

Bouquet Garni

"Food is not about impressing people. It's about making them feel comfortable."

'The Barefoot Contessa Cookbook'

June, 2003

Volume 6

Issue 3



BCCASA
cuisine education

British Columbia
Culinary Arts
Specialists' Association

www.bctf.bc.ca/PSAs/BCCASA



Bouquet Garni

President : Mr. Pierre Dubrulle Thomas Haney Secondary,
pdubrulle@sd42.ca Maple Ridge, (604) 463-2001
Organization of workshops and attends a variety of meetings and conventions.

Directors: Mrs. Judith Kirchner Esquimalt Secondary,
jkirchner@telus.net Victoria (250) 382-9226
Mr. Al Irving Gulf Island Secondary
ajirving@shaw.ca Salt Spring (250) 537-9944
Conference and membership chairperson.

1st Vice President: Mr. Terry Larsen Enver Creek Secondary
tlarsen@axion.net Surrey (604) 543-8149
Scholarship chairperson, coordinates all BCCASA Scholarship activities.

2nd Vice President: Mr. Daniel Lesnes Garibaldi Secondary,
lesgau@mac.com Maple Ridge (604) 463-6287
Newsletter Editor and Webmaster.

Treasurer: Mrs. Dorothy Mufford Walnut Grove Secondary,
dmufford@uniserve.com Langley (604) 882-0220
Book-keeping and budget planning

Secretary: Mrs. Dolores Volcz New Westminster Secondary,
dvolcz@hotmail.com New Westminster
(604) 517-6220
Minutes, arrangement of up coming meetings.

Chairman of the Board: Mrs. Susan Leswal Aldergrove Secondary,
sleswal@sd35.bc.ca Langley (604) 856-2521
Past president.



*Pierre Dubrulle
President,
Chef Instructor
Thomas Haney
Secondary*

Dear Colleague

This will be the last newsletter of the school year. In it, you will find a registration package to our fall conference "The Fraser Valley Organic Experience" October 24 and 25, 2003. A block of rooms has been set aside for delegates (see insert). This conference promises to be fun and educational at the same time. Sue Doherty and Dot Mufford have offered to host the first part of the conference at Walnut Grove Secondary, where the election of a new Board will take place between 9:00am and 10:30am. At 11:00am, Lindsay Babineau of "Agriculture in the Classroom" will give us a lecture on sustainable agriculture. This will be followed by lunch. In the afternoon, we shall tackle issues related to our profession such as teaching strategies, IRPs, the new apprenticeship program etc.... A representative from Neptune Foods will give us a workshop relative to the company and the various services it has to offer. Delegates will be on their own for dinner.

Saturday October 25 delegates will meet at the Sandman Hotel where a bus will take us to "Hazelmere Organic Farm. Natty and Gary King will take us on a tour of their operation. There might be some cooking demo by a local Chef. Then back on the bus to Domaine de Chaberton for lunch where Chef Sean Jolliffe will prepare a first class menu using fresh organic produce. This will be followed by a tour of the vineyard and a short hot air balloon ride. Then the bus will take us to our last destination for dinner at "Lasting Memories" The cost of this conference will be \$125.00 for members and \$250.00 for non-members. Included in the package are: lunch at Walnut Grove, bus transportation, lunch at Domaine de Chaberton, Hot air balloon ride and dinner at "Lasting Memories". We at the Board of Directors of BCCASA worked hard in order to make this reunion a smashing success. It will be hard to beat Invermere but we can try to, at least, equal their sense of hospitality and friendship. We hope to see new faces and connect with each other.

About the election of a new Board of Directors for BCCASA I am pleased to endorse Allan Irving, Chef Instructor of the Gulf Islands Secondary, for the position of President.. Allan has served our association for two terms and is quite familiar with the process of running a successful PSA such as ours. Allan replaced me at the last PSA council meeting and stood his grounds with the other PSA presidents.

A special thank you to our first Vice President Terry Larsen for the scholarship brunch. Terry and I handed out 21 scholarships to deserving young culinarians, the most ever if my memory serves me right. Terry is so efficient and organized, it is a real pleasure and honour to work alongside with him.

As usual, the Lard sculpting competition was a well-attended, successful event thanks to the efficiency and cheerfulness, of our colleague Wolf von Oelffen. The judging was fair and not too many gold medals were handed out, making the ones that got them more meaningful.

I hope to see you in great numbers at our fall conference. Please book well in advance in order to help the organizers with bookings.

Pierre Dubrulle

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BCCASA 2003 Conference

October 24-25, 2003

The Fraser Valley Organic Experience

Tentative Schedule

Friday October 24

9:00 am delegates arrive at Walnut Grove Secondary 8919 Walnut Grove Drive, Langley (604) 857-1270. Our hosts are Susan Docherty and Dorothy Mufford. Arrangements will be made re: transportation from the Sandman Hotel to Walnut Grove Secondary and back to the hotel. 9:00am-10:30am: AGM election: Old board resigns and a new board is elected. 11:00am till Noon: workshop with Lindsay Babineau of Agriculture in the Classroom. Lindsay has loads of information about tomatoes and will offer us a tomato tasting. Noon till 1:00am: Lunch at Walnut Grove graciously prepared and offered by Sue, Dot and their Culinary Arts students Afternoon will deal with issues related to our profession. A slot will be reserved to a representative of Neptune Foods Delegates are on their own for dinner.

Saturday October 25

9:00am-11:30 Delegates will be picked up at the Sandman hotel and a bus will take us to Hazelmere organic farms for a tour of their facilities and tentative cooking demo. 11:30am: Bus taking us for lunch at Domaine de Chaberton winery 12:00pm-2:00pm lunch followed by a winery tour 2:00pm-4:00pm hot air balloon ride courtesy of BCCASA 4:30: back at the hotel for a rest 6:00pm bus is back to take us to "Lasting Memories" restaurant for dinner

Conference registration is \$125 for members and \$250 for non-members. Registration does not include membership fees or renewal.

Conference registration includes transportation to all venues.

Please register with Dot Mufford by Friday October 3, 2003

Mrs. Dorothy Mufford Walnut Grove Secondary, 8919 Walnut Grove Dr
Langley BC V1M 2M3
dmufford@uniserve.com work fax 604 882 055

Member Yes No

Name: _____

School and District: _____

Address: _____

Phone: (home) _____ (work) _____

Email: _____ Time of arrival if flying to Abbotsford

Hotel reservation (see insert)



**B.C.C.A.S.A.
For the Nine Months Ending March 31, 2003**

Income	Current YTD	Original Budget
Income surplus	\$15,403.53-	\$15,403.00-
Surplus outside account		4,013.00-
Membership	1,796.00-	2,608.00-
BCTF grant	4,500.00-	4,500.00-
Advertising	100.00-	100.00-
Interest Income	273.73-	
Other	232.48-	
Conference fees		2,500.00-
Conference grants	2,000.00-	3,000.00-
Total Income	\$24,305.74-	\$32,124.00-

Expenses		
Meeting executive	\$ 313.86	\$ 2,000.00
Meeting table officers		500.00
Meeting council		500.00
Meeting subcommittee		500.00
Meeting ann. gen. meet.		500.00
Meeting TOC costs	268.42	
Meeting other		750.00
Publication journal		500.00
Publication newsletter	782.04	3,500.00
Publication other		500.00
Publication equipment	3,167.08	1,000.00
Operating	33.71	500.00
Chapter Support		200.00
Affiliation fees & meetings		1,000.00
Curriculum development		1,000.00
Scholarships		1,000.00
Miscellaneous	139.96	2,674.00
Conference operating		2,500.00
Conference facilities		5,000.00
Conference catering		2,500.00
Conference printing		500.00
Conference hold for future	1,140.57	5,000.00
Total expenses	\$ 5,811.93	\$32,124.00

Total **\$ 18,493.81-**

*Dorothy
Mufford
Treasurer
Walnut Grove
Secondary*



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

19th Annual Frank Hurt Secondary BC Lard Sculpture Competition Tuesday March 15, 2003

Monsoon-like downpours of the West Coast wet variety did not deter some of BC's finest secondary school Lard Sculptors from braving the elements, traffic and structural damage to come together in friendly competition. Exhibitors came from as far away as Esquimalt on the Island and Maple Ridge north of the Fraser to show the remarkable results of delving into a box of lard with imagination and skill.

This year's exhibits featured pixies, totems, dragons and dinosaurs, frogs on primordial rocks, bears, Pooh bears, Buddha, fantasy characters, cougars, stags, still lifes, Disney characters, cakes - both wedding and birthday, caterpillars, bunnies and nudes. As with competitions in the past the work was of imaginative design and outstanding calibre. Not only is artistic talent required to create these projects, but also some skill in forming the underlying structures that allow them to stand with inches of heavy lard covering them.

One hundred and twenty-seven students from 12 schools imagined these pieces and worked and manipulated lard and other materials to create the exhibits that show the artistry innate in these students. School districts represented were Esquimalt from south Vancouver Island and Maple Ridge, Surrey, Richmond, and Vancouver from the Lower Mainland.

Awards for the top five high schools went to Frank Hurt (93 points), Queen Elizabeth (56), Enver Creek (51), Esquimalt (49), and North Surrey (39). With the Top Out of District High School Award again being presented to Esquimalt Secondary.

Top Male Entry was "Budalicious" (93.80 points) from Queen Elizabeth, created by Minh-Tri Nguyen and Kelvin Rosales. Also from Queen Elizabeth was the Top Co-Ed exhibit produced by Tai Lu and Ashley Fiolleau; their project "Dragon Zerio" earned them 93.20 points.

Steph Fay from Guildford Park earned the Top Female Entry award with her 95.40 point "Primordial Rock".

Judging duties this year were delegated to Bob Chadwick (Associate Superintendent and Director of Instruction - Career Programs, District #36 - Surrey), Maureen McDonald (Assistant Superintendent District #36 - Surrey), Fernand Houle (Chef/Owner, A&F Catering), Laurae McNally (School Trustee, District #36 - Surrey), and Heather Stilwell (School Trustee, District #36 - Surrey).

Events of this size and scope do not jump into existence on their own - they need many people to make them a success. 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. And a big thank-you to Lorie Mouallem and Judi Garcia, our data experts, for the input of numbers to the Excel computer program which makes the tabulation of results so smoothly and quickly.

Once again, our young Culinarians 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.

Next year's Lard Sculpture competition will find itself in a new home and location. Chef Wolf Von Oelffen from Frank Hurt Secondary who conceived the event and has nurtured the competition for the past 19 years is going to be retiring in 2005. So, in anticipation of this event, he has offered the annual Lard Sculpture to Enver Creek Secondary to administer and keep it running in the future. Next year Chef Wolf will serve as Chair of the event as usual, but have it set up at Enver Creek to phase in the hand-over of the administration of the event to Enver Creek's Culinary Arts and Chef Training program.

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

Student Volunteers: (Frank Hurt Secondary)

Kelsey Brown	Leah Wall	Amanda Whiteford	Navdeep Gill
Amanda Skorda	Michelle Gill		
Sam Nash	Amy Iggulden	Julia Seath	Jill
Tuddenham	Jani Bodner		

Exhibiting Schools	Points
Frank Hurt	93
Queen Elizabeth	56
Enver Creek	51
Esquimalt	49
North Surrey	39
Thomas Haney	15
Guildford Park	10
Johnston Heights	10
Richmond	9
Fleetwood	6
Semiahmoo	6
Britannia	6

Président BCCASA

Continued from page 3



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

2003 Scholarship Awards Brunch

Sunday May 4, 2003 the BC Culinary Arts Specialists Association and the BC Chefs' Association held their annual joint Scholarship Awards Brunch at Eaglequest/Coyote Creek Golf Club in Surrey, BC..

The menu, prepared by Executive Chef Dan Marshall and his brigade, was a wonderful array of salads, cheese, seafood, breakfast items, chicken, pork loin and assorted pastries and cakes. The buffet was intriguingly set up in several stations set up in the middle of the room, as opposed to the standard two sided line service, making for a very interesting view of the delectables as one helped oneself to the fare.

A special thanks must 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: Neptune Food Service and Intercity Packers. 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 Bruno Marti, President of the Canadian Federation of Chefs and Cooks, Manager of Team British Columbia, and owner/patron of La Belle Auberge in Ladner, BC. Bruno spoke to the young culinarians of the need to set goals for themselves and then get out there and make them happen. To get into further training and apprenticeship and learn, learn, learn. He stated that it would not be any easy career path, but that it would be rewarding if they stick to it and persevere.

Also speaking to the young people was Ryan Stone, graduate of the Culinary Arts program at Thomas Haney Secondary and of VCC, now apprenticing at The Pear Tree Restaurant with Scott Jaeger. He too spoke of the opportunities for young people in our industry if they are willing to put in the effort to study and learn from mentors like Bruno Marti and Scott Jaeger. Ryan is one of those quiet and humble young men in our profession who has set his goals and standards and is working very hard and successfully to achieve them.

This year the BC Chefs' Association awarded thirteen scholarships to secondary and post-secondary Culinary Arts students:

Jaswant Singh	Enver Creek Secondary
Kyle Anderson	Enver Creek Secondary
Nicole Dye	Frank Hurt Secondary
Levi Richert	Chilliwack Secondary
Graham Cole	Chilliwack Secondary
Heather Morgan	Elgin Park Secondary
Justin Matthew Fellner	Abbotsford Secondary
Brian Alexander	Vancouver Community College
Josh Dipompanio	North Surrey Secondary
Jenni-Lynn Hewitt	Johnston Heights Secondary
Brett Paton	Fleetwood Secondary
Poyan Danesh	Vancouver Community College
Hiro Takeda	Johnston Heights Secondary

Honoured with scholarships and awards from the British Columbia Culinary



Arts Specialists Association were:

Kyle Anderson	Enver Creek Secondary
Natasha Hankewich	Enver Creek Secondary
Michael Stavelely	Delta Secondary
Mathew Davies	Gulf Island Secondary
Tracey Arnold	Salmon Arm Secondary
Amy Iggulden	Frank Hurt Secondary
Nicole Dye	Frank Hurt Secondary
Kyle Johnston	Chilliwack Secondary
Levi Richert	Chilliwack Secondary
Jon Ekelund	Chilliwack Secondary
Agostino Armellini	Walnut Grove Secondary
Alex Boon	Richmond Secondary
Nirlep Sulhan	Richmond Secondary
Carlie Detjen	Burnaby South Secondary
Yumi Adachi	Burnaby South Secondary
Alex Crowston	Elgin Park Secondary
Heather Morgan	Elgin Park Secondary
Jim Evans	Rick Hansen Secondary
Catherine Bradd	Thomas Haney Secondary
Lee Jacques	Britannia Secondary
Pat O'Leary	Maple Ridge Secondary

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

We wish this year's 34 recipients good luck in their plans to become cooks and chefs and send them off into the good hands of our post secondary and industry colleagues for further training.

Terry Larsen
Vice President and Scholarship Chair
BCCASA





Julius
Pokomandy,
CCC

Changes in Health Canada Labelling Regulations

Dateline: Burnaby, March 21, 2003

The huge attendance at the morning information session was a clear indication that there is a great deal of interest about the 'New Regulations on Nutrition Labelling and Claims'.

More than 200 dietitians, teachers, food specialists and marketing experts stayed indoors on the first day of spring to listen to the presentations.

New labelling style and content for virtually all food manufactured and processed food items in Canada have been approved in Ottawa as of the beginning of this year.

On January 1, 2003, Health Canada's amendments to the Food and Drug Regulations for the following three types of nutrition and content information were made public:

- 1.) NUTRITION LABELLING: mandatory Nutrition Facts on prepackaged foods, listing calories and 13 nutrients, with a few exceptions,
- 2.) NUTRITION CLAIMS: updates to the requirements for nutrient claims (i.e. 'free from trans fatty acids' or 'low sodium')
- 3.) DIET RELATED HEALTH CLAIMS: new claims are permitted for foods that are suitable for diets that reduce the risk of certain chronic diseases, such as heart diseases and cancer.

The purpose of the new regulations is to provide product specific nutrition information to assist Canadian chefs, cooks, and consumers:

- in making informed food choices
- planning healthy eating, and
- in managing the dietary needs of diseases of public significance

The mandatory facts on prepackaged foods are guided by a few sensible exceptions:

Mandatory regulations do not apply to:

- restaurant, catered, and hotel foods,
- foods with specific labelling requirements and nutritional supplements,
- pre-packaged individual portions of food solely intended to be served with meals and snacks, milk and cream in refillable glass bottles.

The regulations cover in great detail all aspects of contents, design and nutritional claims. Everything from letter size to the percentage of label portion devoted to the information part, the precise design of the format and Bilingual of course. For example, no more than 15% of 'available display surface' needs to be used for the Nutrition Facts table.

The regulations contain a transitional provision that allows a period of time for the labelling and advertising of products that still meet the former regulations to comply with the new regulations. The transition period is three years after the day the Nutrition Labelling regulations came into force, or five years for a product sold by a manufacturer who had gross revenue sales in Canada of food of less than \$1,000,000 for the 12 month period immediately prior to these regulations coming into force. Foods cannot be labelled with a combination of the two labelling systems.



Imported products must meet the same labelling requirements as foods produced in Canada. They will have the same amount time to comply as other food products.

For Canadian and BC based import companies one other consideration is of significant regard. Labels or nutrition panels of other countries are not permitted on labels of foods sold in Canada.

The regulations relate only to nutrition labelling: the nutrition facts table, nutrient content claims, and health claims. Allergen labelling is not part of these regulations.

The vexing issue of labelling foods derived from biotechnology is not part of these regulations. At present they are still a development stage, with some degrees of voluntary compliance.

Labels or space for other languages are provided or permitted. They could appear separately outside the nutritional facts table, provided the nutrition facts table is already shown in English and French on the prescribed label.

Another important consideration is about nutrient and health claims pertaining to advertising claims. These regulations apply to all types of advertisements, including print, radio, television, Internet etc. There are specific sections in the regulations governing these sectors.

Once the transition period is over (3 and 5 years) it is the responsibility of the Canadian food industry to ensure that product labels comply with the new requirements as products leave the plant or warehouse.

For imported products, labels compliance is expected as product enter Canada or when it leaves the importer's warehouse into the distribution chain.

Specialty and seasonal products will have to comply within the same transition period as for other food products. The transition period is not related to the type of products.

It was stated that "it is unlikely that the CFIA would immediately focus its resources on foods still on retail shelves that were purchased by the retailer before the end of the transition period, provided the existing labels appear to be comply with the old requirements".

CFIA guidance is available to members of industry to develop the new nutrition labels. All the information is posted on their website:

www.inspection.gc.ca.

The hard copy of the complete regulations, several hundred pages, and a CD-ROM disc about label design requirements will be available at no charge from Health Canada. Contact them at: nutrition_labelling@hc-sc.bc.ca

Once implemented these changes will provide a measurable improvement from the present status quo. With all the emerging interest about our food supply from consumers at all levels, the more accurate and defensible infor-

*Julius
Pokomandy,
CCC*



Julius
Pokomandy,
CCC

mation and nutrition claims are available, the better.

For the foodservice industry and every Canadian consumer these are seismic changes. As professional food service employees we must be knowledgeable about there emerging revisions.

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Manufacturers Rep: Peter C. Mah Phone: (604) 939-6382

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



Brain Teaser #5

What am I?

I help create the anticipation in ketchup. I also help thicken soups and stews, but more about that later. I am the proud edible seed pod in the Hibiscus family. Related to cotton some people would prefer to eat that, but they just don't know.

I began in the Asiatic tropics, and while you did not find me in any Egyptian tombs, they documented me growing by the River Nile in the early 13th century. My first serious cultivation was in Western Africa (Ethiopia), where bloody raids ensued from tribal crop envy. From there, I migrated to the West Indies, Middle East, and India. The Moorish invasions of Europe brought me into Spain, and the African Slaves made me a standard in the Southern United States. From the USA I went to South America and thanks to India by the 19th century I was Chinese as well. Known as the poor mans food, and only able to grow in tropical and warm temperate climates, I still maintained worldwide recognition. Here's why. I'M GOOD!

I have a thin, smooth or downy covered edible skin that is mostly green and occasionally tinged with yellow. Recently I have been seen wearing a deep dark red, but it's just an overcoat. If you heat me my red coat comes off (usually) and we turn back to green. My ridged fruits (I really am a fruit, but you wouldn't dare use me that way) are finger size and angular. We form after our red centered yellow flower opens atop my eight-foot perennial stalk.

When opened or cooked we exude a milky liquid that acts as a thickener and scares many of you away. Don't be scared, if you don't like my juice, get me while I'm young (2'-4"). The older I be, the more gum you will see, which fills Americans with glee! We are also less fibrous and more digestible in our youth.

Fresh or dried I am a thickener. I am 100% useful. My leaves and shoots are devoured throughout Africa. My seeds are ground the world around and used as a substitute for coffee. Our pods are eaten fresh, used in curries, and relished in Greece and Egypt. In America, I am stewed, fried and used as a natural thickener and a major ingredient in some very important soups. Sub me out for any dish calling for asparagus or eggplant for a tasty variation. I also combine well with onions, peppers, and tomatoes. Scramble me with your morning eggs for a flavour that will keep you going all day.

You will benefit from my potassium, magnesium, and folic acid. I am easy to digest, mildly laxative, and with my emollient agents I'm no sin for your skin.

Daniel Lesnes
Chef Instructor
Garibaldi
Secondary

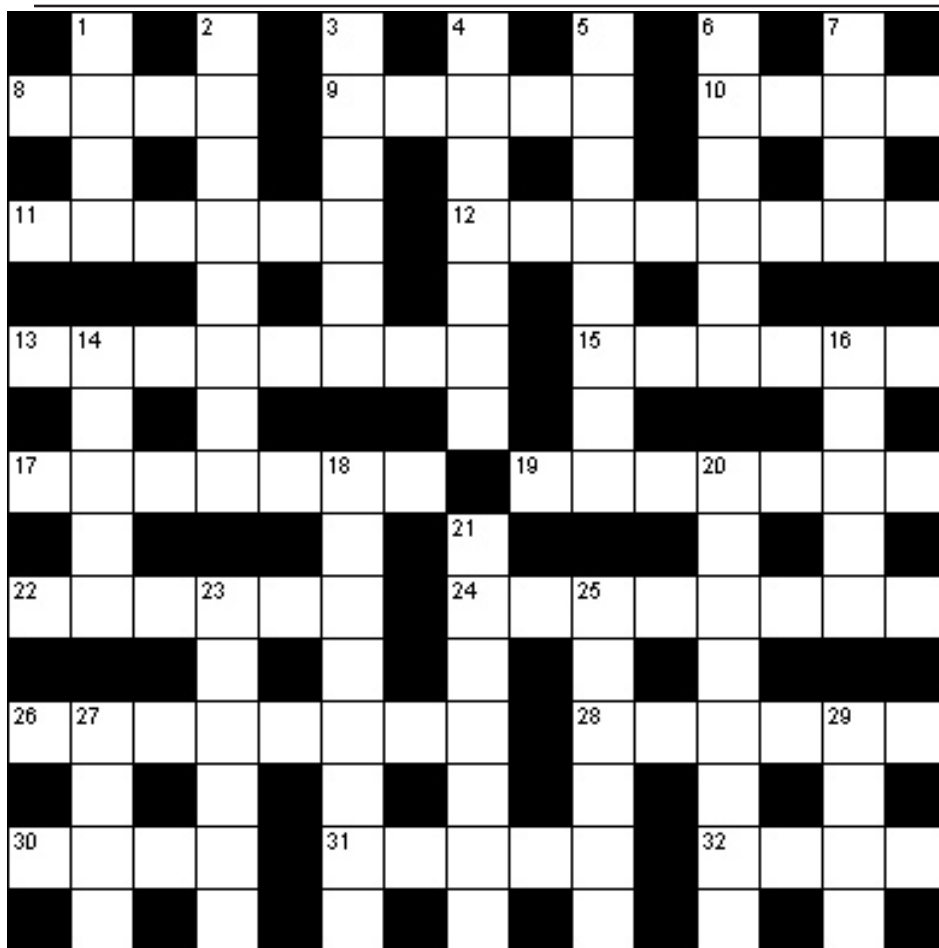
*For the correct answer
 check our website*



Cooking Crossword

Daniel Lesnes
Chef Instructor
Garibaldi
Secondary

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Across

- 8 A bitter pungent pepper plant native to Pacific Islands; also name of non-alcoholic beverage made from its roots.
 9 Turkish soup with meat filled dumplings.
 10 An open vessel with a handle and a spout for pouring.
 11 Family of sausages similar to cervelats.
 12 A sweet apple; obsolete: sweetheart.
 13 French: Mixture of ingredients for a dish; masse.
 15 First cultivated in Afghanistan, this vegetable was originally a yellow or purple root.
 17 French: A round flat cake.
 19 A pan for baking cake.
 22 Kitchen tool with 1 to 5 tiny cutting holes.
 24 Arquebuse herb liqueur includes this and gentian. Sounds like a form of farming finance.



- 26 Incorrectly known as almondine.
 28 Scottish cheese similar to cheddar.
 30 Seeds of this plant are source of Canola oil.
 31 Last name of William; Billi Bi (mussel soup) is named for him.
 32 A fruit resembling scrambled eggs or brains.

Down

- 1 Fava (bean).
 2 A hearty Japanese seafood soup.
 3 A traditional shallow earthenware Moroccan cooking pot with a conical lid.
 4 Dark sweet or semisweet dessert wine from Sicily.
 5 A summer orange with thin, golden, hard to peel skin, not entirely seedless.
 6 Used to heat water or a room.
 7 Any of various leguminous plants grown for their edible seeds and pods.
 14 Goes with porridge hot.
 16 Rounded, edible bulb, composed of fleshy, tight, concentric leaf bases having a pungent odor and taste.
 18 Unleavened Mexican pancake.
 20 Large-holed Swiss cheese.
 21 Progeny of Cornish and White Rock chickens.
 23 Easy to cut or chew.
 25 Eurasian plant widely cultivated for its edible pungent root usually eaten raw.
 27 The flesh of animals (including fishes and birds and snails) used as food.
 29 Domesticated bovine animals as a group regardless of sex or age.

Cooking Utensils Crossword
 Solution
 from Bouquet Garni Volume 6
 Issue 2.
 February 2003





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 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.