

**Volume 2, Issue 1****Spring 2005****Special points of interest:**

- **Hokanson Centre Grand Opening**
- **Inaugural Baking Scholarship**
- **Culinary Tip**
- **Culinary Opinion**
- **NAIT Vision and Mission**

**Inside this issue:**

Western Regional Culinary Challenge	2
Butchers Block	2
California Dreaming	3
Boulangerie Baking	3
Vegetarianism	4
Wines from the Cellar	4
Chef's Profile	5
Looking Good	5
Neck Bone Soup	6
Culinary Trivia	6

# BON VIVANT

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

NAIT's critically acclaimed Ernest's dining room has enjoyed an extremely 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.

**Hokanson Centre for Culinary Arts**

On March 15, 2005 patrons, donors, friends and family gathered in the newly minted Ernest's Dining room to celebrate the official opening of The Hokanson Centre for the Culinary Arts. Master of ceremonies Lorraine Mansbridge welcomed guests to "one of the best culinary training facilities in North America."

Principle donors John and Susan Hokanson's pride was evident as they introduced family members to the new facilities. The dining room is named Ernest's as homage to the patriarch of the Hokanson Family, Ernest Hokanson.

NAIT president Dr. Sam Shaw

**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 3<sup>rd</sup>, 2001, just five days short of his 81<sup>st</sup> 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.



thanked and acknowledged guests and donors for their generous support in providing superior training facilities and opportunities for aspiring culinarians. Dr Shaw also announced an additional gift of \$250,000 by the PTI Group.

Dr. Shaw commented "The support of the partners like the PTI Group will help ensure the success of our Culinary Arts program into the future" In an emotionally charged speech, John Hokanson explained why he had chosen NAIT as a beneficiary. John acknowledged the vision of his father and his history of success in the hospitality

business. Mr Hokanson stressed the importance of values and commitment to the community.

The evening of camaraderie and goodwill included an innovative reception that found guests touring the new state of the art kitchens and noshing at strategically placed food stations. Donors and guests were impressed with the state of the art facilities and modern technology and enjoyed the opportunity to observe the kitchens in action.

After seeing the computer programmable stoves in action, an inevitable guest response was "where can I get one?"



*NAIT's team entry  
won gold against  
teams from the  
Yukon, B.C .and  
Alberta.*



**Call now to register for  
next years intake com-  
mencing in September.**

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

## **CELEBRATION OF STUDENT SUCCESS**

### **Intercollegiate competition challenges student creativity**

April 03,2005- NAIT Culinary Arts students rose to the challenge of competition with visiting student teams from Alberta, British Columbia and the Yukon at the Western Regional Culinary Challenge held at NAIT on April 03. The event had teams dishing up a three- course lunch menu featuring foods native to the team's specific area.

The menus presented by the teams reflected an eclectic sampling of indigenous products. A sold out crowd of appreciative diners savoured a selection of fresh and smoked fish, a bountiful array of elk, bison, caribou and Alberta lamb. Local ingredients including saskatoons, rhubarb, wild cranberries, barley risotto

and local goat cheeses enhanced and added authenticity to the team's culinary creations. Although the first two courses sated the guest's appetites, the best was yet to come. Chocolate, chocolate and more chocolate was the predominate theme of the dessert course.

A peer panel of team coaches judged the competition. The teams placed extremely well, with all teams winning Gold. NAIT was the overall winner by a slim margin of 1.7 marks. The NAIT team also garnered the "Peoples Choice" award "We consider the competition to be a resounding success," says Stanley Townsend, Culinary Arts Program Head. "The teams all showed strongly,

and most importantly, competitors had fun." Visiting teams included Yukon College, Northern Lights College, Lethbridge Community College and Northwest Community College.

Chef Instructors Mike Gobin and David Whitaker coached NAIT's winning team of Culinary Arts students Leanne Hanson, Rebecca Tuepah, Tim Stock, Lindsay Porter, Max Cooper and Tang Pham.

## **Butchers Block Dual Certification provides students with competitive edge**

NAIT's Retail Meat cutting program has established an excellent reputation as a purveyor of quality cut meats, poultry and seafoods as well as value added products including custom made sausage and smoked goods.

The program curriculum combines hands on meat cutting skill sets with the development of customer service and merchandising components. Retail Meat cutting students won five awards at the Alberta Food Processors Association convention.

Beginning this September applicants to NAIT's Retail Meat cutting will have the opportunity to receive acceptance to the January intake of Culinary Arts. Students choosing this route will attain dual certification in both Retail Meat cutting and Culinary Arts.

This route guarantees acceptance to NAIT's prestigious Culinary Arts program while providing student with advanced skills that provide a competitive edge in today's hospitality Market. Another advantage is a lighter course load in the first year of the Culinary Arts program.

Students will be given credit for COC 140 Meat Fabrication, FNM 102 Sanitation and the Field Lab (work experience) component, allowing for more free time during the first year of Culinary Arts.

The extra semester spent following this special route will appeal to students who want to access a broader range of career opportunities. Potentially this option may be an opportunity from the oversubscribed September intake. For more information on this option please contact the registrar. 471-6248

## CALIFORNIA DREAMING

### Culinary student club to visit Napa Valley

The excitement is building as NAIT Culinary arts students anticipate a spring visit to California, including a tour of the Napa Valley and Sonoma County. The students are members of culinary student “Le Club Culinaire” a fraternal association dedicated to enhancing student opportunity and educational experiences. The trip is partially funded by the club, through participation in fundraising dinners and special events.

The club is also very committed to community events. A special Valentines Day dinner resulted in raising \$1000 earmarked for research at the Cross Cancer Institute. Students have also contributed to Santa’s Anonymous and the Edmonton Food Bank. “We are extremely proud of Club Culinaire,” says instructor advisor Jeff Gordon. “The students have worked very hard; have demonstrated commitment by going above and beyond expectations.”

Travel itinerary includes visiting San Francisco attractions Fisherman’s Wharf, Chinatown and the Golden Gate Bridge. Students will tour vineyards, local markets and the prestigious Culinary Institute of America Greystone campus.” James Szutarski, student advisor adds, “The students persistence and hard work is really going to pay off. The trip to California will be a unique and memorable experience.”

The students depart on April 29 and return to Edmonton on May 04.



**38 students and staff set to tour the Napa Valley from April 29 to May 4.**

## Boulangerie / Baking

### Inaugural Baking Scholarship

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

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 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*



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

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.

## 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.”





Yes mom, I ate my veggies”  
Stanley Townsend shares his thoughts on vegetarianism.



**Beverage Lab at NAIT.**  
Register for one of our Part Time Beverage courses:

**Introduction to Wine- The Basics**

**Okanagan Wine**

**Understanding Italian Wine**

**Call 378-5000 to register**

**for courses beginning in**

**September 2005**

## CULINARY OPINION ...

### Culinary Arts Program Head Stanley Townsend shares his thoughts

**VEGETARIANISM** “The act of primary or exclusive consumption of plant protein”

-Webster’s culinary dictionary

I don’t know about you, but it seems to me that vegetarianism has taken a bit of a bad rap. Being brought up on pioneer diet centred around moose meat, turnips and porridge the concept that people could exist on veggies alone seemed pretty far stretched. Vegetables and grains translated = turnips and porridge. Truth is, one of the driving forces behind my decision to become a chef was the statement made by Oliver Twist - “Please sir can I have more?”

To truly educate the palate I needed more -more variety, more tastes, more textures, and more flavour combinations. As an aspiring young chef I just knew that Canada’s favourite spices- salt and pepper and a diet centred on meat and potatoes wasn’t going to cut it.

Although my dietary choices were limited, it paled in comparison to the restrictions imposed on the suffering vegetarian. Vegetarianism wasn’t considered to be a lifestyle, a religious restriction or a healthy option, it was an affliction. Restaurant dining selections were limited. Vegetarians were pointed to the salad bar, or at best offered the veggie burger, a deep-fried blob of mystery ingredients slathered with mayonnaise and served on a white bread bun. Further nutritional consideration was provided with an accompanying greasy mound of deep fried spuds. Literally- to die for!

Fortunately the Woodstock generation discovered the benefits of vegetarianism, and soon virtues of brown rice and hemp oil became the mantra of a new age. Health food stores became popular resource centres for healthy ingredients. Farmer’s markets featured a wide variety of farm fresh organic ingredients. Fresh herbs and produce like cilantro and mesclun greens became widely available.

Vegetarian or modified vegetarian diets became popular for a variety of reasons -lowering fat intake, increasing fibre, socio-economic and political beliefs and multi-cultural influences were all evolving factors. Alberta songs tress K.D. Lang added fuel to the fibre with her infamous statement - “meat stinks”.

Progressive eateries now offer more vegetarian selections; taboulie, samosas, couscous, hummus and lentils are popular menu items. Supermarkets and specialty stores abound with an abundance of healthy alternatives. The Canadian palate has become educated.

Young and old we can now truthfully respond by stating, “Yes mom, I ate my veggies”

*Nait’s Continuing education offers health related cooking courses including macrobiotic cooking, living food cooking, ayurvedic cooking, arthritis friendly cooking and cooking for blood sugar imbalance. For more info see [www.nait.ab.ca/coned](http://www.nait.ab.ca/coned)*

## Wines From The Cellar – Tim and Walter’s Picks

We asked Ernest’s Maitre D’ Tim Goodison for a selection of sure bet wines to serve at the summer barbecue. The wines he chooses are “drinkable,” pleasant to the palate, and are all round favourites.

- Sumac Ridge Gewürztraminer
- Beringer California White Zinfandel
- Casa Lapostolle
- Inskillen Merlot
- Clancy’s Legendary Blend

For those more inclined to traditional beverages, a selection of micro brewed domestic and im-

ported beers are always well received.

*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 students in NAIT’s critically acclaimed Ernest’s dining room.*

### Walter’s Picks:

Gastronomy- the harmony of good food, fine wine and great conversation. Gastronomy instructor Walter Trebilcock chooses an eclectic range of “summer sipping” wines that lend themselves well to informal gatherings.

- California EOS Fume’ Blanc 2003

- Quails Gate Chasselaie

- J Lohr Cabernet Sauvignon

- Seaview Brut Red Shiraz

- Hardy’s Chardonnay

“I think fine food and wine have almost magical properties that promote health; to be the coming together of friends and family to enjoy a fine meal of authentic food and quality wines reduces stress and augments happiness.” - Francis Ford Coppola”

## Chef's Profile

### **Patisserie Chef Norm Brownlee's artistry inspires culinary students**

Northern Alberta born and raised, Norm Brownlee completed his formative education at Vegreville Composite High. Norm was attracted to a career in the culinary arts and enrolled in NAIT's Culinary Arts program, which he completed in 1990. Upon graduation Norm was employed as a garde manger chef in Edmonton's famed Crowne Plaza Chateau Lacombe.

Norm later chose to further his education and once again enrolled at NAIT, this time in NAIT's Baking program. Upon graduating in 1994, Norm expanded his culinary repertoire with baking stints at IGA stores and chef de partie positions in the pastry kitchens of the Coast Terrace Inn and Hilton Hotel. Norm rounded off his

pastry skills when he accepted a position as pastry chef back at the Crowne Plaza Chateau Lacombe. Norm's experience preparing dessert for the famous Laronde revolving restaurant added a new "twist" to his skills.

Dedicated to life long learning, Norm has enhanced his knowledge through advanced courses in chocolate, sugar and confectionary arts at the prestigious International School of Confectionary Arts and the Notter School of Pastry Arts.

A true professional, Norm consistently exceeds expectations. During his tenure at NAIT, Norm has spent countless extra hours coaching and mentoring students of Culinary Team NAIT. The results

include attainment of Gold Medals at International Culinary Competitions in Singapore and Erfurt Germany.

Norm's dedication and professionalism in championing student success are contributing factors in the recognition and acclaim of NAIT's outstanding Culinary Arts program.

Page 5



**A creation from Pastry Chef Norm Brownlee above.**

**Below Pastry Chef Norm Brownlee working with chocolate.**



## Culinary Tip

To peel a lot of garlic quickly, loosely wrap whole garlic heads in a cloth and 'smash' with the bottom of a heavy pot. The crushing action will separate cloves and partially "peel" the garlic.

## Looking Good.....

### **On projecting a positive image**

An old adage states – "If it walks like a duck, and it talks like a duck it's a duck"

Taking that statement a bit further and putting it into a different perspective, I like to believe – "If one walks like a chef and talks like a chef, it's a chef". We realize that the journey to become a chef takes knowledge, time and experience. It is necessary that we start our journey on the right foot and carefully prepare our self for success.

There are many tools of the trade in the culinary field, most notably a good work ethic, stamina, researched recipes and a sharp set of knives. Mastery of cookery techniques and a sound knowledge base are important components but "looking the part" is what identifies the professional from the novice. Seasoned chefs say they can identify the potential of an aspiring culinarian by the image they project.

Wearing your uniform correctly and with pride is what separates the wheat from the chaff says chef entrepreneur Claude Buzon ( Chefs Hat Inc). "A clean and pressed uniform, a knotted necktie, full length apron, appropriate footwear and a professional chefs hat are essential." Being professionally attired doesn't stop with the uniform adds Buzon, "Attention to good personal grooming is equally important. Industry discourages facial jewellery, tattoos and wild hair colours. When working in the Hospitality field we must choose professional standards over personal expression."

Projecting a positive professional image at all times is an extremely important. NAIT's world-class reputation is enhanced by the image we project. We must remain ever diligent to not only "talk the talk but walk the walk."



NEWS AND VIEWS FROM  
NAIT'S SCHOOL OF  
HOSPITALITY

EDITOR:  
STANLEY TOWNSEND

PUBLISHER:  
ALAN DUMONCEAUX

11762-106 Street  
Edmonton, Alberta  
T5G 2R1

Phone: 780-471-7655  
Fax: 780-471-8914  
E-mail: [hospitality@nait.ca](mailto:hospitality@nait.ca)  
Web Site: [www.nait.ab/schoolofhospitality](http://www.nait.ab/schoolofhospitality)



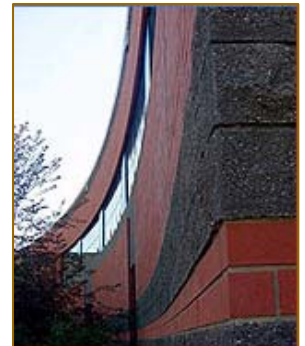
## NECK BONE SOUP —

### A WINNING RECIPE

#### NAIT program champions aboriginal student success

A collaborative training program is giving native students a head start on career opportunities in the hospitality industry. A joint effort by the Metis Association of the Alberta, Boyle Street Coop and The Oteenow Employment Agency, the 15 week course has 12 students visit NAIT once a week to slice and dice their way through a repertoire of popular recipes and techniques. The remaining four days are spent at the Boyle Street Co-op mastering life skills training and upgrading academic skills.

NAIT chef Instructor Bob Morgan reports favourably on student progress. “The students are excited and enthusiastic with their culinary pursuits. Their increased confidence and comfort in the kitchen will be great assets in the job market.” Morgan adds, “Most importantly they have demonstrated a willingness to learn and positive attitudes.”



#### NAIT's

##### Vision

To be an outstanding technical institute committed to student success in a global economy.

##### NAIT's

##### Mission

To anticipate and meet the needs of students and the economy by combining outstanding applied education with a human touch.

## Culinary Trivia

### Did you know the history of Caesar Salad

Is it Italian, is it Greek, or did it originate in Las Vegas? The legendary Caesar salad, a menu staple, traces its origins to Tijuana, Mexico. The original Caesar salad is credited to Caesar Cardini an Italian immigrant who operated a border town restaurant frequented by partying movie stars. The Cardinis resided in San Diego, but operated the restaurant in Tijuana to get around Prohibition Laws.

Stories say that when a carload of hungry partiers showed up unexpectedly at the restaurant, Caesar whipped up the salad out of ingredients at hand. Romaine lettuce, garlic, eggs, lemon juice, worcestershire sauce, parmesan cheese and croutons are attributed as the essential ingredients.

