

May 2007

Volume 9, Issue 2

Bouquet Garni

"If a chef rather than an astronomer had devised the calendar, the year would begin not in winter but in spring when the vegetables that appear are a cooks dream come true."

Alfred Portale



BCCASA
cuisine education

**British Columbia Culinary
Arts Specialists Association**

Lard Sculpture Competition

On Wednesday April 11, 2007 Enver Creek Secondary hosted the 23rd Annual BC Lard Sculpture Competition. Schools representing Surrey and Burnaby school districts were in attendance at this year's event and the exhibits produced for judging this year were as usual very well designed and crafted.

The rains of Spring held off for the 48 exhibitors arriving from 5 secondary schools in Surrey and Burnaby as they brought in their many beautiful and outstandingly crafted

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Localizing Food in Teaching Kitchens: The Wave of the Future

Anyone who is unfamiliar with the concept of eating locally grown foods would have to have had their heads in the proverbial sand these days. The "eat local" food wave is everywhere you look. Eating locally-grown foods has surpassed the organic trend and has, in fact, been referred to as the "new organic." A

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President's Message

Hello Everyone,

Hopefully you all had a good Easter break and everyone is rested up as we go into the final term of the year. We have a few things on the books for this last term that should be of interest to you all. Daniel Lesnes will be hosting the Chowder Festival once again this year and Julius Pokomandy will be hosting the Chili Cook-Off.

Continued on page 4



Student Highlight

Randy Brooks is a grade twelve student at Maple Ridge Secondary School. Chef Instructor Peter Brine introduced him to the world of the culinary arts during his grade ten year. This year Randy is currently enrolled in both the Culinary Arts class as well as being a very active member of his school's new advanced foods program. Some of his most memorable moments are directly

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Localizing Food in Teaching Kitchens: The Wave of the Future (continued)

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"...Food security experts argue that the biggest threat to our food security, and our relationship with the food we eat is coming from the global food supply..."

recent cover of Time Magazine showed a shiny red apple stamped with the phrase "Forget Organic- Eat Local." Other publications, including the Vancouver Sun, The Globe and Mail, and the BC Restaurant News magazine have published articles about how eating and cooking with local food is the fastest - moving trend in the restaurant industry. Evidence of the interest in eating locally grown foods can be found in the enormous success of the recent publication of, "The 100-Mile Diet", by James McKinnon and Alicia Smith. This fascinating book chronicles their year-long adventure of eating foods within a hundred mile radius of their home. So, what is the big deal about eating locally grown foods, and should we, as Chef Instructors, care?

Locally-grown foods make sense on a number of levels. First off, flavour. Let's face it; a carrot that has traveled up to 3000 miles is no match for a fresh-picked carrot. As well, local food systems are vital to a healthy community, whether that community is large or small, urban or rural. Agriculture is a valuable element of a place, culturally speaking, which makes sense when you think about the word in two parts; agri-culture. In a community that has a stable, local food supply, citizens are connected to the people who produce their food, and children see and understand where their food comes from. A recent survey in the UK, which stemmed from Chef Jamie Oliver's school food revolution, found that one in four school children did not even know that French fries came from potatoes! This, in a country with a history rich in agriculture, speaks volumes on what results when we separate ourselves from our food source. So, where is all of this knowledge being lost and who is responsible?

Food security experts argue that the biggest threat to our food security, and our relationship with the food we eat, is coming from the global food supply. Where local food systems can bolster a community, the global food system is seen to have systematically extinguished many communities that have relied upon agriculture. Where a local food system can connect us with the community in which we live, reliance upon a global food supply creates a disconnect which can be very damaging, especially to young people who may not have any concept of agriculture or local food production. Combine this loss of local food production with the constant bombardment our society gets in the way of advertising and we have reason for concern. In fact, it has been stated that children, by the age of ten can identify a thousand brands, many of which are foods, but are not able to identify even ten local plants.

As Chef Instructors we are in the enviable position to be able to make changes in the area of food knowledge. Each day in our Teaching Kitchens, we are not only teaching the students who have enrolled in our programs about food preparation, while fostering a love and respect for food, we are doing this with the entire school community. It is in our cafeterias where students and staff can learn about more than just good food. They can also learn about issues relating to food production and supply. They can learn about where their food comes from and who is responsible for growing it. But, how can we do this when most of us are already stretched to the

Localizing Food in Teaching Kitchens: The Wave of the Future (continued)

limits just "getting the food out" every day? Here are some things I have incorporated into my program in order to illustrate the importance of local food production at DTSS;

- Form an alliance with a farmer.

At DTSS we have a local farmer who collects our food waste for her chickens, ducks, pigs and cows. The students see first-hand, the importance of the food product and that nothing goes to waste, and they learn to respect the environment. This can be combined with a visit to the farm.

- Form an alliance with a market garden.

Last September, we began buying seasonal fruits and vegetables from a local market garden. It was perfect timing because we were able to serve local spinach during the "California Spinach Crisis." What a perfect way to illustrate the importance of a transparent, local food supply.

- Fundraising:

Once a year we bake pies made from local apples to be sold at the Fall Fair.

- Guest Speakers:

Invite local food producers into your class for a session.

- Visit a nursery:

Each year we visit a local nursery, which also operates an herb farm. We pick herbs and edible flowers for the program. The students love to spend the time outdoors. We also make bouquets of herbs and flowers to be given away at our annual Seniors' Tea.

- Form an Alliance with a Community Garden Organization.

We have come together with the Columbia Valley Botanical Gardens and

Centre of Sustainable Living to build a community greenhouse, breaking ground this August. Initially, our involvement was simply just visiting the Columbia Valley Botanical Garden.

- Other good ideas...

- Start a School Garden.

Check out the school garden created at Edward Milne Community School in Sooke, if you are in the area.

I know that many of you are situated in areas of the province, like the Fraser Valley, with a healthy local food supply, so you may be already doing many of these things. It definitely takes work, on top of a really demanding job, to incorporate some of the above ideas, but I think it is a vitally important aspect of my teaching. After all, we are "Teaching Chefs" and not simply one or the other. After thirteen years of running the program at DTSS, I feel stronger than ever about this valuable advice I received from a fellow Chef Instructor in my first year of teaching; "Always remember, you are not only the school caterer, you are first and foremost, a teacher." I'm sure there are lots of great initiatives out there that connect the local food supply with Teaching Kitchens and I would love to hear about them.

Alison Bell
David Thompson Secondary School
Invermere, BC
Abell@sd6.bc.ca

"... We pick herbs and edible flowers for the program. The students love to spend the time outdoors..."

From page 1

Both will be this month, so hopefully you have all received the information packages on these events. If not, they are in this issue. We also have the BCCASA/BC Chefs Scholarship Brunch at the Vancouver Golf and Country Club this month. I look forward to seeing you all there.

We have included information on next October's Pro-D Conference (October 19, 2007) in this issue and we're encouraging all members to attend this one as there will be a general election this year. Daniel, Terry and I will all be stepping down from our executive positions and we need some new members to step forward and fill these positions. We will still all be around and actively involved in BCCASA and will help the executive wherever we can.

We plan to hold this year's conference in Vancouver, as it is an election year. We would like to see a good turn out to this conference as we have a couple of key issues we will need to discuss and vote on. One of them will be the suggestion that BCCASA go to a fixed anniversary date for membership renewal for all members next year. This will make it a lot easier to track who has let their membership lapse and who are paid members. Another will be a demonstration on a different system for communicating electronically to all BCCASA members instead of our current listserve. See Google Groups insert.

Al Irving
President BCCASA

BCCASA October 19th Conference and AGM

The 07 – 08 BCCASA conference will be held at The Art Institute of Vancouver located at 300-609 Granville Street. Included in this one day conference will be breakfast, lunch, cooking demos, a guest speaker and of course our annual general meeting where new executive members will be elected.

If you have any or information or items that you would like on the agenda, please contact conference organizer Mr. Brian Roodenrys at (604) 536-2131 or e-mail at broode0615@shaw.ca

Further details as well as registration will be available in the fall issue of the Bouquet Garni. Be sure to visit our website often for updated information.
www.bctf.bc.ca/PSAs/BCCASA

Google Groups is a free groups and [electronic mailing list](#) service from [Google](#). Besides reading and posting to the group through the Google Groups [web](#) interface, users also can read and post to a group by [e-mails](#).

Using Google Groups, people can find mailing list groups related to their interests and participate in [threaded](#) conversations. They can also create their own mailing list groups.

I have created a group called "BCCASA Live". To become member you need first to create a Google account (free) and then send me an email saying you would like to join the group. I have chosen to keep the group 'closed' meaning that only members can access to BCCASA Live.

I encourage everyone to join the group and participate to discussions and exchange ideas.

Daniel Lesnes

"...We would like to see a good turn out to this conference as we have a couple of key issues we will need to discuss and vote on..."

Lard Sculpture Competition (continued)

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projects for judging and display.

Featured at this year's competition were dragons, monsters, fairies, lions, dolphins, fish, space warriors and Greek warriors, insects, Rockers, and video games characters. A truly diverse variety of characters and creatures sculpted in culinary fat.

As in past years, the students who chose to work in this medium have shown themselves to be extremely creative and talented. To work in a medium such as SPS is not any easy task and the young people exhibiting today were deserving of the awards and ribbons that they received.

Today 48 students from 5 schools took up the challenge and the task of creating and designing these elaborate and skillful projects. Again this year all the pieces created and sculpted made it to the exhibit hall intact for judging.

Trophies were presented for the top five high schools to: Tamanawis (59 points), North Surrey (54), Enver Creek (53), Queen Elizabeth (26), and Burnaby South (3).

The "Dragon" sculpted by Katie Schindelka and Kamila Duda from North Surrey Secondary took the Top Female Award with 95.25 points.

Top Male Award went to Kevin Cheng of Tamanawis for another well-crafted "Dragon" (91.75 points).

And the Top Co-ed Award was received by the North Surrey team of Jason Him, Tony Nguyen, and Stephanie Nay for their 91.75 point "Monster".

Judging for this year's event was undertaken by: Rick Fabbro (Assistant Superintendent, District #36 - Surrey), Fernand Houle (Chef/Owner - A & F Catering), Laurae McNally (School Trustee, District #36 - Surrey), and Dave Paul (Director of Instruction - District #36 - Surrey).

As Chair of this event I would like to take the opportunity to thank our new principal at Enver Creek Secondary, Mr.

Mike Jellema, for his support and contribution to this event and to the staff and students of Enver Creek for welcoming this competition and again supporting the Enver Creek Chef Training program in this endeavor. Also a heart felt thank you goes to the Enver Creek students who acted as officials and data processors for the competition.

Again, the Culinary Arts students of British Columbia have showed talent, skill, and perseverance in working in a medium that is difficult and sticky. I congratulate all of you and extend an invitation to attend and compete again next year,

Top Five Schools:

School	Points
1. Tamanawis	59
2. North Surrey	54
3. Enver Creek	53
4. Queen Elizabeth	26
5. Burnaby South	3

Top School Out of District High School: Burnaby South

Top Female Entry Exhibits:

Katie Schindelka, Kamila Duda
North Surrey 95.25 Dragon

Top Male Entry Exhibits:

Kevin Cheng
Tamanawis 91.75 Dragon

Top Co-Ed Entry Exhibits:

Jason Him, Tony Nguyen,
Stephanie Nay
North Surrey 91.75 Monster

Number of exhibits: 29

Number of Students: 49

Number of schools: 5

Number of school districts: 2
Surrey and Burnaby

Compiled by: Terry Larsen
Lard Sculpture Chairperson
Chef Instructor Enver Creek Secondary
Surrey, BC

"...To work in a medium such as SPS is not any easy task..."

Student Highlight (continued)

From page 1

related to his love of cooking such as his first evening function with current Chef Instructor Chef Randle, where 40 guests were served a three course dinner and designing and operating a very successful ice cream bar during a very busy lunch service. Randy has also been very hard at work creating recipes and thinking through presentations for the upcoming chilli competition hosted by School District #36.

When he isn't skateboarding or snowboarding, Randy can be found working at a local pub as a cook. He has been at that job for the past year, and is looking forward to continuing his post secondary culinary training very

soon. He would like to work at a nice restaurant while doing his apprenticeship and one day open a fine dining restaurant of his own. Randy is a very creative and hard working student who is never afraid of a challenge. It is because of Randy's hard work and dedication throughout the whole year that he has earned himself both a BCCASA scholarship as well as a BCCA scholarship. I look forward to seeing Randy grow into the successful Chef that he is destined to be.

Submitted by Trevor Randle
Chef Instructor Maple Ridge Secondary School



Randy Brooks

Do you have a student who you would like to highlight in an upcoming issue of the Bouquet Garni? Send your write up and a photo to Trevor Randle at Trevor_Randle@sd42.ca

Upcoming Events

Surrey Chili Competition
Thursday May 10th, 2007

SD 42 Chowder Festival
Thursday May 24th, 2007

For detailed information please visit
our web site:

www.bctf.bc.ca/PSAs/BCCASA

Canadian Chef Educator
Conference
June 21-27, 2007 in Calgary,
Alberta
<http://www.canadianchefeducators.com/139>



Top Co-ed Exhibit: Jason Him, Tony Nguyen, Stephanie Nay.
North Surrey Secondary



Top Female Exhibit: Katie Schindelka and Kamila Duda.
North Surrey Secondary

Lard Sculptures 2007



Top Male Exhibit: Kevin Cheng.
Tamanawis

Gold Exhibits



British Columbia Agriculture: **ASPARAGUS**



Asparagus is the young, green shoot or stem of the asparagus plant. It is one of the earliest vegetables to appear in the spring. A member of the lily family, asparagus, (*Asparagus officinalis*), comes from the Greek word *asparagos*, which first appears in English print around 1000 A.D. It cannot be definitively tracked to any one specific area of origin, although it is known to

be native to the eastern Mediterranean and Asia Minor areas.

These graceful spears have always been a sign of elegance, and in times past, were a delicacy only the wealthy could afford. Roman emperors were so fond of asparagus, that they kept a special asparagus fleet for the purpose of fetching it.

British Columbia Agriculture: ASPARAGUS (continued)

Fast forwarding to 2007, asparagus is grown in the Lower Mainland, in the Okanagan Valley, on Vancouver Island and near Creston. With the help of these major growing areas, British Columbia produces about 160,000 kilograms, which is retailed through farm and roadside sales. BC produces less than 5% of the Canadian total.

In order to produce a crop of asparagus, the asparagus producer must use the first year to plant asparagus seeds in late spring. It is important that the seeded area be free of perennial weeds. In this year the asparagus will establish a crown, a root base from which the asparagus shoots will grow. In the second year, growers set out 1 year old asparagus crowns in a 15 cm deep furrow and cover with 4 cm of soil. The third year is the establishment year for asparagus. There are few stems produced and the asparagus crown grows to mature size. Once asparagus plants are mature, shoots are harvested for 6 to 8 weeks in the spring. The stems are cut off at the base of the plant. After harvest the asparagus spears are permitted to grow into fern-like plants. This growth manufactures carbohydrates which are stored in the roots and used to produce new growth the following spring. Established fields are productive for 15 to 20 years.

Once established, asparagus is a fairly rapid growing crop; however, the asparagus producer does face a number of challenges. Asparagus, like many other crops, needs fertile soil. So growers know exactly what nutrients the soil needs to ensure the best crop, they regularly have the soil tested. This entails taking samples of

soil to a laboratory where it is analyzed. The results will indicate the amounts of various nutrients that the soil has in it. From this, the grower decides what, if any, additional fertilizer will be needed.

Asparagus growers also face the challenge of high input costs and low prices. They face strong competition from imported asparagus which is available year round as well as competition from other vegetables.

Once the asparagus leaves the farm it needs to be cooled quickly and stored at 0°C or the tips will continue to grow. From the farm, it is shipped to sales outlets or to processing plants.

When choosing asparagus in the store or inspecting it in a delivery, one should look for asparagus stalks that are rounded and neither fat nor twisted. Look for firm, thin stems with deep green or purplish closed tips. The cut ends should not be too woody, although a little woodiness at the base prevents the stalk from drying out. Asparagus loses about half its total weight once it is trimmed and cooked. Occasionally, white asparagus that has a milder flavor than green asparagus is available. White asparagus is buried under soil to block chlorophyll production, thus resulting in a white plant. Some markets also offer purple asparagus, which has a fruitier flavour than green or white asparagus.

Use asparagus within a day or two after purchasing for best flavor. Store in the refrigerator with the ends wrapped in a damp paper towel, and be sure to place the asparagus in the back of the refrigerator away from any light, since folate is destroyed by exposure to air, heat or light.

"...Once the asparagus leaves the farm it needs to be cooled quickly and stored at 0°C or the tips will continue to grow..."



Cream of Asparagus Yield: 4 L

- | | | | |
|-----------|-----|----|--------------------------------------|
| A. | 100 | g | olive oil |
| | 400 | g | onion, diced |
| | 200 | g | celery, diced |
| | 4 | | garlic cloves, minced |
| | 1 | Kg | asparagus, tips reserved for garnish |
| | 600 | g | Yukon gold potato, diced |
| B. | 200 | ml | white wine |
| C. | 4 | L | chicken stock |
| D. | 750 | ml | cream or milk |

Salt and pepper to taste

METHOD:

1. Sweat **A**.
2. Add **B** and cook until volume reduces by half
3. Add **C** and simmer until vegetables are soft
4. Puree soup and add **D**.
5. Season with salt and pepper.
6. Garnish with blanched asparagus tips and goat cheese crostini.



Recipe and pictures
submitted by:

Trevor Randle
Chef Instructor
Maple Ridge
Secondary

Montana Rosalle
Culinary Arts Student
Maple Ridge
Secondary

Grilled Asparagus with Lemon Aioli

Grilled Asparagus:

- A.** 1 bunch asparagus
45 ml olive oil
- B.** kosher salt and coarse black pepper

Lemon Aioli:

- A.** 60 ml fresh lemon juice
3 garlic cloves
5 ml lemon zest
- B.** 2 egg yolks
- C.** 250 ml extra virgin olive oil
- D.** kosher salt and coarse black pepper to taste

METHOD:

Asparagus:

- 1-Toss **A** together and season with **B**.
- 2- Sear on hot grill until done.

Lemon Aioli:

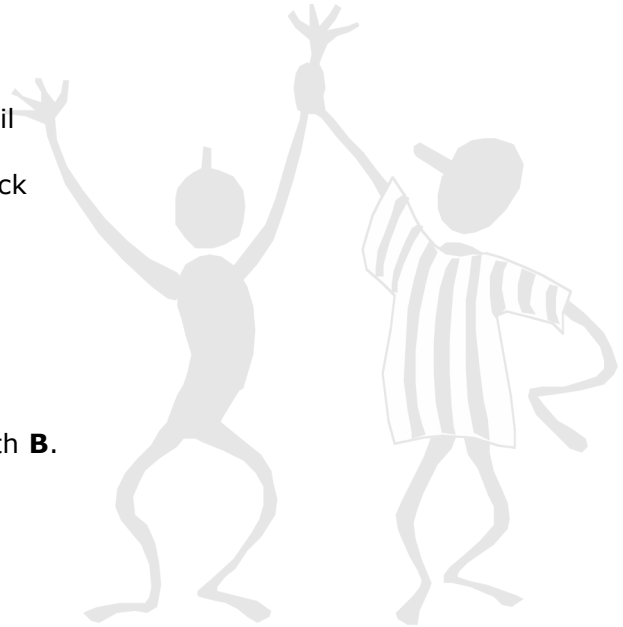
- 1- Combine **A**.
- 2- Add **B** and mix until combined.
- 3- Whisk in **C** until emulsion forms.
- 4- Season with **D**.



Recipe and
pictures
submitted by:

Trevor Randle
Chef Instructor
Maple Ridge
Secondary

Montana
Rosalle
Culinary Arts
Student
Maple Ridge
Secondary



Lesnes' Brain Teasers

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I am delicate, petite, pretty, and succulent; a garnish for champagne! I grow in many places, but thrive in the coolest regions of the Northern Hemisphere. My European varieties derive from the species *Rubus Idaeus* while my American varieties mostly come from *Rubus Strigosa*.

I was barely seen until the 18th century when I became popular on the dessert table. I am frigid and require cool temperatures. In any real amount of heat I will rebel, perish, leak and stain in revolt.

Today you will find me in fruit salad, served with peaches and cream, or pureed and used in jellies, coulis, sorbet, and puddings. I can also be used as a sauce for wild game. My family covers a rainbow of colors, ranging from white to yellow, orange, pink, red, purple and black.

My Scottish cousins are always the Envy of the family. Whenever we have a reunion (which gets rarer and rarer these days), they constantly brag about their cool damp climate and strut around the table like they are the best in the world. Actually, they are, and believe you me they know it! Each year, as the demand increases, they seem to be growing us larger and firmer, larger and firmer, so maybe we'll catch up to the quality of our not so distant cousins! I am certainly welcome on a dessert tray, but my association with discolored skin makes me unpopular in a bikeathon or 10K event.

I am high in fiber, a good source of vitamin C, and contain traces of vitamin A and calcium.

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I was very abundant on Mount Olympus, the home of the gods. I have numerous varieties and my trees are common throughout Europe, Asia, and the United States, though Europe produces my largest size.

I am sweet and starchy but my skin needs to be peeled, boiled, or roasted off. I can be roasted, mashed, boiled, steamed, grilled, pureed, or soaked in concentrated sugar syrup until I am translucent, or used as baking flour.

I am usually raised with two siblings in a catkin. I combine marvelously with chocolate to make rich puddings. In some parts of Italy I am known as "mountain bread".



Visit the
BCCASA
website for
the answers.
[www.bctf.bc.ca/
PSAs/BCCASA](http://www.bctf.bc.ca/PSAs/BCCASA)



BUDGET REPORT

For the Month Ending March 31, 2007

INCOME	
4099921 Income surplus BC Culinary Arts	18,909.63
4099923 Conference surplus outside account	9,195.54
4099930 Membership / subscription fees	1,250.80
4099931 BCTF grant	4,750.00
4099934 Interest income	551.40
4099939 Other	<u>42.00</u>
Total Income	<u>34,699.37</u>
EXPENSES	
409950 Meeting executive	314.25
406661 Publication newsletter	277.40
409970 Operating	0.70
4099979 Miscellaneous	25.52
4099980 Conference operating	7,904.32
4099982 Conference catering	5,602.60
Total Expenses	<u>14,124.79</u>
Total	<u>20,571.58</u>

BCCASA Executive Board 2003-2006

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

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2nd Vice President: Mr. Daniel Lesnes

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Minutes, arrangement of up coming meetings

Chairman of the Board: Mr. Pierre

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Past president.

We're on the Web!

See us at:

[www.bctf.bc.ca/PSAs/
BCCASA](http://www.bctf.bc.ca/PSAs/BCCASA)