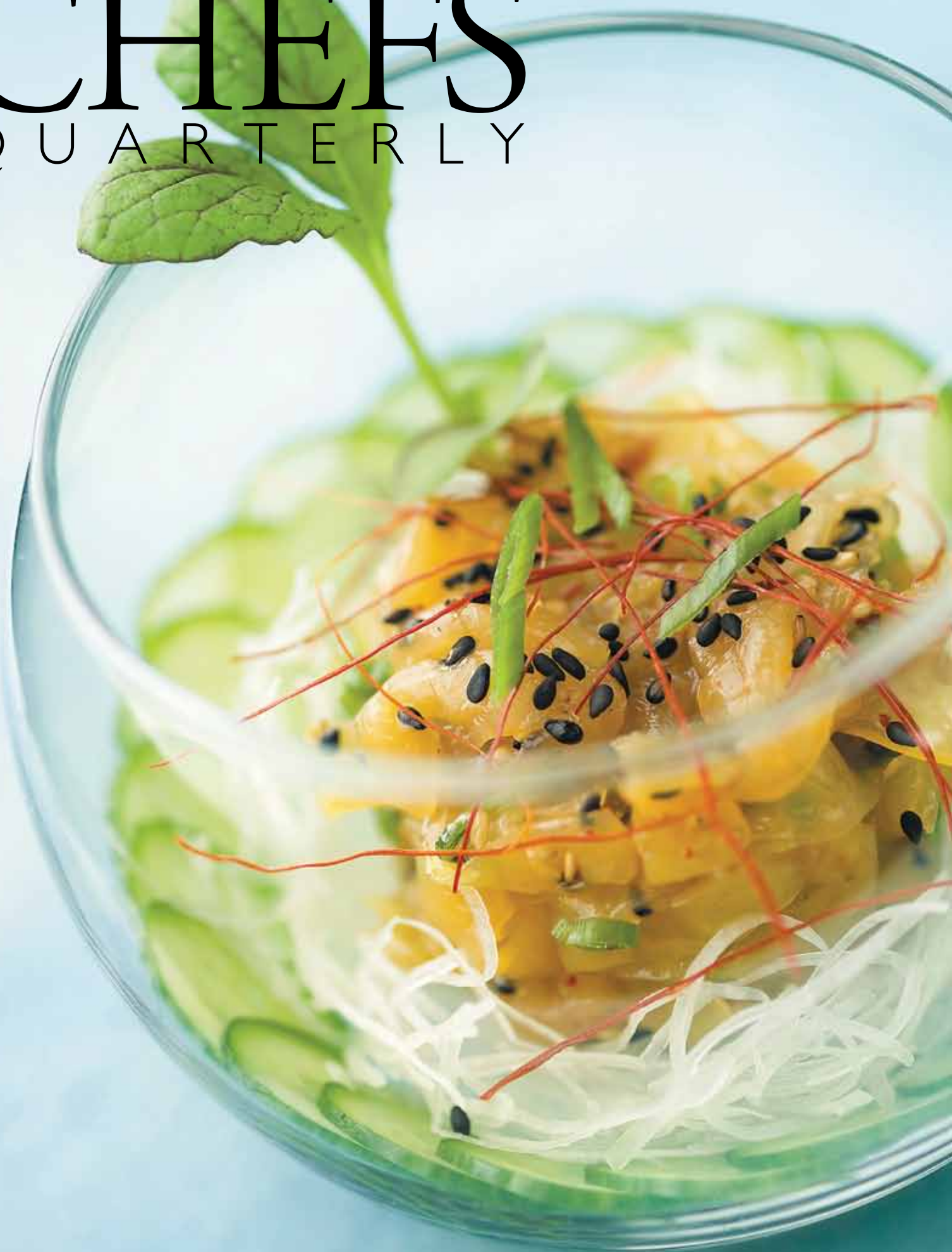


# CHEFS

## QUARTERLY



CHEF PROFILE DONALD GYURKOVITS | SAFETY | RECIPES





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# WORKING TOGETHER

Just like that, 2011 is over and 2012 is upon us. Considering the economic uncertainty, and the menu trends that keep showing in front of our faces day in and day out, one thing for sure is that customers keep looking for comfort food. Everyone thinks that the worst is behind us, and I say that the next five years will see growing markets. We at the B.C. Chefs' Association always listen to our members' needs and concerns. The most common concern is finding skilled employees in the kitchen. Despite students graduating from culinary schools in great numbers, all indications are that we will be having shortages in our kitchens over the next three to five years. Again it is the same story, the aging chefs are moving on and not enough young chefs are entering the market. The BCCA is constantly promoting young chefs and with our ongoing fundraising (that goes towards our Junior Chef programs), we hope to maintain the balance between the upcoming chefs and retiring ones.

The BCCA recently held its 16th annual Hot Competition: apprentices, post secondary students, B.C. Chef of the Year, and on a separate stage the first annual Chinese Chef of the year. A lot of people were involved in organizing the events. A special thanks to Carmen Mak, Colman Herrington, Win-

nie Lam, and William Lam for making the event a great success. Congratulations to chef Kent Wong for winning the Chinese Chef of the Year and Diva at the Met sous chef Jeff Kang for being named "B.C. Chef of the Year" after winning the annual Roasted Competition at the Canadian Restaurant and Foodservices Association's Food Show. Chef Dan Craig from the Delta Burnaby placed second and chef William Tse from The Sandbar was third. This year's top two finalists will also travel to Toronto in March to take part in the "Discovered Chef Competition" at the CRFA national show.

The CCFCC Western Regional Conference was held in Regina in February where the western branches gathered to discuss resolutions and nominations for the upcoming national conference which will be held on June 2nd to June 7th in Halifax. All our members are welcome to attend.

You can find all the necessary information on the CCFCC website.

Over the past two years our association has had the opportunity to work closer with the Chinese Canadian Chefs Association, The Hong Kong Canadian Chefs Association and the Dim Sum Chefs' Association. As a matter of fact, our relationship is moving forward and we are participating at each



other's meetings and working together towards a common goal of culinary education and the future of our junior chefs. We are very excited and stay tuned for more upcoming news.

With best culinary regards,

**Edgar Rahal**

**President — B.C. Chefs' Association**

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# PASSIONATE LEADER

BY CHERYL MAH

**B**elieving that you can make a difference is a powerful motivator. For Donald Gyurkovits, his new role as president of the Canadian Culinary Federation (CCFCC) gives him a chance to raise the profile of the association and to promote junior chefs.

"I believe that my profession is the greatest profession in the world and I want people to know about it. I want young cooks to know about it," says Gyurkovits.

The 47-year-old chef saw a need for change and was elected the CCFCC president last year after serving two years as president of the B.C. Chefs Association (BCCA).

"We as an industry are often overlooked and we need to be recognized in Canada. I want people to know who we are and what we're all about. We're good cooks but we've never been good at marketing ourselves," he says.

Initiatives underway include having the Junior National Culinary Team tour across the country (demonstrations at colleges and universities) and a junior culinary exchange.

"The junior chefs are very important to me. My heart has always been with the young cooks so we're starting a junior culinary exchange across the country," explains Gyurkovits. "It looks like the first four [still to be selected] will be going to Kelowna in August — what better place for food and culture than the Okanagan."

Now instead of overseeing one chapter, he has 29 chapters. "I'm up at 4:30am answering emails, I have to do a formal budget, deal with conferences and lots of travel," he says with a laugh. "But B.C. is my home chapter and I will always be involved. When my national mandate is over, I will come back and run for a board position again."

Gyurkovits was very involved at this year's BC Foodservice Expo where three competitions were held including the inaugural B.C. Chinese Chef of the Year. During his BCCA presidency, Gyurkovits along with Edgar Rahal successfully created a new partnership with the three Chinese chef associations in Vancouver.

"Even though there's a language barrier, cooking is cooking. Exchanging ideas and learning from each other is what's so great — creating camaraderie and bridging a cultural gap," says Gyurkovits, noting the first Chinese chef members were inducted into BCCA last March.

This February, BCCA awarded Gyurkovits with its highest honour: 2012 Chef of the Year. Unable to attend the ceremony, he was humbled when he received the call about the award.

"I was both shocked and humbled being chosen for this award. There have been many great chefs who have received this award and to be part of that

company is truly an unbelievable honour," says Gyurkovits, who received a BCCA Citation of the Year award in 2007.

His leadership and contribution to the industry was also recognized in 2010 with the Canadian Association of Foodservice Professional's Leadership Award.

After more than 20 years in the industry, Gyurkovits is still passionate about food, teaching and giving back to the profession he loves.

"I'm proud of my career. I still get up every morning with a smile on my face that I have the best job in the world. How many people can really say they enjoy their jobs?" he says.

Born and raised in the small town of Kimberley, food has always been a big part of his life. He comes from a large family (the youngest of six) where food played a central role.

"My love of food came from my family. We always had big Sunday dinners — as many as 30 or 40 people. All the kids in the neighbourhood would want to come for Sunday dinner because I credit my mother as the only mother in the neighbourhood who could cook a roast medium rare," recalls Gyurkovits. "My whole family cooks so it's really fun when we get together."

After realizing a career as a professional rugby player wasn't practical, he began his culinary training at East Kootenay Community College (now the College of the Rockies) where he earned the first ever scholarship at the time. He moved to Vancouver during Expo 86 and enrolled in the culinary arts program at Vancouver Community College.

Upon graduating, he became the second cook at Jean Pierre's, a fine dining French restaurant.

Working at the 200 cover restaurant was a "steep learning curve" but it was also where under chef Laurent Germain, he learned the most.

"I have to give him a lot of credit for encouraging me and being a mentor even though we fought like cats and dogs. There were nights when I didn't know if I had it to make it in this business and he helped me along," says Gyurkovits.

He then moved onto a restaurant called Christopher's where he got this first chef position at the age of 23, supervising a kitchen staff of six. He would continue to hone his skills cooking a variety of styles in restaurants such as Umberto and Café de Medici before eventually opening his own restaurant (1994) and then catering company (1999).

After selling his catering company in 2002, Gyurkovits joined the Commodore Ballroom/House of Blues. He describes the experience as memorable with an opportunity to watch many great artists perform. "And you know how they say band members want unique items — it's really true," he says, sharing a number of stories including how singer K.D. Lang only wanted green M&Ms.

In 2007, education of young chefs became a passion for Gyurkovits when he joined The Art Institute of Vancouver as an instructor.

"I've had a world of different experiences and the one I've enjoyed the most is teaching. I think my best times as a cook was at the school. I got to cook and educate young minds," he reflects. "I enjoy passing on my knowledge. I enjoy seeing the enthusiasm in these young kids — these up and coming chefs."

He takes great pride especially in seeing his students becoming accomplished chefs. One of his





Chef Donald with the Chinese chefs at the Dragon Feast luncheon held during the 2011 CCFCC National Conference.

Demand for qualified cooks is strong and if the forecasts are right, the profession will be facing a major shortage over the next decade.

students John Ho (former captain of the Junior National Culinary Team) is now the chef de partie at the world renowned Fat Duck restaurant.

“As an instructor, it’s not about your achievements, it’s about the people that you’ve helped along the way and what they achieve,” he says. “Because I was mentored, I know how important it is. It’s all about the junior chefs and mentoring the youth. I like to think I’m going to make a difference in someone’s life.”

A culinary education is an important step to career development, notes Gyurkovits, but “not just one year in a culinary school.” Like any trade, chefs spend four years in training and apprenticeships before they are fully certified.

“Nowadays more and more people are looking — for the higher positions — not just for journeyman anymore but looking for certified chef de cuisine. At the Federation, we’ve got three designations: certified working chef, certified chef de cuisine and we just got certified master chef,” he says. “The great part about being a cook is you’re always learning. If you have an attitude that you know everything, then you shouldn’t be a cook.”

Demand for qualified cooks is strong and if the forecasts are right, the profession will be facing a major shortage over the next decade. One of the biggest obstacles in addressing that looming shortage is low wages.

“We are still underpaid for what we do. It’s not an easy job. We have one of the most stressful jobs in the world,” says Gyurkovits. “We’re still considered domestics even though we’re a trade, which to me just isn’t right. I would like to see that changed.”

Adding to the problem is the high drop out rate of cooking students. Many have misconceptions about the profession. Gyurkovits says while the Food Network and celebrity chefs have certainly

helped to raise the profile of the industry, it has also been a hindrance.

“They don’t show the sweat. They don’t show how you are in the kitchen for 16 hours. It’s not an easy way to make money. The kids think they’re all going to be rock stars,” he says. “They also come to school and only want to do fine dining. But I tell my students not to limit themselves. Right now one of the biggest growing segments of cooking is old folks’ homes.”

In addition to his demanding position as CCFCC president, he is currently the corporate chef at International Herbs Ltd. (IHL). IHL, headquartered in Surrey, provides culinary herbs and specialty produce throughout North America.

“The job affords me the time to be the president of CCFCC which is great,” says Gyurkovits, who works with local and national customers to showcase the company’s products. “I talk to people, take products out to chefs. The bulk of the business has been retail but now we’re moving into foodservice.”

The company focuses on innovative and fresh products. New product development is an important way to meet customer’s needs and expectations.

“Last year we developed some great salad mixes and some custom blends with really different products,” he says. “This year we’re focusing on a pilot project where chefs can have a little plot of land out at one of our farms. What we want to do is create like an urban garden on our farms. Chefs can plant their own stuff and tend to them or we can look after it. Then they know what their products are and where they come from.”

Does he have a favourite herb or vegetable? “Steak,” states Gyurkovits, fully recognizing the irony of his answer. “Yes people laugh and say chef, you don’t eat any vegetables or fruits yet you work for IHL. Don’t get me wrong, I love fresh basil —

love any of our fresh products but I’m a meat man. Somewhere along the way I discovered red meat and that steak tasted better than a carrot.”

He is quick to add, “I’m beginning to enjoy them more and slowly reintroducing them into my diet because I promised my wife I would look after myself better.”

Looking back over his career, he credits his success to his mentors, family and most importantly to the support of his wife Elizabeth.

“Elizabeth has been my biggest supporter. When I didn’t believe in myself, she always encouraged me,” he says. “I have to mention my big brother Bob too. My father died when I was very young so he was a father figure to me.”

With his passion for mentoring junior chefs, it’s not surprising to hear that his future goal is to return to teaching. He plans to open his own cooking school.

“I think there’s room for another school and I want it to be not just a cooking school but ultimately a hotel school where people can learn to be waiters — to get certified as waiters,” says Gyurkovits. “We don’t have certification in Canada for waiters. There is for housekeeping, front desk but not waiters.”

When he is not working, he devotes his time (and specifically Sundays) to Elizabeth, who he has been married to for 20 years. He is also an avid fisherman. He goes sturgeon fishing every year on the Fraser River and has won several Master Angler Awards from Manitoba.

With no children of his own, he affectionately calls the junior chefs his “kids.”

“I guess it’s my way of being a parent. I’ve had to sit some of them down for a hard talk,” he says. “I just want to see them succeed. I want to see the business — the profession that I love is left in good hands.” CQ



# ADVENTURE IN THE WORLD OF FOOD

BY GARY MITCHELL



The food revolution continues to evolve every single day and what an adventure it has been. Back 20 years ago it was a relatively quiet and even mundane selection of foods. Today's culinary cuisines are evolving fast and furious with so much flare and excitement; it has become another form of entertainment. To be successful, a chef in today's world must take their ingredients and arrange them on a canvas to create an edible masterpiece. This takes creativity, artistry, and a no holds barred attitude when blending exotic ingredients like fish and chocolate. 2012 will continue to press the limits and boundaries of what we held near and dear or what we now call comfort food. As our cultures continue to blend together, we will see more and more fusion of different ethnic foods and a further blending of exotic ingredients. The top chefs this year will be remembered for their risk taking, over the top blending of never heard of before ingredient combinations. The victor's of this challenging task will keep the two basic rules in check — it must taste incredible, and look magnificent. When choosing your ingredients for your next masterpiece, keep in mind a growing demand for locally fresh, natural, and organic foods that provide health benefits. This is always "a positive" as long as it does not compromise the taste. The market will continue to shift to quality winning over quantity, and the consumer being more willing to pay for the best even if there is less. The majority of food trends start in Europe and head to

North America, however even that is shifting as our consumers and our chefs are developing their own styles and uniqueness.

In 2012 we will see chocolate everything! And why not? Chocolate is good for you and it makes you feel happy. It is loaded with antioxidants and acts as a natural antidepressant.

Chocolate for breakfast? Try chocolate dipped bacon and chocolate waffles with chocolate syrup. Chocolate for lunch? A chocolate pizza would hit the spot and for dinner, grilled salmon with white chocolate lemon and peppercorn sauce with some chocolate spaghetti (chocolate used the in flour for pizza and pasta).

My passion is truly hitting a euphoric level as we start to get the fantastic tastings from Madagascar, Brazil and Bali — the new Mecca of unique cocoa beans. We now have these extremely creative and talented cocoa blenders that are creating the most amazing combinations of cocoa beans roasted with their own personal flare, and labelling it "Bean to Bar". These blends are bringing a new depth to chocolate tasting that has never been achieved before. They will absolutely tantalize your taste buds.

Cheese and chocolate is the next frontier to be fully explored, coupled with fresh herbs, spices like fennel, cardamom, anise and rosemary, vinegars and olive oils. The key to using these complex flavours is keeping the flavours balanced. This is going to open the door to some really wild wine pairings.

Brie Cheese, Basil, Lemon Zest and Fig Truffle, winner of the 2011 Baking and Sweet Show.

This year we will see these ingredients come to the forefront. Pistachios from Italy — they are green, they are healthy, and they go with almost everything and can really enhance your next creation. In the fruit category we will see much more pear and fig; on the exotic side: goji, acai, pomegranate and all the other super fruits.

When it comes to dessert, the number one ingredient of course will be chocolate. There will be many new introductions to this menu as the sweet and savoury craze continues to grow. Try adding cayenne and cinnamon to your favourite double chocolate chip cookie recipe or milk chocolate rosemary sauce over a hazelnut cake. Watch for the retro desserts like brownies and chocolate soufflé with some very modern twists. The dessert cocktail will take to the playing field adding texture to the drink. Crush up those Oreo cookies and make mine a Chocolate Margarita. CQ

**Gary Mitchell is head chocolatier at Purdy's Chocolates. At Purdy's, he leads the product development team as they create new chocolates. At the 2011 Baking and Sweet Show he took first prize in a truffle making competition with his Brie Cheese, Basil, lemon Zest and Fig Truffle.**



# CREATING A CULTURE OF FOOD SAFETY

BY LYNN WILCOTT



**W**hat do core values mean to you? From a business viewpoint, core values represent a business' highest principles and deeply held beliefs. Those values are demonstrated in a variety of ways in your establishment. Things like your employees' day to day work behaviours, your short term and long term business decisions and how you and your employees communicate with your customers, are all examples of how your business' core values are represented.

When food safety is a core value for a food service establishment, behaviours, decisions, expectations and priorities will all support that core value. Other core values that would support a healthy workplace, and indirectly food safety, might include things like respect, teamwork, excellence and accountability. All of these values together help foster a culture of food safety.

But what does this all mean to the owner or manager of a food service establishment? What are some concrete things that can be done to create a culture of food safety?

The first and most powerful step in creating a culture of food safety is knowledge. Your employees need to know how foodborne illness is caused and what they need to do to prevent it from happening in the first place. Most cases of foodborne illness are caused by people — something that someone does incorrectly, a bad decision. People very rarely do something on purpose to make peo-

ple sick. If people have the knowledge to prevent foodborne illness, then they are much more likely to make the right food safety decisions. Investing in a food safety course for your employees can pay huge dividends for any food service establishment. Not only does it teach safe food handling practices to your employees, it also signals to them that creating a culture of food safety is important to you and that you're willing to invest your money in making sure it happens.

To further communicate your commitment to food safety to your employees, be sure to always model expected behaviours. This means leading by example. If you want your employees to wash their hands every time they walk into the kitchen, then you need to wash your hands every time that you walk into the kitchen — whether you're planning to handle food or not. If employees see you wash your hands every time you enter the kitchen, it communicates to them the importance of proper hand washing far more effectively than a hand washing poster or a verbal "order" to do so.

Accountability is also critical in a culture of food safety. Every employee should be held accountable for following safe food handling procedures and carrying out the tasks and responsibilities of their positions that contribute to a food safe environment. Checklists, written records, cleaning schedules should be initialled by the person doing the task as well as the su-

pervisor who checks that the task was carried out correctly. When people are held accountable for following safe food handling practices, it's important that they are recognized for doing so — not just when they are not. Catch people doing things right! When an employee is meeting or exceeding expectations, make sure they're rewarded. It can be as simple as a thank you or as big as "Employee of the Month" recognition. This goes a long way to satisfying another human need — feeling valued. If people feel that what they are doing has value, they are more likely to continue with that positive behaviour.

In an establishment with a culture of food safety, everyone understands the importance of handling food safely and takes responsibility for their own food safety practices. Developing that culture of food safety is much more than simply putting up hand washing posters. You've got to "walk the walk." It is a continuous process of setting expectations, providing ongoing food safety training, communicating expectations effectively and then recognizing, reinforcing and rewarding good practices. By developing that food safety culture, you can put the day to day food safety decisions, and the safety of your customers into your employees' (clean) hands. **CQ**

**Lynn Wilcott is acting program director, Food Protection Services, BC Centre for Disease Control.**

# SAFETY IN THE KITCHEN

While all cooks and chefs are naturally focused on the presentation and taste of each dish prepared in their kitchen, it is equally important each dish also be prepared in a safe manner, in keeping with industry safe-work practices. Managing safe work practices in the kitchen demands a thoughtful and systematic due diligence approach on the part of any food and beverage team leader.

Due diligence is defined as taking all reasonable care to prevent the occurrence of an accident or incident. Effective due diligence entails providing continual written, verbal and hands-on education to employees; training them on every aspect of their jobs, especially when it involves using equipment; verifying they understand by soliciting questions and providing feedback; and supervising their performance over time, offering positive reinforcement and correcting areas that require improvement. It also means periodically re-evaluating safe-work procedures to ensure that they remain relevant and effective.

With close to 10 employees working in her 1,000 square foot kitchen, Carole Bird, executive chef and co-owner of Two Birds Eatery in Squamish, recognizes the critical importance of practicing due diligence. "Safety and sanitation are my number one priority," she insists.

Previous experience, teaching safe work practices to approximately 800 employees, as a food and chemical safety officer at Whistler Blackcomb, taught her that while most kitchen workers take safety seriously, there are some for whom it's simply on the backburner. "They don't see safety as a component of cooking," she says, or they think that getting injured is just part of the job.

At Two Birds Eatery, Bird approaches safety training in a methodical way, and she acknowledges that doing it right takes time and patience. "I train everybody personally. I show them how to lift things properly, how to stand properly when cutting ingredients with a knife, how to clean the equipment properly and safely. I show everyone how to work all of the equipment, and I tell them all of the problems that I have seen in the past with similar equipment, so they're aware of what theoretically could happen."

Training takes place during work hours; for those absent due to illness or vacation, she repeats the process one-on-one at the first opportunity. Later, as she works alongside her staff, she frequently quizzes them. "For example, I'll say, 'so, if the meat slicer dial is at zero, can you trust that reading? If not, what do you do?'" She takes care to acknowledge correct answers and work habits with positive reinforcement. As a result of these efforts, Two Birds Eatery has been accident-free since opening in the fall of 2011.



While Bird's staff runs the gamut from professional cook program apprentices to veteran cooks, she is particularly mindful of the safe work habits of new and young workers, who can be oblivious to risk, or are reluctant to ask questions lest they appear uneducated. "Sometimes they think that burns are cool, or scars are cool, when it's so simple to just take the time to roll down your sleeves."

Proper supervision of new and young workers is vital. More than half of workplace accidents involving young workers occur during the first six months on the job, and young male worker are at an even higher risk of getting injured at work. Starting a new or different job in the same workplace can also represent risk that may not be anticipated even by experienced workers. With their many years of hands-on experience, chefs become a credible resource to food and beverage staff when it comes to safety, according to Bird. Methodical instruction, including demonstrations, repetition and the opportunity for feedback and positive reinforcement, allows chefs to instill and maintain over time a high standard of safety in the kitchen.

For chefs or food and beverage managers with questions about how to apply due diligence to the subject of safety, there are many resources available, notably Supervising for Safety, a free online course for supervisors offered through WorkSafeBC. This valuable resource includes a step-by-step guide, videos and interactive tests. For anyone wondering where to begin, rest assured there is no need to start from scratch; the Supervising for Safety

course and other workplace health and safety tools for the food and beverage sector are available on go2's website at [go2hr.ca/f&bsafety](http://go2hr.ca/f&bsafety). CQ

**This article was supplied by go2, B.C.'s tourism human resource association responsible for coordinating the industry's Labour Market Strategy. [www.go2gr.ca](http://www.go2gr.ca).**

## TAC FORMED

go2 recently formed a Food & Beverage Health & Safety Technical Advisory Committee (TAC), consisting of sector-specific professionals that encompass restaurants and pubs, bars and lounges. The TAC is working together on projects and resources focused on improving overall workplace safety. In 2010, in partnership with WorkSafeBC, go2 also launched the Certificate of Recognition (COR) program for tourism and hospitality businesses in BC. The goal of the COR program is to improve workplace safety and help injured workers return to work in a timely manner. The program provides financial incentives to employers who go beyond the legal requirements of the Workers Compensation Act and Occupational Health and Safety Regulation by taking the best practice approach to implementing health and safety and return-to-work programs. Successful completion of COR certification audits can result in up to a 15 per cent rebate in annual WorkSafeBC premiums. To learn about COR, visit [go2hr.ca/COR](http://go2hr.ca/COR)





### SESAME-MARINATED JELLYFISH WITH CUCUMBER AND DAIKON

SERVES 4

- 9 oz dried shredded jellyfish
- 1/4 cup sesame oil
- 2 tsp unseasoned rice vinegar
- 2 tsp sugar
- 2 tsp soy sauce
- 1 tsp shichimi togarashi (Japanese seven-spice seasoning) + pinch for garnish
- 1 tbsp sesame seeds, toasted
- 4 -inch piece of daikon radish, peeled and julienned (about 1 cup)
- 1 english cucumber, thinly sliced
- 1 tbsp black sesame seeds

#### METHOD

Rinse jellyfish under cold water and drain. Cover with boiling water and allow it to stand for 10 minutes, then drain and rinse again under a slow stream of cold running water for 30 minutes. Drain the jellyfish and pat it dry with a kitchen towel.

In a bowl, mix together sesame oil, vinegar, sugar, soy sauce, togarashi and toasted sesame seeds to make a marinade. Combine the jellyfish and the marinade in a resealable zip-top bag and allow to refrigerate overnight.

Meanwhile, rinse daikon under cold water for 10 minutes.

#### TO SERVE

Line the inside of four wide-mouth or martini glasses with the cucumber slices. Cover with a layer of daikon and top with marinated jellyfish. Garnish with black sesame seeds and a pinch of togarashi.

*\*Executive Chef Frank Pabst, Blue Water Cafe*

### CITRUS PAVLOVA

SERVES 4 (PICTURED ON PAGE 3)

#### PAVLOVA LOGS

- 60g Egg Whites
- 60g Granulated Sugar
- 54g Icing sugar (double sifted)

#### LEMON MOUSSE CURD

- 7.5g Butter
- 10g Icing sugar
- 20 ml Lemon Juice
- 1ea Yolks
- 1/2ea Sheets gelatin, bloomed in ice water

#### VANILLA CREAM

- 500ml Whipping Cream
- 100g White Chocolate
- 1 Vanilla bean, scraped
- 4 Gelatin sheets, bloomed

#### GARNISH

- 4 Blood Orange Segments
- 4 Navel Orange Segments
- 4 Grapefruit Segments

#### METHOD

##### PAVLOVA

1. Whisk egg whites until the eggs begin to froth. Add half the granulated sugar.
2. Whisk for about 2 minutes. Then add the rest of the granulated sugar.
3. Continue to whisk until stiff shiny peaks form.
4. Fold in icing sugar making sure not to overwork meringue.
5. Place in piping bag and pipe into logs onto parchment paper.
6. Bake on low fan at 120°C for 11 minutes, rotating half way through.
7. Cool and store in freezer until ready to use.

##### VANILLA CREAM

1. Heat all the ingredients up in a pot.
2. Add the gelatin.
3. Cool.
4. Whisk to stiff peaks once cold and quenelle.

##### MOUSSE

1. Bring butter, lemon juice and half of icing sugar to a boil.
2. Temper with yolks and rest of icing sugar
3. Whisk over heat until thick and then whisk in gelatine. Cool.
4. Take full amount of curd and fold with 40g of whipped cream with 10g of icing sugar.

*\*Executive Chef Dale MacKay, Ensemble*



### EXOTIC PAN SMOKED TURBOT

WITH MANGO-ORANGE REDUCTION, PORTABELLA MUSHROOMS, WILD RICE, DILL GLAZED BABY CARROTS AND STEAMED ASPARAGUS

6 ounces of turbot

- 2 mango
- 1 orange
- 1 carrot
- 50 ml maple syrup
- 1 cup wild rice
- 2 large pieces of leek
- 3 baby carrots
- 1 teaspoon of dill
- 1 medium portabella mushroom
- 2 cups vegetable stock
- salt and pepper to taste

#### METHOD

Smoker pot on — without steamer (10 minutes till ready). Vegetable pot on (peel and prepare vegetables).

Prepare fruit for garnish and juice. Make juice — 2 mangos, 1 orange, 1 carrot, 50ml maple syrup. Put juice on stove — low simmer to reduce.

Rice and bamboo steamer on (turn down pot for steamer — 11 minutes until done). Blanch vegetables. Remove and garnish with clarified butter, fresh dill and salt and pepper.

Keep watch on oven. Check rice — add stock. Check fish — remove from heat.

Garnish plates (warmed). Place rice on plate. Add sauce from squeeze bottle. Put fish on top of rice. Add vegetables and garnish.

# COMPETITION WINNERS



Three competitions were held at this year's BC Foodservice Expo on January 29-30 at the Vancouver Convention Centre. The competitions promote culinary excellence, bringing together chefs of all levels from high school to professionals to showcase their talents.

Diva at the Met sous chef Jeff Kang was named B.C. Chef of the Year after winning the annual Roasted Competition, a black box challenge featuring appetizer, entrée and dessert rounds. Chef Daniel Craig from the Delta Burnaby Hotel placed second and chef William Tse from The Sandbar was third.

Chef Craig's team entry from the EBO Restaurant at the Delta Burnaby Hotel was also a winner for the 16th annual Junior Chefs Hot Competition. Nathan Chan took first place, high school; Ellycia Ross won for post secondary and John Chang was the apprentice winner.

A new competition was added to the show this year due to a growing partnership between the B.C. Chinese Chef societies and the BCCA. The inaugural B.C. Chinese Chef of the Year competition took place over the two days with 10 competing teams. Chef Kent Wong, sous chef at the Fraser Court Seafood Restaurant, took the top honour.





# PRESIDENTS' BALL 2012



**PRESIDENT'S APPRECIATION AWARD:** William Lam, Winnie Lam, Carmen Mak  
Left to Right: Fred Cirillo, William Lam, Winnie Lam, Carmen Mak, and Chef Edgar Rahal



**FRED NASO AWARD:** Julius Debaar  
Left to Right: Fred Cirillo, Chef Edgar Rahal, Julius Debaar, GFS BC (This year's recipient) and Dennis Green, GO2 (last year's recipient).



**JULIUS POKOMANDY AWARD:** Poyan Danesh  
left to right: Chef Instructor Terry Larson, Chef Edgar Rahal, Chef Poyan Danesh.



**CHEF OF THE YEAR:** Donald Gyurkovits  
Chef Tyler Gyurkovits accepted the award on behalf of his uncle Chef Donald.

The 42nd annual BCCA President's Ball was held in February at the Delta Burnaby Hotel. Past BCCA president and long time board member chef Donald Gyurkovits was honoured as the Chef of the Year. A 20 year plus industry veteran, Gyurkovits is currently the president of the Canadian Culinary Federation. Read more about him and his career in this issue's profile.



**RECOGNITION AWARD:** Tyler Gyurkovits and Daniel Craig. Left to Right: Chef Tyler Gyurkovits and Executive Chef Daniel Craig, Delta Burnaby Hotel and Casino accepting the recognition award.



**ASSOCIATE OF THE YEAR:** Margie Schurko  
Left to Right: Anthony Munroe, Intercity Packers (last year's recipient) and Margie Schurko, BC Produce Marketing Association.



**CITATION OF THE YEAR:** Edgar Rahal.  
Presented by Fred Cirillo to Chef Edgar Rahal — Reuven International.



### CHOWDER CHAMPION

Chef Paul Cecconi of Local Lounge-Grille was the winner of Vancouver Aquarium's fourth annual Ocean Wise Seafood Chowder Chowdown Champion on November 23, 2011. His chowder featured a combination of smoked Ocean Wise Out Landish oysters with parsnips, squash and brown butter bread crumbs.

The competition saw 12 of Vancouver's top chefs served up hearty samples of their delicious creations to hungry judges and to a sold-out crowd of more than 550 guests. Each Ocean Wise chowder was paired with a local craft beer to highlight its flavour profile.

The People's Choice Award was given to chef Natasha Harris of Sunset Bay Yacht Group for her chowder featuring Ocean Wise scallops, clams and mussels, as well as sherry, organic celery and Yukon gold baby potatoes. The third award of the night for best chowder and beer pairing went to YEW restaurant + bar executive chef Ned Bell.

This year's panel of distinguished judges included Ocean Wise founding partners chef Robert Clark and Albion Fisheries' Guy Dean, along with Canada's first certified cicerone (aka beer sommelier) Chester Carey, food editor Jamie Maw and Sid Cross from The Chef's Table Society of B.C.

### TOP COOKBOOK

Island Wineries of British Columbia won the 2011 Gourmand World Cookbook Award for Canada. It is now in the running to be named the Gourmand Best in the World book in 2012. The book is a guide to the more than 25 wineries on B.C.'s islands, and includes maps, tasting excursions, recipes and stories of local wineries.

The prestigious Gourmand World Cookbook Awards were founded in 1955 to honour the best food and wine books of the year. This year's awards will take place Mar. 6, 2012 in Paris.

### NEW FOODSAFE RELEASE

The eagerly anticipated new and completely revised FOODSAFE Level 2, 2011 edition has finally been released. The re-development of Level 2 began in the fall of 2009 with a gathering of EHOs, food safety experts, FOODSAFE instructors and curriculum development specialists who came together to talk about changing the focus of Level 2 from 'doing' food safety to 'managing' for food safety. Two years and several iterations later, the new course, focusing on managing for food safety and writing food safety plans, will help food service operators create and maintain a culture of food safety in their establishments. An interactive, activity and discussion based course, the 2011 FOODSAFE Level 2 course is now available online through Open School BC <http://www.openschool.bc.ca/info/foodsafety/index.html> and as a face-to-face classroom course [http://foodsafety.ca/course\\_search](http://foodsafety.ca/course_search).

### HEALTHY PARTNERSHIP

Mava Foods has partnered with MAC'S convenience stores to launch the company's new Health Check™ home meal replacements. These items have met the strict nutrient criteria, developed by the Heart and Stroke Foundation's registered dietitians, based on the recommendations in Canada's Food Guide, such as sodium, fat or sugar content. The products, manufactured in Richmond B.C., all use produce and proteins from farms in Alberta and B.C. "Eat Fresh, Eat Local, Eat Healthy" contain no added preservatives or MSG and use organic produce where ever possible. The launch, in 56 British Columbia Mac's stores Take Away Cafe section, is to help fulfill a new direction MAC'S is taking by offering healthier deli selections. There are future plans for national expansion.

### LIQUOR PRIVATIZATION

The B.C. government has announced in its 2012 budget its intention to privatize liquor distribution and warehousing. For years Canadian Restaurant and Foodservices Association has been calling for changes to the current system, which is inefficient and does not serve stakeholders, including government, particularly well.

Privatizing the LDB will protect government liquor revenues and will lead to increased efficiencies, better product selection, and lower prices for both licensees and consumers. Numerous economic studies strongly recommend that provincial governments should get out of the distribution and retail of beverage alcohol business.

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### RECIPE: SMOKED 'OUT LANDISH' OCEAN WISE OYSTER CHOWDER

- 1 onion-diced
- 1 rib celery-diced
- 1 carrot-diced
- 1 leek-diced
- 1 med potato-diced
- 2 med parsnip-diced
- 8 cloves garlic-sliced
- 2 cups butternut squash-diced
- ½ cup pancetta-diced
- 1 tbsp fresh thyme-minced
- 1 tbsp smoked paprika
- ½ cup flour
- 1 cup white wine
- 3 ltr fish stock
- 1 ltr whipping cream
- 1 ltr Out Landish shucked Ocean Wise oysters chopped/house smoked
- To taste sea salt/cracked black pepper
- ½ loaf white bread-crust removed
- ½ cup butter

#### FOR THE CHOWDER:

- sauté bacon in soup pot till almost crispy then add onions, carrot, celery, leek, garlic and smoked paprika and sweat for 5 minutes
- add potato, parsnips and squash and cook a further 5 minutes
- add flour and cook out 5 minutes then add wine, stock and cream and let simmer for 15 minutes
- add in fresh thyme, bay leaves and out-landish oysters and simmer a further 25 minutes
- season to taste

#### FOR THE BROWN BUTTER

##### BREADCRUMBS:

- blend the bread in a food processor till med crumble
- brown the butter in a pan then toss in the crumbs and mix through
- on a cookie sheet lined with parchment paper toast the crumbs in a 300 degree oven till crispy





THE OFFICIAL PUBLICATION OF THE BRITISH COLUMBIA CHEFS' ASSOCIATION

# CHEFS

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