



What's Cooking

Quarterly Newsletter

Summer 2010

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President's Message

Dear Members,

As have others in our profession, Blair Lebsack and I have been actively promoting 'buying and eating local'. At our June meeting at the Union Bank Inn, the menu was totally local thanks to a donation from Alberta Agriculture.

One of our guests that night was Marlene Abrams from Dine Alberta. Dine Alberta is a government project that promotes and encourages using home-grown foods as much as possible and links our local producers, chefs and consumers. Marlene asked us if the CCF Edmonton branch would consider forming a chefs collaborative.

So what is a chefs collaborative? It is an educational program that gives chefs the information they need to make more sustainable purchasing decisions. This program helps connect chefs and farmers and helps chefs figure out how to source more local food from farmers in their area.

By educating ourselves about sustainable choices, we as chefs can serve as models to the culinary community and the general public by purchasing seasonal, sustainable ingredients and transforming these ingredients into delicious food.

Are you interested in getting involved in our work? Would you like to share with us other great ideas you may have? If so please contact Blair (780-423-3600 / chef@unionbankinn.com) or me to find out more. Our aim is to be a catalyst for positive change by creating a market for good food and helping preserve local farming.

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, CCF President, CCF Edmonton

Pizza and Beer Membership Night

When: September 13, 2010

5:30 p.m.

Where: Ernest's Dining Room

NAIT

11762-106 Street

Why: * Welcome new potential Junior members

* Network and connect with members

* Meet the Board of Directors and let them know what you want to see CCF Edmonton do for you

* Find out what we're all about



**Prizes
Pizza
Beer**

Sign up a new member and enter to win your 2011 local dues

Come out and join us to show your support!

And the Winners Are!



Each year our Branch and our national association recognizes and honours individual chefs for their contributions and accomplishments. A big **CONGRATULATIONS TO YOU!**



Perry Michetti received the 2010 Outstanding Member of the Year award



Sieg Bressmer of Dawn Food Products received the Outstanding Associate Member of the Year award in March 2010



Debra Poulin received the 2010 Outstanding Junior Member of the Year award



John White received his CCFCC 40-year membership certificate at the June North Vancouver Island branch meeting



Cesare Gentile received his CCFCC 40-year membership certificate



Stanley Townsend received the President's Award

Valentin Kremzar was inducted as a Founding Member of the CCFCC Honour Society



Marcel Hemery was inducted as a Founding Member of the CCFCC Honour Society



Evelyn Iorio was made an Honorary Member of the Branch



Allana Sykes received the CCF Edmonton Scholarship award for NAIT Culinary Arts students



Recent Events

CCFCC Annual Conference - May 31 - June 4, 2010



Marvin Karenko and Claude Buzon
connecting with Ron Dobrinski of Winnipeg

The weeklong conference was held in Windsor, Ontario, from May 31 - June 4. The Windsor Branch headed by Chef Ahron Goldman did an outstanding job hosting our chefs from across the country. One of the true highlights of the week was the Junior Chefs Icebreaker Reception. The week was filled with workshops, seminars, field trips, competitions, hospitality suites and, of course, the annual general meeting. Our Branch was well represented by Simon Smotkowicz, Claude Buzon, John Bond, Marvin Karenko, Debra Poulin and Allana Sykes. Our two Juniors especially enjoyed the experience particularly connecting and networking with Juniors from other regions of the country and the excellent selection of workshops.

Next year the CCFCC will gather in Vancouver from June 14 to 19 for their national conference.

Awards Night and Dinner Meeting - June 7, 2010

Over 80 members and guests turned out to celebrate our members and enjoy each other's company before the summer break. Executive Chef Blair Lebsack treated us to a truly exceptional meal which showcased our local producers and local cuisine and how it gets from the farm to the plate. Perry Michetti was awarded the *Outstanding Member of the Year* award; Debra Poulin was awarded the *Outstanding Junior Member of the Year* award. Stanley Townsend was awarded President's award. This year's NAIT scholarship recipient was Allana Sykes. There were presentations to Cesare Gentile (40-year membership certificate), Val Kremzar and Marcel Hemery (Founding Members of the CCFCC Honour Society) and Evelyn Iorio (Honourary Member).



Long time members Val Kremzar, Jon Paudler,
Cesare Gentile pose with President
Simon Smotkowicz

Thanks to Chef Blair Lebsack, the Union Bank Inn, Chapman's Fresh Produce and Alberta Agriculture.

Lobsterfest - June 13, 2010



Our 4th annual Lobsterfest was another success story for our branch. It was held on June 13 in Hall D of the Shaw Conference Centre and the organizing committee headed by Stephen Kaiser kept the concept the same with mussels, oysters, a kissable cod, screech, lobster and all the fixings, East Coast music and a 'funny money' casino to entertain and lots of door prizes.

See page 5 for photos.

A big thank you to all our supporters and volunteers who do so much to make our event happen well. Thanks to our sponsors and donors Doug Sauve and Fin's Seafood, BiCoastal Seafoods, Russell Food Equipment, the Shaw Conference Centre, Pinto Graphics, Chef's Hat, Dawn Food Products, the hardware grill and The Links at Spruce Grove.

Thanks to our volunteers Connie Bressmer, Sieg Bressmer, Wanda Collins-Kaiser, Simon Smotkowicz, Michael Brown, George Pokrandt, Nic Barron, Sheldon Polowick and Leonard Albarda.

This is our major annual fundraiser and we encourage all our members to support us.

*** 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

Upcoming Events

Pizza and Beer Membership Night – Sept. 13, 2010

September 13 is our annual members appreciation night in Ernest's Dining Room at NAIT. **It's informal and it's free.** The fun starts at 5:30 p.m. with pizza and beer and door prizes. We talk about plans for the upcoming year, welcome new potential Junior members, give away prizes and connect after the summer break.

This is a great opportunity for you to bring potential new members along so they can see what we're all about and connect with fellow members and the Board of Directors in a relaxed, casual atmosphere.

Come join us and show your support!



International Chefs Day October 2010

For our 4th annual International Chefs Day, we are going to switch things up a bit. We are going to have not one, but two, celebrations.

We will prepare and serve dinner at the [Bissell Centre](#) to those much less fortunate than we are on Sunday, October 24/10 and we will carve turkeys at Homeless Connect on Sunday, October 17/10. Homeless Connect Edmonton is a broad-based community-inspired initiative, providing free appropriate services to homeless people and those at risk of becoming homeless, on one day and at one location. [Click here](#) to visit their website.

International Chefs Day was established by the World Association of Chefs Societies (WACS) several years ago as an initiative to celebrate and salute chefs and their families and create awareness and increase our profile in the community at large. It is also a day where we demonstrate our desire to make a difference by giving back to the community.

This is our annual opportunity to contribute to our community as a group so please support this project by volunteering your time. Contact Sieg Bressmer to see how you can get involved at 780-451-1373 or assocrep@edmontonchefs.ca.

I'm Not Just a Pretty Prime Rib Workshop—Nov. 8, 2010

Join us at the Shaw Conference Centre to learn how to use the whole animal and not just the popular, traditional and obvious cuts. This is a two-part workshop. Our selected presenting chefs will be given a black box of specific cuts one week prior to the workshop for presentation, tasting and discussion at the workshop. Then Warren Smith and his staff at Wild Game Consultants will demonstrate proper butchering techniques.

Our workshops start promptly at 6:30 p.m.

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

Grapes at the Gallery Workshop - Oct. 4/10

This year we will learn how to pair pinot varietals with our own homegrown produce. Chef Blair Lebsack's specially prepared culinary creations will both showcase our local producers and growers and the pinot grape. Anita Jarmolicz of *International Wine Cellars* will once again educate and entertain us. The venue is the Peter Robertson Gallery at its new location—12304 Jasper Avenue - www.probertsongallery.com. Our workshops begin at 6:30 p.m.

This workshop always fills up so reserve your spot early to avoid disappointment. Call the office at 780-475-2433 or email admin@edmontonchefs.ca to reserve.

Lobsterfest 2010



We're especially excited about this summer issue because it covers the June 2010 National Conference hosted by the CCFCC Windsor branch.

Click the link below and check out...

- On the Job: the CCFCC's CCI certifications can mean job advancement
- Important news: CCFCC Honour Society inaugurated
- Cook's Tale: a Canadian chef vacationing in South Africa
- Fave Rave: BBQ is #1 with this Quebec chef
- At the Conference: six bonus pages of stories, news and photos, including three pages of snapshots (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.)
- Plus a sprinkling of LOL in the Kitchen stories from your fellow-chefs, and more...



[Mise en Place Summer 2010](#)

[Mise en Place Été 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

Juniors Page

How to Eat With Your Green Thumb! April 25/10

The Juniors spent an afternoon at Hole's Greenhouses and Gardens learning about the benefits to chefs of growing their own produce.



CCFCC Conference Windsor ON May 31 - June 4, 2010

Debra Poulin and Allana Sykes represented our Juniors at this year's National Conference.



Upcoming 'Juniors Only' Workshops

Sept. 20/10	Tongue Twisters
Oct. 18/10	Newbie Gastronomy
Nov. 15/10	Italian at Heart - Cooking with Spinelli—Italian Centre

- All workshop are at NAIT and start at 5 p.m. unless indicated otherwise.
- Contact Deb Poulin at juniorsrep@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



JUNIORS - EXCITING NEW YEAR TO COME!!!!

With all the great success from this past year, we are excited and looking forward to continued growth of our Junior membership. We are offering some great new 'Juniors Only' workshops starting in September and hope to see you all out for them. And please remember to check out and sign up for the regular workshop series. There are a lot of new and exciting things happening so please stay in touch with both of us.

Up and coming is our Pizza and Beer Membership Night in September at NAIT so if you know anyone who is interested in joining the CCFCC Edmonton branch.....we encourage you to

bring them out to see what we are all about. If you wish to help out, please contact us and we will lead you down the right path!

Thanks again to all the Juniors that made this past year so successful year and will see you all soon. Have a great rest of summer!

Your Junior Representatives,

Allana Sykes
(juniorsrep1@edmontonchefs.ca)

Debra Poulin
(juniorsrep@edmontonchefs.ca)



Whassup?

Well, actually, we have some happy and not-so-happy news to report.

- ❖ Elections for the Board of Directors were held at the June 7th meeting. Acclaimed for a two-year term are: Simon Smotkowicz, President; John Lizotte, 1st Vice President; Claude Buzon, 2nd Vice President; Stephen Kaiser, Secretary and John Bond, Membership Director; Sieg Bressmer, Associate Members' Rep; Debra Poulin, Junior Rep. Your two new Board members are: **Michael Brown**, Treasurer and **Allana Sykes**, Junior Rep.
- ❖ **Congratulations** to this year's High School Culinary Challenge scholarship recipients. They are: **Neesa Loewen** (Jasper Place Senior High School) and **Shannon McNainy** (Salisbury Composite High School). Good luck with your studies, girls!
- ❖ A **big CONGRATULATION**s to our second group of NAIT CCI

graduates. They are: **Ganesh Subramanya**, **Chris Short** and **Harjeet Mehdwan**. This is a major accomplishment for these busy chefs and we applaud them for all the hard work and dedication involved.

- ❖ Good luck to **Scott Ards** in his new position as Chef de Cuisine at a new French bistro called the *Marc* opening in September. The menu will feature appetizers like mussels and pate, and main courses like cassoulet, duck confit and, of course, steak frites. Chef Scott is quite excited about this new adventure.
- ❖ Chef **John Lizotte** has moved on from his position as Executive Chef at the Royal Glenora Club to pursue his interest as a personal chef for a local family. As well, he is currently developing a beginner sushi class at NAIT where he teaches epicurean classes for Hospitality and Culinary Arts continuing education. Once again Chef John is also planning

an amazing year or workshops for our membership. If you are interested in volunteering for one of the upcoming workshops please email John at 1stvicepresident@edmontonchefs.ca

- ❖ Contact John Bond by email at membershipdirector@edmontonchefs.ca if you would like to know more about the CCC certification process and/or sign up for the Fall session. 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.
- ❖ If anyone has any news they would like to share with the CCF Edmonton family, please send an email to Bonnie at admin@edmontonchefs.ca. We'd love to hear from you and share your stories.



Welcome New Members

It seems that when the newsletter became a quarterly publication, we somehow managed to forget to acknowledge and welcome some special people and companies - our new members. Shame on us!

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

Angela Van Roodselaar - Federation
 Nilesh Ratnam - Federation
 Hasthimuni Soysa - Federation
 Jason Gulliford - Federation
 Lahlal Brahim - Federation
 Sanjiv Rana - Federation
 Nitesh Ratnam - Federation
 Jason St. Laurent - Federation
 Alok Pandey - Federation

BFG Baking Group - Brian Jaeger - Associate
 Bee-Bell Health Bakery - Pete Plizier - Associate
 BiCoastal Seafoods - George Pokrandt - Associate

Brian Greening - Junior
 Carter Stevens - Junior
 Carly Minish - Junior
 Stefan May-Sieweke Junior
 Steven Loos - Junior
 Parker Regimbald - Junior
 Kyrsten Carlson - Junior
 Michael Kulba - Junior
 Nic Barron - Junior
 Levi Biddlecombe - Junior
 Parvinder Bansal - Junior
 Kate Marshall - Junior
 Alexei Boldireff - Junior



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We're on the Web!
www.edmontonchefs.ca

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
Michael Brown	treasurer@edmontonchefs.ca
John Bond	membershipdirector@edmontonchefs.ca
Siegfried Bressmer	assocrep@edmontonchefs.ca
Bonnie Malouin	admin@edmontonchefs.ca
Debra Poulin	juniorsrep@edmontonchefs.ca
Allana Sykes	juniorsrep1@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.