



What's Cooking

Quarterly Newsletter

Fall 2010

President's Message

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Putting your food where your mouth is or cooking with a conscience!

Dear Members,

As chefs we must be at the forefront of change and connect our clientele with real food while promoting sustainability. So, how are we as chefs putting sustainability principles to work in our kitchens? For many, this means selecting the source of their products and trying to find local, natural alternatives for everything they use in their kitchen. For others, it means seasonal menus that minimize imported products and sourcing local producers. Some compost their food scraps, and even encourage their clients to plant their own gardens. Still, it is a challenge... from my own experience making our kitchen sustainable has been a real journey.

I take sustainability very seriously. We buy more and more local, we compost, we recycle, we have our own vegetable garden (in the summer anyway), and as I researched for this message I came upon a survey conducted by the James Beard Foundation suggesting that we are not alone. According to their survey:

- 73 percent of respondents said they were "highly concerned" about food sourcing
- 55 percent said "socially responsible" ingredients are very important
- 50 percent said "local/regional" foods are very important
- Only 18 percent felt "organic" ingredients ranked as high in importance

It's great to see that sustainability is a number one concern for most, but I am quite surprised that "organic" was not as important. Is this a case where chefs have relationships with farmers who don't have the money (or the patience) to get certified?

Should you have any questions or comments, please do not hesitate to call me at (780) 917-7617 or email me president@edmontonchefs.ca.

Simon Smotkowicz, CCC
President, CCF Edmonton



From There to Here

After the CCF Edmonton High School Culinary Challenge

By Tim Whistance-Smith

In the fall of 2008 Len Hallows, my Culinary Art instructor at Jasper Place School told our class about the upcoming CCF Edmonton High School Culinary Challenge. Eight students tried out for three spots and Neesa Loewen, Jaycee Ward and I became the JP School Culinary Team. Once we started practicing for the competition, I realized what a great opportunity this was to really hone our skills. Learning and

practicing an advanced skill numerous times is a rarity in senior high, but preparing for a competition offers this opportunity. In February 2009 we had our first taste of competition and although our team didn't place, all three of us decided to stay together and compete again in the 2010 Challenge. This time we knew what to expect. Our team worked hard and we were thrilled to receive gold medals and our own set of Henkel knives. This further whet our appetites for competition.

(Continued on page 6)



Recent Events

Pizza and Beer Night Sept. 13, 2010



Our newest CCI graduates: - Chris Short, Ganesh Subramanya and Harjeet Mehdwan receive their certificates

CCF Edmonton's Annual Pizza and Beer Membership Night was held September 13, 2010, at NAIT in Ernest's Dining Room.

Perry Michetti and Stanley Townsend welcomed CCF Edmonton and the students and talked about the strong ties that NAIT and CCF Edmonton are forging to promote and encourage excellence in the trade. Our Board members talked about the Edmonton Branch goals for the upcoming year, the events that are being planned including the workshops, meetings and community work. We initiated five new members and awarded our latest Edmonton CC graduates with their certificates and pins. Allana Sykes did an excellent job selling 50/50 tickets. Again this year, all funds raised from the 50/50 draw will be allocated to sponsor one (or more) of our Junior members to attend the 2011 National convention in Vancouver.

Thanks to Perry Michetti, Stanley Townsend, Vinod Varshney and Hong Chew of the School of Hospitality and everyone at NAIT for their support and encouragement. Thanks to our sponsors Chef's Hat Inc. and Dawn Food Products.

Grapes at the Gallery Workshop Oct. 4, 2010

This workshop was all about perfect food pairing with pinots and Blair Lebsack and Anita Jarmolicz of International Wine Cellars did an

excellent job (once again). In fact you could say that Blair and his sous chef went above and beyond the call of duty. There are no kitchen facilities at the art gallery so they prepped and plated in the back of a rental truck using miners' headlamps. You can't get much more dedicated than that! The food was exceptional with awesome flavour combinations, presentation and matching perfectly with the wine. As always, Anita was very informative and the 'question and answer' period was great. And, of course, the Peter Robertson Gallery made for great ambiance.



John Bond became an expert on pinots.

All in a day's work for Blair Lebsack



A big 'thank you' to Peter Robertson for opening his gallery to us, to Blair Lebsack and Anita Jarmolicz for taking time from their very busy schedules to enlighten us and to Sysco Edmonton, Fins Seafood Distributors, Wild Game Consultants and WOW Factor Desserts for sponsoring the event.

International Chefs Day Oct. 17, 2010 and Oct. 24, 2010

This year our association marked International Chefs Day twice.

On **October 17**, a group of very dedicated volunteers carved over 200 turkeys for the **Homeless Connect** event at the Shaw Conference Centre. Homeless Connect Edmonton is a broad-based community-inspired



Chefs Michael Brown and Jason Wild carving their umpteenth turkey and still smiling

initiative, providing free appropriate services to homeless people and those at risk of becoming homeless, on one day and at one location. Its mission is to provide services that help open doors out of homelessness, build lasting partnerships, raise public awareness of homelessness in the community, and provide a vehicle for community involvement in addressing the issue of homelessness. Visit their website to learn more www.homelessconnect.ca.

Then we served about 300 guests at the **Bissell Centre on October 24**. The Bissell Centre is about neighbor helping neighbor with programs that address immediate needs and support to turn lives around. Visit their website to find out more www.bissellcentre.org. This year we served turkey à la king, perogies and all the fixings.



Thank you to all the volunteers who turned out to make the day successful and to all of our sponsors who made it possible – Cheemo Perogies, Sysco Edmonton, Dawn Foods, Brazilian Canadian Coffee, Foothills Creamery, Fresh Pro Sales and Marketing, GFS Edmonton, Inform Brokerage, International Pacific Sales, Lassonde, Portuguese Bakery, Safeway Lucerne and Vitality.

Upcoming Events

Christmas Dinner Meeting December 6, 2010

Please join us for our biggest and most festive event of the year - our annual Christmas dinner! Planning is underway and we hope to make it a truly festive event and get everyone in the mood for the holiday season. We've got Santa, turkey and all the fixings, music and fun.

Please plan to attend to welcome our new members and enjoy the company of your peers and friends - the more, the merrier.

This year we will be collecting for the **Food Bank** and **Santa's Anonymous** so think of those less fortunate than yourself and bring along something!

To reserve your spot, please call the office at 780-475-2433 or email admin@edmontonchefs.ca.

Chefs Collaborative Trade Show February 7, 2011

For quite some time, we have been talking about starting a Chefs Collaborative to help chefs and local producers connect, network and promote eating local.

Well it is finally happening and following an initial meeting between chefs and local producers a "Chef Collaborative Trade Show" featuring 20 to 30 local producers is being organized and will take place on February 7, 2011.

Mark your calendar and plan on tasting the best local cheeses, beef, lamb, chicken, pork and produce available.



Revolution in the Kitchen Workshop - January 24, 2011

Ever wanted cook an egg so the yolk is set but the white is still runny? Make 'caviar' from fruit juice, or noodles from yogurt? We will explore the science of molecular gastronomy. We will reveal the chemistry and biochemistry of food ingredients and their preparation. With the kitchen as our laboratory, we'll delve into molecular cooking, and you will get to eat your lab results

Learn why using an **anti-griddle** develops solid or semi-frozen creation with stable, crunchy surfaces and cool, creamy centers. The tantalizing dual-textures create a surprising and unique experience in restaurants. Cook **sous vide** and learn why cooking has been gaining popularity in professional kitchens over the last few years and how using a **thermocirculator** gives you exceptional control of liquid heating to within 0.09 °F (0.05 °C) allowing you to cook perfectly every time.

Join Chef Maynard Kolskog, Culinary Arts Instruction at NAIT, for this hands-on class working with transglutiminase, spheres, and foams.

To reserve your spot, please call the office at 780-475-2433 or email admin@edmontonchefs.ca. The workshop is at NAIT and starts at 6:30 p.m. sharp.

Juniors Page



Homeless Connect - October 1710

Allana Skykes, Kirsten Szautner, Kim Chai and Kelly Wong lend a hand carving many, many turkeys.

Scholarship Opportunities

\$500 waiting for you!

CCF Edmonton annually awards two scholarships to NAIT students, one to a 2nd year diploma student and one to a 3rd year apprentice cook. The deadline for applications is March 31, 2011. The application form will be online (www.edmontonchefs.ca) in about one week.

Alberta Junior Culinary Challenge

March 12, 2011

Have you got the *right stuff*? Apply to be one of ten competitors vying to win the Alberta Junior Culinary Challenge. The winner will represent Alberta at the CCFCC Junior Culinary Challenge at the National Conference in Vancouver in June 2011. Stay tuned for more details.

Upcoming

'Juniors Only' Workshops

Nov. 15/10	Tongue Twisters
Dec. 13/11	Festive Chocolate Workshop
Jan. 17/11	A Taste of Italy - Italian Centre
Feb. 21/11	Around the World in 80 Bites

- All workshop are at NAIT and start at 5 p.m. unless indicated otherwise.
- Contact Allana Sykes at juniorsrep1@edmontonchefs.ca for info or to sign up.
- Check the website (www.edmontonchefs.ca) for more details.
- Space is limited and these workshops fill up quickly so sign up early to avoid disappointment.

We're on Facebook
Look for CCF Edmonton Association



First and foremost, Congratulations to all the new Juniors who joined our Branch and aim to be the future chefs of our area! We want to thank all the Juniors who joined us for our *Pizza and Beer* night, *Homeless Connect* and International Chefs Day at the Bissell Centre where we helped feed hundreds of people in need.

We continue to grow and our calendar of events for the Juniors is expanding. As an aspiring chef, if you want to learn and expand your knowledge base, then our workshops are the place to be. They are held every third Monday (usually) at NAIT (usually) starting at 5 p.m. and are interactive in a lab so please dress accordingly. Check out the list above - use your imagination to figure out what they mean!

This year we are also putting in a lot of work to take a group of Juniors to Vancouver for the CCFCC National Conference June 12-16, 2011.

The BC Chefs Association will be showcasing its finest with workshops, tours, keynote speakers and networking. It's a great opportunity to get inspired. Check it out at www.bcchefs.com/cook. Work with some amazing professional chefs - in other words - mentor and be mentored!

There are endless changes happening in our industry and we want to hear from you to know what you want to learn and see. We are illoing forward to the coming events and hope you are as well.

If you are interested in more details on the trip to Vancouver or to register for the workshops, please email us.

See you out there,

Allana Sykes (juniorsrep1@edmontonchefs.ca)

Debra Poulin (juniorsrep@edmontonchefs.ca)

Welcome New Members



Please welcome the following members who have been **inducted** since June 2010. We hope you get to know them, and they you, as time goes on.

Neesa Loewen - Junior
Shannon McNainy - Junior
Vanessa Oleksyn - Junior

Chapman's Fresh Produce - Kyle Lygas - Associate
Elizabethan Catering - Simon Hajjar - Associate

This and That

- ❖ **Say It Ain't So!!!** Well, it is. The membership dues invoices for 2011 are being mailed with a payment due date of December 31, 2010. This is our major source of funds to run our Branch activities and we really hope that you feel your Branch is doing a good job.
- ❖ **Directory Update** - Included with the membership invoice is a directory update sheet for you to complete and send back. This info will be used for our 2011 Branch Directory which will be sent out in March. Please take a moment to look it over and send it back. Thanks!
- ❖ Our third group of NAIT candidates are working their way through the **CCC certification program** and have just started their second module with a target finishing date of June. Good luck to all of them! Contact John Bond by email at membershipdirector@edmontonchefs.ca if you would like to know more about the CCC certification process. The Canadian Culinary Institute's new website is an excellent resource for culinarians wanting to take the next steps. Visit www.ccicc.ca to learn more about the Certified Chef de Cuisine, Certified Working Chef and the Certified Master Chef programs.
- ❖ Anyone who attends a dinner meeting and has **special food requests**, please let the office know when you reserve your spot so that we may accommodate you.
- ❖ And, as always, please reserve your spot by phoning 780-475-2433 or emailing admin@edmontonchefs.ca.

*** Calling All Chefs and Juniors ***

What's Cooking would love to hear about and share your special stories about places you've been and culinary adventures you've had. Send us your story and photos. Don't worry about the writing, we'll be happy to spruce up the copy if you like. Email admin@edmontonchefs.ca.

Once again, this issue of *Mise en Place* reflects what you're doing and what you're thinking. We asked you to share memories of your summer, of back-to-school times, of great experiences — and you came through for this issue.

Click the link below and check out...

Summer Livin': Photos and stories from across the country (this makes the e-newsletter PDF larger than usual, so it may take a bit longer to download — but be patient, it's worth it! If you have any problems, email Bonnie at b.malouin@shaw.ca.)

- Back to School: Cooking classes and school lunches
- Chef's Tale: In the kitchen at the Vancouver Winter Olympic Games
- Plus a chef's reflect on career moves through apprenticeship in On the Job
- Plus LOL in the Kitchen stories from your fellow-chefs, and more...

[Mise en Place Fall 2010](#)

[Mise en Place Automne 2010](#)

We're always looking to hear about your experiences, activities and knowledge, so send in your photos and write-ups to *Mise en Place*. And encourage your fellow-members too. All ideas and contributions welcomed and appreciated! Contact the editor at newsletter@ccfcc.ca



From There to Here

Continued from page 1



One of Tim's award-winning creations

Jaycee and Neesa next set their sights on Skills Alberta, and they won gold and silver respectively in the Edmonton Regionals in

Culinary Arts. I decided to continue to focus on baking since in the CCF Challenge I had prepared our dessert. During training I found I really enjoyed the precision that baking requires along with the attention to detail. There is no regional competition in the baking category so I set my sights on the Skills Alberta competition. Skills Alberta is a notch up from the CCF Edmonton Challenge, but I felt prepared having competed twice before. Jaycee placed



Tim on the podium at Skills Alberta

Hobbs, was there to help sort out timing when everything was changed at the last minute. Certainly Ms. Hobbs' baking experience and familiarity with competition was instrumental in orienting and guiding me towards achieving the goal I had set for myself.

second in Culinary Arts and I placed first in Baking. I was exhausted but the Gold Medal meant five more days of practice and preparation before joining Team Alberta on a plane headed to Waterloo, Ontario and Skills Canada. Fortunately the scope was fairly similar to Skills Alberta and my coach, Kelly

The Skills Canada competition itself was challenging, although more for the post-secondary students. On Day One the fans kept blowing out the flames on the stoves of the culinary competitors. Consequently they were turned off on Day Two, and the chocolate masterpieces of the post-secondary bakers all started to melt! Fortunately our scope did not involve chocolate and I was awarded the silver medal in Baking.

Now that the competitions are behind us, I'm busy studying Culinary Arts full-time at NAIT and have joined Team NAIT to continue to hone my baking skills. My teammate, Neesa, is a Culinary Arts apprentice having received one of the 2010 CCF Edmonton High School Culinary Challenge scholarships. President Smotkowicz's hope that this Challenge would encourage students to pursue culinary arts as a career has certainly borne fruit in 2010.

LICENSED PROFESSIONAL KITCHEN With Property - North Glenora



CATERING BUSINESS in operation over 22 years, offered for purchase to other aspiring entrepreneurs and chefs who could take a great business to the next level.

Currently operates as home based business out of a property featuring a 340 sq. ft. fully equipped commercial kitchen with separate walk in cooler, attached utility & furnace room, which is HVAC a/c ready. Company is fully licensed with health board approval.

HOME features over 1500sqft. Brick bungalow, w/3brms, basement suite & double garage.

Variety of menu & pricing structures, yellow pages, comprehensive website, client data base 800+clients. Updated marketing collaterals -new business cards, brochures and Menus are print ready. Includes all current contracts and substantial goodwill, equipment and inventory.

BUSINESS AND PROPERTY \$549,000.00. For information please call 780.991.9565

Whassup?

On November 22 and 24 Culinary Team Canada will compete for the World Culinary Cup 2011 at Expogast in Luxembourg. The competition is tough but our Team members are tougher, have worked hard to prepare and will make us all proud by bringing honour, prestige and recognition to Canada, the provinces and the Canadian Culinary Federation.

Four of the Team members are CCF Edmonton members. **James Holehouse** is the Team's Pastry Chef. James has been practicing long and hard for months to perfect the pastry entries. **Simon Smotkowicz** is the Team Manager, **Vinod Varshney** is the Assistant Manager and **Clayton Folkers** is a Coach. There is an incredible amount of work and dedication involved to take a national team to international competition with the sole goal of coming out on top.



All the Best, Culinary Team Canada



Peter Dewar
Chef Member



Brad Horen
Captain



Dave Ryan
Chef Member

Culinary Team Canada wishes to gratefully acknowledge and thank all of its sponsors.



Poyan Danesh
Chef Member



Patrick Gayler
Chef Member



James Holehouse
Pastry Chef





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We want to know what you think about the website, about the workshops, about how we can make the association work for you. Please email or phone us with your thoughts, suggestions, ideas or comments. Feel free to contact any of your Board members.

Simon Smotkowicz	president@edmontonchefs.ca
John Lizotte	1stvicepresident@edmontonchefs.ca
Claude Buzon	2ndvicepresident@edmontonchefs.ca
Stephen Kaiser	secretary@edmontonchefs.ca
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Allana Sykes	juniorsrep1@edmontonchefs.ca
Debra Poulin	juniorsrep@edmontonchefs.ca

CCF Edmonton Advertising Rates

	Member Pricing	Member Pricing	Non-Member Pricing	Non-Member Pricing
	Per Issue	Yearly (4 Issues)	Per Issue	Yearly (4 Issues)
Newsletter				
Full Page	\$160	\$520	\$200	\$650
1/2 Page	\$80	\$300	\$140	\$480
Business Card	\$40	\$120	\$75	\$250
Website		Yearly		Yearly
Home Page		\$1,000		N/A
Associate Members Listing		N/C		N/A
Directory		Yearly		Yearly
Full Page		\$200		N/A
1/2 Page		\$100		N/A
Business Card		N/C		

Contact CCF Edmonton office at 780-475-2433 or admin@edmontonchefs.ca for queries or to book space.