

# Bouquet Garni

A Chef is a Man with a Big Enough Vocabulary To Give The Soup A Different Name Every Day.



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## President's Message

submitted by Chef Eric MacNeill - Dover Bay Secondary

**Trades: Political Rhetoric or Reality**

In television ads both the federal and provincial governments proclaim that they are building the infrastructure to support the trades. The federal government's "Action Plan" shows what that government has been doing in the past, and will be doing in future to enhance the trades in Canada as a means of supporting economic growth. In our last provincial election campaign, there were many photo ops of Christy Clark at job locations, mostly in northern B.C., promoting the Liberal plan for economic viability through job creation and training in the trades. Is this all to be believed? Is it just an example of politicians speaking to what they believe the public wants to hear while pursuing another agenda? Or



is it another example of what direction the Liberals say they will take the province while also saying that the opposition cares little about job creation. It could be said that during an election campaign a lot of things get said for a lot of different reasons. But does government support for the trades really exist? I am happy to say, yes, I believe that our provincial government is sincere in their claims of job creation through the trades and that high school involvement is part of that claim. Though I am normally sceptical about government declarations the reason I am optimistic this time is because of a meeting I attended at The Ministry of Education in Victoria on May 15<sup>th</sup> about the trades in high schools.

The meeting was quite small, only two teachers (an automotive teacher from

# President's Message

continued:



Revelstoke and myself), four people from the Ministry of Education, two school district administrators, and two from Industry Training Authority of BC (ITA). This was the first meeting: an information meeting to create what they call for now a "Trades Sampler Course". (I will explain what that is and give details later.) A bigger meeting will be scheduled that will involve more trades teachers for more input. Before getting into details about the new course the Ministry is proposing I would like to give the rationale that the Ministry gave for developing new learning objectives. And this rationale is why I am optimistic about the government's commitment to the trades. If nothing else it shows an interest in what we do that at times seemed like we were being overlooked.

According to B.C.'s Ministry of Jobs, over the next decade, more than one million job openings in B.C. are predicted, with about 430,000 expected to be trades or technical occupations. There is no shortage of trades training at the post-secondary level but the gap was in high schools. According to Vice Principal Mike Huck of Edward Milne Community School in Sooke, "There's so much choice for students today. We need a creative way to get students interested in the trades. We wanted a program that would pique student's interest in school, so they could think about what they want to do." But a lot of post-secondary institutions have said that they're finding that kids going onto the trades programs don't have the kind of hands-on intuition that they had ten or more years ago. What the Ministry wants is to create more interest in the trades by allowing students to "sample" trades. For students to explore trades, to expose them to a variety of trades is the rationale that the ministry is looking at to address the skills that will be needed to fill the expected jobs in trades. And that is what the "Trades Sampler Project" meeting in Victoria attempts to do: "To support the development of curriculum for high school Trades Sampler based on Industry Authority standards."

The meeting itself began by reviewing what currently constitutes Ministry course credit. Also reviewed was the number of hours students require to complete a course. As you may already know a four credit course is 120 hours. What the Ministry is proposing for a "sampler trades course" (to be renamed in the future) is to consist of four different trades at 30 hours each to complete the course. The rationale, as stated above, is to expose the student to a number of different trades with the hope of attracting an interest in one trade at a later time. The remaining part of the meeting was to discuss size and shapes of Trades Sampler.

Core Content

Introductory Learning

Useful Credentials (Worksafe, Foodsafe etc.)

Important Trades for consideration

Credits/Size of Program

Modularization

Discipline (Mechanical, Service, Construction)

Linear vs. Semester

Journeyman Teachers vs. Experience

Cooking was one of the trades identified as an "important trade for consideration." Of course the items of discussion that mostly interested me were obviously how it concerned the cooking trade. I discussed with the group that my concerns centred on some major differences with cooking from the other trades. I was able to identify to the ministry what I thought made cooking unique among the other trades especially in the context of trades sampler:

## President's Message

continued:

1. In order to simulate a real commercial kitchen a student must be exposed to a high volume of food prep. Otherwise it would be more of a Home Economics experience.
2. Unlike the other trades our end product is perishable. It must be sold within hours if not a day, at the most two.
3. Related to both concern number one and two, our programs are somewhat self-sustainable, that we must be able to sell the product in order to remain economically viable.
4. Unlike the other trades, we have a deadline to meet every day. If, for example, in a 30 hour course in carpentry, a student doesn't finish a bird house today then there is always the next day or the day after that.
5. My main concern involves all of the other concerns stated above. In a semester timetable, all four periods of the day are rotated throughout the week (period #1 may be 1<sup>st</sup> period Monday, then 3<sup>rd</sup> Tuesday etc.) If in a trade sampler course, where after 30 hours another class of new students begins, I have a hard time imagining how we can satisfy the above concerns. Training a student to meet deadlines and sell a quality product for a large number of paying customers in a small number of hours only to repeat it three more times in a semester seems like major obstacles. It was suggested at the meeting that after hours may be the solution but then the concerns of economics and volume still exists. The day after the meeting, I was speaking with one of our chef instructor colleagues and she was saying that the trade sampler course could work in a linear timetable.

This was the initial meeting with much more work to be done before implementation. At the end of the meeting there was a list of journeyman red seal teachers that responded to a call out regarding input for the trades sampler course. On that list were two BCCASA members, Lori Piling and Mike Austen. They may be getting a call to Victoria to further discuss the issue. Perhaps they can see around the issues that I have outlined. I encourage all of you to give me your concerns about trades sampler or ask me any questions regarding it.

As I was asking in the introduction of this message: Is government's support of the trades real? I have stated that I think it is. If nothing comes out of this meeting, if some of the obstacles for Culinary Arts are too great to implement a sampler course at least we can say that the Ministry of Education is placing a priority on our subject area. And in this age of cut backs, underfunding, and questionable job security that is something you can hang your hat on.

## A Green House Tour

submitted by Chef Renee Thomas - Queen Elizabeth Secondary

It is the perfect day to visit Houwelings Tomatoes in Delta. QE's Culinary Arts students exit the bus and follow Carol Clancy into Houwelings warehouse where we hang up our coats and jackets and don white and blue lab coats. A couple of students are swatting the bees. We are told the bees are friendly, working bees and will not bother us if they are left alone to do their work pollinating the tomato flowers.

To the right are 3 "box making" machines that work all day, every day. It would be impossible to keep up to production without these machines. A little further into the warehouse we see 4lb boxes of TOV tomatoes (tomatoes on the vine) being sorted for quality prior to shipping. The sorters are looking for 4 tomatoes per vine, and checking colour and ripeness. Today these tomatoes are being shipped to Costco and do not need a PLU (price look up) sticker. Other lines are sorting grape tomatoes.

At the next stop, boxes of tomatoes are flowing through the PLU sticker machine. Not all customers, such as restaurants, require a PLU label.

It is fascinating to watch the shrink-wrapping machine. The box rolls in, covered and surrounded by wrap. Clunk! Down comes the "wrapper" and a completely wrapped box emerges. Only boxes for Costco are shrink-wrapped. Houwelings ships tomatoes to Costco, Wholefoods, Safeway, Overwaitea, Urban Fare, Loblaws, Thrifty Foods and others. Before we leave this area, we are shown some black plastic containers referred to as "RPC" otherwise known as "Reusable Plastic Containers" only used for specific customers.

Now we are in a HUGE walk-in cooler. Forklifts drive in and out, moving pallets of boxed tomatoes. There are stacks and stacks of boxed tomatoes on blue pallets ready for

## A Greenhouse Tour

continued:

shipping. The blue pallets are a very high quality and are trusted by their customers not to fall apart. An exchange program exists and the cost of the pallets is shared by Houwelings and their customers. Each pallet coming in and going out of the warehouse must be accounted for and if one is lost or not accounted, it must be paid for.

We are now confronted with a bank of sinks, taps, hand wash soap and paper towels. We must wash our hands "properly". This entails washing them for 30 seconds before entering the greenhouses.

Houwelings only packs and ships what they grow. The greenhouses have been in operation for 37 years and cover 50 acres. This particular phase is 5 acres. In the summer months, approximately 30 acres are devoted to growing tomatoes and 20 acres are devoted to plant proration for Houwelings Plants and also for most of their competitors in North America. A variety of tomatoes are grown here including red, orange and yellow TOV's (tomatoes on the vine), Roma, Grape (mixed colours), Strawberry, Cherry, Cocktail and Crunchy Brown (Zebra) tomatoes

We enter a modern greenhouse where the plants are grown on suspended gutters with grow lights overhead that remain on 18 hours a day in the winter. The tomatoes are grown vertically; clipped and wound to a long string attached to a hook. The plants we see were planted in September and new plants have been "interplanted" so that production never stops throughout the year. The plants are being grown in bags of ground coconut husks and peat from Shri Lanka. There are 432 plants per row; 4 plants per bag, 108 bags per row, and the rows are 108 meters long. The new or "inter" crop have their own hooks and wires. Each week the plants are wound and pruned on the string, 3 leaves are removed, a truss of tomatoes ripens and is picked, and the plant is lowered and moved along the wire. By the end of the season these stems are over 30 feet long. Rick, the grower, is shaking vine and asks the students to find the plant it belongs to. It is



impossible! There are so many vines, from so many plants all 30 feet long running the length of the green house! The plants (old and new) are individually irrigated with fertilized water.

In the older greenhouse, the plants are not lifted from the ground and there are no grow lights. The plants here were planted December 10. In mid-January the first shoot under the flower is made into another shoot, and then the other shoots are removed. The new shoot is given a hook of a different colour. This process will gradually increase the density, more plants per row, as the winter days become longer and there is more sunshine. This process may be repeated a month later and maybe once or twice more. For example they begin by planting 308 plants per row, in mid-January a red hook is attached and there are now 462 plants per row and by March a green hook is hung increasing the plants to 616 plants per row. This is getting complicated!

Controlling the white fly from infesting the greenhouse is being done biologically. A small packet or envelope of the Encarsai and Eretmocerus is hung throughout the plants. These parasitic wasps gradually climb out of the package (envelope), sting the white fly egg and lay another egg inside the whitefly egg, which hatches into a new Encarsai and Eretmocerus. Pest control is done biologically for as long as possible. Later in the season when daylight decreases they may have to use some chemicals to control the white fly. This is because the white fly cycle (egg to adult) is much faster than the biological process can manage and the white fly will eventually take over. Houwelings does not want the white fly population too high at the end of the season or at the beginning of the next.

Boxes of beehives are in every row. Rick opens up one hive of bumble bees. They are not honey bees because honey bees do not like tomato flowers. The hive is almost empty of bees because it is a bright, sunny, warm day and the bees are all busy working. We are shown the browning on the flower which indicates the bee has bitten the flower and pollinated it. The plants are checked regularly to ensure there are enough bites to complete the pollination process. If this doesn't happen, more bees are added to the greenhouse. Flowering



## A Greenhouse Tour

continued:

speed is 1 to 1.2 trusses per week. There are 8 set trusses and one flowering truss per vine. Harvest is 8 weeks from flower to tomato, but if there is more sunlight it can be faster. The real challenge for the grower is to estimate when the tomatoes will be ready for harvesting. He is in the greenhouses several times a week estimating harvest times so the sales department has time to sell them. Right now they are producing 25,000 11pound cases per week, but in June/July the volume will increase to 30-40,000 cases per week. The increase in volume or "Flush" may be detrimental to the price the tomatoes can be sold for. A "FLUSH", occurs when there are large fluctuations in outside weather thereby resulting in dramatic production increases over short periods of time. During a "Flush" everyone else's production increases, including Mexico and the locally grown field tomatoes. In a "Flush" tomato prices decrease making it challenging for growers to earn a profit.

How much labour is involved to grow a tomato plant? Each plant is touched 6 times per week; the plants are pruned, lowered and picked. Immigrant workers are hired from Honduras and Mexico, and their housing is provided for as part of their contract.

Houwelings has 150 acres in California to ensure product is available year round for their customers. California grows the same varieties as in Delta, plus Beefsteak Tomatoes, Long English and Mini Cucumbers. Beefsteak tomatoes have a firm "meaty" texture, but are not as flavourful as the TOV's and because of dwindling demand Houwelings does not grow them in Delta.

Before departing, QE's Culinary Arts students thoroughly enjoy a tasting of Strawberry and Cherry tomatoes.

The students were amazed and impressed by Houwelings ability to grow quality tomatoes almost year round without dirt and minimal pesticides.

A big thank you to Carol Clancy and Rick Hendricks for sharing the "greenhouse growing experience" with QE's Culinary Arts Students.

Houwelings Tomatoes Greenhouse location  
2776 64<sup>th</sup> Street, Delta BC  
Web site: [www.houwelingtomatoes.com](http://www.houwelingtomatoes.com)



**2013 BCCASA Conference and AGM**

**Submitted by Chef Eric MacNeill - Dover Bay Secondary**

**October 25 & 26, 2013 in Nanaimo, BC.**

BCCASA (BC Culinary Arts Specialist Association) annual fall conference "Great Big Sea."

The theme of our conference this year is "The Great Big Sea." We will explore what the sea has to offer in resources and what is being done to preserve its increasingly fragile state.

Get up close and personal with a live 10-foot-long 48-year sturgeon and hundreds of her relatives at Vancouver Island University's Sturgeon Research Station.

Tour a real working seafood cannery and a mid island seafood processing plants.

Explore VIU's Deep Bay Marine Field Station with the opportunity to harvest and eat your own oysters.

Be prepared to feast as VIU's Culinary Arts students create our traditional evening dinner.



**Agenda:**

**Thursday October 24th**

Delegates arrive in Nanaimo

Ramada Inn

**Friday October 25**

8:00 am Departure by bus, from Ramada Inn to Dover Bay School, Nanaimo.

8:15 am Registrations and tour of Dover Bay School

8:30 am Breakfast

9:00 am AGM

- President/executive elections
- Next conference
- St. Jeans Cannery.....
- Other Buisness

12:00 noon: Lunch at the only floating pub in Canada Dinghy Dock Marine Pub and Bistro (maybe the only one in North America)

2:00 pm Visit/tour of the International Center for Sturgeon Studies, VIU.

4:30 pm Back to the hotel, time at leisure.

6:15 pm Departure for VIU by bus

6:30 pm Cocktails at VIU

7:30 pm Dinner at VIU



**Saturday October 26**

8:00 am Breakfast: Ramada Inn continental breakfast included.

8:30 am Departure by bus to Aquatec Seafood LTD Comox

1:00 pm Lunch at the Old House Courtenay

3:00 pm Visit of Vancouver Island Single Malt Whisky Distillery, Shelter Point

5:30 pm Return to the Hotel. Evening at leisure

**Cost of the conference:**

BCCASA members: \$200.00

Non BCCASA members: \$300.00...

The cost of the conference does not include BCCASA membership or wine at dinner.

**The cost includes:**

- all activities listed above
- all transportation to venues by bus
- listed meals

**Accommodation:**

Ramada Inn

Address: 315 Rosehill St, Nanaimo Ph. toll free 1 866925 2009

Room rate:\$97.75

Delegates have to do their own hotel booking. A block of rooms is set aside for the conference, please book by: 4 weeks prior to Oct. 24. Rooms can be booked at that rate after that date upon availability.



## BCCASA in The Media

*Colleen Flanagan/The News*

### **Chowing Down at Chowder FestIVAL**

Published: **May 17, 2013 7:00 AM**

The savoury scents drifting from the Garibaldi secondary cafeteria on Thursday afternoon spoke of the quality of competition in the eighth annual Chowder Festival. Sixteen teams from the school district's teaching kitchens came to strut their culinary stuff. Along with the hosts were teams from Thomas Haney, Samuel Robertson Technical and Maple Ridge Secondary School. There was clam chowder, sparerib chowder, citrus-cured salmon chowder, Cajun chowder, smoked chicken and bacon chowder, and many other varieties of thick, chunky, creamy stew. A sample-sized cup of the delightful liquids could be purchased for just a quarter, and the kids stood behind huge pots of their creations, ladling it out, and serving it with a sprinkle of fresh sage, a parsley sprig or a slice of baguette. "They're amazing. The kids have done a great job," said judge and home economics teacher Theresa Knox. She said it was amazing what they were able to do in the 90-minute time limit. "It was way better than Hell's Kitchen, and they don't get swore at." Some of the kids are simply taking an elective course, and others are future chefs. "They get a chance to show off," said Knox. Thomas Haney's Jon Donofrio had prepared a nice halibut and prawn chowder with partner Alex Hoskins. They were proud, but also impressed with their rivals' chowders. "They're all really good, but they're all different," noted Donofrio. The winners, as chosen by the judges, were James Federici and Travis Smith of Garibaldi for their Mexican chowder. The people's choice winners were Shiobhon Burlando and Brady Nugent of Garibaldi with their Cajun chicken chowder. The judges had them tied for second with Matthew Dressler and Elena Oberlaender of Maple Ridge secondary, with an Irish chowder.

Organizer and Garibaldi chef Daniel Lesnes said it was a close competition, as the lowest mark by judges was 107, and the highest was 134.



**Stewart Sonne direction of instruction and judge, talks with two competitors during the chowder competition at Garibaldi secondary on Thursday.**

# BCCASA Constitution

## To be Ratified: October 25, 2013

### NAME

The name of this association shall be the British Columbia Culinary Arts Specialist Association Herein after called BCCASA.

### OBJECTS

The objects of this association shall be:

To promote and advance the teaching of the Culinary Arts throughout British Columbia.  
 To maintain and improve a community network of BCCASA executive and BCCASA members.  
 To communicate with related Associations within and outside British Columbia.  
 To furnish recommendations and advice to the Executive Committee of the BCTF affecting the teaching of Culinary Arts.  
 To facilitate the development of the Apprenticeship program at the Secondary School level.  
 To encourage students enrolled in the Culinary Arts program to enroll in the Career Preparation Program.

In accordance with 33.06, of the Members' Guide to the BCTF.

### BASE of OPERATION

Throughout the province of B. C., but chiefly through the British Columbia Teachers' Federation office, located in Vancouver.

BY-LAWS:

### ARTICLE 1: MEMBERSHIP

1. Membership in the BCCASA shall be open to person holding any form of BCTF membership (e.g. active, associate, student associate, honorary retiree) on payment of appropriate PSA fee.
2. The membership year shall be for 12 consecutive lists months from the date the application is processed by the BCTF.
3. Active and associate members of the BCTF will pay the "Member" fee.
4. A reduced membership fee shall be offered to the students in post-secondary programs leading to teacher certification in BC (student associates); teachers who retired from active membership in the BCTF (honorary retirees) and teachers on call (TTOCs).
5. All BCCASA members are eligible to vote and to hold office in the BCCASA. Only BCTF active members can serve as president or vice-president or represent the BCCASA. A retired-teacher/honorary-associate member shall be entitled to vote and hold office in the PSA for positions other than president, vice-president, and representative to an outside agency. An associate member shall be entitled to vote and to hold office in the PSA for positions other than president, vice-president and representative to an outside agency.  
 A student shall not have the right to vote or hold office in the PSA unless he/she has become an associate member.

### ARTICLE 2: PSA subscribers

1. An institution or person who does not hold any form of BCTF membership can become a subscriber to the BCCASA on payment of the "Subscriber" fee.
2. The subscription year shall be 12 consecutive lists months from the date the application is processed by the BCTF.
3. Subscribers are not eligible to vote, hold office, or represent the BCCASA.



## BCCASA Constitution continued:

### ARTICLE 3: Honorary life members

1. Honorary life membership in the BCCASA may be conferred by the Annual General Meeting of the BCCASA.
2. All honorary life members' eligibility to vote and hold office will depend on the member's current BCTF membership status.

### ARTICLE 4: FEES AND FINANCIAL RECORDS

All annual membership/subscription fees shall be established by resolution at each annual general meeting. Membership /subscription fees are payable to the BCTF office.

An annual financial statement shall be presented to the membership at the annual general meeting.

Financial records shall be maintained by the BCTF accounting service, which shall provide the required financial statement to the BCCASA executive.

### ARTICLE 5: EXECUTIVE COMMITTEE

All members of the PSA executive shall be BCTF members.

The majority of the PSA's executive shall be active BCTF members.

The PSA's president, vice-president and outside representatives shall be active BCTF members.

The executive officers of BCCASA shall consist of President, Chairperson, 1st. Vice-President, 2nd. Vice-President, Secretary, Treasurer and 2 Directors..

Elections will occur at the Annual General Meeting and the term of each officer shall commence on that day and continue for two years.

The election of Officers shall take place at the Annual General Meeting every odd year starting with 1999.

Whenever a vacancy occurs between election dates for any Executive position, the Executive shall appoint a member to fill the un-expired term of office.

Members may vote by proxy if they are unable to attend. Such proxy must be filed with the secretary before the meeting opens.

### ARTICLE 6: DUTIES OF OFFICERS

#### PRESIDENT:

The President shall be the presiding officer of BCCASA and shall have general supervision of all matters and affairs of BCCASA. The President will be responsible for conferring Scholarships for BCCASA.

#### CHAIRPERSON:

As the past-president, the chairperson will provide assistance and continuity to the incoming president.

#### 1st. VICE - PRESIDENT:

In the absence of, or disability of the President, the 1st. Vice- President shall perform the duties of the President. The

1st. Vice-President also has the role of scholarship chairperson.

#### 2nd. VICE-PRESIDENT:

The 2nd. Vice-President has the roles of Newsletter Editor and Webmaster.

#### SECRETARY:

The Secretary shall prepare and send out minutes of the previous meeting and notice of the next meeting at least 14 days prior to the meeting. This notice shall be sent to all executive committee members. The secretary shall keep executive committee address and telephone lists updated and shall prepare and sign correspondence in the name of BCCASA when authorized to do so by the Executive.

#### TREASURER:

The Treasurer shall keep a record of all financial transactions and prepare a financial statement for the annual general meeting. The Treasurer and one of the following: the President or the Secretary, are the

## BCCASA Constitution continued:

signing officers of BCCASA. Two signatures must authorize payment of all funds in the name of BCCASA. The Treasurer together with the executive committee shall prepare the budget for the year in accordance with BCTF guidelines.

### DIRECTORS:

The 2 Directors shall encourage and promote membership in BCCASA and maintain an up to date membership roster. They will be responsible for the planning, promoting and executing of BCCASA conferences.

### ARTICLE 7: REPRESENTATION OUTSIDE THE BCTF

As a recognized provincial specialist association, this association shall conform to the constitution and by-laws and to the policies of the BCTF. Representations shall not be made by the association to any authority or agency outside the BCTF on any matter that is properly the concern of the BCTF without due consent.

### ARTICLE 8: MEETINGS

The annual general meeting of BCCASA shall be held at a time and place to be designated by the Executive. All BCCASA members are to be notified two weeks in advance of the annual general meeting. All meetings will be governed by Robert's Rules of Order. The business of the annual general meeting shall include:

Receipt of reports.

Receipt of financial statement.

Nomination and election of officers every second odd year starting with 1999.

Such other business as may properly be brought before the annual general meeting.

Other general meetings of BCCASA may be held from time to time as ordered by the Executive.

### ARTICLE 9: VOTING

All BCCASA members have a right to vote. Subscribers to the BCCASA do not have voting rights. Voting shall be by a show of hands except when a ballot is demanded by one third of the members present. Election of Executive members shall be by secret ballot.

The quorum at the annual general meeting shall consist of one more than 15 percent of the voting membership of BCCASA.

The quorum for an executive meeting shall consist of a minimum of 3 elected officers.

### ARTICLE 10: EXAMINATION OF RECORDS

Upon written request to the president of the PSA, any member may examine the records of the PSA. Regular inspection and auditing of the financial records of the PSA will be done as a regular part of the annual audit of the BCTF.

### ARTICLE 11: CONSTITUTION, BY- LAWS AND AMENDMENTS

The constitution and by-laws may be amended only at an annual general meeting or a special general meeting by special resolution by a three-quarter majority vote of the members present, provided that notice of resolution to change the constitution shall have been given 14 days prior to the first session of that meeting.

The constitution and by-laws of BCCASA shall not be construed or applied in a manner contrary to the provisions of the BCTF.

A copy of the constitution and by-laws of the BCCASA shall be filed in the BCTF office.

This constitution will ratified by the Annual General Meeting of October 25, 2013.

# Q.E. Secondary Competes at the 13th Annual Chili Cook-Off

submitted by Chef Renee Thomas - Queen Elizabeth Secondary

It's a beautiful morning! Its 7:30am and eighteen Cafeteria Students (6 teams) are gradually arriving in the Cafeteria. Raylene is checking all the cold foods are in the ice cooler, Chef is counting students and permission forms. The students are busily loading the vehicles with 13 butane stoves, 3 cases of butane fuel, knives, cutting boards, pots, wooden spoons, the ice cooler with all the cold food, the canned foods, the can opener, the spices, table cloths, table decorations, team posters, presentation plates, sanitizer bottles for each team, clothes to keep work station clean, vinyl gloves, garbage bags and of course a 3 tier dolly to move all the equipment once we arrive at the Cover All building at the Cloverdale Rodeo Exhibition Grounds. Finally we are ready and we "nervously" depart.

Despite being short two tables for two teams the students unload all "the stuff" to a central area. The teams are spread out throughout the building. There are 30 teams participating in the 13<sup>th</sup> Annual Chili Cook Off. QE's teams are numbers 4, 5, 7, 8, 28 and 29. They begin setting up their tables: table cloth, poster, team number, stoves, cutting boards, knives, a bucket lined with garbage bags to be their garbage under the table. Storing any unused equipment etc. under the table, they have been drilled to keep their work area clean and neat.

Chef Buist announces "Turn your stoves on". The competition begins!

There are three hand washing stations, but there is no water available to use as an ingredient or for the washing vegetables. Consequently the students are sprinting back and forth to another building, a good 100 feet away, to get water and wash their vegetables. Fortunately Raylene has packed some empty containers anticipating we'd need something to bring back the left over Chili in. Necessity breeds ingenuity and we discover they work perfectly to transport water for our teams.

The judges are walking around asking the teams questions: how much did the product cost, where did they source it, what inspired them; and how did they create the recipe? The contestants are being marked on knowledge, technique, cleanliness and safe food handling. There is a wave of panic as the Manager of Food Services accompanied by a judge asks each team if they have a thermometer, what temperature does the chili need to be cooked to, what temperature should the cold food be held, and do they have ice to keep the cold food cold.

The clock is ticking! Teams are questioning how much time is left, and some are panicking afraid they won't be ready. Chef Buist announces "15 minutes to go", and the countdown begins; and finally "Everyone turn your stoves off!"

The judging begins. Team one is up followed by team two. The teams are carefully checking their presentation plates. Are they clean, and properly garnished? Are there 4 small bowls of chili with spoons for the judges? The students proudly present their chili to the judges explaining the origin of

their recipe, special ingredients and answering the judges' questions. Some of our students are wearing special costumes or traditional dress to emphasis the theme of their chili. They look great!

Now we wait as the judges' tally the scores, but the excel spread sheet has a glitch, and nervous anticipation fires through the crowd. The judges are deliberating, and finally they ask if anyone can help with the computer. Several volunteer, it seems to be working, but no, more deliberations. Finally Chef Buist stands up to announce the winners, the judges stop him as they realize they had forgotten something; back to the judges table and more deliberations. The students anxiously wait and the nervous anticipation is almost at breaking point.

The QE Chili teams are finally rewarded for their efforts. They prepared very unique, well presented and tasty chili and have represented QE Royally!

QE's Team names, team theme, team members and awards received:

- 1) Team Name: Cooking with Jake                      Theme: Adventure Time  
 1) Curtis George  
 2) Melissa George  
 3) Angela Gugins

Winner: Gold - Best Kitchen Management

- 2) Team Name: Chilelectrolytes                      Theme: Electricity  
 1) Mai Do  
 2) Zhi Li  
 3) Zai Dela Cruz

Commended for Outstanding Presentation

- 3) Team Name: QE Royal Mauritan Chili Theme: Mauritian Cuisine  
 1) Aparajeeta Oogur  
 2) Navpreet Kaur  
 3) Backshinder Samra

Winner: 2<sup>nd</sup> Place Best Vegetarian Chili

- 4) Team: African Safari Chili                      Theme: Safari  
 1) Christy Mae Tabsan  
 2) Daniel Vo  
 3) Dekontee Richardson

Winner: 3<sup>rd</sup> Place Best Chicken Chili  
 Winner: Silver - Most Original Recipe

- 5) Team: Shredded Texas                              Theme: Pig  
 1) Alec Mattson  
 2) Jesse Hayter  
 3) Carl Suarez

# 13th Annual Chili Cook-Off Results

## Submitted by Chef Renee Thomas - Queen Elisabeth Secondary

Chef John Buist of Lord Tweedsmuir Secondary School hosted the 13<sup>th</sup> Annual Chili Competition in the Cover All building at the Cloverdale Exhibition Grounds. Nine schools participated, with a total of 30 teams participating. Teams came from Merrit, Port Coquitlam, Surrey and Vancouver.

A big thank you to the five "brave" chili judges: Thompson Tran, Teacher Chef; Terry Allen, Surrey School Trustee; Dale Roberts, District Manager of Compass Group; David Leard, Chef of Canuel Caters; and Kyle Smith, Cook North View Golf & Country Club.

### The Winners Are:

#### Best Overall winners of the Wusthof Chef knives

**Gold Team: Totem Spirit prepared Bison Chili - Semiahmoo Secondary, Surrey**

- 1) Erika Decker
- 2) Cheyenne Renyk

#### Most Original / Creative Recipe

**Gold Team: Luau Chillitas – Lord Tweedsmuir Secondary School, Surrey**

- 1) Livie Hutchinson
- 2) Jenae Rehwald

**Silver Team: African Safari - Queen Elizabeth Secondary School, Surrey**

- 1) Christy Mae Tabsan
- 2) Daniel Vo
- 3) Dekontee Richardson

#### Best Presentation

**Gold Team: Tex Mex – Tamanawis Secondary School, Surrey**

- 1) Tessa Veldhuizen

**Silver Team: Hot Chili Rapids – Riverside Secondary School, Port Coquitlam**

- 1) Steven Alexander
- 2) Reynald Cenzia

#### Best Team Spirit

**Gold Team: Oh Canada! - Queen Elizabeth Secondary School, Surrey**

- 1) Yul Mari Sanntelices
- 2) Molly Ren
- 3) Joshua Sloan

#### Best Kitchen Management

**Gold Team : Cooking with Jake - Queen Elizabeth Secondary, Surrey**

- 1) Curtis George
- 2) Melissa George
- 3) Angela Gugins

#### Best Theme

**Gold Team: Chuck Wagon Chili - Merrit Secondary School, Merrit**

- 1) Dallas Jurreit
- 2) Zack Krenn
- 3) Eliagh Mack

#### Best Sportsmanship

**Gold Team: Hawaiian Chili – Tamanawis Secondary School, Surrey**

- 1) Stephen Ens
- 2) Chris Celones

#### Best Vegetarian Chili

**1<sup>st</sup> Moroccan Chili - Tamanawis Secondary School, Surrey**

- 1) Keyana Poteate
- 2) Sabrina Schoenselder

**2<sup>nd</sup> QE Royal Mauritan Chili - Queen Elizabeth Secondary School, Surrey**

- 1) Aparajeeta Oogur
- 2) Navpreet Kaur
- 3) Backshinder Samra

**3<sup>rd</sup> Team K - La Matheson, Surrey**

- 1) Ke Paw

#### Best Meat Chili

**1<sup>st</sup> Totem Spirit - Semiahmoo Secondary School, Surrey**

- 1) Erika Decker
- 2) Cheyenne Renyk

**2<sup>nd</sup> Chuck Wagon Cooks - Merrit Secondary School, Merrit**

- 1) Dallas Jurreit
- 2) Zack Krenn
- 3) Eliagh Mack

**3<sup>rd</sup> Hawaiian Chili – Tamanawis Secondary School, Surrey**

- 1) Stephen Ens
- 2) Sabrina Schoenselder

#### Best Poultry Chili

**1<sup>st</sup> Tex Mex – Tamanawis Secondary School, Surrey**

- 1) Tessa Veldhuizen

**2<sup>nd</sup> Sante Fe Sizzle - Merrit Secondary School, Merrit**

- 1) Catherine Opper
- 2) Chelsey Brulotte
- 3) Leah Collins

**3<sup>rd</sup> African Safari – Queen Elizabeth Secondary School, Surrey**

- 1) Christy Mae Tabsan
- 2) Daniel Vo
- 3) Dekontee Richardson

## Call for Nominations: BCCASA Elections

The BC Culinary Arts Specialists Association is looking for nominations for positions on the BCCASA Executive for October 2013- October 2015. If you would like to join the executive, or, if you know of someone you would like to nominate, please contact us. The BCCASA Executive works hard to build our association in a variety of ways. These include supporting our members, producing newsletters and e-bulletins, planning conferences, liaising with partner organizations like the Canadian Chef Educators and by telling our story through articles and press releases. The executive positions will end in October and elections will take place at our next AGM to be held at our annual conference in Nanaimo.

### Current Executive:

**President:** Eric MacNeil- Assists in organization of workshops and attends a variety of meetings and conventions. Organize PSA meetings. (willing to run again)

**1<sup>st</sup> Vice President:** Position Vacant

**2<sup>nd</sup> Vice President:** Daniel Lesnes- Webmaster and PSA Technical Support. (position vacant October 2013)

**1<sup>st</sup> Director:** Lori Pilling- Membership Chairperson. (willing to run again)

**2<sup>nd</sup> Director:** Alison Bell- Media Co-ordinator. (on leave November 2013- April 2014, but willing to run again)

**Secretary:** Trevor Randle- Newsletter Editor and Meeting Minutes. (vacating this position, but willing to run for position of 1st Vice President - Conference Chair)

**Treasurer:** Brian Smith- Book-keeping and Budget-planning, advertising. (vacating this position, but willing to run for position of 2<sup>nd</sup> Vice President- Webmaster)

**Chair of the Board:** Position Vacant



## FOODSAFE Update



FOR IMMEDIATE RELEASE JUNE 7, 2013

FOODSAFE certificates issued in BC now good for five years; Refresher courses on tap

Vancouver, B.C. – Research shows that 95% of people who took the FOODSAFE Level 1 course five years ago or earlier would fail the exam if they wrote it today. That’s why all new FOODSAFE Level One certificates issued in British Columbia will have a five-year expiry date, starting July 29<sup>th</sup> 2013.

To help FOODSAFE Level 1 Certificate holders keep their food safety knowledge up to date, FOODSAFE will be launching an inexpensive and short FOODSAFE Level 1 Refresher course. It will be offered online by Open School BC starting September 2013.

“A recent BC Centre for Disease Control study found food safety refresher training significantly improved workers’ food safety knowledge. Improved food handling skills results in safer food for people eating out in BC,” says Lorraine McIntyre, BCCDC food safety specialist and author of the FOODSAFE Knowledge Retention Project.

According to the Public Health Agency of Canada, four million people – one in eight Canadians – get sick with a domestically acquired food-borne illness every year. Most feel ill with gastrointestinal symptoms such as vomiting and diarrhea for a few days and then get better. However, this can be life-threatening for especially vulnerable people including children, pregnant women, the elderly, and other immune compromised.

Though existing FOODSAFE certificates will be valid until July 29 2018, for the people who cook and serve food to groups like these, there is no substitute for frequent review of food safety.

The three hour long refresher course will cover all the essentials of the FOODSAFE Level 1 training program. A grade of 80% must be achieved in the exam to be recertified.

The FOODSAFE course was developed in 1986 as a voluntary course, and until now, certificates were issued in BC without expiry dates. Today, more than 45,000 British Columbians become certified in FOODSAFE every year. Every operator of a food service establishment, and at least one staff member on every shift, must have a valid FOODSAFE certificate (or its equivalent). FOODSAFE certification has been a legislated requirement in BC for food service establishments since July 1, 2000.

FOODSAFE is a comprehensive food safety training program for the food service industry jointly developed by the BC FOODSAFE Secretariat, and the BCCDC.

Online at: [www.foodsafe.ca](http://www.foodsafe.ca)

### MEDIA CONTACT

Mr. Lynn Wilcott  
FOODSAFE Steering Committee Chair BC Center for Disease Control  
(604) 707-2455 [lynn.wilcott@bccdc.ca](mailto:lynn.wilcott@bccdc.ca)

## Take A Bite of B.C. Tour



### Take a Bite of BC Program Partner - Houweling's Tomatoes

Take a Bite of BC – a program provided through BC Agriculture in the Classroom Foundation – has many valued partners that generously donate their product to secondary school teaching kitchens throughout the Lower Mainland and Fraser Valley. Houweling's Tomatoes, a partner since 2009, donates fresh, quality product that is greatly appreciated by the Take a Bite of BC Chef Instructors and their students.

Gerald Worobetz, a Chef Instructor from South Delta Secondary raved about the freshness and quality of the tomatoes that were donated by Houweling's. "The tomatoes we received from Houweling's were so fresh they still had the unmistakable smell that makes your brain think it's August and that you're standing in someone's garden. Each one is perfect in ripeness, colour and taste."

Connecting our Take a Bite of BC partners with the schools they donate to is something we've always wanted to do. This spring many of our Take a Bite of BC schools hosted various partners, including Houweling's, for special lunches prepared by the students.

David Bell, Chief Marketing Officer for Houweling's had a chance to visit South Delta Secondary to see the inner workings of the program. "I already had a very positive perspective on the program – this just reinforced it," said Bell. "The passion of the school staff and students was amazing to see. The program really has an impact on the whole school."

This year Houweling's is hosting greenhouse tours for students on Take a Bite of BC. "We hope the students will take back from these tours an appreciation of what we grow and all the work and effort that goes into our tomatoes," said Bell. "It also gives us a chance to give back to Take a Bite of BC. It's a great program that we are proud to support."

Houweling's Tomatoes, is a family owned, world-renowned greenhouse company that specializes in tomatoes, with facilities in Camarillo, CA and Delta, BC. Founded by Cornelius Houweling and now led by his son Casey, Houweling's is dedicated to delivering fresh, quality product.



## SCASA Pro D Day

submitted by Chef Renee Thomas - Queen Elizabeth Secondary

**Surrey Casa experiences Mugaritz by Andoni Luis Aduriz with Chef Jefferson Alvarez at Barbara Jo's Books to Cooks May 3, 2013.**

The members of Surrey CASA are at Patisserie LEBEAU enjoying coffee, a pastry and conversation anticipating their cooking class at Barbara Jo's Books to Cooks with Jefferson Alvarez. Cooking from Mugaritz by Andoni Luis Aduriz, Jefferson is going to show us how to remove and make the skin of a parsnip look like birch bark. The parsnip skin and charcoal parsnip was his featured show plate in Vancouver Magazine last spring.

Jefferson begins with the "perfect egg", the yolk is not cooked, it is creamy and the consistency of butter. He cooks the egg at 64C for one hour in the shell. On the table are 12 paper cups partially filled with gluten free brioche, which he is removing from the cups to finish in the oven. The brioche has been made with cornstarch flour, which could be substituted with tapioca flour. The brioche has been microwaved in ungreased paper cups so the dough will stick to the cup to maintain the volume and create the porous texture similar to freshly baked bread.

Fried oyster mushrooms are placed in the bottom of a bowl, and the "perfect egg" literally cracks open on top, seasoned with leek salt and finished with the lightly oven browned gluten free brioche. A few Chefs feared the egg white will be too soft, but all I hear "this is good".

Jefferson explains the process of making the bark is long; many, many hours. With the arrival of Sous Chef Jason Sokulski they demonstrate the removal of the parsnip skin. The parsnip has been baked for 1 hour (longer if the parsnip is large) at 300F, and must be peeled while warm. As they remove the peel you can see the roots coming out. A mixture of corn syrup, fresh thyme, pinch nutmeg and cinnamon for earthy tones and salt is basted on the parsnip skin. It is dehydrated for another hour and as it cools the sugar crystallizes. To break up the crystals it is fried at a low temperature, about 300F, as one does for frying garlic or shallot chips, and placed on parchment paper in a dehydrator or a convection oven on fan for another hour. Do not place the fried parsnip skin on paper towel because it will stick. During the frying process Jefferson uses tweezers to work the parsnip skin to achieve the desired shape and effect.

Jefferson and Jason are checking the center of the parsnip to ensure it is not hard, and carefully removing the hard cores, noting each root is different. Jefferson recommends black Forbidden Rice and blue corn water (purple and black) to infuse the colour rather than squid ink to make the center of the parsnip look like charcoal. Jefferson is very conscious of food allergies, and does not use squid ink because of seafood allergies. At Lift Bar & Grill in Coal Harbour he endeavors to offer his customers, gluten free breads and lactose free butter made from very high quality olive oil and cocoa butter. A favorite of his is parsnip ice-cream made with mascarpone cheese. He asks if anyone has tried making sweet potato buns?

The pulled pork shoulder is double wrapped in saran and then in foil, placed in a braising liquid, and cooked in the oven until "puffed up"; the heat is reduced to 150F or in a gas oven with pilot and left overnight in the braising liquid. The brine has been seasoned with rosemary, thyme, oregano, garlic, cumin, lemon juice, salt and pepper. Jefferson comments you need to be careful if you use coriander, because it tastes like soap to some people. He fries the pulled pork, scraping off the crispy brown bits or fond to keep it crispy rather than deglaze the pan. We are served a beautiful plate of pulled pork, baby turnips, fiddle heads, roasted parsnip made from the core and finally a sample of the anticipated parsnip bark.

The discussion moves on to Saffron. We are taught Spanish saffron is not the best because Spain has a flower similar to saffron which is harvested and sold as saffron. Good saffron, when touched, will colour immediately from the sweat on your hand.

Suddenly our exquisite session is over. The sun is shining, it is warm and perfect patio weather. Jefferson and Jason rush off to work, anticipating the patios at Lift Bar & Grill will fill and it will be a very busy Friday.

The members of Surrey CASA start shopping, talking, and comparing the books they have chosen to take away. Hugs and goodbyes ensue, and gradually we all disperse, anticipating next year's Pro-D at Barbara Jo's Books to Cooks.

Jefferson will be posting recipes on his website and may be contacted with further questions at [chefjalvarez.com](http://chefjalvarez.com)

Chef Jefferson Alvarez  
Lift Bar & Grill  
333 Menchion Mews  
Vancouver BC  
604 689 5438





## Lesnes Brain Teaser #30

submitted by Chef Daniel Lesnes - Garibaldi Secondary



I was cultivated by the Incas thousands of years ago, and I am probably the most famous tuber today. I was not accepted in Europe until Sir Walter Raleigh debunked the theory that I was a poisonous member of the nightshade family. I am among the most popular snack foods. I am the world's fourth-largest food crop, following rice, wheat and maize. The United Nations FAO reports that my world production in 2010 was about 324 million tonnes. Just over two thirds of my global production is eaten directly by humans with the rest being fed to animals or used to produce starch. This means that the annual diet of an average global citizen in the first decade of the 21st century is about 33 kg (or 73 lb). In fact, humans can survive healthily with me, supplemented only with milk or butter, because I do not contain the vitamins A and D. My Long-term storage requires specialized care in cold warehouses. I can be fried, roasted, sautéed, mashed, shredded, baked, steamed, or used as a dough. I come in all sizes and many colors. I am even used to brew alcoholic beverages such as vodka, potcheen or akwavit...



**If you have  
anything that you  
would like to share  
with BCCASA?  
Send your photos,  
write ups and  
articles to Daniel  
Lesnes or Trevor**



For Seven Months Ending May 31, 2013

**INCOME**

4099921 Income surplus	16039.19
4099923 Conference surplus outside account	5000.00
4099930 Membership / subscription fees	2242.92
4099931 BCTF Grant	5000.00
4099934 Interest income	169.17
4099939 Other	-764.12

**Total Income** **\$27,687.16**

**Disbursements**

4099950 Meeting-executive	850.82
4099961 Publication- newsletter	1216.58
4099962 Publication - other	2.70
4099969 Publication - equipment	0.00
4099971 Equipment Purchase	88.48
4099979 Miscellaneous	43.73
4099980 Conference operating	5000.00
4099982 Conference - Facilities	552.29

**Total Expenses** **\$7754.60**

**Balance as of June 30, 2012** **\$19,932.56**

**Outside Account Balance** **\$133.74**

**Total Balance** **\$20,066.30**



## B.C.C.A.S.A. Executive

**President:** Mr. Eric MacNeill

Dover Bay Secondary

Nanaimo (250) 751-3409

[emacneill@sd68.bc.ca](mailto:emacneill@sd68.bc.ca)

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

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Garibaldi Secondary,

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*Webmaster.*

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Delta Secondary

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*Membership chairperson*

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*Bouquet Garni editor and meeting minutes*

**We're on the Web!**

*See us at:*

[bctf.ca/bccasa](http://bctf.ca/bccasa)