

Volume 3, Issue 1**Fall 2005****Special points of interest:**

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BON VIVANT

"the good life"**ERNEST'S**

NAIT's critically acclaimed Ernest's dining room is enjoying another busy year. The dining room is open for lunch from Monday -Friday and for evening dining from Tuesday -Friday. Friday lunch features a spectacular buffet; reservations are strongly suggested as the room is booked well in advance. Ernest's accepts a limited number of bookings for private parties and receptions, please book well in advance. The dining room is named Ernest's the father of principle benefactor John Hokanson. For reservations call 471-8676.

**Hot Hospitality Market Needs NAIT Grads****Hospitality market offers diverse opportunities**

Alberta's hot economy has increased the demand in the hospitality sector for qualified staff. The rapid growth of the hospitality industry, traditionally centred on restaurants and hotels, now includes such sectors as eco-tourism, golf and country clubs, resorts and casinos. As society enters the era of healthier older consumers, upscale seniors facilities are an emerging market.

All areas of the hospitality industry are experiencing an unprecedented period of growth. The demand for training is high. Tourism employs over 10% of the Canadian workforce, according to the Canadian Tourism Human Resource Council, and is growing faster than any other industry in Canada. In response to demand

THE ERNEST STORY...

Born in Edmonton in 1920 to Swedish immigrant parents, Ernest Robert (Ernie) Hokanson loved to cook. It was his way of expressing affection to family, friends and any one else who cared to come to his table. Although Ernie had a limited formal education, he chose the culinary arts as a vehicle to earn a living and raise his family. Starting as a pot washer, rising to become a chef and ultimately an entrepreneur, he achieved much success in his chosen profession. He died on March 3rd, 2001, just five days short of his 81st birthday.

CHEF'S TABLE...

The Chef's Table is a unique opportunity to interact with Culinary Arts student chefs. The Chef's Table seats small parties of 6-12 persons. Guests will identify a special menu created for the event. Menus will include a diverse selection of regional goods and showcase student creativity. The preferential Chef's Table concept will have a particular appeal to adventurous diners. Sorrentino's Restaurants generously sponsor the Chef's Table.



NAIT has increased the intakes to its very popular Culinary Arts, Baking, Retail Meat Cutting and Hospitality Management programs.

"Hospitality is one of the most exciting industries in the world," says Perry Michetti, Manager for NAIT's School of Hospitality. "Workers have a diverse selection of career options and are positioned to access national and international markets. There are tremendous opportunities out there."

Those who work in Canada's hospitality sector say that one of the greatest perks of the industry is the opportunity to experience the lifestyle of the rich and famous. Many employees live on

the grounds of luxurious hotels and resorts, eat the same food and cruise on the same ships as their wealthy, vacationing clients. Daily interaction with customers can be a truly fun part of the business. The hospitality industry opens the doors to experience an exciting career and enjoy entertaining opportunities.

Culinary Tip ...

To cut fat and calories in baked goods substitute applesauce in place of shortening or butter in brownies, chocolate muffins and simple cakes. Applesauce adds moisture and a richer flavour - mmm...good!



"I like to think of autumn as the time we get "back to our roots" and enjoy the harvest bounty of the garden."



Call now to register for next years intake commencing in January.

**For information call :
Dave Kulak 471-8692**

Hey Chef, What's Cooking?

Slow cooking brings out the best...

As the colours of fall approach and the weather turns colder we find ourselves back indoors and enjoying a slower more leisurely pace. I like to think of autumn as the time we get "back to our roots" and enjoy the harvest bounty of the garden. Slow cooked aromatic roasted root vegetables like carrots, parsnips turnips and squash come to mind.

It's also the season of preserving. Sunday roast beef dinners with mashed potatoes dug fresh from the garden, complimented with oven roast squash and my all time favourites- spiced pickled beets or mustard green bean preserves. Natural rustic flavours that enhance the Canadian menu staples of meat and potatoes. To me, some vegetables are synonymous with fall. Like the leaves falling around us, Mother Nature displays her last fling at the palette by offering up brightly coloured squash of every shape, pumpkins, corn and winter kales. Nice to look

at, very decorative but can you cook 'em and eat 'em? We all know that pumpkins are fun to carve and you can use the canned variety for pies but what else?

A personal culinary epiphany was an introduction to Jamaican Pumpkin Soup. A wonderfully rich velvety potage kicked up with island flavours of ginger, nutmeg, mace and a generous lacing of rum- I tell you mon, the experience was heavenly! Other squashes, particularly butternut lends themselves well to the soup tureen. The vibrant colour and flavour adaptability of butternut produces a soothing and satisfying soup. Have fun developing the flavour dynamics of the following soup recipe by utilizing different spices and flavourings. Curry works well as does nutmeg, ginger and garlic. For extra richness incorporate whipping cream or a dollop of sour cream.

Butternut Squash Soup

45-ml Canola oil
3 medium yellow onions, chopped
1.5 kilo peeled diced butternut squash
15 ml salt
5 ml ground cumin
3 sprigs thyme
750 ml Chicken stock

Slowly sauté onion and squash in a heavy pot over moderate heat, taking care not to brown onions. When onions become translucent sprinkle with salt and seasonings. Reduce heat to low, cover and continue to cook for 15 minutes. Add stock, bring to a boil, reduce to simmer and cook until tender. Allow soup to cool and puree with a hand blender. Correct seasoning with salt, white pepper and additional cumin.

Retail Meat Cutting Store

Pssst...can you keep secret?

One of the perks of working at NAIT is an advantage to purchase excellent quality meat products at The NAIT Retail Meat Cutting Store. The main campus in-house store is located adjacent to the Common Market Food Court, a popular eating and meeting spot for staff and students. Savvy shoppers and the visiting public scoop up deals on top quality meat cuts and an appealing selection including bison, made on site sausages, smoked products and value-added items. Customers can pre-order custom cutting and freezer orders. The store is a component of NAIT's five month retail meat cutting program where students

learn to fully "breakdown" whole carcasses to popular retail cuts. Students work with Alberta beef, pork, lamb and game as well as fish and poultry. Once they have prepared foods, the next step is package and market the fruits of their labor. "Customer service skills are a very important part of our program" states Program Head Dave Kulak. "Most of our students will be future employees of major food retailers. It is important they are knowledgeable about the full range of activities including purchasing, processing, marketing and ultimately customer satisfaction." The Retail Meat Store is open to the public

during the school year on Tuesday, Wednesday & Thursday.

The secret is out - The NAIT Retail Meat Cutting Store, a cut above in quality and value.

Telephone : 471-7593

Cooking up a Storm...

NAIT hosts National Chaine des Rottisseurs Culinary Competition

Aspiring culinarians from across the country tested their skills at the prestigious Chaine des Rottisseurs National Commis Competition co hosted by NAIT's School of Hospitality. The competition is a part of the Chaines National Conference- which took place at the Edmonton's Shaw Conference Centre

The Chaine des Rottisseurs is an international gastronomical society devoted to promoting fine dining, preserving camaraderie and pleasures of the table. Although the modern day Chaine began in 1950 the traditions are based on those of the old French guild of roasters, whose written history dates to 1248.

La Chaine sponsors regional and national competitions for promising young cooks. During the competition, chefs will prepare an appetizer, main course and dessert using a prescribed table of ingredients which must be completed in a specified time limit. The winner of the national competition goes on to compete at the international level held at various locales around the world. This year's competition will take place in Bermuda. The competitions are special publicized events that recognise the participants and honour the winners for their creativity.

Local restaurateur Peter Jackson (Jack's Grill), Crowne Plaza Maitre D' Hans Voegeli and Culinary Team NAIT manager Vinod Varshney were the principal organizers.



Boulangerie / Baking

Inaugural Baking Scholarship

Through the generosity of Chef's Hat Inc. and Dawn Foods Canada a new scholarship was released this year for the students of the baking program and apprentice baking students.



Chef's Hat Inc. initiated the scholarship with a \$500.00 award given to the student with the highest overall mark.

Dawn Foods came forward this year as a new donor to the baking program. They participated in the new scholarship by providing an

award of \$300.00 to the student who placed 2nd overall and then a second award of \$200.00 for the best use of a Dawn manufactured product.



The scholarship was a two day practical baking exam where students were required to produce the following items; croissants, sourdough bread, two decorated fruit flans and a decorated cake.

The students had to provide complete costing, gross profit, gross margin, mark up and a selling price for each of their items.

Once complete the students used their merchandising skills to showcase their talents in Ernest's Dining Room.



*Rachel Armstrong
1st Place Winner
Winner of Best use of
Dawn Foods
Manufactured Product*

Food Network Canada Chef Michael Smith

Well known television personality Michael Smith had only good things to say about NAIT's School of Hospitality during a recent interview.

"I know NAIT to be one of the leading schools in North America for culinary education," Michael said.

"I know their programs are solid, the technology they employ is current and most importantly, their grads leave with an excellent understanding of how industry works-with hands-on training, passion and integrity."





“Organic, slow food, artisanal, fair trade, seasonal and regional became the new lingo of the “Foodie”.”



Beverage Lab at NAIT.

Register for one of our Part Time Beverage courses:

Introduction to Wine- The Basics

Basic Mixology

Understanding Italian Wine

Call 378-5000 to register for courses beginning in January 2006.

CULINARY OPINION ... “Green Cuisine”

An old adage states –“You are what you eat”.

It makes sense that if we eat healthy foods we will be healthy people. But health is not only physical, it’s how we think. To me, food is more than an act of sensory pleasure, it’s a state of mind, a “philosophy” My formative years as a ravenous sibling in a Peace Country pioneer family did much to shape my attitudes toward food . A large family living in a rural locale, we were close to self-sufficiency. Our rustic diet was based on the essentials. Barley, whole wheat flour, oats, honey, home-grown vegetables, wild game and berries, all indigenous natural products. Our wholesome larder was further enhanced by the hippie favourites of the sixties when I was turned on to the virtues of brown rice, dahl and yogurt. I was lean and serene and have the pictures to prove it.

Then things started to change. Life got faster paced and so did the food. As processed convenience foods and microwave ovens took the place of home cooking, the affects of diet became apparent. Obesity, heart

disease and adult onset diabetes skyrocketed. Foods become increasingly adulterated . MSG, sodium, fructose and corn syrup led the way as flavouring enhancements. Products that once contained cheese became cheesy flavoured. Consumers were subjected to the myths of diet fads. Low fat, light, cholesterol and carb free statements were slapped on to the labels of sugared up, watered down artificially flavoured products lining the supermarket shelves.

You can fool some of the people all of the time ...but consumers were fighting back. Increasingly sophisticated and knowledgeable about food, consumers cried out for the truth. People wanted to get back to the basics-they wanted authentic, honest real food. They also wanted food that made them feel good. Food that is raised ethically and naturally. Organic, slow food, artisanal, fair trade, seasonal and regional became the new lingo of the “Foodie”. The extreme popularity of public and farmers markets is indicative of

consumer willingness to source and connect with local producers. People were willing to make the sacrifice and pay the price to support the food revolution. Some say it all started in California, crediting the legendary Alice Waters with connecting green ideals to the concept of fine dining. For me it started a long, long time ago when I pulled my first baby carrot out of the garden, plucked a fat juicy Saskatoon from the bush and tucked into my first feast of home grown tomatoes.

NAIT’s Culinary Arts program has been a long time supporter of *regional cuisine*. Ernest’s dining room instructor Robert Legere comments-“ We collaborate with local producers and encourage our students to use the best local ingredients. To be the best you must use the best”. -After all you are what you eat...

Wines From The Cellar

The changes of the seasons affect our appetite and the foods we eat. The colder weather and abundance of harvest influences our choice of hearty and rustic foods. To balance our palate we suggest hearty big bodied wines- Barolo and Cabernet Sauvignon come to mind. Popular Shiraz lends itself well to fall flavours. The movie Sideways has done much to influence the popularity of Pinot Noir, replacing the favourite merlot of the nineties.

Known as the heart break grape, this fickle variety grape requires extra attention and the luck of the season. Inclement weather leads to harvest production inconsistencies that adversely affect pricing .Good Pinot Noirs are seldom available for less than

\$30. Ernest’s Maitre d’ Tim Goodison suggests as a reasonable substitute - **Sandhill Gamay Noir** an Okanagan wine made entirely from Gamay grapes cultivated in the Burrowing Owl Vineyard – a good choice that compliments rustic flavours.

Tim’s Quick Picks -

- Cookoothama Shiraz- Australia
- Catena Malbec-Argentina
- Ricasoli Sangiovese-Italy
- Carmen Vineyards Carme- nere/Cabernet-Chili
- Pelee Island Baco Noir Ontario

For those preferring white wine –

- Casa Lapostolle Chardonnay Cuvee Alexandre

Maitre d’ Tim Goodison has enjoyed over 30 years working in private clubs and major hotels. Tim is a consummate professional who welcomes the opportunity to work with customer service and Hospitality Management students in NAIT’s critically acclaimed dining room.

CHEF PROFILE:

Evening Dining Room Chef Instructor Robert Legere knows his stuff. Like a well trained musician, Robert's formative years were spent learning the classics. "Music and food have a lot in common," says Legere, "A great meal is like a symphony. The experience has to be carefully orchestrated, the timing is critical, as well as the harmony of flavours and ingredients".

Chef Legere's training gave him a solid foundation in the art of Classical Cooking. A graduate of Toronto's George Brown College, Robert served a rigorous apprenticeship at the Four Season's Inn on the Park under old school chef Edward Merard. Legere further refined

his repertoire at the Montreal Four Seasons Hotel, where he worked with a brigade of multi-cultural cooks and chefs. Then it was back to Toronto for a stint as sous-chef at the then Canadian Pacific L'Hotel. A career highlight was the opportunity to cook for state dignitaries including Ronald Reagan, Margaret Thatcher and Brian Mulroney at the World Economic Summit. After taking a year off to travel in Europe, Robert returned to Canada and was recruited to work in Edmonton's prestigious Petroleum Club.

A chef position took Robert to the Inn on Seventh where he tutored many aspiring culinary apprentice chefs. His excellent reputation preceded him, and

Robert rounded off his career as executive chef at the exclusive Royal Glenora Club.

Chef Legere's diverse background compliments his instructional assignments with NAIT's Culinary Arts program. His attention to detail, knowledge and joie de vivre are essential ingredients in the success of Ernest's critically acclaimed reputation. Robert credits a strong work ethic, perseverance and an early introduction to Acadian food and culture as influences of his professional repertoire.



"Music & food have a lot in common ..."
- Robert Legere, Chef Instructor



"Skills Canada is a wonderful venue to champion student success." says Vinod Varshney, Student Culinary Team NAIT Manager

Building the Future ... Skills Canada Competitions a dynamic platform for young Canadians...

The Canadian Conference predicts that in the next 20 years there will be a growing difficulty in hiring and retaining skilled workers. They also indicate that by the year 2020 the labour shortfall will be 950,000 workers. Skills Canada, a national not for profit organization which works with employer educators, industry and the government has been a positive influence in guiding students toward rewarding opportunities in trades and technology. Through provincial national and international skills competitions, Skills Canada increases the visibility of trade occupations to teachers, students, parents and the general public. The competitions also provide a competitive atmosphere where these careers are seen as desirable and worthy.

NAIT has been a long time supporter of Skills Competitions. "Skills Canada is a wonderful venue to champion student success," says Vinod Varshney, Program Head of NAIT's Culinary Arts Program. "Students are encouraged to compete at the high school level and then make the transition to the post secondary level. Once students get a taste of competition there is no holding them back. Many members of our internationally award winning Culinary Student Team NAIT honed their chops at Provincial and

National Skills Competitions."

Provincial competitions are held once a year with the winners moving onto the National level. The National Skills are hosted in a different location each year. In 2005 the National competition was hosted in Edmonton, Alberta. 2006 will find the Nationals being hosted in Halifax, Nova Scotia. Qualifying winners of National competitions represent their countries at World Skills, hosted by a different country every second year. In 2009 Canada will host the World Skills in Calgary, Alberta.

NAIT's School of Hospitality will be well represented. As well as encouraging and guiding enthusiastic students to the competition many of NAIT's faculty play an active part as technical committee members. NAIT hospitality instructor Walter Trebilcock is excited and enthusiastic about the challenges of organizing the restaurant service component. "Not only do students have the opportunity to demonstrate their best, the venue is an ideal showcase for setting the national standard of excellence" says Trebilcock.

NAIT School of Hospitality students will participate in Culinary Arts, Baking and Restaurant Service. For more information -www.skillscanada.com/



NEWS AND VIEWS FROM
NAIT'S SCHOOL OF
HOSPITALITY

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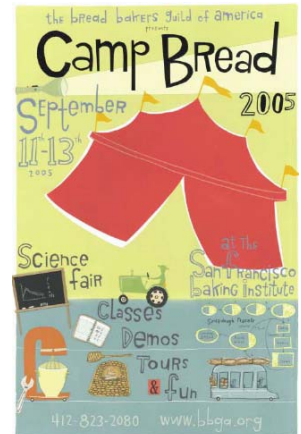
SAN FRANCISCO...

"heart and soul" of artisanal bread making

NAIT Baking Program Head, Alan Dumonceaux, recently traveled to San Francisco to attend the first ever Bread Camp hosted by the Bread Bakers Guild of America. The camp began with a guild hall gathering at the new Boudin's Bread Museum in the heart of Fisherman's Wharf.

During the action packed 3 days at the San Francisco Baking Institute, participants toured several Artisan Bakeries in the Bay Area. Hands on baking classes and class room activities included presentations by the 2005 US Coupe de Monde winning team.

The event was an ideal venue to network with bakers and instructional colleagues from other baking schools. Dumonceaux comments, "The Bread Camp was a wonderfully enlightening experience that enhanced my knowledge and expertise of artisanal bread making."



Culinary Trivia

Did you know ...

There are over 2500 varieties of apples. As well as the popular varieties like Macintosh, Delicious and Granny Smith consumers are enjoying new hybrids including Jonagold, Pink Lady and Gala. Ambrosia, a new variety from the Okanagan is a crisp eating apple that doesn't turn brown after it is cut- a great addition to the classic Waldorf salad -a mixture of sliced apples, celery and Chantilly dressing garnished with toasted walnuts.



"A stew that is boiled is a stew that is spoiled. Long slow heat ensures tenderness in stewed meats."

"an apple a day will keep the doctor away!"

