



# What's Cooking

Quarterly Newsletter

Winter 2009

## President's Message

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Dear Members,  
Please accept my best wishes for the New Year. This is a season when many of us take stock of our past, while we also plan for the future. The upcoming year promises to be as busy as the last for our association. The CCF Edmonton High School Culinary Challenge is already upon us with 13 high schools competing both from Edmonton and the surrounding areas. Please support our upcoming apprentices by planning to take part in the Awards Lunch on March 4 in Hall D at the Shaw Conference Centre.

As mentioned in our Fall 2008 newsletter our junior members are planning to be more active in 2009, starting with a culinary scavenger hunt sometime in February or March and from what I have been told a meat cutting workshop later. Your Board members are also making plans for the Western Conference, March 6 - 8 in Saskatoon as well as for our annual National Conference in Kelowna, May 31 to June 3. Let us know of any concerns or questions that you want us to bring to these conferences.

Last, but not least, a reminder that Eleanor Gasparik the editor of our national



newsletter is looking for articles and contributions to *Mise en Place*, so please keep it in mind and tell us a great story, recipe or experience that you have had.

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

Simon Smotkowicz  
President  
CCF Edmonton

## For Juniors Only

### Scavenger Hunt!

Calling all Juniors to join the fun and take part in our first Scavenger Hunt. It will be a city-wide scavenger hunt for ingredients, a race back to the Shaw to bag the final ingredient, cook up a storm, and then kickback to eat and enjoy everyone's company. Contact Cory Schwartz at [juniorsrep@edmontonchefs.ca](mailto:juniorsrep@edmontonchefs.ca) to sign up, to help out or to find out more.

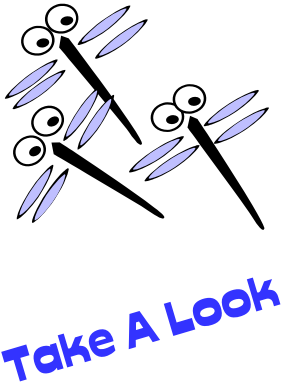
### Juniors Unite!

Let's get this thing done! The Board is working hard to get a *Juniors Only* program up and running. The goal is to give the Juniors a strong voice in the association and to establish programs and activities geared to appeal to the Juniors. Contact Cory Schwartz [juniorsrep@edmontonchefs.ca](mailto:juniorsrep@edmontonchefs.ca) or Simon Smotkowicz [president@edmontonchefs.ca](mailto:president@edmontonchefs.ca) with ideas or to help.

### Competition

This year's Alberta Junior Culinary Challenge takes place March 21 at NAIT. The winner of this competition will travel to Kelowna in May to compete in the National competition. The information package has been emailed. Contact Competition Chair Scott Ards at 780-945-0892 or at [freedm9@telus.net](mailto:freedm9@telus.net) for more info.

For Scholarship see page 2



## Recent Events

**Indian Cooking Workshop - November 3/08** - Milton Rebello of The Westin Edmonton enlightened all who attended the workshop at NAIT to the differences, similarities, spices and great variety of Indian cuisine. As always, one of the best features of these



Milton Rebello demonstrating samosa as Debbie Poulin and Louise Lu look on

workshops is that everyone got to taste the creations. Many thanks to Milton's assistant, Louise Lu, for her expert help.

Visit the website and check out our growing photo gallery.

### **Dinner Meeting - December 1/08**

About 115 members, family and friends celebrated the holiday season in style at the Shaw Conference Centre on



Par and Marvin Karenko visit with John Bond

December 1, 2008. The staff at the Shaw outdid themselves with a magnificent buffet, the tables were beautifully set and the room was gorgeous. Thanks to Cory Schwartz and Christine Sandford for the centrepieces. John Bond inducted 16 new members into the fold. Members generously bought raffle tickets to support the Mountain Plains Family Service kids' Christmas party and toys and food were collected for the kids and for the Food Bank. Thank you, chefs! Of course, the evening would not be complete without a visit from our special Santa, Jon Paudler.

We received a heartfelt thank you letter from Chris Larsen of Mountain Plain Family Service Society thanking us for helping make their Annual Christmas Gathering such a success this year.

**Sausage and Wild Game Workshop - January 12/09** - CCF members were treated to an excellent sausage-making workshop despite last minute changes. Warren Smith of Wild Game Consultants stepped up to the plate to lead the class in *sausage-making 101* with the help of one of our newest members, Mark Trick. Our Chef Simon talked about smoking meats and



Mark Trick shows Ihab Rafah how to link sausages

the group finished the evening by sampling deli meats from Valbella Gourmet Food. It was hands on and it was fun. Thanks to Wild Game Consultants and Valbella Gourmet Food.

## This and That

- ❖ Just a friendly reminder to those members who have not paid their 2009 membership fees - the **Dues are due!**
- ❖ The deadline to submit your nomination for the **Outstanding Member of the Year** is March 2/09. The form is available online or from the office. Take a moment to think about who you would like to see honoured this year and then send your name in.
- ❖ CCF Edmonton annually awards two \$500 **scholarships to NAIT students**; one to a culinary arts student and one to a cooking apprentice. The deadline for applications is March 30, 2009. Visit our website [www.edmontonchefs.ca](http://www.edmontonchefs.ca) to download the form.
- ❖ We are growing and growing and growing..... CCF Edmonton will initiate **14 new members** at the March meeting. Join us to welcome our newest members.
- ❖ The **CCFCC's new online store** is up and running and waiting for your orders of polo shirts, vests, pins, golf balls, etc. Look for the logo on the national website home page [www.ccfcc.ca](http://www.ccfcc.ca) and click on it.
- ❖ And, as always, please reserve your spot by phoning 780-475-2433 or emailing [admin@edmontonchefs.ca](mailto:admin@edmontonchefs.ca).



## Upcoming Events

### ▶▶ CCF Edmonton High School Culinary Challenge - February 7/09

The second annual competition takes place at NAIT with 13 schools and 39 students vying for top honours. Three-member student teams from 13 high schools in the Edmonton region will create six servings of a three-course meal (soup, entrée and dessert) in three hours. The courses will be plated and presented for judging.

This project was launched last year to engage and introduce our high school students to the exciting possibilities of a career in the culinary arts and to encourage students to pursue culinary arts as a career.

### ▶▶ Chocolate Workshop - February 9/09

Join Pastry Chef Extraordinaire, James Holehouse, at the Shaw Conference Centre for his second chocolate workshop. James is a culinary award-winning olympian pastry chef and an awesome teacher.

This is a hands-on, chocolate-making workshop with a focus on Valentine's Day treats. Book early to avoid disappointment.

### ▶▶ Dinner Meeting - March 2/09

Join us at the Mayfield Inn, 16615 - 109 Avenue, for our Spring dinner meeting; always a treat with Joe Kennedy and his staff taking care of us.

To reserve your spot, contact the office. For meeting details visit [www.edmontonchefs.ca/meetings](http://www.edmontonchefs.ca/meetings).

### ▶▶ High School Challenge Awards

Lunch - March 4/09 – Join us for lunch in Hall D of the Shaw Conference Centre to celebrate and applaud our 39 high school challenge competitors. Medals will be awarded and the top three teams will be announced. All 39 competitors will be given the opportunity to apply for one of three scholarship/mentoring program packages and proceeds from this lunch will be earmarked for the scholarship program. Tickets are \$30 or \$240 for a table of eight. Contact CCF Edmonton at 780-475-2433 or [admin@edmontonchefs.ca](mailto:admin@edmontonchefs.ca) to order tickets or for more info.

### ▶▶ CCFCC Western Region Conference - March 6-8/09

This year's conference is at the Delta Bessborough Hotel in Saskatoon. This is a great way to meet and network with your Western Region peers.

Visit the Saskatoon Branch website ([www.ccfccsaskatoonbranch.org](http://www.ccfccsaskatoonbranch.org)) for details.

### ▶▶ Annual General Meeting - April 6/09

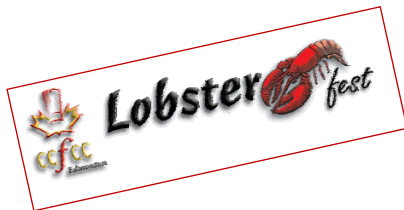
CCF Edmonton's Annual General Meeting takes place April 6, 2009, at the Delta Edmonton Centre Suite Hotel, 10222 - 102 Street. Please plan to attend and have a say!

To reserve your spot, please call the office at 780-475-2433 or email [admin@edmontonchefs.ca](mailto:admin@edmontonchefs.ca).

Call Simon Smotkowicz at 780-917-7617 or email at [president@edmontonchefs.ca](mailto:president@edmontonchefs.ca) for more information.



## Lobsterfest 2009



Our third annual Lobsterfest is set to take place **Sunday, June 7, 2009** at the Shaw Conference Centre.

The fun starts at 4 p.m. There will be a 'funny money' casino, musical entertainment, a 'cod' to kiss, 'screech' to taste, door prizes to win, and mussels and oysters to devour!

This is a really great chance to start summer on the right foot, relax and enjoy yourself with family and friends.

Tickets are still only \$50 per person (members and non-members). Contact

Stephen Kaiser at [treasurer@edmontonchefs.ca](mailto:treasurer@edmontonchefs.ca) for tickets.

We do need volunteers to help organize or set up on the day so please contact Stephen Kaiser if you can give some time.

Thanks once again to Fin's Seafood for sponsoring this event.

The second issue of *Mise en Place* (CCFCC's national newsletter) is available online.

Find the newsletter online at [www.ccfcc.ca](http://www.ccfcc.ca) and start reading about ...

- Why chefs should know about healthy eating
- The secret to perfect sugar pie (including a recipe)
- Baking in the great outdoors
- What David Garcelon had to say at the chef's table
- Plus a Junior's view from IKA, a mushroom primer, a contest and more ...

If you need a hard copy, please contact the office and we'll mail one to you.





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We're on the Web!  
[www.edmontonchefs.ca](http://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.

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## CCF Edmonton Advertising Rates

	Member Pricing	Member Pricing	Non-Member Pricing	Non-Member Pricing
	Per Issue	Yearly (4 Issues)	Per Issue	Yearly (4 Issues)
<b>Newsletter</b>				
Full Page	\$160	\$520	\$200	\$650
1/2 Page	\$80	\$300	\$140	\$480
Business Card	\$40	\$120	\$75	\$250
<b>Website</b>		Yearly		Yearly
Home Page		\$1,000		N/A
Associate Members		N/C		N/A
<b>Directory</b>		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](mailto:admin@edmontonchefs.ca) for queries or to book space.