

Mise en Place

Quarterly Newsletter

Spring 2010



2010 National Conference

Windsor ON

May 31–June 4, 2010

Be part of the 47th annual CCF conference!

The conference includes speakers like **Chef Michael Smith**, **Youth Team tryouts** and our annual national **culinary competitions** and **golf tournament**.

Programs for members, juniors and spouses offer a perfect mix of social, recreational and educational activities. Members will especially benefit from an exciting lineup of speakers and relevant seminar topics focused on the business of culinary professionals and hospitality.

An outstanding opportunity to **connect with your culinary colleagues** from across Canada.

To register and for more conference details, visit the CCFCC Windsor conference website: www.ccfcc2010.com.



On the Job

CRFA first-ever Canadian chef survey

A new survey of professional chefs reveals top menu trends. The survey of 400 chefs, which included some CCFCC members, was conducted for the Canadian Restaurant and Foodservices Association (CRFA) by independent market research firm BrandSpark International. Participating chefs included executive chefs, chef/owners, head and sous chefs, certified chefs de cuisine, kitchen managers, corporate chefs, lead cooks, line chefs, and others in the industry.

The chefs were asked to rate a variety of menu items and cooking methods as either a 'hot trend,' 'yesterday's news,' or 'perennial favourite.' Here are the top picks for 2010:

Top 10 Canadian menu trends

- 1 locally sourced food
- 2 sustainability
- 3 organic produce
- 4 artisanal cheeses
- 5 simplicity / back to basics
- 6 nutritional / healthy cuisine
- 7 free-range poultry / pork
- 8 small plates / tapas / mezze / dim sum
- 9 bite size / mini desserts
- 10 superfruits (e.g., acai, goji berry, mangosteen)

The CRFA survey also asked chefs to identify 'up and comers' that are poised to be the next hot trend:

Top 10 up-and-coming Canadian menu trends

- 1 ancient grains (e.g., kamut, spelt, amaranth)
- 2 gluten-free beer
- 3 vegan entrées
- 4 organic alcohol
- 5 African cuisine
- 6 new / fabricated cuts of meat
- 7 gluten-free cuisine
- 8 Middle Eastern cuisine
- 9 quinoa
- 10 non-traditional fish (e.g., branzino, Arctic char, barramundi)

[Click here](#) for more information. The CRFA expects to have more details available on their website soon.

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Mentors and Juniors...

The first annual dinner of the Honour Society will take place at our conference this year. After much discussion and work, we have compiled a list of distinguished members representing the four regions of our Federation. These chefs have been selected as the Founding Fathers of the Honour Society for their outstanding years of service to the Federation and their contribution to the culinary arts.

The conference will also focus once again on the next generation—our Junior chefs ... tomorrow's leaders. Our National Administrator tells me that, in many branches and a couple of regions, Junior membership has outpaced Senior membership. Should we be concerned? Absolutely not! I made it clear in 2006 that I wanted to focus much of my mandate as National President on additional initiatives for Juniors, in the hopes that they might some day inspire others following them. I think we are making progress and I am delighted that the branches have delivered on exceptional Junior programs to facilitate this growth.

Now, wouldn't it be cool if the Honour Society Founding Fathers spent time with the Juniors? We're working on exactly that ... and much more. Plan to attend the conference and witness for yourself the interaction between Founding Fathers and up-and-comers!



Cheers,
Judson Simpson
National President

In the Know

New tools in my kitchen



As a professional chef, you're always very conscious about the tools you need to do your job properly. Little did I know years ago, when I started out in this business working under the tutelage of some very impressive chefs, that I would be adding tools like Twitter, blogs and the Net to my repertoire ... but that's now the way of the world.

Not that I'm complaining, mind you. When I think back to the 'old days' of owning a restaurant, even in seventeenth-century Merry Olde England, proprietors would have young boys run along the streets with sandwich boards, screaming out the daily specials. So I guess, in a way, while some methods have changed, the need to advertise your restaurant hasn't changed much over the years.

Now, though, we not only let the world know we exist but we also have the opportunity to talk about our food philosophy and to share with potential guests our culinary point of view. Take a look around my restaurant, RauDZ, and you'll see our philosophy sprinkled about—from the statements on the menus to the way we educate our guests about our dishes created with over 80% local ingredients. When a guest sits down, he or she is told about our philosophy of using fresh, local produce in every dish we make. Even the walls of RauDZ feature our local producers—farmers, artisans and winemakers who we consider to be integral members of our team.

The use of social networking tools has become de rigueur today, with a lot of businesses jumping on the bandwagon—which is a good thing. It's not only a way to tell our guests what to expect before they enter our doors but also a way to differentiate ourselves from other restaurants. From my point of view, the more informed a guest is, the better that guest is likely to be. This is one of the reasons why we promote RauDZ on the Web ... and why I'm taking the time and effort to produce a podcast (not to brag, but it was featured on itunes as "new and notable").

Information is something I revel in. From new recipes to trends to the latest box scores, I just love to read about it. I also love films ... and I love quotes (as you can see from the restaurant's blackboard above the pass) ... all kinds of information. Which brings me, in a rather roundabout fashion, to one of the points I wanted to make: information found on the Web.

I was recently sent a link to a video that went 'viral' on the Web ... something called The Meatrix. It's an animated video, in the style of the groundbreaking film *The Matrix* (without Keanu Reeves and Laurence Fishburne but with their costumes), about where your food comes from and focuses on sustainable agriculture.

Sustainable agriculture, it states, is a way of raising food that is healthy for consumers and animals, does not harm the environment, is humane for workers, respects animals, provides a fair wage to the farmer, and supports and enhances rural communities—all things that tick the boxes for me.

The concept of sustainability also involves eating local, which means buying food from a farm as close to you as possible. This cuts down on the length of time between when the food is harvested or processed and when you eat it. After being harvested, food begins to lose nutrients, so the less time between the farm and your dinner plate, the more nutritious the food is for you.

As it says on the RauDZ menu: Our philosophy is simple ... support local, buy local, eat & drink local. We are committed to our community, our suppliers, our environment and to you, our friends & neighbours.

I invite you to check out two things: my podcast on itunes called Home Plate and The Meatrix (<http://www.themeatrix1.com>).



Rod Butters, Okanagan Chefs' Association in Kelowna BC, is chef and co-owner of RauDZ Regional Table www.raudz.com/RauDZ/RauDZ.html info@raudz.com

Cook's Tale

CESO connects Canada and Kiev

"The gentle art of gastronomy is a friendly one. It hurdles the language barrier, makes friends among civilized people, and warms the heart." – Samuel Chamberlain

"The joy of having knowledge is found in the gift of sharing it." – Peter D. Ochitwa

These thoughts resonated in my mind as I stepped from the aircraft onto the tarmac in Kiev, Ukraine. I was starting my eighth assignment with Canadian Executive Service Organization (CESO), my fourth in Ukraine. This time I was volunteering my experience in the hospitality industry to benefit Valter Private Enterprise and its American-style restaurant. My tasks were to assist with marketing, promotion, staff training and sanitation, but that was only half the story—as you all know, once you have been bitten by the industry bug, you simply can't stay away from those sauté pans.

My assignments to Ukraine have held a special place in my heart. I am fourth-generation Canadian of Ukrainian ancestry, and grateful for the wonderful life our family has had in Canada. Now, with CESO, I have the opportunity not only to give back of myself but also to discover the land of my forefathers.

Travelling on these assignments always carries some trepidation in terms of communication. My Ukrainian is good, from a conversational standpoint. While I understand a lot of Russian, I do not speak it with the same ease as I do Ukrainian. Compounding matters: In Russia and Ukraine, every ingredient is weighed by the gram. Mix all that together: By the time I convert my recipes from teaspoons and tablespoons to grams, remember the Russian and Ukrainian names for the ingredients and then think out methods, explanations and everything else in English first before translating, it can make for some pretty mentally exhausting days.

However, in one respect, language was no barrier. Over the last two years on assignment in Russia, Georgia and Ukraine, one of the most amazing things that I have found is the proficiency of the chefs and cooks in classical French cuisine. From the hotels and restaurants to the schools—I lectured and demonstrated at the Kiev School of Applied Technology—the students, cooks and chefs had an incredible command of French culinary terms. This dates back to the time of Catherine the Great (1762–1796) and her affinity for French culture.

My teaching sessions, cooking demonstrations and insights were always met with great enthusiasm—to the point where several of the chefs and cooks would convene



Peter Ochitwa with the kitchen staff, managers and floor staff in the cold kitchen of Valter Enterprise in Kiev.

in my apartment after the workday, with notebooks in hand to continue the lessons. How can you refuse such heartfelt desire for knowledge?

I recall working with a young lady named Ela in the cold kitchen. I had taught the brigade how to use berry coulis, chocolate and crème anglaise to garnish dessert plates. We had replicated the traditional patterns of the renowned Ukrainian embroidered shirts onto the dessert plates. The order came into the kitchen and Ela was quick to pick up the squeeze bottles. Prior to the dessert going out to the dining room, the brigade gathered round to marvel at her work with cries of "Очень красивейше!" (Very beautiful!) As the plate was taken to the waiting guest, Ela came over to me and, with tears of joy welling in her eyes, said "Спасибо большое!" (Thank you very much!) At that moment, I thought back to my days as an apprentice: Even though there are parts of our apprenticeships that we all begrudge, now, it all seemed worth it!

The learning was by no means one-sided. The culinary dishes that these people can create with a much more limited range of ingredients than we are accustomed to in North America is incredible. Looking at the rise of trends such as slow cooking and 100-mile diets, we can all learn a lesson from truly regional cuisines that are not augmented with foods flown in from across the globe. True, in Ukraine and Russia, economics simply does not allow it. But how many of the ingredients that we often use in

our kitchens with little thought will be available to us when oil hits \$200 a barrel and the cost of shipping precludes a reasonable selling price?

The greatest lesson that I have learned through my CESO travels came earlier this year when I was teaching in Odessa, Ukraine. As the dishes from the breakfast buffet came back to the dishwashing area, any remnants of orange juice were poured into used water bottles. When the bottles were filled with juice, they were taken across the street to the outdoor market, *Prevoz*, and sold to the vendors. The money was split amongst all kitchen and service employees to subsidize their meager incomes. Forget calling the health board—that's not the issue. My point is that all too often, we take little notice of the wealth of natural and human resources in this country and little time to count our blessings.

I am not the first or the last chef who has contributed to furthering our profession the world over. On assignment in Piatygtorsk, Russia, I ran into George Wagner, former pastry chef of the Empress Hotel in Victoria, who was in the city, also with CESO, to teach chocolate. As we sipped our beers at an outdoor cafe, George looked at me and said, "Do you know why I love to come and teach in Eastern Europe? Look at these people. They have nothing. Yet, they are well read, know their history, go to the opera and ballet. They walk the streets as a family with smiles and pride. And we in North America think that money makes you a civilized society."

Whether it be here in Canada or abroad, give of yourself no matter the cause. The rewards and lessons are priceless.

Peter Ochitwa is the former owner and chef of Mad Apples restaurant in Toronto. When in Canada, he is proud to call the Waterloo Region his home branch even though most of the members can't remember what he looks like. pdowwa@yahoo.ca

Interested in being a CESO volunteer?

The Canadian Executive Service Organization (CESO) is a unique, volunteer-based, not-for-profit organization founded in 1967. Its mission is to build capacity in governance and economic development through the transfer of knowledge and skills by Volunteer Advisers, who come from a variety of occupations and technical backgrounds. Volunteer Advisers share their professional experience by mentoring, training and advising Aboriginal and non-Aboriginal Canadians and clients in countries in Africa, Asia and the Americas, as well as emerging market economies in Eastern Europe. For more information, visit www.ceso-saco.com.

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* According to research conducted by Starch Research Services Limited, September 2008, 93 per cent of Canadian chefs believe that sunflower oil is a good choice for deep-frying.
1. Research conducted at USDA/ARS National Center for AG Utilization Research, Peoria, IL.
2. Fry study conducted by Cargill in spring 2009 confirmed mid-oleic and high-oleic sunflower oil had less oil degradation during the frying process than high-oleic canola oil.

Hot Stuff

Happy 30th anniversary!

In February 2010, Arlene Kroeker of the *Richmond Review* began her article about Bruno Marti and his restaurant with: *I had the pleasure of dining at La Belle Auberge ... and the experience was memorable. I can still taste each dish ... I'm sitting in the century-old Victorian manse in Ladner [BC] with Bruno Marti, the famed chef/owner of La Belle Auberge and Chef de Cuisine Tobias MacDonald talking about the*

upcoming anniversary. In April, they celebrate 30 years of serving French-style cuisine.

Whether or not you've had occasion to meet and talk with Bruno or eat at his restaurant, you'll find the article an interesting and entertaining read. It touches on food trends and philosophies, customers and dining out, changes and reminiscences ... and closes, not surprisingly, with a hospitable invitation: *In honour of their 30 years, Marti will nostalgically bring back some of the retired menu items: Ladner Fisherman's Pot; Duck in Blueberry (cooked to order);*

rack of lamb en crouete; table-side service including flambé. "Come and eat here," says Marti. "You don't have to go to France for the food."

[Click here](#) for the full *Richmond Review* article.

And [click here](#) for another article that trumpets the *Zagat 2010 Vancouver Guide* announcement: *This year's winner for Top Food is La Belle Auberge, located in Ladner and described as one of the "best-kept secrets" with "world-class" cuisine from chef Bruno Marti.*

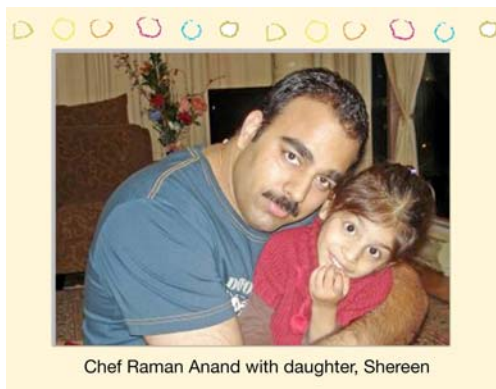
What's Cookin'

Branch benevolence

Team British Columbia had an amazing journey as it prepared to enter the ultimate of cooking competitions, the World Culinary Olympics in Erfurt, Germany in October 2008.

It was a "dream team": five of BC's best chefs together with thirteen very talented and dedicated support members. We practised long hours, fundraised to pay the costs of the trip, planned and designed everything. We worked hard and we played hard—but, most of all, we had fun doing it, got great results and laughed a lot!

Over the months of preparation, we became a family. And like a family, we were devastated when one of the Team members passed away suddenly after our triumphant return to Vancouver.



Chef Raman Anand with daughter, Shereen

Chef Raman Anand, a great competitor and a wonderful friend, succumbed to a massive heart attack on his first day off after working long hours over Christmas and New Year as Restaurant Chef at the Sutton Place Hotel. He left behind his beautiful wife, Richa, and the joy of his life, daughter Shereen.

Team BC decided to raise funds for a scholarship for Shereen. With the help of team friend Nick Versteeg of DV Cuisine, we put

together some footage of the Team in Germany, designed a package and decided to sell a DVD. All profits from sales would go to the fund in memory of our great friend and "family" member.

Everyone took on the task of selling DVDs to family, friends, and associates. Copies were sent to the local CCF branches and sold at local culinary competitions, chefs' meetings and cooking classes. The BC Chefs' Association, where Raman had been a member, contributed additional monies raised at their annual golf tournament. The Okanagan Chefs' Association sold pins at the National Conference in aid of the cause and also made a very generous donation.

Late last year we presented Richa and Shereen with a cheque for \$9,400, which has gone into an RESP for Shereen. A huge thank you to everyone who contributed.

Jane Ruddick, associate CCF member, is manager of Team BC and president of J.R. Food Consultants Ltd.
jruddick@shaw.ca

It's Spring! Do it now!

- Send *Mise en Place* some food photos
- Email a story idea to *Mise en Place*
- Volunteer to do a write-up for *Mise en Place* with a fellow branch member

We're already thinking about upcoming issues—and that means ...

- Mise en Place* is hoping to hear from YOU!

Contribute content yourself and encourage other members to do the same.

Mise en Place would love to share photos and write-ups of your activities and experiences with other CCFCC members. It can be on a topic of your choice or one from our [ingredient shopping list](#).

Contact the editor at newsletter@ccfcc.ca with your story ideas and photos as well as any questions. She's also happy to chat by phone—just let her know you're interested.



What's Cookin'

Chefs chosen for Culinary Team Canada

The challenge after tryouts was not just picking the best chefs, but picking the best chefs who could come together as a team—a winning combination—and earn Canada another world culinary championship at the 2012 IKA World Culinary Olympics in Erfurt, Germany. We got off to a successful and exciting start on March 13 in Edmonton, at our first meeting as Culinary Team Canada.



From left to right: Patrick Gayler, James Holehouse, Brad Horen, Peter Dewar, Poyan Danesh and Dave Ryan

Captain: Brad Horen, Inn at Laurel Point, Victoria BC
Chef Members: Poyan Danesh, Corporate Classics Caterers, Vancouver BC
 Peter Dewar, Nova Scotia Community College, Halifax NS
 Patrick Gayler, Inn at Laurel Point, Victoria BC
 Dave Ryan, Vancouver Community College, Vancouver BC
Pastry Chef: James Holehouse, Shaw Conference Centre, Edmonton AB

Business Manager: Simon Smotkowicz, Shaw Conference Centre, Edmonton AB

Assistant Manager: Vinod Varshney, Northern Alberta Institute of Technology, Edmonton AB

Alternate Members: Roger Andrews, College of the North Atlantic, St. John's NL; Scott Ards, The Royal Glenora Club, Edmonton AB; Jeffery Young, The Westin Resort & Spa, Whistler BC

Support Members: Restituto Mendoza, Pinebrook Golf and Country Club, Calgary AB; Suzannah Yeung, Fairmont Pacific Rim, Vancouver BC

Team Coaches: Clayton Folkers, Northern Alberta Institute of Technology, Edmonton AB; Bruno Marti, La Belle Auberge Restaurant, Ladner BC; Judson Simpson, House of Commons, Ottawa ON; Fred Zimmerman, retired Chef de Cuisine, Calgary AB

Simon Smotkowicz, Edmonton branch, is CCFCC National Secretary, Culinary Chair and Culinary Team Canada Business Manager. secretary@ccfcc.ca.

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LOL in the Kitchen Contest

30 entries and the winners are...

Top Laugh

Some years ago I worked in a fine cuisine restaurant. One evening, serving staff told me that a gentleman was telling stories about his travels around the world and the many fine restaurants where he had had dinner. The server was very nervous and didn't want to make any mistakes, but I noticed that the order was taking too long from that table. I called the server over to find out what was going on, and he told me that the guy was still talking about his travels. In those days, we made butterballs and rolled them in parsley, walnuts and, sometimes, roasted garlic. Well, this guy was popping them down while telling of his culinary experiences. When he called the server over and ordered a dozen more of the butterballs—and said it was the best appetizer he ever had—we had a good laugh in the kitchen and sent out some plain butter patties. We got the order from the table and he was very quiet for the rest of the evening.

Louis Rodriguez, Winnipeg branch

Louis's prize? Tickets for a night out at The CBC Winnipeg Comedy Festival!

Chuckle #1

A friend was driving me to the airport for a late evening flight and we decided to attend an Italian wine festival being held at a hotel en route. We arrived early and were enjoying a marvelous dinner. We had ordered a wine with our first course and decided to try a different wine with the second course. When the waiter brought the wine, he asked my friend, "Would you like me to change your glasses, sir?" My friend took off his bifocals, held them up to the light, and answered, "No, thank you. I think these will do just fine." We had a good laugh and then, of course, got new glasses for our second bottle of wine.

John Kramshoj, Edmonton branch

Chuckle #2

We served an order of roast buffalo au jus. The lady who had ordered it sent the plate back to the kitchen. The waiter announced that the lady had complained that the roast was soggy. "Tell her it's water buffalo," replied the line cook who had prepared the order. —*John Kramshoj, Edmonton branch*

Chuckle #3

One day I had all eight of the kitchen stoves cleaned out. We let the dirtiest pieces soak all night. The next morning, Dominique, one of my staff, was getting everything back in place. At one point, she found the grease drawer didn't want to go in. She tried every which way, but could not figure out the reason why it wouldn't fit.

I was peeling vegetables (yes, from time to time, chefs do peel vegetables!). Without looking at

her, I said: "Oh, shoot. I must have let that pan soak too long. Go see in the back kitchen if the big oven is on, and put the drawer in for a few minutes to dry." My dishwasher, who was a few feet away, added, "Yeah, we should be more careful the next time not to soak those things too long."

Without a word, Dominique left to check the back kitchen. I was laughing alone, just thinking what the other chef would say. Then I decided to go after her. When I got in the back, she was trying to make the others understand that

she needed to have the drawer shrink because it had soaked too long in water. They didn't know what to tell her.

When I said, "Dominique, metal does not absorb water," she just looked at me, turned around and went back in my kitchen. We all laughed about it for at least two days and even today, almost eight months later, we still comment about it. (Oh, and the reason the drawer didn't fit was simple: it was grabbing the gas control.)
Jacques J. Lepage, Outaouais branch

HUGE thanks to the chefs with a sense of humour who shared their true—and truly—funny stories!

Judging the laughs

Our judges got blind copies of the 30 submissions, and it took two rounds of voting to come up with a winner and these runners-up. Many thanks! to Ahmad Lufti (Ottawa branch), Anthony McCarthy (Saskatoon branch), Darren Mitchell (Okanagan branch), Mike Pitre (London branch), Rob Harrison (Regina branch) and Sam Glass (Muskoka District branch) for joining in the fun and helping out.



More laughs to come! Check out **LOL in the Kitchen** in upcoming issues for other stories sent in by chefs.

What's Cookin'?

Mushroom safari

It was 8 a.m. on an October Saturday morning and a group of us—junior and chef members from the Okanagan branch—were getting out of our kitchens and into our cars. We were heading north in search of mushrooms. In the vehicles, the talk was all about who was going to find the biggest mushroom, how we cooked our favourite mushrooms, and how much rain there was as we left Kelowna.



Okanagan Chefs' Association members in the woods for a day, hunting mushrooms.

We met our guide, naturalist Roseanne Van E, at the Vernon-area tourism information centre. She handed around photo books of mushrooms and truffles, and all sorts of fungi goodies that she had recently found in the bush where we were headed for our seven-hour hunt. Everyone was excited as Roseanne told us that rain is good and that we should see mushrooms pop out right before our eyes. As we headed to Mabel Lake, where our hunt would begin, we all got our cameras loaded and ready.

Arriving at the first stop, Roseanne took along two baskets—one for edible and one for non-edible wild BC mushrooms. We stopped just inside the bush where Roseanne talked about lichens (a type of moss), how the earth has evolved, how spores become fungi and their “life cycles.”

We split into groups and began searching. When we found something interesting, we were to give a loud blow on the whistles, which signalled the rest of the group to gather round the big find and Roseanne would identify the mushrooms for us. Over fallen trees, along rivers and down some small gulleys, we continued looking for the perfect patch of chanterelles, matsutakes or morels. Within an hour or so, we'd blown our whistles a dozen times and identified a pile of mushrooms in this ecosystem. Then it was time to head to a different ecosystem in search of different mushrooms.

At the second location, we followed a long winding trail, crossed a bridge and were surprised to see that we'd descended to the beaches of Mabel Lake. What a view. Leaves changing colours. And absolute quietness, not a sound anywhere, nobody around but us. As we sat eating lunch, we learned a bit about using field guides and why they are so important. We also identified the mushrooms that people had picked on the way down the trail. Though somewhat tired after lunch, all the fresh air and hours of hiking, we were still game to look for fungi on our way back to the cars. And Roseanne wanted us to see a secret place. We found a load of honey mushrooms everywhere along the incline: growing on trees, in the moss on logs, on rocks—everywhere! At the top of the hill, as we exhaustedly got into our vehicles, Roseanne assured us that our next hike in was short, easy and very rewarding.

Our last stop, outside Mabel Lake Park, was a hike up and down hills, around trees, over logs and on narrow paths (with a long fall if you didn't stay on them) that ended with the noise of water. We were at the base of a huge waterfall buried deep in the forest away from everything else! All of us took the opportunity to relax, and reflect on why we call British Columbia home.

After a quick rest, it was back to the park campground to browse through Roseanne's mushroom cookbook collection, tell stories and talk about the day's finds: about 14 varieties, five of which were edible. The point of our safari was to identify edible and non-edible mushrooms not clean out the forest to fill our bellies (unfortunately!), so we left most in the forest to grow spores for the following season. But whoever wanted, took home a sampling of lobster mushrooms (I hear some ended up in risotto and atop steak).

A glass of cider, some truffles (the chocolate variety), a group photo and a last laugh rounded out a memorable day. Not only had the day gotten us out of the kitchen and learning hands-on about wild mushrooms of BC but it had also gotten us chefs together doing something that didn't involve too much kitchen talk.



Some wild mushrooms from the successful safari.

Jonathan Garratt, Okanagan branch, British Columbia, is Junior Director for his Branch and the National Junior Representative—Western Region. This outing cost \$75 per person; to encourage junior participation, the branch paid half of their fee. He hopes sharing ideas like this helps junior development from coast to coast.
jonathangarratt01@hotmail.com



SUPPORT **YOUR** NATIONAL TEAM



We invite you to join us in helping Culinary Team Canada *bring home the gold* at the World Culinary Olympics in 2012.

Chef's Hat Inc. will donate **5 cents** to Culinary Team Canada for every chef hat purchased between June 1, 2010 and October 15, 2012. This includes direct sales and sales through various distribution companies.

YOU CAN WIN.....

... a once-in-a-lifetime experience – a trip to the World Culinary Olympics to see the team in action. One lucky winner will travel with Culinary Team Canada to Germany in October 2012 and experience the competition from behind the scenes. The prize consists of return airfare, and accommodation for one (1) to Germany in 2012. Every case of 30 hats sold will contain one entry form.

THE DRAW WILL BE MADE AT THE CCFC NATIONAL CONFERENCE IN JUNE 2012.

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2010 WACS Congress—Santiago, Chile



Competition congrats!

At last year's CCFCC national conference, Chris Thomson from Banff, Alberta and Trevor Ritchie from Niagara, Ontario won the respective National Chefs and National Junior Culinary Challenges—and set their sites on the WACS world competitions held this past March.

After winning the semi-finals in Brazil, Chris earned Canada the right to represent the Americas at the Global Chefs Challenge in Chile. He competed against chefs from Australia, Bali, Dubai, Holland, Norway and Portugal, representing their WACS regions. Although Bali went home with the trophy this time, our congratulations to Chris for a great showing and for being one of the seven finalists.

On his part, Trevor was in a field of 17 junior chefs from around the world competing in the Hans Bueschkens Junior Culinary Challenge. He came away with first place, earning a gold medal and the Memorial Trophy—and our heartiest congratulations for an outstanding accomplishment.

For more about the events, including photos, check out the WACS stories on the [global chef competition](#) and the [junior chef competition](#) as well as the [CCFCC website](#).

Junior chefs' forum

I recently attended my first World Association of Chefs' Societies junior chefs forum in Santiago, Chile. I was as excited as I was nervous. It was my first time travelling alone to a country I had never been to. Thankfully the hard-working forum organizers had hotel transportation waiting for us at the airport, and all of the juniors stayed at the same hotel.

Because of our shared passion for the industry, I found it very easy to talk to the other juniors. We had different backgrounds and experiences, and it was great to be able to share and learn from everyone in attendance. We juniors spent almost all of our time together.

We attended specially organized lectures and demonstrations. I really enjoyed listening to chefs Glen Austen of Australia and author/speaker Charles Carroll share their

life stories. They were both very inspiring and encouraging of the juniors and our future endeavours. WACS arranged several food demonstrations. One of my favourites was Rudolfo Guzman, chef and proprietor of Boragó. He demonstrated molecular gastronomy and combining food and nature in his presentation style and technique.

I would imagine the hardest part about a chefs' convention would be feeding us. We had some of the most amazing meals in some of the most astounding places. We enjoyed Waygu beef with the president of Chile in Castillo Hidalgo. We experienced the wines of the Concha y Toro vineyard during a five-course banquet at the vineyard. I learned about local food and how to salsa at a local bar while enjoying Santiago nightlife. Finally, the competition awards (which included Trevor Ritchie's) were announced over dinner in a forest at Palacio Cousiño, a palace in Chile.

The most important aspect of the conference was the networking we were able to do. It opens doors around the world for all of us. Come the end of the week, I found it very difficult to say goodbye to the friends that I had made. I still keep in contact with many of them today.

I would recommend this experience to anyone who is passionate about the culinary industry and who is looking to further enhance his or her education and experience in the field. I am already working on attending the next forum in 2012 in Korea, and look forward to seeing some old and new faces from around the world.

Ashley Stenabaugh, Muskoka District ON junior member, is currently managing three guys and a stove in Huntsville. She's planning to move overseas this coming fall.

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WACS launches official e-magazine

WORLDchefs, published by the World Association of Chefs Societies, offers insightful articles related to the culinary community, covering views, debates and trends from the culinary world. With 93 member countries, WACS can certainly offer a global perspective in its e-magazine. To download the first issue (which includes a collection of articles from CCFCC member and WACS education committee member Sara Harrel about her trip to Iceland) or subscribe, [click here](#).

At the Chef's Table

Chatting with Trevor Ritchie

Members who attended last year's CCFCC National Conference will recall Trevor Ritchie creating quite a buzz when he won the National Junior competition. Now this young Canadian chef is the world junior champion after winning the Hans Bueschgens Junior Culinary Challenge at the recent WACS World Congress in Chile. Away from the competition spotlight, Trevor is chef de cuisine at Queens Landing Hotel in Niagara-on-the-Lake, Ontario.

Black box competition with mystery ingredients: What were your thoughts going into that?

Actually, the WACS juniors' competition in Chile was my first black box competition ever. You figure they won't throw in anything too obscure—they don't want to embarrass anyone. Our plan was to focus on basic prep around certain staple ingredients. But there were a few surprises: like, no carrots or celery!

Any "dream" ingredients you'd personally like to see in your next black box?

Hmm ... (laughing) maybe any product that would be difficult for my competitors to deal with? I don't have a lot of bias, and can find lots of good things about any ingredient. There's always something to enjoy about it.

How did you learn your way around the kitchen?

I started working in restaurants in my teens—washing dishes, then doing prep work, progressing. It took time, and I worked in a few different restaurants before going to George Brown College.

Did you cook at home while growing up?

I tried a few things—to impress friends! Looking back, they probably weren't that great, but you learn.

What's a memorable meal you've had?

In Toronto, a tasting menu at Mark Thuet's restaurant ... there was yellowfin tuna with rose jelly ... the charcuterie was the best: small and elegant ... the foie gras mousse was amazing ... cauliflower soup with whitefish caviar that was really interesting ... braised elk shank...

If you could dine anywhere in the world on your birthday, where would you go?

The Fat Duck in England. Definitely can't afford it, but if money was no object...

Name a few things that are always on hand in your kitchen.

Olive oil. Garlic. Milk. Parmesan cheese.

What might people be surprised to find in your kitchen?

Nutella. Love that stuff!

A favourite food?

I love tomato and mayo sandwiches—fast and delicious. And cheese and bread.

Your perfect snack?

Popcorn. I make it in a pot with oil on the stove, not in a microwave oven.

Besides your knives, what's a favourite kitchen tool?

Mandoline.

If you could invite three chefs (dead or alive) to dinner, who would you pick and what would you serve?

Thomas Keller from The French Laundry. Heston Blumenthal from The Fat Duck. And Laura Calder from the TV series French Food at Home. I think we'd go to the market, see what we find or like, and just whip something up ... something simple.

Cookbooks, food mags, online: Where do you go for ideas?

All of those, but I'm always online searching. I do a lot of research.

Besides food and cooking, any other passions?

Flying. I got my pilot's license a while ago (single-engine Cessna). I don't get up as much as I'd like 'cause it's expensive.

Any advice you've gotten about cooking that's really stayed with you?

Be professional. Respect your ingredients.

Last words...

I'm still discovering who I am, who I want to be. With guidance from Executive Chef James Olberg but some freedom, I put out my first menu this past winter. It was complicated—and a challenge to work through ... who are we cooking for, can we get all the ingredients, costing and so on. I'm starting to appreciate a simpler style of cooking. And the big picture. Chefs aren't the biggest stars all the time ... there's whoever makes that cheese for me, the servers and wait staff ... so many other producers and people.



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