

CHEFS

QUARTERLY

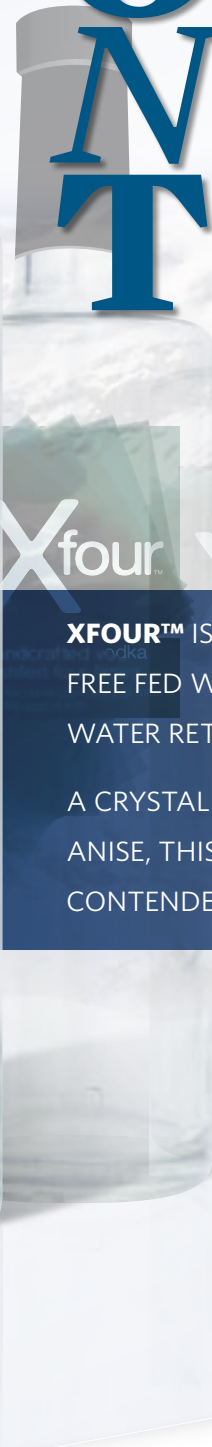


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CHEFS
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SUPPORT YOUR ASSOCIATION

Welcome to the first issue of 2011 for the Chef's Magazine. 2011 began with a bang: we hosted our first meeting of the year at Vancouver Community College (VCC). The format changed from a sit down dinner to action stations and a more social atmosphere with more than 40 people in attendance.

We then went right into our Junior Hot Competition with more than 60 competitors and BC Chef of the Year with nine competitors. Congratulations to Montgomery Lau on winning the title of BC Chef of the Year. He will be our representative for the 2011 Chef's Challenge to be held in Vancouver at the 2011 CCFCC National Conference.

The CCFCC Junior Team travelled to Ireland to compete at an international competition. The team placed second overall, competing against national teams from around Europe. An amazing time for all and a chance for the team to experience the thrill of competing on an international scale.

Check out photos of these events inside this issue along with Culinary Team Canada's two gold medals in November. For our profile, you will read about our long time serving board member chef Michael Pinter.

Preparations for the 2011 CCFCC National Conference are well under way with Dawn Donahue and Marcus Von Albrecht leading the team. Please lend your support to this worthwhile event. We need your support in the area of volunteers and product to make this conference a success. Contact Dawn, Marcus, or a member of the BCCA board of directors to join the team who will make the conference in Vancouver something to be proud of when we host our colleagues in June.

The BCCA has also been working with the three Chinese chef associations in Vancouver and have had more than 50 of their members join the BCCA. We look forward to their active participation in our association. Please welcome them to our association and to our meetings.

Drop me a line or call me if you have any comments, questions, concerns, or ideas to strengthen our association. I always look forward to hearing from you.

Cheers!

Donald Gyurkovits
President — BC Chefs' Association



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SEASONED VETERAN

BY CHERYL MAH



Becoming a chef is a lifetime commitment. Just ask chef Michael Pinter. A local industry veteran, Pinter has been involved in Vancouver's culinary scene since 1970 when he immigrated here from Europe.

"Our trade is never ending...because we are always learning, always seeing new things," he says.

The culinary world is a constantly changing and challenging industry with demanding customers. Cooking is the easy part. What truly distinguishes a chef from others is not only culinary talent but passion, professionalism, dedication and leadership.

These traits and more appropriately describe the well respected and easy going chef, who has been recognized with various awards for his culinary excellence, dedication and service to the profession. He's a mentor, teacher and a long serving member of the BC Chefs Association (BCCA).

Pinter most recently received the Lifetime Achievement award from the Canadian Culinary Federation (CCFCC). While it was a great honour, Pinter says he had mixed feelings about winning the award.

"Usually Lifetime Award is when somebody is at the end of the road and I don't feel like that," he says with a laugh. "I haven't hung up my apron yet."

Indeed, at 66-years-old, Pinter is still going strong. Today, his time is divided primarily between managing the overall food operations at Seton Villa as executive chef; and spearheading BCCA competitions and fundraisers.

"I love my trade. I like new challenges and as long as I have good health and memory, I'll still be here," says Pinter.

Looking back over his achievements, Pinter says he's most proud of winning the Jozsef Venesz Award in 1994 given by his native country Hungary. The prestigious award honours a Hungarian chef for promoting Hungarian cuisine internationally.

"To be given one of the highest awards in Hungary was truly an honour," says Pinter, who has also been inducted into the Hungarian National Gastronomic Association as an honorary member. "An award from my own country even though I've been away for so many years was special."

Born in Budapest, Hungary, Pinter began his culinary training when he was 16. He enrolled in Corporal School where he became a cook and an army officer.

After two years of culinary training, he was sent to the air force where he was assigned to quality control and the supervision of five different kitchens in four cities.

"My second wish if I can't get into cooking was to become a pilot," says Pinter.

By 1968, Pinter had worked on four different bases in four cities. His last position was at Pula Air Base, a port city on the Istrian Peninsula by the Adriatic Sea, in Croatia, where he worked for one and a half years before resigning.

In 1969, he left for West Germany and enlisted in the British Army and was assigned to the headquarters of the Seventh Armored Brigade (RAT Brigade).

He then immigrated to Vancouver in 1970, a move that would launch his career in the culinary profession.

Pinter started working at Dean's Restaurant on West 10th Avenue "where the 180 seats were always packed." In 1972, he joined the Sheraton chain of hotels as first cook in the newly opened Sheraton Plaza 500 Hotel at Cambie Street and 12th Avenue. He started with chef John Zobelein, continued with chef Helmut Gaertner and was eventually appointed to the position of sous chef.

"We were very busy in those days. Not many big hotels. Some nights I didn't even go home but it was fun," says Pinter.

He joined Seton Villa in late 1973 when it was still under construction and assisted chef Peter Brine in setting up and opening the kitchen and dining room. He became the executive chef in 1978.

Pinter admits that initially he wasn't interested in going to the Seton Villa, but luckily he had a change of heart because now he leads a kitchen serving a variety of food that could rival almost any restaurant.

"When we opened, we were the first place with food and dining," he recalls. "We changed all the equipment about a year and a half ago and there are plans to build another four or five storey centre next to this one."

The unique retirement and assisted living centre is operated by the non-profit Action Line Housing Society. Seton offers affordable and support services to seniors who want to live independently while still receiving some assistance.

The current 200 residents are served three meals a day, with a seven week menu rotation. Pinter says the residents are treated almost like family, but pleasing everyone can be challenging.

"Places like mine are very tough. You have the same clientele to please three times a day," notes Pinter, who has a staff of eight. "I have a food committee which I meet with once a month and they tell me their opinions."

Popular dishes include beef short ribs, pork chops with Hungarian Letcho sauce and different curries. Pinter is well versed in international cuisines (Asian, French, Italian, West Coast, Hungarian etc) and versatile in his style of cooking.

"I cook everything. My style is very adaptable," he says. "I use fresh ingredients when possible. We serve lamb racks, duck, fresh fish. We're not like an average place. We're different from other places."

Other retirement homes charge upwards of \$5,000 per person and serve only two meals, whereas at Seton prices start at \$1,300.

"I have creative freedom here and freedom food cost wise, managing what I think is best for the people," says Pinter, who credits friends and

connections in the industry for his purchasing power. "My food cost is less than any other place with only two meals and my food is better and the variety is better."

Waste and careless use of products is not tolerated. "I'm very critical about it in my kitchen — wasting or mishandling food. I respect food very much. I don't like waste," says Pinter, who demands a clean kitchen.

His kitchen doubles as a training ground for young chefs too. Many students from local high schools, Vancouver Community College, the Ace-It program and other groups come to his kitchen to learn the trade. He also taught weekend programs at VCC from 1980-2002.

"It is rewarding. I love teaching. I love my job and I openly talk to anybody about it," says Pinter.

He adds young cooks are "lucky" today because of the variety of food readily available and the more knowledgeable customers who are willing to try different dishes.

"When I came to this country, it's not like now. It was different — old style. The food variety today is beautiful to see," he says.

Pinter normally works five days a week at Seton Villa, cooking lunch and dinner and the occasional breakfast. He also loves to bake.

"I like to bake many traditional things. My hobby is baking. I love certain cakes and pastries. For example, kugelhof — it's like Italian Panettone but originally from Germany... and the ingredi-

ents are unique," he says, adding there is an annual popular Christmas bake sale held at the heritage mansion located on the Seton property. "In two days, we net \$8,000."

When he is not at Seton Villa, Pinter is busy volunteering to promote interest in the industry and raising the profile of the profession. Through BCCA, he organizes fundraisers and judges competitions. He is also frequently a judge of the CCC examinations. He obtained his own certificate in 1987.

Pinter joined BCCA in 1977 and has sat on the board of directors since 1978. When he served as second vice-president from 1985 to 1989, he helped increase membership to a record number of more than 300.

As the BCCA scholarship chairman, Pinter is actively involved in fundraising. He organizes and heads the judging of the annual Healthy Chef Competition which raises money for non-profit health organizations as well as the BC Chef's junior scholarship program. From this event, BCCA gives out \$7,000 for scholarships annually. Another event Pinter regularly judges and coordinates is the Eat Vancouver Master Chef competition.

Pinter has also been a culinary ambassador for Hungarian cuisine. He was the culinary art director for the successful Hungarian Festival at the Plaza of Nations in 1992. And on one of his many travels to Malaysia, he was asked to share

his expertise in Hungarian cooking at Shangri-La's Tajung Aru Resort in Sabah.

Wherever he travels, Pinter says Canadian chefs are "well respected" by other chefs and it's "nice to hear that feedback."

Pinter has a special affinity to Sabah. His wife Lin is from there. They met in Vancouver — at Seton actually, tells Pinter. Now she is his sous

When he is not at Seton Villa, Pinter is busy volunteering to promote interest in the industry and raising the profile of the profession.

chef, assisting with special diet needs and food costs. He has two sons with Lin, Stephen Michael and Attila Anthony.

At home, Pinter and his wife often host family dinners. Lin has nine siblings so family dinners require not only a lot of food but equipment too.

"We have three stoves, four fridges and a big pantry," he says with a laugh. CQ

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TOP 10 FOODS FOR 2011



1 SMALL PIES. Pie, of course, has been around forever, but 2011 could be the Year of the Pie. Some are already calling it the “next cupcake.” We say, yes, pies will be hot in the coming year, but look for smaller pies to make it big—in both sweet and savory varieties.

2 SAUSAGE. Look for a leaner, better quality sausage, sourced locally at farmers markets, to take on the role as the “new bacon.” Home butchery and the charcuterie trend that has led to renewed interest in cured meats are additional factors here as well.

3 NUTMEG. Researchers have discovered that nutmeg’s reputation as an aphrodisiac — especially for women — has some merit. Need we say more?

4 MOONSHINE. Moonshine has gone legit. Tennessee’s first legal moonshine distillery opened this summer, and the clear corn whiskey hootch can now be found in many liquor stores and even purchased online. It still packs a wallop.

5 GOURMET ICE POPS. Ice pops in exotic flavours like bacon, mango chile, and peanut butter are the latest to get the artisanal treatment. They’re known as paletas in Mexico. Watch for them to go mainstream north of the border in 2011.

6 GRITS. Could this old southern favourite become the “new grain”? We see it moving beyond the breakfast menu and above the Mason-Dixon Line.

7 SWEET POTATOES. These super-nutritious tubers will be orange-hot in 2011. They’ll be especially molten as the alternative, better-for-you french fry.

8 FIN FISH. We are still discovering so much about the benefits of fish. After all, it wasn’t that long ago that we found out about Omega 3’s, and we know that obtaining these nutrients directly from food is the best way to get them into our system. We’re banking on more acceptance of farmed fish as it becomes more important to have a good supply of this lean protein.

9 CUPUAÇU FRUIT. This is quite possibly the next superfruit, following in the footsteps of the acai fruit. Both are from the Brazilian rainforest. Cupuaçu has a number of antioxidants and minerals, and is considered a natural source of energy. We tasted it in a Brazilian candy that had us craving more. Speaking of candy, you might also watch for Brigadeiro. This sweet Brazilian candy is made by mixing sweetened condensed milk, butter and cocoa powder. It’s usually rolled into a ball and coated in granulated sugar, but it can also take on other flavours. It’s the national truffle of Brazil. Look for it to come to our shores in 2011.

10 BEANS. The lowly legume will step up to the spotlight in 2011, as a great source of protein and a versatile ingredient in appetizers like white bean & rosemary bruschetta. And, yes, it’s still awesome in chili. CQ

Source: The Food Channel



HERBS AND SPICES

Spice consumption is at an all-time high. This growth in volume has been matched by a growing desire for variety. Today’s pantry can consist of about 40 different seasonings, compared to less than 10 in the 1950s.

TOP 10 HERBS AND SPICES FOR 2011

(combined with other flavours):

- Fennel & Peri-Peri Sauce
- Pickling Spice & Rice Vinegar
- Roasted Curry Powder & Wild Mushrooms
- Caramelized Honey & Adzuki Red Beans
- Ancho Chile Pepper & Hibiscus
- Thyme & Stone Fruits
- Mustard Seed & Vermouth
- Cilantro & Nut Butters
- Herbes de Provence & Popcorn
- Green Peppercorn & Goat’s Milk

Source: McCormick

THE ESSENTIALS OF PORT

BY TONY ASPLER



courtesy of Pacific Wine & Spirits

Of all wines, the process of port production is the most theatrical.

until half the sugar has been converted to alcohol and then further fermentation is stopped by the addition of neutral grape spirit. This spirit at 77 per cent alcohol kills the yeast and stops the fermentation, leaving roughly 10 per cent residual sugar and a wine that contains 20 per cent alcohol.

It is at this stage that producers determine the style of port they want. How the new wine is aged after a short time in barrel or tank determines its ultimate character.

RUBY PORT

Ruby is the simplest and least costly port. It is bottled soon after its two or three years in barrel or stainless steel tank and is fruity and easy drinking.

CRUSTED

Crusted port is a blend of two or three harvests, matured in cask for 12 to 18 months then bottled unfiltered and laid down to mature like vintage ports. The wine will throw a sediment that sticks to the glass, hence the name, crusted.

YOUNG TAWNY

The equivalent of ruby port but aged in wood for up to three years. This aging allows the wine to oxidize and makes it lose colour. White port is sometimes added to young tawny.

AGED TAWNY

The label will usually indicate the age — either 10, 20, 30 or 40 years. The older it is, the more costly is the aged tawny. Tawny ports are blends of different harvests and the age is an average of the wines in the blend.

COLHEITA

This is a tawny port from a single harvest, aged for a minimum of seven years and usually a lot longer. The date of the vintage will appear on the label.

VINTAGE CHARACTER

Ruby port aged for four to five years is called vintage character port. This is something of a misnomer since it does not come from a single vintage and is more in the style of a rich ruby than a true vintage port.

LATE BOTTLED VINTAGE (LBV)

LBV wines come from a single harvest and are aged for four to six years in barrel before being bottled. They are not as intense and concentrated as vintage port but are softer and ready to drink. Some producers don't filter their LBVs and the wines will throw a sediment as they age in bottle.

VINTAGE PORT

The most expensive, long-lived and sought-after of ports. Vintage ports are only made in the best years. The finest wines are selected after two years in barrel for long aging in bottle. The port shippers decide if the harvest is good enough to declare it to be vintage port and most houses only make this declaration three or four times a decade. Since the wine is bottled unfiltered and unfiltered, a significant amount of sediment results and the port must be decanted for serving.

SINGLE QUINTA

Since there are years when no vintage port is available, many of the houses will release a vintage-dated wine from a single farm (quinta). It is a good substitute for vintage port since it is less costly.

WHITE PORT

Made from indigenous white grapes — Codega, Gouveio, Malvasia Fina, Rabigato and Viosinho. These wines, at 20 per cent alcohol, are for the most part either sweet or semi-dry and are usually served as an aperitif, chilled straight-up or cut with soda water and a twist of lemon. CQ

Of all alcoholic beverages, port is the quintessential drink for Canadian winters. There is nothing more satisfying than settling down in front of a roaring fire with a glass of port and a wedge of Stilton as winter rages outside.

But which port to choose when there is a bewildering range of products available, all at differing price points: ruby, crusted, late bottled vintage, young tawny, aged tawny, Colheita, vintage character, vintage, single quinta or white port?

To simplify matters, there are two basic styles of port — wood-aged port or bottled port. Of all wines, the process of port production is the most theatrical. Port is made from five grape varieties: Touriga Nacional, Touriga Francesa, Tinta Barroca, Tinta Roriz and Tinta Cao. The grapes are foot-trodden in stone lagares that look like square wading pools. The resulting juice is fermented

Originally featured in *Taste Magazine*, BC Liquor Stores.

LIQUID GOLD

Icewine is recognized as one of Canada's signature wines.



2010 was a truly unusual year for vintners in British Columbia. After a very late grape harvest, the 2010 icewine harvest was one of the earliest on record with the first frozen bunches being picked on November 22; second only to the November 5 harvest in 2003. The late November cold snap had 23 wineries interested in picking the “liquid gold.”

Icewine has been recognized as one of Canada's signature wines ever since the first vintage at Hainle Vineyards in 1974.

In Canada, the growing conditions and production standards that produce icewine are rigorously protected by the Vintners Quality Alliance (VQA) — an internationally recognized program that defines and mandates standards for wine and wine certification.

VQA REGULATIONS

The VQA regulations closely control the production of icewine. The key stipulations are that harvesting takes place at temperatures of -8°C (17.6°F) or lower, and the pressed grape juice is a minimum of 35 Brix. Artificial refrigeration of grapes, juice, must or wine is strictly prohibited. Counterfeit icewine is an issue in other countries, particularly in Asia. Producers must contact the BC Wine Authority to

report the time harvesting begins, and to confirm prior reported tonnages and exact areas of vineyard left for icewine production.

VITICULTURE

Harvest dates: Can be as early as November or as late as February. Producers track weather systems for early warnings of imminent cold weather.

Permitted varieties: All varieties are permitted.

The most common are Riesling, Vidal, Ehrenfelser, Pinot Blanc, Pinot Noir, Merlot, Cabernet Franc, and Gewürztraminer, though Zweigelt, Marechal Foch, Cabernet Sauvignon, Kerner, Lemberger, Oraniensteiner, Gamay Noir, Muscat and Merlot are all used as well.

Harvesting method: Principally by hand. Usually takes place during the night or at dawn. In 2006 however, B.C. icewine producers picked during daylight hours due to the extreme cold snap the B.C. Interior experienced in late November, where temperatures reached between -11 and -18°C .

Harvest temperatures: Producers often wait for -10°C or lower before harvesting.

Frequency: The Okanagan and Similkameen Valleys are the only areas to regularly experience these cold climatic conditions in B.C.

When temperatures do not fall enough for icewine harvests, producers make late harvest wines.

ICEWINE VINIFICATION

Pressing: The frozen grapes are brought as quickly as possible to the winery where they are pressed. One press cycle can last up to five or six hours.

Yields: Yields can range from 150 to 300 litres per ton (compared to approximately 600 litres per ton for dry table wines).

Fermentation: Temperatures generally range from 15 to 20°C over a three to twelve week period, depending on the Brix and strain of yeast. Fermentation is generally stopped using cold temperatures resulting in alcohol levels between 9 and 12 per cent.

Acidification: Icewines can be acidified or deacidified.

Yeast: Icewine is inoculated, generally using strong fermenting yeast such as PDM.

Cold and heat stabilization: Icewines are stabilized before bottling.

Filtration: Generally using an earth and a pad filter, as membrane filters can easily clog.

Bottling: Generally within 6 to 9 months of the harvest.

Ageing potential: Icewines, particularly from Riesling, can age for over 10 years but are often preferred young and fresh. **CQ**



ICEWINE-MARINATED PORK MEDALLIONS WITH CORN-CRUSTED ONION RINGS

6 Dried Red Chillies
3 Hot Water
2 Garlic Cloves, Minced
1 tsp Dried Sage
4 tbsps Vidal Icewine
4 tbsps Extra Virgin Olive Oil
1 10 oz Pork Tenderloin
½ cup Whole Milk
1 Egg, Beaten
1 Onion, Sliced Into Rings
½ cup Coarse Cornmeal
1 tsp Red Chili Flakes, Dried
1 tsp Dried Parsley
Salt and Freshly cracked Black Pepper
Canola Oil, for Deep-Frying

Place the chillies in a bowl, cover with hot water, and let soak for 20 to 30 minutes. Reserving the water, drain. Using a food processor, process the chillies into a paste with the garlic, sage, icewine and oil. Rub the chili paste all over the pork tenderloin (add a little reserved soaking water, if needed) and let marinate overnight.

Whisk the milk and egg together. Separate the onion into rings and soak in the milk mixture for 30 minutes.

Heat oven to 350°F . Heat a cast-iron grill pan. Season the tenderloin with salt and pepper and sear it on the stove for about 2 minutes on each side. Transfer pan to oven and bake for 20 minutes on medium, adapting time according to how rare or well-done you like your pork. Remove from oven and let stand for 5 minutes.

Meanwhile mix the cornmeal, chili, and parsley together, and season with salt and pepper. Heat the canola oil to 325 - 350°F .

Remove a few onion rings from the milk mixture and dip each into the cornmeal mixture, coating thoroughly. Fry in batches for 2 to 4 minutes, or until lightly browned and crisp. Do not overcrowd the pan. Remove the onion rings from the pan with slotted spoon and drain on paper towels.

To serve, slice tenderloin on a diagonal, into 12 equal slices. Place 3 on each of 4 individual dinner plates and top with onion rings.

Serve with chilled Oak-aged Vidal or Riesling icewine. Courtesy of Inniskillin

PROFESSIONAL WINE SERVICE

BY MARK SHIPWAY



Proper wine service isn't all about meaningless etiquette and outmoded tradition — wine service is about professionalism, efficiency and economy. Put simply, wine service should involve safe delivery of the ordered product into the care of the guest in the best condition possible with the least possible fuss. Sound easy? It isn't. I would estimate that 30 per cent of my most recent dining experiences involved a poor wine service experience (though I hasten to add, not usually through direct fault of the server). The good news is wine service can be easily improved with some attention to detail in the following key areas.

WINE LIST

The wine list should be made up of wines that may be appropriately matched to the food menu. Too many wine lists are composed of wines that purely meet a low price point objective or are mass marketed brands which are not designed to be drunk with food. A well thought out wine list will enhance the hard work put in to creating a high quality, interesting food menu as well as making the job of pairing wine with that menu a lot easier.

WINE STORAGE

The effect of storage conditions on wine quality is more critical than you might expect. The results of poor storage are irreversible and will render wine unfit for sale, so it makes sense to pay special attention to this area. When considering the question of storage, it is incorrect to view red wine as being more resilient or lasting longer than white or rose;

factors such as grape variety and type of closure are far more important than simple wine colour. For example, a \$20 German Riesling with a screw cap will keep longer than a similarly priced Merlot from B.C. with a synthetic closure under the same storage conditions. Ideal storage conditions dictate that wine should be stored in a cool (around 10° – 15° C), dry area without excessive temperature fluctuation or exposure to bright light. Since the possibility of achieving such an ideal is usually slim, it is safe to say that wine can be happily stored for short periods (up to 3 months) in temperatures around 20° C. Though wine should not be stored for any length of time above 20° C and at temperatures above 25° C, the risk of spoilage is very high. If a cool area under 20° C is not available, it is critical to maintain a rapid turnover of stock. Wine list management and staff training are key factors in achieving this goal.

EQUIPMENT

GLASSWARE

Perhaps the most important and overlooked area of wine service is the choice of glassware. It is a fact that wine tastes different depending on the size and shape of the glass that you serve it in, so it makes sense to select glassware that optimizes wine taste and smell. Serving wine in clean, elegant and appropriate glassware will also set the scene in the customer's mind for a pleasant wine experience. The message given with cheap and nasty glassware is cheap and nasty wine (and hence a cheap and nasty dining experience). Types of glassware that

should ideally be available for service are the flute for serving sparkling wines, a small glass (around 12 oz) for white wine, a large glass (around 21 oz) for red wine and a glass for serving fortified wines in (the 7 oz ISO tasting glass is ideal). The absolute minimum standard would be a flute and a generic glass for every wine other than sparkling (the white wine glass can be used). The shape of the glass is important too and wine glasses should ideally have a bowl that is wide at the base that tapers towards the rim (similar to the classic 'tulip' shape). The wide base helps encourage the flavour and aroma to develop and the tapered sides focus those aroma and flavour compounds. After washing, glassware should be rinsed thoroughly, dried and polished with a lint free cloth.

WINE COOLERS

Wine coolers should be utilized for the service of white or sparkling wines. They are perhaps not as effective as ice buckets but certainly do an acceptable job and are much easier to manipulate. Wine coolers are insulated containers into which open bottles are placed during service. There are many different types available but the simple cylindrical kind made from stainless steel looks great and does an excellent job. Coolers should be chilled before using.

WINE BY THE GLASS

Serving wine by the glass has its own pitfalls, the most common of which is serving wine which is stale or oxidized. Even good restaurants are prone to this but it is absolutely unacceptable to serve wine in this condition. Exactly how long a wine will last without significant deterioration after opening does vary according to style but it is usually not longer than three days and might be only one day for certain wines. Of utmost importance is to taste any partly opened bottle before commencing service each day. Any suspect wine should be immediately disposed of.

In summary, professional wine service is highly achievable with good process and attention to the key areas mentioned above. Good wine and good service really make a difference. It can make the difference between an okay dining experience and a really good one, which can itself make the difference between repeat business and no business. And business matters. CQ

Mark Shipway, AIWS, is wine instructor and department head of The International Culinary School at The Art Institute of Vancouver. Contact him at mshipway@aia.edu or visit www.winecollege.ca.

SALMON AND CHORIZO WITH THAI RED CURRY

1kg salmon, cleaned
 200g sugar
 100g fennel
 200g sliced chorizo

Cure salmon for 1 hour in sugar and fennel, rinse well and pat dry.
 Lay chorizo on sheets and wrap around salmon.
 Vacuum package and cook in circulator @ 42° C for 25 minutes.
 If available, sprinkle chorizo sheets with activa as it will hold together very nice.

Matsutake mushrooms

300g matsutakes cleaned
 25g butter
 Season mushrooms with salt and pepper and roast in butter in a hot pan.

Thai red curry

500g fresh coconut milk
 50g ginger
 50g garlic
 25g galangal dried
 10g red curry paste
 75g fish sauce
 100g chicken stock
 100g fresh cilantro
 100g olive oil

Saute off ginger and garlic in a little oil, add curry and cook 1 minute.
 Add coconut and chicken stock, simmer for 1 hour, strain and chill.
 Blend cilantro and oil, bring to a quick simmer and strain, allow to separate and skim off green oil.
 Make a pouch of cellophane pour in 30g of curry, garnish with green onions and a drizzle of cilantro oil.
 Tie off to form a tight ball and keep warm in a water bath.

Butternut squash

300 g butternut squash
 30g butter
 Cut squash into 30mm squares and hollow the center with a melon baller.
 Season squash with salt pepper and cinnamon.



Brush with butter and bake at 300°F for 35 minutes.
 Use as a base for the ball of curry.

Assembly

Place pine mushroom silhouettes flat on plate and place a slice of salmon terine on top, place the butternut squash divot side up to keep the sauce from rolling around, place sauce ball on top garnish with Origin Organics Gemini tomatoes that have been peeled and seasoned. At the table, use tweezers to steady the ball and pierce with a scalpel to let the sauce escape.

Courtesy of La Belle Auberge

**SPICY PORTUGUESE SHRIMP AND MUSSELS**

30ml garlic, minced
 10 ml salt
 60 ml olive oil
 30 ml parsley minced
 20 mussels (4 per dish)
 8 shrimp (per dish)
 30ml paprika
 250ml onion, diced finely
 250ml size red pepper
 2 tbsp pica sauce (Portuguese Hot Sauce)
 30ml red wine
 200ml tomato concasse

Heat oil and add onions. Cook until golden brown.
 Add garlic and cook until golden brown.
 Add paprika and salt. Stir well. Add in pica sauce and mix well.

Add shrimp and mussels. Simmer on low heat for 5 mins.
 Turn off when done. Place shrimp and mussels on plate
 Add red and yellow pepper slivers.
 Garnish with tomato and parsley.

PEACH AND PROSCIUTTO PANINI WITH THYME AIOLI

Prep Time: 15 minutes | Cook Time: 5 minutes | Serves 4

- 1/2 cup mayonnaise
- 1 1/2 teaspoons McCormick® Gourmet Collection Thyme Leaves
- 1/2 teaspoon grated lemon peel
- 8 slices whole grain sourdough bread (1/2-inch thick)
- 2 medium peaches, thinly sliced
- 4 very thin prosciutto slices
- 4 slices sopresatta or other salami
- 4 slices Gruyere cheese
- 1 cup watercress leaves

Preheat panini press while assembling panini. Mix mayonnaise, thyme and lemon peel in small bowl until well blended.

Spread each slice of bread with mayonnaise mixture. Divide peaches, prosciutto, sopressata, cheese and watercress evenly among 4 of the bread slices. Top each with second slice of bread.

Place 2 sandwiches at a time on panini press and close. Cook 2 to 4 minutes or until bread is golden brown with grill marks and cheese is melted. Serve warm.



PROSCIUTTO WRAPPED PHEASANT ATOP BEET RISOTTO

- 2 pheasant breasts
- 2 slices prosciutto
- 1 sprig sage
- 1 sprig thyme
- 100g butternut squash
- 1 medium beet
- 120g Arborio rice
- 1500ml pheasant stock hot
- 100g mushrooms (enoki, morel and shitake)
- 30g shallots minced
- 10g garlic minced
- 8 chives
- 100ml white wine
- 30ml olive oil
- 80g parmesan grated
- 120g butter
- Salt and pepper

Veal stock and pheasant stock done ahead of time. Remove breasts from pheasant, remove tender, skin and trim. Season salt and pepper then two sage leaves and wrap in prosciutto.

Sear pheasant in a hot pan with 15ml olive oil, then place on a roasting rack in a 300° F oven for about 7-10 mins. Set half of the pheasant stock to reduce.

Heat 15ml olive oil in a sauté pan. Saute shallots and garlic until soft and translucent. Add rice and sauté for a minute. Make certain the rice is well coated with oil, add the white wine and cook on medium until rice absorbs the moisture then add the broth slowly, about 100ml at a time. Enough so that the rice stays wet. When the rice has absorbed all the liquid from the last addition, add another one.

When rice half cooked, add finely chopped beet, thyme and season. When cooked al dente fold in cheese and finish with a couple of spoons of butter.

Prepare mushrooms and chives. Saute lightly and finish in oven. Prepare squash into slices, coat with butter and cook in 300° F oven until soft.

In a large pasta plate place ring mould, fill with risotto, then squash, remove mould. Lay sautéed mushrooms over top, slice pheasant and carefully arrange on top.





CULTIVATOR

The Commercial Cultivator allows chefs to provide the freshest herbs and greens possible for customers. It can house 16 flats on four levels, providing fresh herbs, micro greens and veggies for a restaurant's needs year around. www.urbancultivator.net

GREENGOOD COMPOSTER

GreenGood Composter is an aerobic composting machine. It recycles food waste to compost in as fast as 24 hours. It reduces mass significantly in food waste by evaporating 90 per cent of its contents to H₂O and CO₂. It composts cooked and uncooked food waste and also animal manure. www.greengoodcomposter.com



THERMOMIX TM31

The German-engineered, French-manufactured Thermomix is touted as 23 appliances in one. The kitchen appliance combines the functions of food processors in one compact unit, for a fast, easy, natural and economic cuisine. www.easycoking.ca

UNIQUE SERVICE

One signature pouring lounge, three expert barmen and hundreds of exquisitely delicious, quaffable concoctions. This is the promise of the Amy Elliott Cocktail experience. Amy Elliott was conceived by a committed group of cocktail craftsmen who figured Vancouver deserved a top shelf cocktail experience that comes to you. Ever had a Shiso-cucumber Collins? Curious to know if smoked-pineapple spiced rum Cuba Libre is better than foreplay? If you think it's just drinks, you're dead wrong.

The bar service brings its signature mobile lounge, boasting honey onyx ice wells, cured walnut chopping blocks and some of Belgium's most creative post-modern designs, all woven together to create fully mobile and distinctly unique pouring lounge.

The barmen are experts in the craft of creating cocktails, building real London style classics, fresh new interpretations from around the world and everything in between. An extensive list of different ingredients is always provided, as some of them can be obscure and difficult to find, while others are unique creations.

The Amy Elliott experience will impress clients and lend some swagger to the big event with spirits, flavours and style Vancouver has been begging for. Amy Elliott Cocktails delivers a unique experience. www.amyelliottcocktails.com



1. HONEY DROP

The Honey Drop is an individual serving of 100% pure dried honey without any additives. It's ideal for sweetening tea or coffee. Simply drop into a hot beverage and stir. The Honey Drop comes in two flavours: pure honey and pure honey with lemon. Boxes of 20 pieces. www.honibe.com

2. WALNUT OIL

Slowly roasted to perfection, expeller-pressed and lightly filtered, this oil adds a rich walnut taste to salad dressing, pasta, grilled meat or fish, baked pastries, and is perfect to dip with bread. www.latourangelle.com

3. BACON JAM

A multipurpose spread condiment called bacon jam. Made with Niman ranch bacon and rendered down along with onions, balsamic and other spices, it is a perfect blend of smoky, tangy, savoury and slightly sweet — basically spreadable bacony goodness. www.skilletstreetfood.com

4. SUPERFRUIT JAM

Crofter's Superfruit Spreads blend antioxidant-rich, exotic fruits in unique combinations. Each flavour begins with a base of morello cherry and red grape, and is then blended with the various continental antioxidant-rich berries traditionally known for their powerful health benefits. Each 30-calorie serving provides 50% of your daily Vitamin C needs. www.croftersorganic.com

5. BENCHMARK

This whiskey is medium amber in colour, with a nose that bears caramel notes and a delicate stone-fruit backdrop. The body is medium and the palate is robust and sturdy. The finish is smooth and medium in length. www.buffalotrace.com

6. CUPPA CHOCOLATE TEA

The Republic of Tea brings the rich, full-bodied flavour of dark chocolate to the tea cup with this new deliciously decadent, calorie-free collection. The naturally caffeine free line is comprised of four herbal blends inspired by classic chocolate treats. www.republicoftea.com

7. MASALA CHAI CONCENTRATE

The new Masala Chai Concentrate is an organic and Fair Trade Certified™ microbrewed blend of energizing spices and rich vanilla infused with a full-bodied single origin forest grown black tea. www.rishi-tea.com

8. TEA SEED OIL

Tea seed oil boasts a subtle flavour, a tea like aroma, and a high smoke point, making it an excellent choice for dressing, baking, stir frying, marinades and more. 100% organic from the Camellia Oleifera plant. billy@westcoastcoffeetraders.com



PROUDLY GROWN, CLOSE TO HOME

British Columbia pork producers are small in number, but more than make up for it with the pride they have in what they do. The industry is not a big one, producing only about 10 per cent of the pork consumed by British Columbians, but it is significant and different from those in other regions. Small family farms carefully raise pigs to high standards for specialty markets here — local butchers, independent grocers or restaurants.

BC hog farmers and their families are unique. They raise and grow pigs in B.C. and all of the products from the animals stay in B.C. They don't export out of the province or out of the country. Most of the farms are just down the road in the Fraser Valley and animals are shipped daily to local processing facilities. After they are made into scrumptious items like pork chops and roasts or into mouth watering bacon or hams they are delivered to local butchers or small grocers. Production of pork is small so products are found in smaller, specialty stores than large retailers.

To ensure top quality pork products, food safety and sound animal care B.C. hog farmers participate in a number of programs, both provincial and national. For more than 20 years B.C. pork farmers have followed Agriculture & Agri-Food Canada's Recommended Code of Practice for the Care & Handling of Pigs. The industry also participates in the Canadian Pork Council's Animal Care Assessment (ACA) as well as the Canadian Quality Assurance (CQA) program. CQA is an on-farm food safety program for Canadian hog producers. (More information on the national programmes can be found at www.cpc-ccp.com/producer-programs-e.php).

In B.C., farmers participate in the Production Protocol Enhancement Plan which sets new standards in a range of production areas, one important component being in the area of animal care. Through the BC Farm Animal Care Council, hog farmers also have taken courses in the area of Certified Livestock Transport (CLT) and Swine Handling & Behaviour.

The industry's attention to high standards in animal production and care ensures delicious products.

Everyone loves pork tenderloins, but each pig only has two of these! If we could recommend anything to those who enjoy our pork, it would be to try all of it. For instance, how about pork butt steaks? They are cut from the butt, which is an odd name, since the 'butt' is actually a shoulder. Retailers call them different things, but are most commonly known as either a 'butt steak or shoulder steak'. Butt steaks are nicely marbled, which makes them tender, juicy and delicious.

For something tender and succulent that offers great value? Try the Loin Rib Country Style. Not really ribs at all, they are cut from the rib-end of the loin and are excellent for grilling. Looking for something special? A Crown Rib Roast would do the trick. Made from the one or two rib half of the loin, and cooked just as you would a roast, it makes a sensational impact.

There are so many cuts and so many ways to enjoy them. A great resource is the Put Pork on Your Fork website's virtual meat counter (www.putporkonyourfork.com/put_pork_on_your_fork/virtual_meat_counter.html) where you can learn all about cuts and where they are from on the pig.

As part of a new initiative to help consumers in identifying B.C. pork products when they shop, a new logo/brand has been launched. This brand is more than just a logo, it is about the farmers, how they farm and where they farm. It is about showing pride in what they do — carefully raising food for our families tables. The industry encourages you to start to look for their logo, and to ask your butcher to offer high quality, locally grown, B.C. pork products. **CQ**

Courtesy of BC Pork Producers Association. More information, www.bcpork.ca

Small family farms carefully raise pigs to high standards for specialty markets here — local butchers, independent grocers or restaurants.



AN APPLE A DAY

Canada's Food Guide recommends that Canadians eat a variety of fruits and vegetables each day. As a part of the foodservice industry, you play a vital role in helping consumers do just that. CPMA has created the Fruits and Veggies — Mix it up! campaign to help Canadians increase their produce consumption as part of a healthy diet and active lifestyle to better their health. Canadians now have year-round access to a wide array of fresh fruits and vegetables thanks to improved growing, storage and distribution methods. Fruit and vegetable availability can vary from year to year depending on growing conditions and transportation costs. One of the tools CPMA has created to support our Mix it up! efforts is the CPMA Fruit and Vegetable Availability Guide. You can use this guide to assist you in food purchasing and menu planning.

Though the guide lists approximately 150 common fruits and vegetables, it does not include the different varieties within each produce item. For example, although apples are listed as one item, there are at least 15 different varieties of apples available in Canada. The Oppenheimer Group, headquartered in Coquitlam, has a gorgeous display of their delicious varieties of apples at www.oppypyproduce.com/pipfruit_var_apples.cfm

LOOK FOR

Well shaped, smooth skinned fruit that is free of bruises. Brownish freckled areas do not affect flavour.

TO STORE

Store in perforated plastic bags in the refrigerator crisper. Cold, humid storage ensures that apples maintain their crispness, juicy texture and full flavour. Apples soften 10 times faster at room temperature.

FRUIT AND VEGETABLE STORAGE

Improper storage of fresh fruits and vegetables may cause deterioration of both their flavour and nutrition profile. Proper storage of fresh fruits and vegetables is important to maintain the integrity of the product, prevent spoilage and illness and ensure that you get the best value for your purchasing dollar.

Some fruits do not ripen once harvested while others will continue to ripen after harvest because they naturally produce a gas called ethylene. Exposure to this ethylene causes vegetable deterioration; therefore ethylene producing fruits, including apples, should be stored separately.

Once fruits and vegetables have been cut, they should be used promptly or covered tightly and refrigerated for no more than two or three days. If cut fruits and vegetables have been left at room temperature for more than 2 hours, they should be discarded.

Do your part to help increase produce consumption for the better health of Canadians and mix it up! **CQ**

Courtesy of the Canadian Produce Marketing Association (CPMA). The guide can be found at www.cpma.ca.

APPLE: FAST FACTS

Nutrition Information

1 serving = 160 g (1 medium apple)

Source of Vitamin C (15% recommended daily intake per serving)

High in dietary fibre (4.3 g per serving)

Sodium free (0 mg of sodium and 184 mg of potassium per serving)



ANNUAL HOT COMPETITION

PHOTOS: KELLY YASUDA AND ARTDREAMS CREATIVE

The BC Chefs' Association held their 15th Hot Competition at the Vancouver Convention Centre as part of the BC Foodservice Expo on January 30 & 31, 2011. This annual competition draws some of British Columbia's top culinary talent. The BCCA junior chapter presents two competitions promoting culinary excellence.

During this two-day extravaganza, competitors from all levels of cooking, including professional, team, apprentice, post-secondary and high school categories showcased their talents.

Each category has to utilize a specific protein: High School: Pork Steak; Post-Secondary: Tuna (Recipe must meet Health Check Criteria); Apprentice: Ovo-Lacto Vegetarian (dairy and egg products may be utilized); Teams: Kangaroo, Duck and Ricotta.

WINNERS WERE:

Team: Fairmont Pacific Rim

High School: Brian Chang

Post Secondary: James Hanna

Apprentice: Amir Bahmani

Some of B.C.'s top chefs also competed for the title of BC Chef of the Year. The black-box "Roasted" challenge featured appetizer, entrée, and dessert rounds.

Congratulations to The Westin Wall Centre Richmond executive sous chef Montgomery Lau for winning the title of BC Chef of the Year. CQ





LEARNING EXPERIENCE

Second Place Finish for Junior Team Canada in Ireland

Participating as National Culinary Team Canada, the Vancouver Community College based National Junior Team recently garnered a gold medal in the hot competition and a silver medal in the cold at the Irish Panel of Chefs competition held in conjunction with the Catex Exhibition in Dublin, Ireland.

The team finished just ahead of the Irish National Team and was edged out of a first place finish by Team Italy. Included in the competition were teams from Germany, Iceland, the Czech Republic and a second Irish team. Albeit a small international competition, the event was invaluable to the young members of the Canadian team, who had experienced very limited international competitive experience. The contest provided the team the opportunity to pack, travel, gain experience and withstand the rigours of international competition. It also afforded the team members the opportunity to become cohesive and to better work together as a team. The fact that the team was awarded a second place finish, gold and silver medals and the award for demonstrating the highest sanitation standards was all icing on the cake.



In the autumn of next year the team will embark on a huge adventure to the IKA Culinary Olympics in Erfurt, Germany as the Canadian National Youth Team. The journey to Dublin was a great learning experience for the young team members, reinforcing their skills, their spirit and their resolve. They now understand how difficult it is to win, how much hard work, detail and organization is entailed and they now understand the need for unfettered determination. Preparations for their assault on Erfurt are already underway.

The team consisted of John Ho, (Captain) Tyson Gee, Jasper Cruikshank, Jil Aranas and Ariel Schwab.

Left to right: Ariel Schwab, Jasper Cruikshank, Tobias MacDonald, John Ho, Jil Aranas and Tyson Gee

The coaching team consisted of Tobias MacDonald, Dave Ryan, Mickey Zhao and Fumiko Moreton.

The support members were Santiago Cuyugan, Daniel Davyduke, Laura Sharpe Dawe, Marco Baldisara, and Donald Gyurkouits.

The management team was comprised of John Carlo Fellicella, James Hutton, Settimio Sicoli and Malcolm Bain. CQ

BOCUSE D'OR 2011

BY JANE RUDDICK



Ryan Stone, executive chef of the West Coast Fishing Club has been dreaming of Bocuse d'Or for many years. His cooking career always seemed to have pointed him in this direction: he watched the video of the 1999 competition in high school; he participated in the Canadian Selection Competition, twice as a commis and once as chef; at 18, he travelled to France to watch the competition; he worked for past Australian competitors as well as former Paul Bocuse protégé, Philippe Mouchel; and of course he competed as commis for Canadian competitor chef Morgan Wilson in 2005.

Since winning the Canadian selection competition in 2008, he has been planning his menus, designing his platters and “living” the Bocuse d'Or. He chose his mentor and good friend, previous Bocuse competitor, Scott Jaeger to be his coach. He also selected Talib Hudda to be his commis. Talib and Ryan have been working together at the West Coast Fishing Lodge for more than a year.

La Coupe du Monde de la Patisserie and the Bocuse d'Or are to gastronomy what fashion shows are to haute couture — a dazzling show featuring talented creators, exceptional ingredients and products, and superb staging.

The Bocuse d'Or Culinary Competition has indeed grown into a huge extravaganza known the world over as the ultimate of cooking competitions. In 1987 Paul Bocuse's visionary idea was to bring together 24 chefs from 24 countries for a spectacular contest. 24 years later, the concept remains the same — but its recognition and popularity has increased hugely.

This year, the increased popularity of this competition led the organizers to build a new 10,000 square metre hall — named the Paul Bocuse Hall. 8,000 square metres are dedicated to the Chefs Area which accommodates the 12 top of the line kitchens and judging area. The new stands offer

2,400 seats for fans who fly in from every representative country to watch their candidate compete.

This year's designated products were two Scottish Monkfish weighing approximately 5kg each, four crabs and 20 langoustines. For the meat dish, the candidates had to prepare two saddles (3kg each) and one shoulder of Scottish Lamb with kidneys. They also had lamb tongue and sweetbreads as optional ingredients.

On the evening of the final competition the winner is announced at a huge awards ceremony complete with fireworks, confetti and screaming fans!

Working at the West Coast Fishing Lodge allowed Ryan and Talib to incorporate elements of the competition food into the menus at the resort. Then at the end of the season, they had several months to dedicate to practice for the upcoming competition.

The Culinary Arts Department at VCC headed by John Carlo Felicella gave the team facilities and space to practice. Some of the funds raised were used to send the team to Scotland to practice cooking with the actual ingredients, platters and equipment were specifically designed, other chefs were brought in to critique and suggest possible changes and a final practice and media event were held.

With equipment and food ingredients carefully measured and packed, the team left for Lyon, France to set up and organize for the competition at the Lycee Helene Boucher in the outskirts of Lyon. Canada was welcomed, once again, to its home away from home by the always hospitable director and staff of the school.

Additional shopping was done, equipment sorted and preparations made under the expert guidance of dedicated Pear Tree staff members Tim Bedford and Sung Hee Ahnand with the assistance of Tobias MacDonald, Marco Baldissera and Brody White. Ryan and Talib took time out of their busy schedule to describe some of their experiences to the enthusiastic French culinary students and faculty before

heading up for the pre-competition meeting in the new Paul Bocuse exhibition hall at the huge Sirha Food Show.

Ryan was competing in Kitchen 4 on the second day of competition. Sandwiched between favourite Denmark on one side and Germany on the other, he knew he had his work cut out. The fans would be noisy and the pressure intense especially as France had already competed on the first day.

The Canadian fan club had already found their place in the stands and had erected a huge Canadian flag for all to see. Outfitted in Canadian hockey jerseys emblazoned with Stone 11, we made a great presence — despite the huge noise of the Danish drummers and the Swiss cowbells on either side!

In the end, the best meat platter was awarded to Switzerland and the best fish platter to France (Surprise! The first time in the history of the competition that France had not been on the podium) The Bronze medal went to Norway, the Silver to Sweden and the Gold to Denmark. (No surprise here — the winner Rasmus Koefed had dedicated eight years of his life to the competition having won the bronze medal in 2005 and the silver in 2007.)

Ryan and Talib placed 12th overall. At first, a disappointment but after seeing how high the standard had been raised since the last competition, we quickly came to the realization that simply to be able to compete in a world competition of this calibre was a huge honour in itself. You have to be one of the best chefs in the world and Ryan was one of the best.

Ryan and Talib, thank you for another wonderful Bocuse experience. We are so very proud of you. You cooked with great courage, pride and professionalism. Canada is lucky to have you as our great culinary ambassadors!

To our manager, Vincent Parkinson, and to all the sponsors, another huge thanks! We could not have done it without you. CQ

FROM THE CHOPPING BLOCK

BY PAUL HO, CCC

In order to make sure that our patrons get the maximum value for their money spent, get the right amount of food to hit the spot as well as to keep our food costs under control, almost everything we serve in the food business is carefully portioned.

“Even a glass of water?”

“Yes. In the hot summer days, a lot of our patrons would like to have a glass of ice water first before they order anything. What would you think if our waitresses served everybody a glass of water with some glasses filled up right to the rim and some of them just half filled?”

Generally speaking, how to figure out the right portion size for one meal is based on a certain number of facts: like the amount of food, the balance of diet, calories, the nature of the food we serve, the food cost, even the arrangement on the plate are all taken into calculation and consideration. Then, what is the average serving size?

Say for instance, steaks (6 to 8 oz), poultry or veal (6 to 7 oz), seafood (6 to 7 oz), veggies (2 to 3 oz), potato or rice (2 to 3 oz), sauce (1 to 2 oz), soup (8 to 12 oz) etc.

In order to get the right portion, a scale is always used.

Does the idea of portioning give us any other ideas? We have to be fair to your tummy and

your pocket, as well as to our business. Because of fairness, everybody feels happy, so our patrons keep on coming back for our good service, and we can keep our business running thus we can make a living on it. Therefore, under the roof of fairness, everything grows, blooms and becomes fruitful.

“Hey kid, come over here, let me give you a good deal; the best deal you can get in town!”

You don't believe me? Good for you, smart kid! You realized that I want to play the fishing game, you realized that actually I want to fool you and get a good deal for myself; that's why I was wiggling around a “good deal” sign and used it as bait.

Actually, a deal is nothing but just like the way we portion a cake. If everybody wants to have the lion's share, then who would be willingly to become the mouse? So the only way to make everybody happy is to cut the cake into equal portions. Everybody has a fair share, and then everybody can be satisfied and enjoy their piece of cake.

Don't offer me any good deals, please! Do you know how many good deals turn sour every day? Gimmicks, small prints, of course they all come with the good deals free of charge too. O.k., let's sit down and make a deal, the only deal in the world — a deal of fairness and equality, and let's put a lifetime guarantee on it. *CQ*



UPCOMING MEETINGS/ EVENTS

April 19

Roadhouse Grill, White Rock, 6:30pm
Cheese Demo

May 1

Scholarship Brunch, 10am
Executive Inn, Burnaby
Hosted by Chef Boban

June 12-16

CCFCC Conference 2011
Renaissance Vancouver Hotel Harbourside



COCONUT TURKEY CURRY

Serves 4

INGREDIENTS

- 1 boneless, skinless turkey breast (approx. 500g/ 1 lb.), cut into bite-sized pieces
- 1 tsp (5 mL) red curry paste
- 2 cloves garlic, finely chopped
- 2 tsp (10 mL) fresh ginger, finely grated
- Toss turkey pieces in red curry paste, garlic and ginger and set aside.
- 2 Tbsp (25 mL) vegetable oil
- 1 medium onion, thinly sliced
- 1/2 red bell pepper, thinly sliced
- 6 medium bok choy, quartered
- 1 medium carrot, peeled, thinly sliced
- 1 can shredded bamboo shoots
- 2 Tbsp (25 mL) red curry paste
- 1 can light, unsweetened coconut milk
- 1 Tbsp (15 mL) Thai fish sauce
- 2 Tbsp (15 mL) brown sugar
- 2" (5 cm) piece of fresh lemon grass, pressed
- 3 Kaffir lime leaves



DIRECTIONS

Sauté turkey pieces (that were previously tossed in curry paste, garlic and ginger) in oil and push to one side of the pan. Add onion and peppers and sauté until onions are transparent. Add carrots and

bok choy, then bamboo shoots. Sauté for 2 minutes, add curry paste, coconut milk, brown sugar, fish sauce, lemon grass and lime leaves. Cover and simmer until vegetables are tender. Adjust seasoning according to taste.



DOUBLE GOLD

Culinary Team Canada won gold medals in the hot kitchen and cold display categories at the Expogast Culinary World Cup competition, held November 20–24, 2010 in Luxembourg. The team, made up of chef members from across the country, finished fifth overall, with three points separating the top five teams.

Seating for the Team Canada three-course hot kitchen competition dinner was sold out three weeks before Expogast began. Judges and guests were served a menu that featured Canadian food products, including arctic char, lobster, bison, pork belly and chanterelle mushrooms. Likewise, Canadian foods, such as wild turkey, Pacific sable, pheasant, and musk ox were featured in the cold display competition.

Team members are Smotkowicz, assistant manager Vinod Varshney, captain Brad Horen, and chef members Dave Ryan, Patrick Gayler, Peter Dewar, Poyan Danesh, pastry chef James Holehouse, Jeffery Young, Roger Andrews, Suzannah Yeung, coaches Bruno Marti, Clayton Folkers, Fred Zimmerman and Jud Simpson.

LIVSMART BC

Small businesses across B.C. will be able to access free energy-efficiency advice, equipment and incentives with the new LiveSmart BC: Small Business Program. The program was launched at the BC Foodservice Expo in Vancouver.

The \$15-million, three-year LiveSmart BC: Small Business Program will be tailored to meet the needs of key sectors such as accommodations, retail, agriculture, offices and more than \$4.5 million allocated for upgrades in the restaurant industry.

This new program will support small businesses owners who may not have the time, information or resources to make energy efficient improvements.

For more information on the program, including eligibility, visit www.livesmartbc.ca/green_business/index.html

MAPLE LEAF CLOSURE

Maple Leaf Foods Inc. has announced plans to close its prepared meats facility in Surrey on Sept. 30.

The Surrey facility produces a variety of prepared meat products, including ham, sliced meats, sausage and deli products, primarily for retail and foodservice customers in Western Canada. The company will gradually wind down operations in May before closing in the fall. Production will be consolidated at Maple Leaf's prepared meats facilities in Saskatoon, Manitoba and Ontario after some modest upgrades are completed.



Chef Tony Luk (left) with his assistant and two winning dishes.

CHINESE CHEF CROWNED

Jade Seafood Restaurant's executive chef Tony Luk was the winner of the inaugural Chinese Chef of the Year competition hosted by the Chinese Restaurant Awards Association. Held on Dec 6, the competition took place at Richmond's Rainflower Restaurant where 12 chefs cooked two dishes, based on geoduck, chicken or tofu. Luk won for his two dishes: sautéed geoduck with egg white and Italian herbs, and drunken free-run chicken with Yunnan Wild Morel Mushroom Sauce. Sam Leung, executive chef of Vancouver's Dynasty Seafood Restaurant took second place, while the bronze winner was Wing Ho, executive chef at Fortune House Seafood Restaurant in Burnaby.

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MASTER SOMMELIER

The six newest members of the Court of Master Sommeliers include Jennifer Huether, Canada's first female Master Sommelier. Huether is the head sommelier at Maple Leaf Sports and Entertainment in Toronto. The title is considered the highest distinction a professional can attain in the fine wine and beverage industry.

After years of preparation and a rigorous three stage exam, candidates prove they have what it takes to attain the highest level of standards of wine theory, beverage service and tasting ability. Held at the Four Seasons Resort and Club Dallas at Las Colinas in February and jointly sponsored by the Court of Master Sommeliers Americas and the Court of Master Sommeliers Europe, the by invitation exam was attempted by over thirty individuals, each of whom has dedicated years of study to this pursuit of excellence. At the end of the exam, only six were left standing, joining just 106 others who have earned the title of Master Sommelier since the Americas chapter inception.

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