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QUARTERLY



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CONTENTS



06 CHEF PROFILE Boban Kovachevich

As corporate chef of Executive Hotels & Resorts, Boban Kovachevich has raised the standards in the company's restaurants, conferences and banquets with his culinary skills and passion for food.

FEATURES

08 Sustainability

Farmed Seafood: Good, Bad, and the Ugly
Recipe For a Sustainable Food Future

EVERY ISSUE

04 President's Message

10 Recipes

12 People & Places

Masterchef Competition, Culinary Olympics, International Chef Day

14 Tidbits Industry news

ON THE COVER: Wasabi Green Pea Crusted Ahi Tuna Carpaccio Edamame & Citrus Salad (page 11)

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SUCCESS AND TRENDS

When it comes to ensuring that our junior chefs are our future chefs, no one works harder than the BC Chefs' Association and the Canadian Culinary Federation to make it happen. Our board of directors and membership get involved in mentoring and partnering with the junior chefs by working with them, and encouraging them to enhance their culinary experience. In October Culinary Team Canada led by chef Simon Smotkowicz and junior chef team BC, led by chef J.C. Felicella attended Germany for the IKA Culinary Olympics that occurs every four years. Team Canada came fourth overall. Out of 35 national teams, Canada was awarded one of only four gold medals for the Hot Kitchen, with the third-highest score. Hot Kitchen is an extremely challenging competition, and to have been awarded gold is a great achievement.

Often we get asked about the upcoming food trends, and here is how I see it for now. The food service industry is growing slowly and getting out of the 2008-2009 slow down. Interestingly the prices that are being offered by the restaurateurs are very attractive and it's enticing the consumer to go out more often. I also see that food safety is on the rise, especially with latest

scare of E. coli found in beef out of Alberta. The visitations of our local health inspectors are on the rise due to the urgency of safety and different types of cooking methods. Sous vide is the latest type of cooking that is being offered by professional chefs. If not prepared properly it may cause illness. Consumers are always looking for assurances that their food is safe and that its safety is maintained throughout the cooking process. Another trend is healthy eating. Whether eating at home or out, consumers are starting to demand healthy alternatives to the usual menu. This change has been spawned by increased public awareness of heart disease, cancer, and other illnesses. Along with disease awareness has come public education on disease prevention — most of all, by modification of the diet. People now take into account more than ever the amount of calories, fat, and sodium consumed. Other popular concerns include all natural ingredients and use of organic produce.

Look for your informed dining program (IDP) coming to a restaurant near you. The major chains have already implemented the IDP, if not available at their restaurant it will be on their website. Finally on October 1st, we changed the look of our



website and will be offering advertising opportunities on our website at www.bcchefs.com. And don't forget the great advertising opportunities in the *Chefs Quarterly Magazine* as well.

With Best Culinary Regards,

Edgar Rahal
President — B.C. Chefs' Association

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COOKING WITH LOVE

BY CHERYL MAH



Boban Kovachevich's career spans almost 30 years working in some of the best restaurants and hotels on both sides of the Atlantic.

Today, the corporate chef of Executive Hotels & Resorts is a very busy man and it means long days at work. Luckily he loves what he does.

"Every morning I come to work I come with a smile. I love my job and I really enjoy the people," says Kovachevich, 50.

Born in Belgrade, Serbia, Kovachevich has come a long way especially since he never had an interest in cooking. But growing up, he was impressed enough with the chef uniforms and cooking shows at the time to select cooking as the trade path he would follow.

"Back then in Europe when you finished Grade 8 you had to choose a trade and it was a mandatory four years," notes Kovachevich, who would eventually fall in love with cooking in the third year of training.

After graduating in 1983 with his culinary diploma, he worked in a number of restaurants including the Dubrovnik in Rotterdam and the Yacht Club in Tel Aviv. Cooking in Israel, he earned Jerusalem Post's nomination for the 10 best chefs in the Middle East.

Then in 1998, like most immigrants, he wanted a better life for his family and moved to Canada. He started at the Executive Hotel Burnaby as sous-chef for six months before being promoted to executive chef at the company's Executive Vintage Park.

Looking for a change, he left the company in 2003 and went to work at Harrison Hot Spring Resort & Spa first as a sous chef and then executive chef. His hard work was recognized with the Manager of the Year award in 2006.

He rejoined Executive Hotels & Resorts in 2007 as corporate chef and took on the role of acting director of food and beverage in 2009 when f&b director Lutz Wolff retired.

Asked about his responsibilities, he laughs and just shakes his head, "where do I start?"

Kovachevich currently oversees management and food operations at five of the company's properties located in Coquitlam, Burnaby, Richmond and two in downtown Vancouver. He is also responsible for catering and banquet services; and

"...if you don't put 200 grams of love in each dish, it does not taste the same."

training and motivating a small army of staff including chef de cuisines, sous chefs and cooks.

"Today the chef is not only somebody who is a great cook and taking care of his brigade and good food production. You also have to be a good business man and make sure you're making profit for the company," says Kovachevich, who diligently keeps track of everything with multiple spreadsheets. "I can proudly say that my net profitability is probably the best in Vancouver. I always keep my F&B profitability above industry standard."

During his 10 year tenure at the hotel chain, he has had the unique opportunity to open new restaurants, manage several different venues, and develop the menus and concepts of the hotel's restaurants: Tivoli's, Copper Club, La Vallée and Carver's steakhouse.

When we met for this interview, he was in the middle of preparing five new menus — all to be launched by the end of October.

"I like to change the menus seasonally" explains Kovachevich, noting popular dishes are kept and fresh sheets are introduced every quarter. "To give my chefs their own creativity, they can do daily, weekly and monthly specials."

All menus feature fresh, local ingredients, organic meats and Ocean Wise seafood. While each property serves a different style of food, a "great seller" is butter chicken from a recipe perfected by Kovachevich. But just following his recipes doesn't guarantee it will taste exactly the same — as some of his chefs have found out.

“I always say if you don’t put 200 grams of love in each dish, it does not taste the same. It’s how much love we put inside — that’s how you taste the difference,” smiles Kovachevich, who also makes his own spices such as curry powder and meat seasoning. “I still believe the classic way of food production is the best.”

Respecting the culinary process is another important lesson that he tries to teach his chefs, “When you are cooking something for the prime minister or the dishwasher, you have to cook with the same love and passion.”

In the last five years, Kovachevich has spent most of his time in the office rather than in the kitchen so when he does get a chance to cook, he thoroughly enjoys it. Most of his cooking opportunities take place after he has developed a new menu. Then he goes to each property and cooks with the chefs to ensure proper execution and consistency.

Although the hotel’s quality and presentation of food has greatly improved under his skilled hands, he says there is still room for improvement when it comes to food presentation and staff training.

“It’s been a huge improvement but still not at the level where I want to bring this company,” he says, describing himself as tough but fair with his staff. He expects them to work hard and with passion as well as to have respect for the team. “If you don’t work hard, you will go nowhere.”

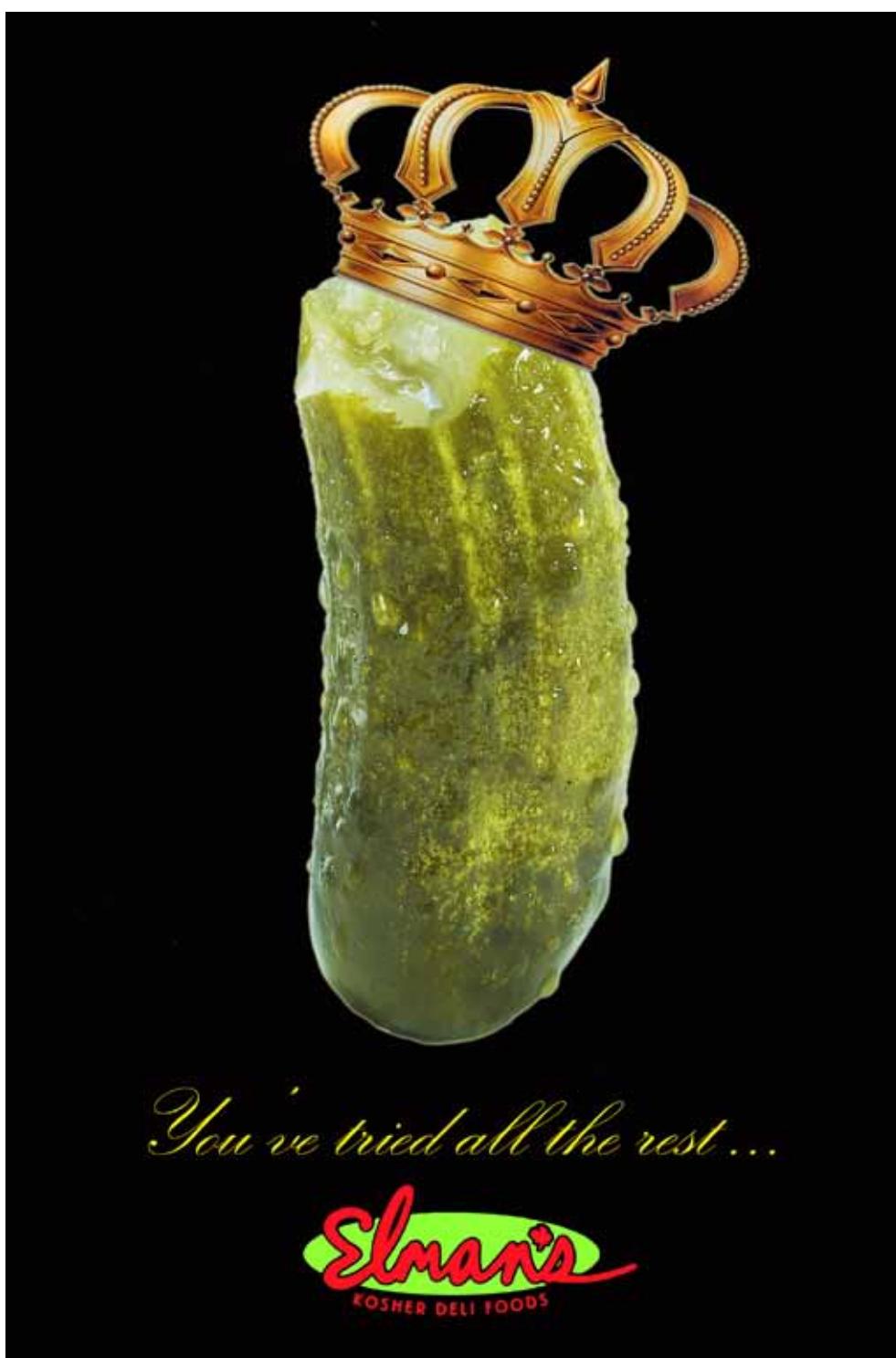
Hard work and a great palate have resulted in a successful career for Kovachevich with his talent garnering a number of professional achievements over the years. He is especially proud of being awarded Chef of the Year by the BC Chefs Association (BCCA) in 2011 — the highest honour bestowed by the association.

“To be named Chef of the Year is a great honour. I’m very proud to have my name alongside the many other great chefs who won before,” says Kovachevich, who also received the BC Chef’s Association Recognition Award in 2009, and the ‘Grand prize Best Appetizer’ in the 2010 Healthy Chef Competition.

He joined the association in 2006 and currently sits as the first vice president where his main responsibility is competitions. “We’re working on changing the judging rules... and improving how we run the association with more fundraising functions. It’s really about bringing our profession to the next level and inspiring new chefs,” he says, citing BCCA president Edgar Rahal and f&b director Wolff as mentors.

As for current trends in the food industry, he feels diners are moving away from high fine dining towards value for money, “chefs now have to think about how to find less expensive but still good quality ingredients and do fine dining presentation [while charging a more modest price]. The economy has forced us to make lots of changes.”

When he’s not working, Kovachevich spends his time with his wife Marina and two daughters Jovana and Tijana. He enjoys boating and owns a 17 foot bayliner. CQ



FARMED SEAFOOD: GOOD, BAD & THE UGLY

BY KELLY ROEBUCK



“Open-net pen farmed salmon is red-listed by SeaChoice”

Coastal Alliance for Aquaculture Reform

More than likely your menu includes shrimp and salmon. Not a surprise given they are respectively the number one and the third most consumed seafood items in North America. What is even more likely is that shrimp and salmon on the menu were farmed. Today, half of our seafood comes from farmed sources.

Aquaculture or ‘farmed’ seafood has received its share of bad press and often rightly so, for options such as farmed salmon and shrimp. Open-net pen salmon farms are unable to control their inputs becoming direct outputs in to the marine environment — from waste (fish feces), chemicals, disease, sea lice and escapes. There is no ‘safety barrier’ between the farm and the ocean environment. Both farmed salmon and shrimp appear on SeaChoice’s red-list due to being unsustainable. Yet these horror stories don’t represent all farmed seafood. In fact, many farmed options are available to replace those red-listed menu items — yes, even those pesky salmon and shrimp. Farming under the right conditions can be a viable part of the solution, easing the increasing pressure on our oceans’ resources and in meeting the demand for seafood by our growing population. However, aquaculture practices should not come at the expense of a healthy ocean.

A simple way of deciphering between the good, bad and the ugly farmed seafood options can be drilled down to another f-word: ‘filtering’.

Take those shellfish bivalves on your menu for example. Shellfish feed by filtering particles out of the water and generally have a beneficial impact on water quality in the areas they are raised. In addition, shellfish farms do not use fertilizer or feeds

and rarely use antibiotics and other chemicals. Farmed mussels, oysters, clams and scallops are green-ranked or “Best Choice” by SeaChoice.

But what about that salmon and shrimp? Innovations in aquaculture are giving way to cleaner farmed options for these too. Land-based closed containment technology provides for an environment where inputs and outputs can be controlled by the farmer, unlike open-net pens.

Closed containment allows for the recirculation — in other words the filtering — of water within the facility. The spread of disease and parasites to wild fish is avoided, in turn minimizing any need for chemicals.

Closed containment is a common practice for sustainably farmed options such as Arctic char, rainbow trout, and sturgeon. While still in its growth stage for salmon and shrimp, pioneers are leading the way and new closed containment projects for these species are on the horizon.

Farmed seafood can offer some of the most ocean-friendly seafood options, that is — if responsibly raised.

TIPS FOR CHOOSING OCEAN FRIENDLY FARMED SEAFOOD

- Avoid open-net farmed salmon. Choose closed containment (U.S.) farmed salmon instead.
- Avoid pond-farmed shrimp. Choose closed containment (U.S.) farmed shrimp instead



Corey Peet

“A more sustainable alternative for farmed salmon is closed containment”

- Choose closed containment farmed finfish: Arctic char, rainbow trout, barramundi (U.S.), tilapia (U.S.) and salmon (U.S.).
- Choose farmed shellfish: oysters, clams, mussels and scallops. **CQ**

Kelly Roebuck is sustainable seafood campaign manager with Living Oceans Society, a member group of the SeaChoice program. SeaChoice conducts science-based assessments on Canadian fisheries and aquaculture, as well as provides tools for businesses and consumers to help them make the best seafood choices. SeaChoice is a conservation program of Canadian Parks and Wilderness Society B.C., David Suzuki Foundation, Ecology Action Centre, Living Oceans Society and Sierra Club B.C.

RECIPE FOR A SUSTAINABLE FOOD FUTURE

BY BONITA JO MAGEE



The United Nations has not only declared a global food crisis, they've also declared a global water crisis. The issues are complex and overwhelming as our global food system has, over many years, created monocrops, soil erosion and degradation, drought, and unprecedented amounts of methane in our atmosphere that is far more damaging than carbon dioxide.

A 2012 United Nations report details how this global food system is damaging Earth's natural systems, but scientific reports aren't often read by the general public. People talk about changing light bulbs, driving less, and using energy-efficient appliances, but diet choices have a much deeper impact on our planet. All one has to do is read Anna Lappé or Michael Pollan to understand what we are doing simply by what we are eating.

With the exception of eggs and dairy, a large portion of our food is imported and we've no knowledge about how it's produced, where, or by whom. Fruit and vegetables with 'Canada/USA' listed as the origin aren't grown along the border. Because of our vast distribution system, at the retail level it's almost impossible to know which country everything is from. The same can be said of our seed supply that produces the food. A handful of pharmaceutical companies own the majority of the world's seeds. It's all enough to ruin your appetite if you let it.

Thankfully, people are hungry for local food. Unprocessed, real food. Food that is fit to eat, not to travel. Food that is fresh, nutritious, and tasty.

Easy to understand when it comes to the palette but what about the pocketbook?

There are many challenges to contend with when buying local food. Price point is a key challenge. Another is selection as our region's growth capabilities are limited by climate and seasons. Consistency can be an issue as the majority of B.C. farms is small-scale operations. Availability can also be affected by our weather. An overly wet spring can delay the start of a farmer's growing season by months and in extreme cases, shut down operations for the year.

Along with the challenges, however, are the benefits. While selection is limited, beyond the supermarket shelves are the farmers markets where you can meet the producers and see the immense selection that is available. From purple potatoes to lemon cucumbers to habanero peppers, it's quite amazing what our region does produce — and it's being produced sustainably. Small-scale producers depend on the health of their soil and their animals to be successful. The number of sustainable protein operations in British Columbia is increasing at a fast rate as ranchers pay attention to consumer demand for ethically and sustainably produced product. The number of certified organic farms is also increasing, along with municipalities that are passing bans on genetically-modified crops. Communities all over the planet are taking back control of their food system and increasing its sustainability while they're at it.

Buying local food keeps farmland in production and out of speculation. As our local food system grows, opportunities are provided for new farmers to replace aging farmers that are at or near retirement. Buying food grown closer to home, in most instances, reduces our ecological footprint. It increases our local economy by keeping our money circulating in our communities. The most direct benefit, however, is the relationships developed with local producers. Specific crops can be planted and harvested as necessary. Farms can be toured so you know exactly where your ingredients are from and how they're produced. At the end of the day, it's rewarding and it's delicious. Share your connections and your support for local producers with your customers. Let your website and your menu tell your story.

Some day, tariffs, trade agreements, and government subsidies will be beneficial to the local food system instead of the global food system and the price of local food and imported food will be comparable and reflect externalities. Until then, invest in local food. It's part of a sustainable food future. *CQ*

Bonita Jo Magee is the events and project manager at FarmFolk CityFolk, a non-profit organization that works with food communities to cultivate a local, sustainable food system. www.farmfolkcityfolk.ca

SMOKED BACON LENTIL RAGOUT

INGREDIENTS

4 slices double smoked bacon, cut into 1/4-inch strips
 1 medium yellow onion, chopped
 1 large carrots small diced
 1 rib celery small diced
 2 cloves garlic, minced
 ½ lb green dry lentils, rinsed in cold water
 1 litre chicken stock
 ½ teaspoon fresh thyme
 1 bay leaf
 ¼ cup chopped fresh parsley, with a little extra for garnish
 1 cup dry red wine or dry sherry

INSTRUCTIONS

Heat a large, thick-bottomed pot (6 to 8 quart) on medium heat. Add the bacon and cook until much of the fat has rendered out and the bacon is browned and cooked through, about 10 minutes.

Add the carrots, onions, celery, stirring frequently, scraping up the browned bits at the bottom of the pan, cook until softened, about five to seven minutes. Add the garlic and cook a minute more, until fragrant. Deglaze with red wine or dry sherry.

Add the rinsed lentils, stock, thyme, bay leaf. Add a teaspoon of salt and some pepper. You



will season more to taste later. Bring to a boil and reduce the heat to a simmer. Cook partially covered until lentils are tender, about 30 minutes. Add more seasoning if necessary.

Executive Chef Dana Hauser, Herons Waterfront

RECIPES WANTED

Do you have a recipe to share? Would you like to see your recipe on the cover?

Send recipes with high quality professional photo to cherylm@mediaedge.ca

WALNUTS

A NATURAL WONDER

WHEN I THINK OF WALNUTS, FOUR THINGS SPRING TO MIND: TASTE, TEXTURE, VERSATILITY AND SUPER FOOD.

The unique taste of walnuts has led to the fame of some dishes — where would the Waldorf salad, created in 1893, be without the humble walnut?

Would a goat cheese and beet salad have become such a hit in the past decade if it weren't for the addition of walnuts? We'll probably never know. We should applaud those who dared to try something different, which isn't always easy.

While the pairing of flavours is often tricky, resources, such as foodpairing.com help provide insight into great flavour combinations, including ingredients that complement walnuts. The site is based not on intuition, but on science. The food pairing suggestions are based on scientific flavour analysis; a principle that foods can be combined when they share major flavour components. I've been using this site for years, as have many of the world's most creative and awarded chefs like, Ferran Adria and Heston Blumenthal.

When you think about taste, you probably don't consider texture. However, it is an important factor not to be overlooked. For example, in Asian cultures, the texture of food is sometimes as important as its flavour profile. A Chinese stir-fried dish with tender chicken, silky tofu and crunchy vegetables topped with crispy

fried noodles in a smooth sauce is an important textural balance, that's appealing to the palate. Even a soft goat cheese with an al dente roasted beet and acidic vinaigrette needs a bit of crunch to round out a multi-textural dish; walnuts add that essential crunch that's critical to make the dish sing.

TASTE IS KING BUT HEALTH IS QUEEN

While many super foods have flavour limitations, walnuts do not. In fact, they are a versatile ingredient that partner nicely with other super foods to create impactful dishes. Consider roasted squash with candied walnut pieces; quinoa salad with chopped walnuts; cranberries, blueberries and walnut pieces mixed with yogurt; or dark chocolate and ground walnut in a strudel. Walnut encrusted meats with the addition of mustard and buttered breadcrumbs not only look great but taste fabulous. There are not many areas of the menu where this ingredient doesn't make a dish shine.

So the next time you're creating a menu and need to include a super food; raise the taste profile of a classic favourite; or would like to add in texture and a crunchy bite, simply experiment by adding walnuts.

John Placko, culinary consultant, principal, Modern Culinary Academy. www.johnplacko.com



WASABI GREEN PEA CRUSTED AHI TUNA CARPACCIO EDAMAME & CITRUS SALAD

SERVES 4

8oz. Ahi tuna
120 g bag Kasugai roasted hot green peas
12 pods fresh soy beans (1 pkg. frz. edamame)
1 orange
1 cucumber
1 golden kiwi (optional)
2 Roma tomato
1 jalapeno
1 lime
cilantro

METHOD:

Crush ¼ bag Kasugai peas under a layer of parchment paper, using a rolling pin, set aside and snack on the rest.

Portion Ahi tuna into four equal portions, lightly coat with crushed peas, sear in medium hot pan lightly, to seal outside edges. Set aside in refrigerator until ready to cut.

IN A NON-REACTIVE DISH MIX TOGETHER
SALAD INGREDIENTS:

- Blanch soy beans 2- 3 min and shuck pods
- Cut peel off orange and segment orange with a knife
- Peel & dice cucumber leaving out the seeds
- Seed & dice tomato
- Dice kiwi & jalapeno
- Chop cilantro & squeeze lime juice
- Combine and mix together all ingredients, add salt to taste.

TO SERVE:

Slice chilled tuna and arrange on plate. Garnish with salad and drizzle with olive oil.

Executive Chef Dino Renaerts



PISTACHIO CRUSTED ROAST SUCKLING RACK OF PIG

SERVES 4

SUCKLING PIG RACK

1 suckling rack
2 tbsp olive oil
Ground pistachio
½ tsp garlic chopped
salt and pepper

BRAISED PORK BELLY

6 oz pork belly skin on
½ litre chicken stock
½ litre chicken stock
3 oz soya sauce
4 tbsp brown sugar
½ c sherry vinegar
1 baby leaf
6 peppercorns
small onion cut in 4

SAUCE

½ tsp shallots
2 tbsp white wine
½ c chicken stock
2 limes juice and zest from 1
½ c honey
½ c 35% cream
Sambal chilli
3 oz whole butter

SWEET POTATO GALETTE

5 peeled sweet potatoes, sliced thin
3 oz whole butter
2 tbsp brown sugar
2 tbsp corn syrup
1 oz orange juice
1/8 tsp garlic
salt and pepper

METHOD

SUCKLING PIG RACK: trim the fat and cap off, leaving only the loin and the bones. After cleaning,

lightly season with pepper and salt and sear in olive oil. Combine 1 tsp Char Siu sauce and 1 tsp Dijon mustard, brush over the pig racks and crust with pistachio nut mixture.

Place in a preheated 350° F oven for about 25 mins or until fully roasted. Place the rack aside, allow to rest before cutting.

PORK BELLY: in a small pot, combine all the ingredients and bring to a boil. Place tin foil tightly over the pot and place in a 340° F oven for 2 hours. Take out of oven and let cool before removing the pork from the pot. When cooled to room temperature, remove from the stock and place in refrigerator to let it cool further.

Heat a pan with vegetable oil 340° F. Sear on all sides to make it crispy on the outside. Place on a baking sheet, brush with Char Siu Sauce, broil for 2 mins.

SAUCE: in a saucepan, saute shallots until translucent. Add white wine and chicken stock and reduce by 2/3. Add lime juice and honey. Bring to a simmer. Add 35% cream and lime zest, bring to a simmer and reduce by half. Add sambal chilli to desired heat. Whisk in whole butter.

SWEET POTATO GALETTE: slice sweet potatoes thin on a slicing machine. Place in a stainless steel bowl. In a saucepan simmer the butter, brown sugar and corn syrup and garlic about 2 mins. Add orange juice and mix with sweet potato slices. Season with pepper and salt.

In a baking dish (6x6), line with parchment paper. Proceed to layer the potato in the pan keeping them even. Bake for 10 mins in a 350° F oven. Then cover with the same size pan to squeeze the potato down and cook for another 30 mins.

Place in cooler over night with some weight on top to compress. When the potato is set, unmold and cut into desired shape and place on parchment paper for reheating.

2012 WORLD CULINARY OLYMPICS

PHOTOS BY JESSICA KEYES



Back Row: Team Members Brad Horen, Patrick Gayler, Peter Dewar, Jeffrey Young, Poyan Danesh, Jennifer Stang
Front Row: Support Members Serge Belair, Ilyana Lam, Roger Andrews

RESTAURANT OF NATIONS MENU



APPETIZER
Lobster-Scallop
Globe with Lobster
Hollandaise
Pickled Vegetables,
Citrus Cracker,
Butternut Squash
and Green Pea
Purees



MAIN
Slow Roasted
Lamb Loin
Sous Vide Lamb
Shoulder Rubbed with
a Root Vegetable Ash
Roasted Barley and
Wild Mushroom Bar,
Baby Carrot Press
Vegetable Medley
and Lamb Jus



DESSERT
Lemon Cream and
White Chocolate Citrus
Biscuit Sponge Bar
Warm Honeyberry
Cake, Marbled Honey-
berry Frozen Yogurt
Rhubarb Gel, Honey-
berry Sauce, Ice Wine
Sabayon and Mixed
Currants



The 23rd IKA World Culinary Olympics was held October 5–10, 2012 in Erfurt, Germany. This year's competition featured 1,800 chefs from 54 countries, preparing more than 10,000 menus over four days. Culinary Team Canada received gold in Restaurant of Nations Hot Kitchen and silver in Cold Platter Display. Out of 35 national teams, Canada was awarded one of only four gold medals for the Hot Kitchen, with the third-highest score. The team finished fourth overall, behind Sweden, Norway and Germany. Canada's junior national team received silver for both Hot Kitchen and Cold Platter Displays, and placed eighth overall.

MASTER CHEF COMPETITION



On September 14th and 15th at the Fraser Valley Food Show, BC Chef Association held its 10th annual Master Chef Competition. The competition started with 16 competitors. The winner this year was William Tse, executive chef at the Sandbar Seafood restaurant. In the super final he competed with last year's winner Romeo Olorejisim, executive chef of the Kamloops Convention Centre and ORA Restaurant & Lounge.

The show also featured the first Great Canadian Sausage Making Competition, judged for the first time by BCCA. Viktor Kozak of Sedo's Old Fashioned Butcher Shop & Deli in Salmon Arm was the overall winner in the professional division with his salami, and won Gold standing in the Liver/Braunschweiger and Chorizo categories as well. Other Gold winners in the professional division included Mike Lindsay of Hopcott Premium Meats in Pitt Meadows (Andouille/Boudin, Italian), Diane & Dale Herbert of Davis Quality Meats in Abbotsford (Kielbasa, Breakfast links), and Gerry Gelderman of Gelderman Farms in Abbotsford (Farmer, Specialty).





L-R: Udo Schwarze — hotel manager, Matt Varner — sous chef Lounges, Kevin Liu — sous chef Noodle Bar, Sylvain Cuerrier — executive chef, Margie Schurko, associate BCCA director, Tobin Boothe — sous chef banquets, Charles Massion — pastry chef, Don Robinson — director of food and beverage.

CELEBRATION OF LIFE

BCCA would like to extend a sincere “thank you” for all the wonderful contributions shown towards Winnie Lam’s “Celebration of Life” on August 23, 2012 at the River Rock. We know that it is because of your kind support that we were able to host a celebration such that Winnie would be so very proud of. Winnie’s “Scholarship” presentation will be implemented in the spring of 2013 and we hope to see you at the BCCA luncheon to share in the continuation of “Always Forward” which was so important in Winnie’s life. Winnie has touched our lives and as such it is with your contributions that we can continue with her scholarship for many years to come.

FUNDRAISER SUCCESS

The Vancouver Aquarium’s seventh annual Toast to the Coast in October raised more than \$100,000 for conservation, research and education. It is one of the Aquarium’s signature fundraising events. More than 500 guests celebrated with sustainable seafood dishes from 16 of Vancouver restaurants, including Ocean Wise founding partner C Restaurant, YEW Restaurant + Bar, Provence restaurants and the Donnelly Group.

November is also Ocean Wise month. Throughout the month, Ocean Wise partners are encouraging consumers to eat Ocean Wise and help ensure the health of our oceans.

SALES EXPECTED TO CLIMB

Rising disposable income and a growing population will boost restaurant sales in Canada by an annual average of 4.1 per cent over the next five years. According to a report from the Canadian Restaurant and Foodservices Association (CRFA), commercial restaurant sales (excluding foodservice sales at institutions and accommodation) will jump to \$61.7 billion a year by 2016 — up from the current \$52.9 billion.

While steady sales gains are expected in the coming years, 2013 will see a modest slowdown in growth — advancing just 3.9 per cent following 2012’s solid 4.7 per cent increase.

Forecast Highlights for 2012 and 2016 include:

- Caterers will grow the fastest, with an average annual sales increase of 4.6 per cent;
- Quick-service restaurants will be close behind with annual average sales growth of 4.5 per cent; and
- Full-service restaurants are on the road to recovery, as sales will rise an average of 4.0 per cent per year.

XFOUR WINS GOLD

XFour, a premium vodka, won two gold honours at the Spirits International Prestige (SIP) Awards. More than 300 spirits competed for the coveted SIP medals awarded to the top consumer’s spirit of choice. The SIP Awards is the only international spirits competition leveling the playing field for established brands and newcomers alike by enlisting consumers as judges. Both XFour Handcrafted Vodka and XFour Xoxolat were selected as tops in their category.

Marcus Von Albrecht is the principal behind XFour Handcrafted Vodka.

RECIPE COMPETITION

Canadian Albacore Tuna has announced its 2013 Professional Chefs Recipe Competition.

THE RULES:

- 1) The recipe should be original and the main ingredient should be ALBACORE TUNA.
- 2) Recipe should include — Name of the Recipe, List of Ingredients, Description, Photo (appreciated).
- 3) Deadline FEBRUARY 28, 2013
- 4) Submit online to chmsf@ieccorporate.com along with your name and address and where you work. There is no cost to enter.
- 5) First Prize CDN\$1,000 with a number of follow up prizes.

LANDMARK CLOSES

La Belle Auberge closed its doors on September 30, 2012. The culinary landmark in Ladner for more than 30 years was an awarding winning restaurant by renowned chef Bruno Marti. Known for creating exquisite French food, it was one of four Mobil Exxon 4-stars in Vancouver and was named best restaurant in 2010 by Zagat.

ADVERTISING INDEX

BC Foodservice Expo.....	IFC
CHMSF	5
Elman’s	7
Happy Days Goat Dairy.....	OBC
Hills Foods.....	5 & Inserts
Intercity Packers	4
International Chefs Day.....	IBC



SILVER MEDAL

Culinary Team British Columbia won a silver medal in the Regional Team Competition at the World Culinary Olympics held October 6 — 10, 2012 in Erfurt, Germany. Competing on the second day of competition, the team prepared a full display table of cold foods including canapés, appetizers, buffet platters, vegetarian items, main courses, pastries and showpiece.

The theme of their table display — “Food as Jewelry” — drew accolades from the viewing public.

Working under manager, Jane Ruddick of J.R. Food Consultants, Vancouver, and coach, chef Hamid Salimian, the team is made up of Brandon Pirie (Diva at the Met Restaurant, Vancouver), Rolando Sanares (Vancouver Airport Marriott Hotel), Amir Bahmani (Fraiche Restaurant, West Vancouver) and Sharlyn So (Diva at the Met Restaurant, Vancouver). Fumiko Moreton (Terminal City Club, Vancouver) is the Team’s pastry chef.

TOP BARISTA

The top 14 baristas in Canada competed in the Canadian National Barista Championships held at the Canadian Coffee & Tea Show in Toronto, Ontario in September. The top two finishers were from Phil & Sebastian Coffee Roasters in Calgary, Alberta. Jeremy Ho was crowned the champion and will represent Canada at the 2013 World Barista Championships which will be held in Melbourne, Australia next May. Ben Put achieved second place for the third year in a row.

Ho used an Ethiopian coffee from the Koke region of Yirga Cheffe and through this coffee, he presented a philosophical perspective on how lack of traceability when sourcing green coffee leaves no opportunity for quality development, whereas working directly with producers and co-operatives can result in a dialogue which leads to quality and sustainability improvements.



Thank You



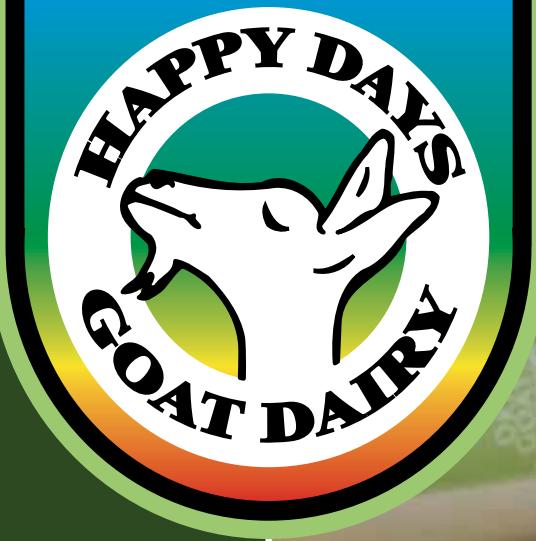
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