

Bouquet Garni

*"Tell me what you eat, and I shall tell you
what you are."*

*Jean-Anthelme Brillat-Savarin (1755-1826),
The Physiology of Taste (1825)*

February, 2004

Volume 7

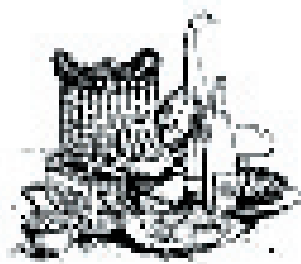
Issue 2



BCCASA
cuisine education

British Columbia
Culinary Arts
Specialists' Association

www.bctf.bc.ca/PSAs/BCCASA



Bouquet Garni

BCCASA Executive Board 2003-2005

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broode0615@shaw.ca Surrey. (604) 536-2131
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News media, and calling of directors to meetings, membership chairperson.

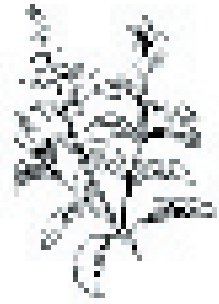
1st Vice President: Mr. Terry Larsen Enver Creek Secondary,
tolarsen@uniserve.com Surrey. (604) 543-8149
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Bookkeeping.

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dave_joneschef@sd34.bc.ca Abbotsford. (604) 864-0011
Minutes, arrangement of upcoming meetings

Chairman of the Board: Mr. Pierre Dubrulle Thomas Haney Secondary,
pdubrulle@sd42.ca Maple Ridge. (604) 463-2001



Happy New Year Everyone!

I hope that you all had a well deserved and restful Christmas break. For some of us it's a new semester, a whole new group of students and we're back to square one. It's always with mixed feelings that I start a new semester; all the students I've just finished with were all starting to work so well, everything was starting to gel and we're finished with them! The new group comes in all eager and full of energy but not knowing the difference between a brazier and a sauce pot. For me, this is going to be a challenging semester, over 85% of my students are in for the first time, classes ranging from 16 up to 22 students and a large number of students from our international program this time.

*Al Irving
President,
Chef Instructor
Gulf Island
Secondary*

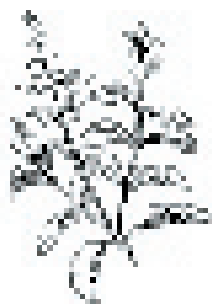
I would like to thank Chefs John Haen and Wolf von Oelffen and all their staff and students for another hugely successful gingerbread competition, the 22nd annual. There were 104 exhibits and approximately 250 students entered this year, the numbers were down a little this year thanks to the B.C. Ferries walk-out. We managed to get a team over for the competition, one of my student's parents took them and all three got stranded in Vancouver for 3 days! I would also like to thank all of you who, every year take the extra time to work with your students on the gingerbread. If not for all of you, this competition would not be as successful as it is. For those of you who haven't been to it before, I would strongly urge you to check it out next year with some of your students, it's really amazing what our students can create with this medium. Please check out the BCCASA website for pictures of all the winners this year and all the entries from last year.

We are starting to plan for our conference next October and have it tentatively planned to be hosted by Sheila Hunter and Pia Carrol from Edward Milne Community School in Sooke. I don't have any details as of yet, all the information will be in our next issue of Bouquet Garni. Sheila and Carrol are still putting everything together.

A few dates to remember: March 26, Southern Vancouver Island Regional Skills Canada competition. For other areas, please check out the Skills Canada website for all the information. April 7, lard sculpture competition at Enver Creek Secondary School. April 14, Skills Canada Provincial competition and May 20, B.C. high school Chili cook off at Fleetwood Secondary in Surrey.

I hope you all have a very successful semester and please stay in touch through our listserve. If you are not on it or think you are but not receiving any messages, please contact Daniel Lesnes and he can e-mail you the information on how to get set up. Take care everyone!

Al



*Terry Larsen
Scholarship
Chairperson
Chef Instructor
Enver Creek
Secondary*

British Columbia Culinary Arts Specialists' Association Scholarship

Application Deadline:

Friday, April 2, 2004
by 3:00 p.m.
NO NAMES WILL BE
ACCEPTED AFTER
THIS DATE

Awards Banquet

May 2, 2004 (11:00 am)
Shaugnessy Golf and Country Club
4300 SW Marine Drive
Vancouver, BC V6N 4A6
Chef Paul Galon 604 266 4141

Plaque Deadline:

Friday, April 16, 2004
\$30.00 by mail,
payable to BCCASA
Please FAX the typed name
of students recipient(s) for
correct spelling

Number Confirmation

of students + family + chef instructors = total
Send number and names of all people attending
on confirmation fax by 3:00 p.m. Friday, April
23, 2004

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.

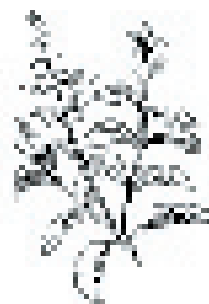
B. Funding of the Scholarships:

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



*Terry Larsen
Scholarship
Chairperson
Chef Instructor
Enver Creek
Secondary*

2. Inform the Scholarship Chairperson of the name(s) of the scholarship recipients on or before Friday, April 2, 2004 by faxing the typed and completed Scholarship Application to 604-543-9762 attention Terry Larsen. Please confirm by phone when the name(s) have been faxed.

3. Mail \$30.00 (cheque payable to BCCASA) for the cost of each plaque, to the Scholarship Chairperson by Friday, April 16, 2004. Please confirm the proper spelling of recipient(s') names by sending a typed-written Fax to the Scholarship Chairperson by 3:00 p.m. on Friday April 16, 2004. Please confirm by phone when the name(s) have been faxed. 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 from your school who attends the scholarship luncheon. Brunch cost is \$30.00 and is payable to BC Chefs' Association. Bring your cheque or cash to the Luncheon – Do not send to BCCASA Scholarship Chairperson.

6. Inform the Scholarship Chairperson, **BY FAX** of the names and number of people who will be attending the Awards Banquet by 3:00 p.m. Friday, April 23, 2004. Names of all people attending the Scholarship luncheon are requested on this confirmation fax. This is to avoid the confusion in previous years where persons 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:

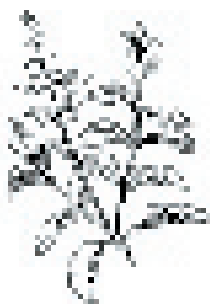
The Student will:

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 2, 2004, 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.



**British Columbia Culinary Arts
Specialists' Association**

Scholarship Application Form

Date: _____

*Terry Larsen
Scholarship
Chairperson
Chef Instructor
Enver Creek
Secondary*

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 3:00 p.m. Friday, April 2, 2004.

Surrey CASA at Dubrulle



"The Best!" words used by 7 Surrey Chefs to describe their action-packed day at Dubrulle International Culinary & Hotel School with Instructor Julian Bond.

Don your aprons and sharpen those knives chefs!

After being given the formula for the perfect French Baguette each of us began to prepare our dough. Imagine some of our chefs so anxiously nervous salt was forgotten, too much water added and oops, a little heavy handed and the dough is stuck too the table!

A quick demo and we are to debone our own quail. My goodness, are we to use the poultry shears to remove the backbone, knife on breastbone. Did Chef O (Jeff Osikowicz, L A Matheson) remove the H bone? Push out the thighbone, cut the joint bone, trim the wing bone and make stock with the bones. And where are the bones? A farce was made and the quails stuffed.

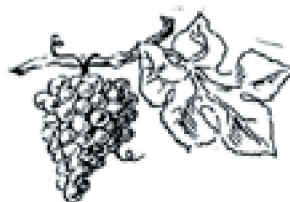
Lesson 3: "Smoking" - Tea and Spice Smoked Quail. After a bottle of "red" it's time to warm up the pasta machines; "Fresh Prawn and Leek Ravioli". It was tasty too!

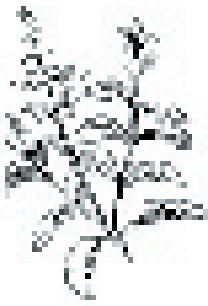
Grinder attachments attached, Chef O is madly forcing meat into the feeder, but nothing is happening! The attachments attached backwards??? Finally the meat is feeding into the "real expensive" sausage casing. Air is the enemy! Hold back and remove the air, twist every six inches, first towards, second away, third towards..... The sausages are bursting! Have we overfilled the casing? Gallantly the sausages are tied in bundles and hung in the cooler with care.

Pots full of laughter, spoonfuls of wine, and full bellies the "Contented Chefs", a French Baguette and a bundle of sausages returned home their mise en place for tomorrows brunch.

May 2, 2003 District
Professional Development

Renee Thomas
Chef Instructor
Queen Elizabeth Secondary
Surrey





*Pierre Dubrulle,
Chef Instructor
Thomas Haney
Secondary*

This editorial
reflects the
thoughts of the
writer only and
not
Those of
BCCASA

Continues on page
10

Boring is not the adjective to use to describe BC politics. What a surprise (I was actually in shock!) to learn that our ex- Minister of Education, our own Christie Clark, does not have a university degree. We all know the requirements imposed upon us (Certified Chefs without an education degree) years ago by the College of Teachers and here it is: a Minister of Education without a teaching certificate. Ironic isn't? Try despicable. But wait it gets better. With the Minister of Children and Family involved in a \$400,000 scandal, himself an ex-car dealer. It is apparent that knowing how to sell cars made him an expert in running this Ministry. The question is not to find the best, most qualified person for the job, but to appoint someone who might get reelected. Now read this: My wife and I were on a recent trip to Vancouver on the West Coast Express. Who should get on the train at the Port Moody station but Mark Marissen, our ex-Minister of Education's husband. We recognized him as his photo was in the newspaper and on television in relation with the recent raid on the Legislature. As luck would have it the Translink police were checking fares this morning and who do you think was trying to get away with a free ride? You guessed it: Mark Marissen. He said he was running late and didn't have time to purchase a ticket. He was fined around \$45.00.

On with another topic just as colourful and entertaining, I am referring to the recent scandal attached to Shirley Bond's Ministry of advanced education. Some wise people involved with the marking of apprenticeship tests, thought it would help the reputation of their department if the marks (which must have been quite low!) were increased. As we speak there are some "qualified" trades people out there who could be working on your house and who should have failed their tests. More proof that the new apprenticeship program is not working. A year and a half ago Terry Larsen, Daniel Lesnes and I tried to attend a government initiated meeting in Surrey to find out what the new apprenticeship program was all about and see if we could advise in any way, shape or form. It was supposed to be an open forum. Well, after all the seats were occupied by government people, supporters of the new program, we were told that there was no more room available.

When is the madness going to stop? The definition of "liberal" in the dictionary is as follow: "Favoring proposals for reform, open to new ideas for progress, and tolerant of the ideas and behaviour of others; broad-minded"

It is time for future governments to be tolerant and broad- minded about our ideas and behave with proper consultations of the experts in any given field. Time has come for Ministers to be chosen not just for



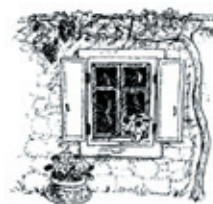
Gerald Worobetz
Chef Instructor
South Delta
Secondary
Surrey

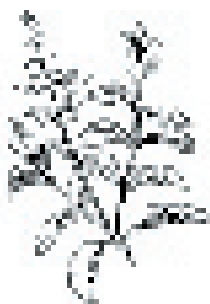
Teaching young people has at times, unique rewards; in particular it is often the students that make it so enjoyable. I wouldn't want you to get the wrong idea. At times they frustrate me as much as I do them, though for the most part we all get along remarkably well. As a teaching chef in a suburban high school I occasionally encounter students that follow directions too accurately; literally.

Today during second period a group of four grade eleven students; two boys and two girls were assigned to the baking station. Following the textbook recipe, their task required them to produce a double batch of blueberry muffins. I checked on their progress a few minutes into the class and found them studiously weighing and measuring the ingredients exactly as the recipe suggested. I proceeded along to another group of students who were preparing the soup du jour assured that the muffins would sell like hot cakes, which they are a form of.... but I'm digressing.... The next time I looked at the baking station one of the girls was elbow deep in muffin batter. When I asked her what was going on, she replied she was mixing the ingredients "by hand"-just as the recipe called for. It's not an anomaly; it's happened before. So much for the latter-day figures of speech! Once I watched a student with a cake to bake go to all the ovens in the teaching kitchen before she asked me with a quizzical expression to show her, which one went to seven hundred degrees. She assumed when you doubled a recipe that logically the temperature would double as well. Elemental logic was what these students were practicing.

These youth eager to explore and practice new skills will laugh at their mistakes as I shake my head; knowing we all learn from them. Rather than look at these foibles negatively, I remind the students that no one ever made a mistake by doing nothing in the kitchen. For many students, myself included, making mistakes is part of the learning process. Doing something, though not always correctly, is an excellent way to learn.

G. Worobetz
South Delta Secondary School
January 28, 2004





Pierre Dubrulle,
Chef Instructor
Thomas Haney
Secondary

their political affiliation but on their merit, expertise and education.

This is how things look to Pierre Dubrulle today February the 9, 2004



Belcarra Equipment Agencies Ltd.

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Contact Belcarra for your chefs toys and tools:

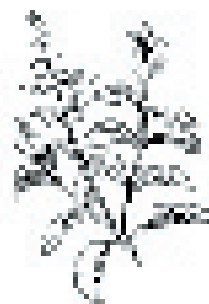
- Dynamic commercial immersion mixers
- Stainless Pots & Pans with lifetime warranty
 - Sanelli Professional kitchen knives
 - Best Mfg. Professional kitchen whisks
- Butane Stoves & Fuel, ISI Espumas & whippers
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 - Mandolins, Le Rouet
 - COMBI ovens bake, roast, steam



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

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

22nd Annual North Surrey Secondary Gingerbread Competition December 10, 2003



*Terry Larsen
Chef Instructor
Enver Creek
Secondary*

With Christmas fast approaching North Surrey Secondary held the 22nd Annual Gingerbread Competition today. What with a dispute at the ferries and many teaching kitchens very busy at this time of the year we had less projects from less schools, but as many students doing the creations as in the past.

The weather held out with only a sputtering of rain, so no royal icing was melted as the projects were transported from throughout the Lower Mainland, the Fraser Valley, and Saltspring Island. Yes, even Gulf Islands Secondary managed to circumvent the Ferry schmozzle and deliver a project a couple of days before the strike.

Approximately 250 secondary school Culinary Arts students took up the challenge to work in the medium of Gingerbread, creating a wonderful display of castles, Santa houses, log cabins, churches and cathedrals, scenes of fantasy and wonder, trains, trucks, and cars, and to keep us warm over the winter even some scenes of Hawaiian and Californian Christmases. Enough gingerbread, royal icing, and candy to fill a small plane, delighted almost a thousand visitors to North Surrey, as young school-age children from throughout Surrey were brought in for a field trip that they will remember for years to come.

Fifteen secondary schools representing 8 school districts from the Lower Mainland and Fraser Valley (Burnaby, Richmond, Delta, Surrey, Abbotsford, Maple Ridge, and Mission) and the Gulf Islands designed, built, and transported 104 exhibits for this year's competition.

As in past years judging took place in the categories of Top Five Schools, Top Out of District School, Top Female Exhibit, Top Male Exhibit and Top Coed Exhibit.

The top five schools were: North Surrey (143 points), Queen Elizabeth (88), Frank Hurt (80), Enver Creek (64), and L. A. Matheson (54).

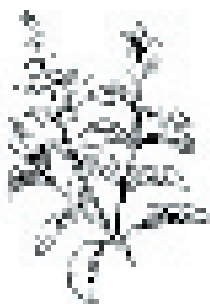
Thomas Haney from Maple Ridge won the Top Out of District award with an aggregate total of 42 points.

Frank Hurt's team of Amanda Whiteford and Amanda Skorda took the Top Female Award with an amazing 97 points for their "Santa's House."

A tie occurred in the category of Top Male Exhibit. Muntaha Al-Symir of Queen Elizabeth shared the award with the team of Brody Patton, Jimmy Kopp, and Kulwant Dosanjh, also from Queen Elizabeth. Muntaha's "Hansel and Gretel" received 92 points as did Brody, Jimmy, and Kulwant's "Lighthouse."

Two students from North Surrey, Alaina Vandergugten and Shawn Cheng, received the Top Co-ed award for their 93 point creation.

Five other special categories of awards were also presented trophies



Terry Larsen
Chef Instructor
Enver Creek
Secondary

this year:

Best Use of Gingerbread

- to Darylle Johnson, Matthew Jellen, Kaitlyn Hannah, and Lindsay Manning from North Surrey for their entry (74 points).

Most Skillful and Artistic use of Icing

- to Amanda Whiteford and Amanda Skorda of Frank Hurt for "Santa's House" (97 points).

Best Landscaping

- to Renuka Rani and Jessica Cheung from Queen Elizabeth for "Holiday Village" (93 points).

Most Original Idea

- to Bryson Schell, Jimmy Dunn, and Doug Lane from Thomas Haney for their exhibit "St. Jude's Cathedral" (91 points).

Best Overall Entry

- to Sonia Kaur and Sandeep Gill of Queen Elizabeth for "Xmas Drum" (93 points).

Taking on the weighty responsibility of judging this year were: Bob Chadwick (Associate Superintendent, District # 36 - Surrey), Kevin Deboice (District Principal, District # 36 - Surrey), Cynthia Lewis (Assistant Superintendent, District # 36 - Surrey), Julius Pokomandy (Chef Instructor, Retired/Past President of the Canadian Federation of Chefs and Cooks), and Heather Stilwell (School Trustee, District # 36 - Surrey). Every year the competition produces ever better and more challenging and the job of judging gets more challenging as well. Thank you very much to these people for taking time out of their busy working schedules to again 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.

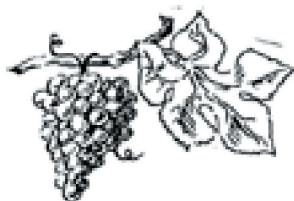
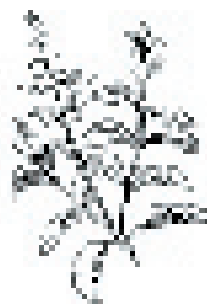
On behalf of all the participants and their instructors I would like to take this opportunity thank to Chefs John Haen and Wolf Von Oelffen and their teams of student and teacher organizers. Also thanks go to Principal Adele Clarke and the staff and administration of North Surrey Secondary for once again hosting this annual event and welcoming the participants and the huge numbers from the general public to their beautiful school. Many thanks to our Culinary Arts and Chef Training students who once again made the effort and showed their talents to their peers, their instructors, and the public.

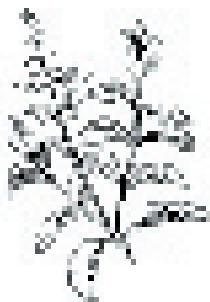
Congratulations on a job well done!

Compiled by Terry Larsen, Chef Instructor Enver Creek Secondary
December 10, 2003

Full results and pictures are on the BCCASA web-site
<http://www.bctf.ca/PSAs/BCCASA/currentinfo.html>

*Terry Larsen
Chef Instructor
Enver Creek
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 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.