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BOUQUET GARNI



President's Message

submitted by Trevor Randle, BCCASA
President

It has been a very busy few weeks since the last edition of the Bouquet Garni was published. Although it is pretty typical for our teaching kitchens to be busy as spring approaches and grad celebrations begin, but things are extra busy for those who host and participate in the variety of competitions that flourish this time of year. I am specifically referring to the chilli competition, chowder competition and although held in the winter I completely include the gingerbread competition in this list. The amount of time, effort and dedication needed to register students, work on concepts, cooking methods and techniques, discuss presentation, arranging ingredients, transportation and permission forms is uncountable but once the competition gets under way, seeing all of these students from so many different schools begin to collaborate, share information, tips and of course laughs makes all of the efforts worth while. I also continue to be amazed by the endless effort and dedication made by the chef instructors that host the events annually while at the same time, prepare their own students to compete.



**"...endless effort
and dedication made
by the chef
instructors..."**

I bring this up because one thing that the competitions have in common are the true purposes behind them. I believe that the term "competition" is used because it gets the students excited and motivated to put their best efforts forward. The learning truly begins in the home teaching kitchen where students begin to develop concepts, organize themselves and perfect their craft. By the time the competition begins, all of the work is done. All of the host chef instructors continue to create an environment of learning where students can express their artistic culinary skills and have fun doing it.

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The fostering of this type of learning environment intentionally goes far beyond competition. It is always fun to have awards and it is always a treat to receive something for your efforts, but the positive impact that these events have on our culinary students is invaluable.

The culinary competitions are also a very valuable time for chef instructors to gather in one space and collaborate for a few hours. We are always so busy and regardless of how many teaching kitchens are in your district, the amount chef instructors get together for any type of collaboration is almost nil but when we do have the opportunity to talk and share, it is an incredible learning opportunity for everyone. If you have never participated in any of these, I encourage you to choose one and set a goal for the upcoming school year to participate and see the events in action for yourselves.

The BCCASA executive has set some goals for this term. One of which includes professional development workshops throughout the province. This is intended to encourage every member of BCCASA to take the time to hopefully learn something new, talk with other chef instructors and be inspired by one another, just as I am every time I have the chance to be around other chef instructors. Also be sure to check out the info for the upcoming BCCASA conference and AGM for another opportunity to get together for some learning and have some fun at the same time.

For all of the time and efforts those who host and participate in the variety of culinary competitions throughout the school year, thank you for all that you do. It truly makes a difference.

(Submitted by Trevor Randle, BCCASA President)

Foodsafe Refresher Course Reminder

Just a reminder that all Foodsafe level 1 certificates issued prior to July 29, 2013 will expire on July 29, 2018. This is especially important for those chef instructors who teach Foodsafe to their culinary arts classes. If the Foodsafe level 1 certificate expires, the instructor's certification will expire as well. To register for the \$40.00 refresher course, visit: <http://www.foodsafe.ca/>

I recently used some time during my last professional development day to register and complete the refresher. The registration was pretty user friendly the course and exam took about 40 minutes. If I can be completely honest, by the time I got through the review and onto the short multiple question exam, I realized that I could have saved myself 35 minutes and gone straight to the refresher exam. It is a very basic quiz with very basic questions.

Submitted by Trevor Randle, BCCASA President

TBBC Salmon Donation

Thanks to some great feedback from some BCCASA members, a survey was sent out regarding the participation of BC farmed salmon in the Take a Bite of BC deliveries. In the interest of transparency, I wanted to share some of the results so that we may make a decision for the 2018/2019 school year or continue the conversation.

- Of the 26 responses, 15 (57.69%) said we should keep the salmon, 11 (43.31%) said that we should discontinue the salmon donation.
- Some of the feedback was very clear to how the chef instructor felt either for or against the salmon being part of the TBBC program.
- The majority of the responses shared a struggle between their beliefs and the educational impact the salmon has in their classrooms.

All of the feedback is very much appreciated and the more we can discuss this, the better we and the Take a Bite of BC program will become. The survey is still open so if you did not have the chance to participate, please know that your voice is important.

Visit <https://www.surveymonkey.com/r/DY6WDC8>

Submitted by Trevor Randle, BCCASA President

Membership Update

Scott Roberts and myself, Donna Frost are trying to update our membership lists to maintain contact with our members. We will be contacting you by email to see if everything is current. If you have recently moved or changed schools please contact us.

Scott is overseeing the membership for the Interior, the North, Vancouver Island and Abbotsford. I am looking after metro Vancouver area and Chilliwack.

Scott.Roberts@abbyschools.ca and donna_frost@sd33.bc.ca

We are looking for people to become regional/district membership coordinators to notify us if there are changes and to welcome new members. This will help maintain an up to date database.

Thank you, Scott and Donna

@BCCASAcchefwebsite
www.bccasa.ca





Taste of Spring a Resounding Success!

Thank you to everyone for supporting our BCAITC Fundraiser Dinner – Taste of Spring 2018!

From the chefs, students, volunteers and of course all of our guests, on April 21st everyone came together for a night to support agriculture education. With the unwavering support of our chefs we raised over \$14,000 to continue our programs and bring BC's agriculture to our students.

Chef Brian Smith, once again graciously hosted us at his school, Thomas Haney Secondary in Maple Ridge. The evening opened with a reception, where guests could mingle and sample hors d'oeuvres prepared by our chefs and beer tastings provided by Foamers Folly and Ravens Brewing. This was followed by a sit down dinner starting with a Roasted BC Tomato and Red Pepper Soup with Basil Oil followed by Roasted Duxelle Chicken Breast, with Natural Jus, Local Nugget Potatoes, Sauteed Vegetables and Pea Puree.

All the BC product used for the dinner was generously donated by our Take a Bite of BC suppliers, who also support the program with deliveries during the school year. Our team of chefs, Trevor Randle, Brian Smith, Daniel Lesnes, Jason Edge and Karen Carruthers created a delightful meal and ensured everything ran smoothly during the evening.

Our first ever live Dessert Auction was a big hit this year, featuring delicious desserts, many of them created by our own Take a Bite of BC chefs. The dessert table included, cheesecake, butter tarts, croquembouche, trifle and many more. We certainly had fun handing out desserts and trying to keep up with our fast talking auctioneer Ken Pearson!

The More Rewards Apple Draw was back again this year with our Grand Prize Winner taking home \$500 in More Rewards travel points!



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It's always a pleasure to work alongside our Take a Bite of BC chefs, who put in so much effort to make the dinner a success. The Chefs and their team worked like a well-oiled machine to prepare and serve the delicious gourmet dishes enjoyed by our guests. Their commitment and enthusiasm for bringing the message of agriculture to our partners is what had such a powerful effect on everyone in the room.

From our Spotlight Series on berries and oysters to our Taste of Spring event, it has been a wonderful year of learning and of course eating! Again, we thank all of our chefs for making the agriculture story come alive to students all over the province. Enjoy your summer, and Take a Bite of BC!

~BC Agriculture in the Classroom

(Submitted by Emma Sweeney, BC AITC)



Lesnes' Brain Teaser #41 Spring 2018

Although my place of origin is unknown because of long cultivation, I probably originated from the Fertile Crescent, region straddling between Egypt and Mesopotamia. So been native to the Middle East my name daktylos (δάκτυλος) comes from the Greek meaning finger, after the shape of my fruit. Stories are telling the Nomadic tribes took me to the Sahara and the Moors brought me to North Africa and Spain. Spanish Missionaries brought me to California. What a journey!

I grow on trees typically reaching about 21–23 metres (69–75 ft) in height, growing singly or forming a clump with several stems from a single root system.

In our family, the mans flower grows on a different tree than the woman's, and the female flower emits no scent to attract insects. Humans actually collect the pollen from the men and gently blow it on the female pods. After our boys are drained and our girls are blown, a paper bag is put over the ladies pods to generate heat and make sure the pollen does not blow away. When our ladies bear fruit a fruit stalk is tied to one of their lower leaves and a paper parasol wrapping is used to protect our fruit. Exhausting, isn't it? My average fruit contains 24 calories. I am rich in folic acid and fibre. I contain no sodium or fat. I am also cholesterol free. My skin is thin and papery and my flesh is cloyingly sweet. I am harvested green and unripe but I turn yellow, golden brown, black, or mahogany red when ripe. I am great stuffed, rolled, in cakes, or plain.

Many countries have their own specialties using me, In Southeast Spain (where a large plantation exists including UNESCO-protected Palmeral of Elche) I am usually pitted, stuffed with fried almond, and served wrapped in bacon after been shallow fried.

In Israel I am turned into syrup, termed "silan", used while cooking chicken and also for sweet and desserts, and as a honey substitute.

I am also one ingredient used to make Jallab, a type of fruit syrup very popular in Jordan, Syria, Palestine and Lebanon.

In Pakistan, a viscous, thick syrup made from the ripe fruits is used as a coating for leather bags and pipes to prevent leaking.

WHAT AM I?

*Check out www.bccasa.ca for the answer!



Chowder Competition Results Are In!

On May 10, 2018, twenty-three teams from schools in Abbotsford and Maple Ridge all met at Garibaldi Secondary School under a blue sky to participate in the 14th annual SD #42 Chowder Competition. After Chef Daniel Lesnes welcomed all of the participants and reviewed the day's

schedule, the entire area quickly filled with the aromas of bacon and mirepoix. As students got to work chopping and sautéing twenty three very different creations, it was obvious that they had all put a lot of thought and creativity into their chowders. From setting up their tables for presentation to actually catching their own crabs on their dad's fishing vessel the day before, each student brought an energy that made the day a

huge success. Best of all, once the stock was in the pot and simmering, students began to mingle, chat and laugh with one another. When the end of

the competition was near it was time for plating and judging. This was a tough year to be a judge. Not one chowder was scorched or had undercooked

potatoes. In the end, Thomas Haney took home the top prize, a new trophy dedicated to the man who started this competition fourteen years ago. The Chef Daniel Lesnes was awarded to the team of Seyi Jeong and Hudson Campbell for their New Orleans Chowder.

Every student left very proud of their accomplishments and those who were not graduating this year, pledged to return next year to compete and take the top title back to their school.

Submitted by Trevor Randle,
BCCASA President



Flavors of Morocco

Surrey CASA Pro D Gourmet Warehouse

with Chef Cindy Low, Resident Chef of The Gourmet Warehouse

Ahlan wa sahan - Welcome! Today we journey to Morocco, home to one of the world's most intriguing and yet unknown cuisines. The Moroccans' use of countless spices and their combinations of sweet and savory produces unforgettable dishes.

We begin our Moroccan culinary adventure by preparing the Beef Tagine with Dates and Almonds, ingredients that define Moroccan cuisine. The dish is traditionally prepared with lamb. The cubed beef chuck roast was rubbed with "ras el hanout" and seared. Ras el hanout or "top of the shop" is a blend of 27 and up to 100 spices; each shop has its own blend. The Moroccans do not always sear the meat, but Cindy believes searing meat provides a flavor and textural component to the dish. The spices cinnamon, ginger and black pepper were gently roasted until fragrant to bring out the natural oils, some spices being fat soluble.



A pinch of saffron threads were allowed to "steep" in 2-3 tablespoons of hot water before being added to the Tagine. Cindy did not crush the saffron threads into a powder to allow diners to see the threads in the finished dish.

Safflower and saffron bear similar monikers, but have very different uses in the kitchen. Safflower often referred to as "bastard saffron" is prized for the oil pressed from its seeds to fry foods at high temperatures. Safflower has its own very pleasant taste and has the ability to color food attractively (as a food colorant for margarine, for example, or as a textile dye, as saffron), but its qualities are very unlike saffron. Safflower has an aroma that is very rich, but suggestive of a sweet, chocolate-y, tobacco. Its taste is much weaker than its aroma and it diminishes when cooked. Adding a tablespoon of safflower to a recipe that includes saffron can immeasurably improve its appearance, but not actually significantly add to the flavor.

Saffron, considered the world's most expensive spice, is cultivated from a particular variety of crocus flower that has 3-5 crimson colored threads or stamens, protruding from the flower that are picked and dried. It takes 50,000 to 75,000 flowers to yield a pound of spice. No wonder the phrase "worth its weight in gold" is often applied to saffron. Wikipedia describes the taste of saffron as "sweet, reminiscent of metallic honey with grassy or hay-like notes." The aroma and flavor of saffron is virtually the same being very strong and requiring only small amounts to color and season a dish.

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Half the dates are added to the Tagine so that they dissolve and slightly thicken and flavor the liquid. The remaining dates will be added just before serving so they can be seen and tasted. The tagine was started in a Dutch oven and then transferred to the oven for 1 ½ hours or until the beef was tender.

While the Tagine was cooking in the oven, Cindy prepared other dishes for us: an amuse bouche, Moroccan spiced chicken wrapped in phyllo pastry and a Moroccan salad with a preserved lemon vinaigrette.

Cindy created an amuse bouche to tease our palate. She had made a Harissa Tomato Jam using tomatoes, onions, a harissa paste (Harissa du cap bon), golden raisins and crystalized ginger. The harissa paste is almost pure chili, very spicy and Tunisian in origin. Moroccans don't really eat spicy foods; their flavors are a balance of sweet and savory. A spoonful of the Tomato Jam is placed on a slice of cucumber, topped with a prawn sautéed with garlic and EVOO, a drizzle of smoked olive oil and finished with a pinch of smoked Maldon salt. The room is "silent" as everyone savors their amuse bouche. When the silence is broken, I hear "This kind of tastes like delicious!"

Smoked olive oil is not cheap and may be difficult to find. Finca La Barca, a Spanish EVOO made with Arbequina olives, available at The Gourmet Warehouse. When tasted on its own, it had a very strong taste, but it complemented the flavors of the cucumber, Tomato Jam, and the prawn.

A savory Moroccan spiced Briouat (pronounced "bree-watt") was prepared using boneless, skinless chicken thighs cut into ¼ inch dice or coarsely chopped in a food processor. Cindy did not recommend using ground chicken because it tends to be too wet. (You do not want the filling too wet since it is going to be wrapped and baked in Phyllo.) The chicken was coated with a mixture of salt and pepper, cornstarch and EVOO (extra virgin olive oil). This is a technique loosely borrowed from Chinese cuisine to keep the chicken tender and separate. Using a wok, Cindy started by cooking the onions in olive oil to soften them; emphasizing that they do not need to be well caramelized, as in Indian cooking. The Moroccan spices – cinnamon, cumin,

ras el hanout, ginger, turmeric, cloves and cayenne were added to the onions and cooked until fragrant. (If the spices are toasted on their own in a fry pan they are easily burnt.) The chicken was added and cooked until slightly browned. Do not worry about fully cooking the chicken because it will finish cooking during baking process. Chopped apricots were added to provide the sweet to contrast the savory in this dish. Both parsley and cilantro were added for seasoning. Unlike the Indians the Moroccans cook cilantro like a spice. You do not want the filling too wet since it is going to be cooked in phyllo dough. This smells so good and I can I hear voices around me saying "I can eat that!" and "I'm going to make that!"

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Briouats are pastries traditionally made with warka, a unique pastry made by dabbing a soft dough against a round heated griddle. Thin layers of warka are cooked in a minute or so and then lifted off the griddle as a sheet of very thin dough. Warka is similar to phyllo dough and can be filled with either a savory or sweet filling.

Cindy used melted salted butter to moisten the phyllo pastry. We are warned not to use too much butter because it saturates the dough and retards the browning when the dough is baked. Traditionally, the Moroccans used “smen,” a fermented butter made with sheep, goat or cow’s milk, in their cooking.

Discussion ensued about using butter vs oil to moisten the phyllo. Oil makes a crispier product because butter contains water. However, butter provides a distinct flavor and it browns nicely.

Many of us have experienced the mishaps of phyllo dough drying and breaking when we do not work fast enough or do not keep the dough covered with a damp cloth. Cindy’s trick was to stack the number of phyllo sheets you require and then dab the butter on half a sheet, folding it back on itself and doing the other half, repeating until all sheets are dabbed with butter. (One of the teacher chefs suggested using a dollar store spray bottle to spray the melted butter onto the phyllo.) The phyllo was then cut into 4 strips before folding the Briouats into triangles. (For smaller, cocktail size pastries, Cindy suggested cutting the phyllo into 5 or 6 strips.) After folding the triangles, kitchen scissors were used to trim any messy ends, then placed seam side down onto the baking sheet. She lightly brushed melted butter on the tops before baking.

When the Briouats were removed from the oven they were cooled slightly and then sprinkled with icing sugar and cinnamon just before serving. The Briouats were served with a dipping sauce was made with pomegranate molasses, freshly squeezed Cara Cara oranges, honey and orange blossom water. The Cara Cara oranges really “brightened” the dipping sauce. The Briouats tasted fantastic – crispy, sweet, complex – and more-ish!

The big question: Can we refreeze the phyllo dough? The consensus of the group was that if it is refrozen, it may crack easily and it may yield about 60% usage.

We next sampled a divine Moroccan – style composed salad made with organic greens, carrots, roasted beets and roasted chickpeas tossed with a Preserved Lemon Vinaigrette. Cindy had roasted canned chickpeas that had been drained, sprinkled with salt and Aleppo pepper, drizzled with olive oil and roasted until brown and crunchy. The preserved lemons in the dressing and the crispy roasted chickpeas are what made this salad so unique.

After we ate the three courses, the Tagine was ready to be finished on the top of the stove.

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The excess oil was removed from the surface before adding the remaining dates, honey and lemon juice. The tagine was served over couscous and topped with whole almonds freshly roasted in butter. Our sense of smell is awakened by the freshly roasted almonds and the aromas of ginger and cinnamon. The sweet and the savory flavors are subtle, enhancing the flavors of the slow cooked beef and oh so good!

We all sampled the Mazafati dates (Pegah brand) Cindy had purchased at a local Vancouver Persian grocery store. They were so soft and moist they literally melted in my mouth. Definitely not like the dried dates I purchase at the local supermarket to make my Christmas fruit cake.

The “grand finale” was a vegan Chocolate Mint Tea Sorbet. Heavenly! And so refreshing! Absolutely the perfect ending to a grand repast.

How did Cindy make the sorbet so smooth and creamy and not icy? She had made the ice cream base the night before to allow the flavors to develop and then churned it in an ice cream machine in the morning before we arrived. The recipe and method she used (combination and ratio of melted chocolate and cocoa powder), churning it in a Cuisinart ice cream maker for about 45 minutes to a “soft serve” consistency and then freezing it for a few hours to a “scoopable” consistency – all contributed to the sorbet’s “wow” factor.

This dessert was so good a few of the chefs are contemplating the purchase of an ice-cream machine for their students to experiment with in their teaching kitchens.

Saha - to your health!

A huge thank you to Chef Cindy Low, her assistant Pinky and The Gourmet Warehouse for the use of their teaching kitchen for our annual Surrey CASA Pro-d event.

Submitted by Chef Renee Thomas

Queen Elizabeth Secondary School, School District #36

Surrey BC



Photos courtesy of
Stephen Schram on Flickr!





SpainItaly 2018



"On March 9th 2018, twenty eight of the best and brightest from the Maple Ridge School District's Culinary Arts programs set out for an exciting



adventure to explore the tastes of Europe. Over 17 hours of travel led the students to the Spanish city of Toledo. The first few days were spent touring medieval castles, breathtaking cathedrals, saffron and olive oil museums, and the students also participated in their first European cooking class! Tapas never tasted so good! Surrounded by the local cuisine of Spain, students made lasting memories with new friends. The next day the students were treated to an authentic

paella feast in the authentic township of El Palmar followed by a boat tour on the rice fields. The next two nights were spent in the beach city of Cullera, just a two minute walk away from the Mediterranean Sea. During the day, the students toured the city of Valencia and enjoyed the many different cuisines that Spain had to offer. The day was closed off with a paella cooking class.

It was time to move on to Barcelona! The bus journey included visits to the salt marshes at the MónNatura Delta and Les Ferreres Roman aqueduct. In Barcelona the students were treated to a chocolate class and some free time to explore the beautiful city. After Barcelona, the busy pace of the trip slowed down as the students flew to Tuscany, the rolling hills of northern Italy had a calming affect on all the students.





Our first stop in Italy was for the world renowned 'geeeelaatow' at Gelateria Dondoli in San Gimignano. Sergio gave the students the privilege of tasting his gelato. Our stay at a 400 year old Tuscan villa was the highlight of the trip.

The Villa Palagione was gracious enough to host cooking classes and dinner for the students while they stayed there. Gnocchi and Tiramisu were made thanks to the nonnas! Next up was sheep cheese making class at Fattoria Lischeto, a family run farm with spectacular panoramic views. We all left with our creations. Italy wouldn't be complete without visiting the Leaning Tower of Pisa. Students took lots of selfies and pics of them holding up the Tower. LOL. The last class saw the students becoming "Masters of Pasta" at the new Eataly World in Bologna, the Disneyland of Italian food!! The last stop of the tour was the city of Florence, home to Michelangelo's David. The students wrapped up the wonderful trip with a full day in Florence to explore various museums and high end stores! Overall, the trip was an unforgettable experience of exploration and friendship. Big thanks to the chef's Brian Smith, Trevor Randle and Daniel Lesnes for making this spring break one that we will never forget!"

Lindsey & Sasha



Submitted by Chef Brian Smith

Great Chili Cook-Off at Lord Tweedsmuir Secondary School



2nd Place Seafood Chili



1st Place Seafood Chili



2nd Place Meat Chili



2nd Place Vegetarian
Chili



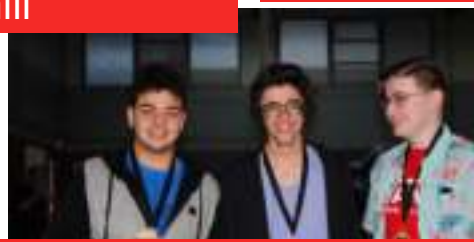
3rd Place Vegetarian
Chili



1st Place Poultry Chili



1st Place Vegetarian Chili



3rd Place Seafood Chili



Best Overall, Best Presentation, Best Kitchen
Management, Gold for Meat Chili

Submitted by
Chef Barb Botter

Chocolate, Pastry & Bubbles in the Okanagan

*2018 BCCASA Conference in Kelowna, BC
October 19th, 20th and 21st*



Conference Fee: Members: \$225
Non-members: \$350

We are pairing up with the Okanagan College Culinary & Pastry Arts team, Summerhill Pyramid Organic Winery and Katherine McEachnie (International Champagne Master Judge and Instructor) on Oct 19 & 20, 2018.

Accommodations: Manteo Resort in Kelowna

Call 1800-445-5255 to book under BCCASA group rate:

Deluxe Room - Single \$120 Double \$140
Deluxe Room, Lakeside - Single \$140 Double \$160
One Bedroom Suite - Single \$150 Double \$170
One Bedroom Suite, Lakeside - Single \$170 Double \$190
Two Bedroom Villa, Gardenside - Up to 6 people - \$249
Two Bedroom Villa, Beachside - Up to 6 people - \$289
Three Bedroom Villa, Gardenside - Up to 10 people - \$299
Three Bedroom Villa, Beachside - Up to 10 people - \$339



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BCCASA Financial Report

Submitted by Paul Richardson,
Gladstone Secondary

Outside Account: \$5866.05

BCCT Account- \$21871.31

Total- \$27737.36



Have something to
share? Interested in
joining the executive?
Let me know!

It is important that we keep
BCCASA current; sharing the
ideas and voices of our Chef
Instructors throughout BC!

Andrea Salzbrenner
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Bouquet Garni Editor