLaughlin, Aandrea Stringer, Courtney Rice Tealka Lowe

School	Points	Exhibit Name & Nbr.
David Thompson	96.5	"Rocky Mountain Winter Scene" (#81)

Special Categories:

A- Best Use of Gingerbread:

Student(s)	School	Exhibit Name & Nbr.
Jesika Ponce Avila	Queen Elizabeth	"Castle of Dreams" (#125)
Norma Rangel		
Hardep Jhund	Points 96.75	

B- Most Skillful and Artistic Use of Icing:

Student(s)	School	Exhibit Name & Nbr.
Fawn Couteau	Guildford Park	"Christmas Candy
Steph Fry	Points 90.50	Carousel" (#145)

C- Best Landscaping:

Student(s)	School	Exhibit Name & Nbr.
Tyler Roodenburg	Gulf Islands	"Island Scene" (#92)
Natalie Schlogl	Points 94.25	

D- Most Original Idea:

Student(s)	School	Exhibit Name & Nbr.
Amanda Whiteford	Frank Hurt	"Halloween House" (#56)
Amanda Skorka	Points 94.75	

E- Best Overall Entry:

Student(s)	School	Exhibit Name & Nbr.
Adam McLaughlin	David Thompson	"Rocky Mountain
Aandrea Stringer		WinterScene" (#81)
Courtney Rice	Points 96.5	
Tealka Lowe		

Number of exhibits: 150 Number of school districts: 10

Number of students participating: 300 Number of schools: 22

Judges:

Name	Position/Title	
Bob Chadwick	Associate Superintendent	District #36 Surrey

*Visit the Photogallery
of our web site*



Kevin Deboice District Principal District #36 Surrey
 Cynthia Lewis Assistant Superintendent District #36 Surrey
 Heather Stilwell School Trustee District #36 Surrey

Principal:
 Ms. Adele Wood

Competition Co-ordinators:
 Co-Chairmen:
 Chef John Haen (North Surrey Secondary)
 Chef Wolf von Oellfen (Frank Hurt Secondary)

Judging Co-ordinators:
 Chef Wolf von Oellfen (Frank Hurt Secondary)
 Chef Terry Larsen (Enver Creek Secondary)

Additional Helpers:
 Frank Hurt Secondary: Culinary Arts Students
 North Surrey Secondary: Culinary Arts Students
 Laura Breen and Joan Seib - organization and paperwork
 Mr. Fatkin and Leadership Class - gym set-up and decoration
 Don Kell - calligraphy of the certificates.
 Mr. Ferrill - Vice Principal - signage and organization of flow of spectators
 Lunch Hour Monitors: (Suman, Sherry, Connie, and Hazel))

Schools and Point Spread:

School	Points	School	Points
Frank Hurt	113	Sardis	111
Queen Elizabeth	105	North Surrey	85
Enver Creek	58	Seaquam	51
Guildford Park	46	L A Matheson	42
Thomas Haney	33	Elgin Park	33
Burnaby South	33	Semiahmoo	24
Richmond	21	Garibaldi	18
Abbotsford	13	Johnston Heights	12
Brooks	10	South Delta	10
David Thompson	10	Gulf Islands	10
Fleetwood	6	McNair	6

*Terry Larsen
 1st vice President,
 Chef Instructor
 Enver Creek
 Secondary*

compiled by
 Terry Larsen, Chef
 Instructor Enver
 Creek Secondary



British Columbia Culinary Arts Specialists' Association Scholarship

Application Deadline:

Friday, April 4, 2003
by 3:00 pm

Awards Banquet

May 4, 2003 (11:00 am)
Coyote Creek Golf and Country Club
7778 - 152 Street
Surrey, BC
Chef Dan Marshall

\$30.00 per person, Chef Instructor pays for Students recipients

Plaque Deadline:

Friday, April 11, 2003
\$30.00 by mail,
payable to BCCASA

Number Confirmation

of students + family + chef instructors = total
Names of all people attending will be requested
on confirmation fax by Friday, April 17, 2003

Please respond to the attention of :

Terry Larsen,
Scholarship Chairperson
Enver Creek Secondary School
14505 - 84th Avenue
Surrey, BC V3S 8X2
School: (604) 543-8149
Fax: (604) 543-9762
Home: (604) 596-5861

A. Scholarship Eligibility Criteria:

- 1 .The student should have good attendance and cooperate well with the instructor, kitchen staff and fellow students.
- 2 . The student should have good working and social skills.
- 3 . The student should have acquired skills and knowledge as laid down by the Curriculum Guide.
- 4 . The student should maintain a better than average initiative.
- 5 . The student should have a serious commitment to the Hospitality and Tourism Industry.

Given the above criteria, the teacher will choose a maximum of two (2) suitable scholarship candidates.

B. Funding of the Scholarships:

Funding of the BC Culinary Arts Specialists' Association (BCCASA) Scholarships is not provided by our association. Instead, each school (Chef Instructor) will provide the scholarship money for the eligible student(s) they recommend. Use of the supplier rebates is recommended.

C. Responsibilities of the Chef Instructor:

Each Chef Instructor submitting name(s) of eligible student(s) will:

- 1 . Choose a maximum of two students who meet the Scholarship Criteria of

*Terry Larsen
1st vice President,
Chef Instructor
Enver Creek
Secondary*



Eligibility - this criteria has remained the same as in previous years.

2. Inform the Scholarship Chairperson of the name(s) of the scholarship recipients on or before Thursday, April 17, 2003 by letter or fax. Please confirm by phone to Terry Larsen when the names have been faxed or mailed.

3. Mail \$30.00 (cheque payable to BCCASA) for the cost of the plaque, to the Scholarship Chairperson by Friday, April 25, 2003. BCCASA will have the plaque engraved with the student's name.

4. Provide (set aside) sufficient money for the Scholarship(s) to be presented to students from his/her school. \$350.00 per Scholarship Recipient.

5. Pay for the meal for each scholarship recipient who attends the Awards Banquet. Luncheon cost is \$30.00 and is payable to BC Chefs' Association. Bring your cheque or cash with you to the Luncheon.

6. Inform the Scholarship Chairperson, **BY FAX** of the people attending the Awards Banquet by Thursday, April 17, 2003. Names of all people attending the Scholarship Luncheon will be requested on the confirmation fax. This is to avoid the confusion in previous years where person(s) have been counted twice while confirming attendance to both Associations.

7. Make arrangements for the scholarship money to be paid to the College of the Student's choice within British Columbia upon the Chef Instructor receiving proof of registration. Those Students who have chosen the Apprenticeship route will receive their scholarship money after completion of their first six (6) months, upon written recommendation from their employer.

D. Responsibilities of the Scholarship Recipients:

The Student will:

1. Complete the enclosed "SCHOLARSHIP APPLICATION" and give it to the instructor in time to FAX the information to the Scholarship Chairperson ON OR BEFORE FRIDAY, APRIL 4, 2003, at 3.00 PM.

2. Inform the instructor who will inform the Scholarship Chairperson of the number of family members who wish to attend the Awards Banquet. The cost per person will be \$30.00.

E. Responsibilities of the B.C. Culinary Arts Specialists Association:

The executive of the B.C.C.A.S.A. will:

1. Receive the names of the scholarship recipients from the Chef Instructors and the \$30.00 per student to cover the cost of the plaques.

2. Arrange a suitable location for the Awards Banquet.

3. Engrave and award a plaque (paid for by the school) to all the recipients.

4. Provide and award a certificate to each recipient indicating how they can obtain their scholarship money from their school.

5. Send the engraved plaque and certificate to the school, if the scholarship recipient is unable to attend the presentation.

*Terry Larsen
1st vice President,
Chef Instructor
Enver Creek
Secondary*



British Columbia Culinary Arts
Specialists' Association

Scholarship Application Form

*Terry Larsen
1st vice President,
Chef Instructor
Enver Creek
Secondary*

Date: _____

1. Name of Student: _____

Address: _____

City: _____

Postal Code: _____

Telephone: (____) _____

2. Chef Instructor: _____

School: _____

Address: _____

City: _____

Postal Code: _____

School Phone: (____) _____

School Fax: (____) _____

Email: _____

Please Fax to:

Terry Larsen, BCCASA Scholarship Chairperson Enver Creek Secondary
School, (604) 543-9762 by Friday, April 4, 2003.

----Late Breaking News----



Congratulations to **Terry Larsen** who has been nominated BC Chefs' Association's "Chef of The Year" during the President's ball, Saturday February 15th, 2003. "I was very surprised and humbled to receive this honour" said Terry. Terry has devoted many years to Culinary Arts Education and is a hard-working member of the BC Chefs' Association. His efforts have now been recognized.

Well deserved Terry.



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- Butane Stoves & Fuel, ISI Espumas & whippers
 - * Waring Commercial blenders, Waring Commercial by Cusinart Food processors, Dishwashers
 - Mandolins, Le Rouet
- COMBI ovens bake, roast, steam



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Fax: (604) 939-7598 Email: peterc_mah@telus.net



Pacific Institute of Culinary Arts Annual Professional Development Course For High School Teachers

Date: June 23-27, 2003

Time: Monday to Friday, 8:00AM to 3:00PM

Cost: \$595.00 plus GST = \$636.65

Location: Pacific Institute of Culinary Arts
1505 West 2nd Avenue, Vancouver, BC V6H 3Y4
(at the entrance to Granville Island)
Telephone: 604-734-4488
Fax: 604-734-4408
Email: info@picachef.com

For the fourth year, in June Pacific Institute of Culinary Arts will be offering a one week professional development course for high school teachers. The course outline is as follows:

Monday, June 23 Cooking (preparing Appetizer/Entree/Dessert)
Tuesday, June 24 Baking Arts (breads)
Wednesday, June 25 Cooking (preparing Appetizer/Entree/Dessert)
Thursday, June 26 Cooking (preparing Appetizer/Entree/Dessert)
Friday, June 27 Pastry Arts (a la carte desserts)

A daily lunch will be provided. There will be a maximum of 12 students. Remember to bring your Chef jacket, apron, towels and knife set and be prepared to enjoy a fun week of hands-on learning!

Please send your completed registration form with a cheque for your payment, directly to Pacific Institute of Culinary Arts. Registration will be on a first-come, first-served basis.

REGISTRATION FORM

Name: _____

School: _____

Address: _____

Email: _____

Fax: _____ Telephone: _____

Payment Amount Enclosed: _____



ISLAND HOPPING TO A WEST COAST CULINARY ARTS EDUCATION

13TH Annual Canadian Chef Educators Conference

Saltspring Island and Malaspina University College, Nanaimo

June 19 – 22, 2003

Wednesday, June 18

* Executive arrives in Nanaimo for Executive meeting and to help set up Registration and final touches to the conference schedule.

Thursday, June 19

* Delegates arrive at Victoria Airport vis WestJet #52 arriving Victoria at 14:54 and also with other carriers.

* 3:00 p.m. pick up by coach for all airline arrivals

* Transport to Nanaimo and accommodation in local motel/hotel

* Registration Desk and collection of any unpaid conference or membership fees

* Supper and evening entertainment as chosen by delegates. There are excellent restaurants and pubs in the area of the Grand Hotel all within easy walking distance and downtown Nanaimo is a 10 minute car ride away.

Friday, June 20

* 7:30 a.m. Bus leaves for Malaspina University College

* 7:45 – 8:45 a.m. Breakfast at the College

* 9:00 – 12:00 p.m. AGM in the Arbutus Room Guest Speaker will be Bruno Marti, President of Canadian Federation of Chefs and Cooks. Executive elections for 2003/05.

* College activities hosted by Culinary Arts Dept Head Alec Rennie, his instructional staff and Culinary Arts students

* 12:00 – 1:00 p.m Lunch at the College.

* 1:00 – 2:00 p.m. Tour of Malaspina Culinary Arts facilities including their new labs.

* 2:00 – 4:00 p.m. Workshops and Presentations to be held at Malaspina College

George Wagner, Pastry Chef Instructor – Chocolate Work or Spun Sugar

Garde Manger –Presenter TBA

* 7:00 – 9:00 Dinner at Malaspina hosted by Ontario/Manitoba delegates Format will be a special arrangement set up by Alec Rennie and his staff.

* After 9:00 p.m. evening will re-convene at the hotel in the Ray Johnson Hospitality Suite

Saturday, June 21, 2003

* 7:00 – 8:00 a.m. Breakfast at the Hotel

* 8:30 a.m. Bus leaves for tour of Salt Spring Cheese Farm on Saltspring Island. Host: David Wood.

* 12:00 – 1:00 Lunch at Gulf Islands Secondary with Host Chef Al Irving followed by a tour of the Cherry Point Winery in South Cowichan.

* 3:00 p.m. Bus back to Nanaimo with possible stop on the way for sightseeing of the beautiful Straits of Georgia.

* 6:30 – 8:00 p.m. at John Barsby Secondary. Host: Chef Bruce Chandler with prize draws, gift presentations to hosts and entertainment.

* 9:00 p.m. Ray Johnson Hospitality Suite at the Hotel.

Sunday, June 22, 2003

* 7:00 – 8:30 a.m. Breakfast at the Hotel, presentation of the Regalia

* 9:00 a.m. Sharp! Bus leaves for Victoria Airport to deliver all eastbound airline delegates to Victoria airport by 11:15 for WestJet flight #40 leaving Victoria at 12:25 with connections east.

*Terry Larsen
1st vice President,
Chef Instructor
Enver Creek
Secondary*





REGISTRATION FORM CONFERENCE 2003 NANAIMO, B.C.

(Please print name and address clearly)

NAME: _____

ADDRESS: _____

CONFERENCE RATE: \$200.00 PER PERSON

Includes all meetings, meals, transportation, transfers, tours, sightseeing and taxes (where applicable).

SEND REGISTRATION FORM AND \$200.00 PER PERSON TO:
CCEA Conference 2003

C/O Terry Larsen
7324 Todd Crescent
Surrey, B.C.
V3W 7N6

Cheques should be made payable to:
CCEA – BC 2003 Conference
and should accompany the registration form.

Home Phone: (604) 596 5861
School Phone: (604) 543 8149
School Fax: (604) 543 9762

(SPOUSES AND FRIENDS ACCOMPANYING MEMBERS PAY \$200.00. NO PARTIAL FEES).

ACCOMMODATION:

THE GRAND HOTEL NANAIMO
4898 Rutherford Road
Nanaimo B.C.
V9T 4Z4
Phone: 250 758 3000
Fax: 250 729 2808
Toll Free: 1 877 414 7263
Email: info@thegrandhotelnanaimo.ca

* Conference Rate: \$99.00 plus taxes per room with 2 Queen Beds. Prices are for single or double occupancy so 2 sharing a room will be \$50.00 each plus tax.

* Delegates are to make their own hotel reservations.

* Quote CCEA Conference to get the \$99.00 rate.

FLIGHT INFORMATION: WestJet

* Delegates flying in will be picked up by coach at the airport at 3:00 p.m. on Thursday.

* WestJet Flight #52 arrives Victoria Airport at 14:54 on Thursday, June 19, 2003.

* WestJet Flight #40 leaves Victoria Airport at 12:25 on Sunday June 22, 2003 with connections east. Bus from Nanaimo will leave at 9:00 a.m. sharp to get delegates to the airport on time. Book on line at: www.westjet.com

*Terry Larsen
1st vice President,
Chef Instructor
Enver Creek
Secondary*





Brain Teaser #4

What am I?

Pliny said I could prevent fatigue, but he didn't know my prices and shelf life! Pilgrims in the Middle Ages put me in their shoes before long journeys on foot.

Named after the French word for "little dragon" and related to wormwood, I can be strangled by my roots if not regularly divided. Due to my serpentine root system I am a good treatment for snakebite. I am also considered to enhance the growth of most vegetables when planted among them.

I will sweeten your breath and numb your tongue if chewed. I prefer France in the Spring and Russia in the Winter. Often associated with vinegar or fish, I am also good with mustard, chicken, fresh salads, lamb, potatoes, artichokes, cheeses, eggs and sour cream. As a pharma-food I am known to stimulate appetite, relieve flatulence, and help ease toothaches. I am able to protect foods as an antioxidant.

As a useful antifungal I am also an ingredient in perfumes, soaps and cosmetics.

Daniel Lesnes
Chef Instructor
Garibaldi
Secondary

For the correct answer
check our website

High Schools Students part of Chocolate Festival

Most local chocolate lovers have probably heard about the first West Coast Chocolate Festival being held in TriCity in September 21-28 2002.

School District 42 (Maple Ridge-Pitt Meadows) Culinary Arts teachers Pierre Dubrulle, from Thomas Haney, and Daniel Lesnes from Garibaldi and their students were integral to the event. These two teachers joined other Culinary Arts colleagues from schools in Coquitlam and Port Coquitlam and their students, Bert Gibson from Gleneagle, and Nathan Hyam, from Riverside. The team provided the chocolate dessert buffet for the premier event of the festival called *Chocolat Ce Soir*.

The Chocolate festival was held at different venues in Coquitlam, Port Coquitlam and Port Moody with activities such as Chocolate-themed story-time, Chocolate dessert tasting, Chocolate demonstrations, Graffiti Chocollatti, Soiree cinema 'Chocolat', cookie decorating, Chocolate photographic art and live entertainment.

For more information visit the website at www.chocolatefestival.ca

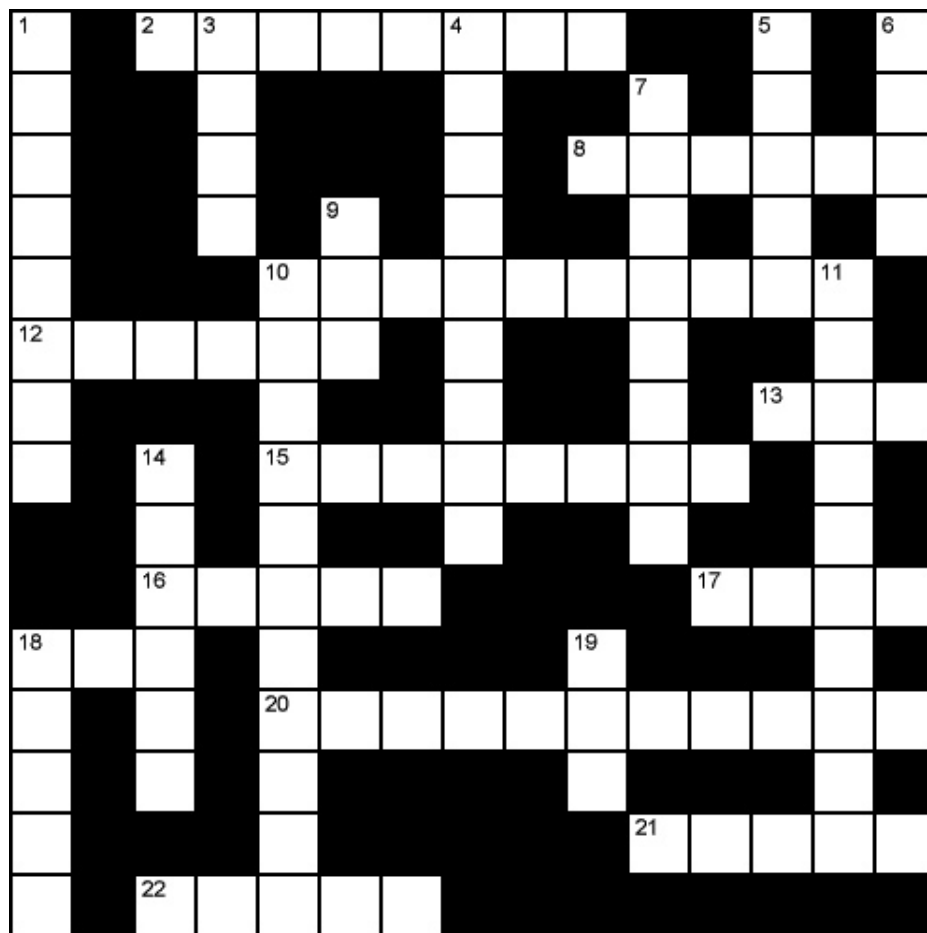
Daniel Lesnes
Chef Instructor
Garibaldi
Secondary



Cooking Utensils Crossword

Daniel Lesnes
Chef Instructor
Garibaldi
Secondary

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Across

2. Type of strainer
8. A traditional shallow earthenware Moroccan cooking pot with a conical lid
10. A long deep cooking container with two handles, a grid, and a lid.
12. A physical feature sometimes needed to cook foods with charcoal or wood
13. The goat god.
15. A rectangular stainless steel pan with a lip, usual size is 12 X 20 inches
16. One of the oldest utensils
17. Necessary to make Stilton cheese
18. Pan with a convex bottom, used for frying in certain countries
20. Used to cook semolina in North Africa
21. An appliance used in breadmaking
22. Italian and Portuguese for oven



Down

1. A cabinet designed to maintain a warm moist temperature of 85 to 90 degrees F
3. An earthenware pot used to cook stews in Spain, Central & South America
4. Iron or earthenware cooking pot; used for stews
5. A framework of metal bars used as a partition or a grate
6. A compartment that retains heat in order to bake a food.
7. A round shallow pan with straight or flared sides and a handle
9. The single, central kernel or stone of certain fruits
10. A long narrow, metal pan with a perforated rack used to raise and lower fish in one piece.
11. Metal or pottery which has been overlayed with a hard, glassy substance
14. Can be made from flexible vegetable fibers
18. Whip
19. Metal or earthenware cooking vessel that is usually round and deep; often has a handle and lid



answer in the next
Bouquet Garni

Please put on your list of things to do, the 19th annual lard sculpture competition held at Frank Hurt secondary on April 15, 2003 and hosted by our colleague Wolf von Oelffen.

I would like to take this opportunity to offer my full support to the Canadian Chef Educators Association and their BC Director Terry Larsen. Island Hopping to a West Coast Culinary Arts Education is the theme of their 13th annual conference being held at Nanaimo and Saltspring Island from June 19 to June 22. For more information see the agenda in this Bouquet Garni, or contact Terry Larsen at 604-596 5861.

I would like to thank Dot Mufford on behalf of all of us for her success in getting your association an extra grant worth \$2000.00. Job well done Dot.

We look forward to a strong attendance by BCCASA Members and Associates to our fall conference being held in the Fraser Valley. Read more in this Bouquet Garni.

Continued from page 3

*Pierre Dubrulle
President,
Chef Instructor
Thomas Haney
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
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BCCASA Advertising Policy

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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.