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BON VIVANT

*"the good life"***ERNEST'S***Hot, Hot Hot...*

Maitre d' Tim Goodison, has some good advice for curious diners yet to sample the outstanding fare dished up by student chefs in Ernest's, NAIT's critically acclaimed Dining Room .

The word is -"Reserve early- we are becoming increasingly busy for both lunch and dinner" states Goodison. "Friday's lunch feature, a spectacular buffet is sold out well in advance, as are most Friday evenings."

**Culinary Arts Diploma NAIT Grads in High Demand**

A red hot Alberta economy has created a high demand for grads of NAIT's Culinary Arts Program. "We can not meet the overwhelming demand for cooks and service personnel in the hospitality sector says Perry Michetti, Program Manager for the School of Hospitality. Students can have their pick of a multitude of career opportunities. Restaurants are offering scholarships and even low cost mortgages as incentives."

The program has evolved well past the "cooking in big pots instruction of the past" says Michetti. "It's about in depth critical thinking. We want students to explore the art and science of food" Michetti also credits the quality of a new \$3.5 million facility -the Hokanson Centre for Culinary Arts -

The excellent cuisine and service is no secret to Dr. Sam Shaw, whom regularly hosts friends and clients in the graciously appointed room.

Discriminating diners exclusively booking the room for private functions include Le Chevalier's des Vins de France, Epicurean Wine Society, Chaîne des Rottisseurs and The Celiac Society.

A unique feature of Ernest's is Sorrentino's Chef's Table. The Chef's table will seat small parties from 6-12 persons. Guests are able to choose a preferential multi-course or tasting menu.

Menus include a diverse selection of regional cuisine and showcase student creativity.

The Sorrentino's Chef's Table will have a particular appeal to adventurous diners.

The haute cuisine served by eager School of Hospitality students is described as contemporary with classical influences. If you haven't had the pleasure of savouring Ernest's outstanding cuisine, don't delay, reserve early and look forward to a truly epicurean experience. Ernest's is open during the school year from mid September to the end of April, for reservations call 471-8676.



NAIT offer two intakes September and January. Selection is competitively based on academic achievement.

For more information contact registrar@nait.ca or Program Head Stanley Townsend stant@nait.ca or 780-471-8694.

An excellent reputation combined with superior state of art kitchens, reasonable tuition and quality curriculum and instruction has positioned NAIT as a leading Hospitality School. Canada's Food Service and Hospitality magazine identified NAIT's School of Hospitality as one of the top four Cooking Schools in Canada.





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

For information call :

Dan Westgeest— 471-8692



Where Are They Now? NAIT Culinary Grads Work Around The World ...

It's no secret that NAIT grads get the jobs- not only at home but around the world. Several fortunate grads have combined the adventure of travel and a passion for cooking by working abroad. As well as looking good on your resume, international work experience can broaden your understanding of different cultures and cultivate the palate to appreciate new foods and flavours. Working abroad is definitely an adventure and a great way to enhance a professional Culinary Repertoire.

- Linda Tran- Milleneum Gloucester Hotel, London England
- Matt Crawford- Westin Turnberry, Scotland
- Deanna Marcoux - Sheraton Hotel, London England
- Todd Lindsay -Lumiere Restaurant, Cheltenham England
- Andrew Fung -Engimatt Hotel and Restaurant, Zurich, Switzerland

The Butcher Block Retail Meat Cutting Program “fast tract to success”

NAIT's Retail Meat Cutting Program has earned a reputation as one of the best in the country. The five month program positions students for “immediate employment” in a variety of different venues and locations .Graduates of the program have a wide choice of jobs in rural or urban locations, particularly in the booming province of Alberta. Many grads secure employment in the retail sector of supermarkets and stores; others may venture into entrepreneurial ventures including custom cutting and product development. There's no doubt that Albertans love sausage, especially the garlic and kobasa varieties. NAIT's Retail Meat Cutting program teaches students all the “tricks of the trade”.

A recent food article the Edmonton Sun picked NAIT maple sausage as the “top dog” in a reader taste test.

The program is intensive with 85% hands on curriculum. Students hone their skills on whole and partial carcasses of Alberta beef, bison, lamb and pork which they “break down” to popular retail cuts. Student skills are further refined through the preparation of fresh poultry and fish items. Old world techniques are combined with modern technology when students are introduced to the art of curing and smoking sausage and ham products. All the student products are then packaged and displayed for sale in NAIT's very popular retail meat store.

Sales are brisk and built on a loyal customer following.

For more information on this option contact Program Head Dan Westgeest- 471-8692 or danw@nait.ca



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.”

Hospitality Management Diploma ... Aboriginal Training Partnership Trains Grads For Hot Hospitality

The Hospitality Management Diploma program continues to enjoy success and growth. Demand for graduates remains strong; NAIT grads are presented with many career opportunities. Early enrolment figures indicate fully subscribed classes for 2006/07.

A unique partnership with Yellowhead Tribal College resulted in NAIT successfully delivering a Hospitality Management Program to 16 enthusiastic aboriginal students. "We look forward to continuing success with Yellowhead Tribal College" states Program Head Leroy Russell.

The NAIT student Aboriginal Center on main campus has enhanced the educational transitions for aboriginal students. The emerging hospitality sector of aboriginal operated ventures includes hotels, restaurants, eco - tourism, golf courses, casinos and recreational properties.

"There are a multitude of diverse career opportunities for aboriginals in the Hospitality industry," adds Russell, "A NAIT education is a proven route to success"

For more information on the Hospitality Management Diploma program contact Program Head, Leroy Russell 780-491-1396 or leroyr@nait.ca.

Boulangerie / Baking Grads Making Good Dough ...

Enrolment is up in NAIT's Baking Certificate program and the demand is high for NAIT trained Bakers. Over the years, NAIT's Baking program has been meeting the need of industry by providing competent grads from the Baking Certificate and Baking Apprentice programs.

"The industry is currently in a stage of revitalization as public expectations return to quality "made from scratch" products" says Program Head Alan Dumonceaux. "A good example is the resurgence of interest in Artisan Breads. The strong economy has created an affluent consumer, willing to pay the price for quality products" adds Dumonceaux.

In response to changing customer interests, NAIT's Baking program has evolved. The Baking Program Advisory Board recently endorsed an initiative to expand the current one year Baking Certificate to a two year Diploma Program. Due to strong industry demands, Alberta Apprenticeship has added an additional training cohort to the Baking Apprentice Program. NAIT will also invest in professional development activities that will see three NAIT Bakery instructors attend the prestigious San Francisco Baking Institute to enhance their professional skills and knowledge. Upgrades on facilities and equipment are also in the works as the program prepares the stage for a "new era" of Baking, Boulangerie and Patisserie arts.

For more info contact Program Head, Alan Dumonceaux 471-8693 or adumonce@nait.ca.

Going for Gold ... Culinary Team NAIT Scoops Medals

Say Singapore, say success. Say success in Singapore and you're talking about Culinary Team NAIT who recently returned home with gold, silver and bronze medals won at the International 2006 Food and Hotel Asia competition.

Tang Pham won Gold-Cold Entrees; Joon Yoo won Silver-Cold Entrees; Richard Reid won Bronze-Cold Appetizers; Grace O and Richard Reid won Silver-Hot Food Competition "Two to Tango" and Susan Schultz and Joon Yoo won Silver-Hot Food Competition "Two to Tango." Culinary Team NAIT Manager Vinod Varshney looks forward to the next culinary competition- "Expogast 2006 held in Luxembourg. Varshney will travel with Culinary Team Alberta to defend their world title. Culinary Team Alberta returned home victorious with the coveted World Cup in 2002. "This was the first time the World Cup was won by a Canadian Team" says Varshney. "We are extremely proud of Team Alberta's achievements and the fact that many team members are NAIT Culinary Arts grads." For more info on Team NAIT visit www.nait.ca/schoolofhospitality/ or contact Team Manager, Vinod Varshney 780-471-8681 vinodv@nait.ca





“I get asked a lot - what’s it like to be a female in such a male dominated field?”

CULINARY OPINION ... Women in Industry - breaking the barriers

A question that is often asked is “Why aren’t there more women chefs?” One school of thought entertains the notion that the hospitality industry remains a chauvinistic male dominated industry where women are held back from career advancement. Over the years I’ve heard a lot of theories discussed and expounded. “Women can’t take the heat, can’t take the pressure, family commitments, not tough enough,” are a few this editor has heard. Seems people are pretty adamant on focussing on the problem and not the solution. Working your way up in the kitchen is a tough transition for anybody, gender excluded. A lot of “bad attitude” bias, discrimination and just plain harassment still exist in some workplaces. Any establishment that harbours or tolerates these types of behaviours is guilty of one thing- “bad management”

The good news is that there is a new wave of hospitality management that practices good management, equal rights and

opportunity. Seek them out and you’ll find them. The benchmarks of their success are low staff turn over, decent wages and working conditions, happy employees, happy customers and a healthy bottom line. It’s not surprising that these progressive well run businesses are a haven for aspiring culinarians to achieve in their chosen profession.

Culinary Arts Diploma graduate Jennifer Belbeck shares her thoughts “I get asked a lot- what’s it like to be a female in such a male dominated field? So many young female cooks ask me why there are so few women at the top of the culinary ladder. Well the truth is there aren’t very many women running this industry, but that won’t be the case for much longer. The top end of the industry is about to open up as many of the older career chefs are retiring. The thing about making it in the cooking industry, for anyone, is the simple fact that you have to stand your ground. A lot of young chefs find the top end chefs and European chefs intimidating. If you are looking to be successful you

have to remember that it doesn’t matter if you are a girl or a guy, what really matters is how well you can learn. It is important to spend the first years of your career learning as much as you can from everyone around you. Showing initiative and being confident in yourself will help you build a good reputation in an industry filled with other young hopefuls. So my advice to both female and male culinarians is to work hard and never stop learning.”

Born in a small town Saskatchewan, Jennifer completed her apprenticeship at Edmonton’s Westin Hotel. She currently works as a Garde Manger Chef at the Fairmont Banff Springs. Jennifer says she has found working with Executive Chef Martin Luther and Executive Sous Chef Heinz Nowatschin and their team of young and highly skilled department sous chefs a challenging and rewarding experience. Jennifer will share her vision on career planning in the next edition of Bon Vivant.

Etienne Guittard Chocolate ... San Francisco Chocolatier Strikes Sweet Deal with School

NAIT Pastry chef instructors Norman Brownlee and Nigel Webber “struck it rich” on a recent visit to a Pastry Cup Competition in Phoenix, Arizona. At the accompanying trade fair held in conjunction with the competition, the chefs were introduced to sub-urb single origin chocolate manufactured by the Guittard Chocolate Company.

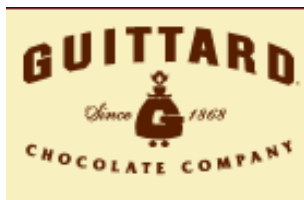
The Guittard family has been producing high quality chocolate in the San Francisco Bay area for well over a century.

The company was founded when Etienne Guittard journeyed from France to San Francisco searching for gold that he never found.

Fortunately, Mr. Guittard also brought delicious chocolate from his uncle’s factory in France, making him a popular fellow. This inspired Etienne to establish the Guittard Chocolate Company in San Francisco in 1868.

After sampling the chocolate, the instructors were impressed. When inquiring about the availability of

this chocolate in Canada, they were informed that a distributor was yet to be established in Canada; however Guitar Chocolate would be pleased to donate chocolate to NAIT’s internationally recognized Culinary Arts Program. A generous donation of *one ton* (2000 pounds) *per year* was ecstatically received by the school. The generous allotment allows for a greater depth of instruction and utilization of chocolate. Guittard Chocolate and NAIT School of Hospitality –a winning combination!





Corbin Tomaszeski, Culinary NAIT Graduate, poses with co hosts from the popular televised cooking show, "Crash My Kitchen"



"Sprains, strains, cuts and burns top the list of injuries experienced by aspiring culinarians." says Perry Michetti Program Manager of the School of Hospitality

CULINARY PROFILE: NAIT Grad Hot Act on Food TV

Stick to it, be true to your self and your dreams will come true. Ever imagined being a celebrity chef on a world wide televised cooking show? Alberta born and raised Corbin Tomaszeski co hosts the popular "Crash My Kitchen" The hit show features the fine art of cooking with enthusiasm and passion seasoned with a generous compliment of quick wit and culinary tips. The Edmonton native who took his training at NAIT was awarded top cooking student in 1992. An apprenticeship under award winning Chef Simon Smotkowicz, Captain of Culinary Team Canada provided Corbin the opportunity to participate in high end charitable dinners and to be influenced by some of the world's top culinary talent and celebrities. As Executive Chef at Toronto's Holt Renfrew "Holt's Café", Corbin further established his repertoire by creating an exclusive menu featuring Pollane breads flown in from Paris bakeries. The concept has proven to be a hit in Toronto and will be introduced to the Montreal market this fall. Corbin's success serves as a positive benchmark to Culinary Arts students. The School of Hospitality congratulates Corbin on his ongoing success-Well done Corbin!

Visit Crash My Kitchen show page www.foodtv.ca

Safety Comes First ... School Safety Committee Wins Shine Award

NAIT School of Hospitality is taking a good look at the relationship of health and safety to the Hospitality Industry-first through its own local Occupational Health and Safety Committee (OHS) and secondly through the establishment of an OHS Scholarship fund. "Sprains, strains, cuts and burns top the list of injuries experienced by aspiring culinarians." says Program Manager, Perry Michetti.

"The adage "an ounce of prevention prevents a pound of cure" is very applicable to our environment" adds Michetti. NAIT recently recognized the School's outstanding strategies by awarding them the NAIT SHINE Health and Safety award. The award recognizes individuals or teams within NAIT committed to maintaining a safe and healthy work environment. And make a conscientious contribution to bettering the work environment for students and staff.

As a result of this award the OHS committee has established a School of Hospitality OHS Scholarship Fund. A very successful media hosted fundraising dinner "The Magnificent Ate" raised almost \$14, 000, an excellent start for a worthy venture.





Beer, beer and more beer. For decades, the golden suds and the standard rye and coke dominated the Albertan beverage scene. But in the past few years, an evolution of varied beverage options has unfolded.



Beverage Lab at NAIT.

Register for one of our Part Time Beverage courses:

- **Introduction to Wine- The Basics**
- **Basic Mixology**
- **Understanding Italian Wine**

Visit www.nait.ca/part-time for information.

Emerging Beverage Trends ... Guest Editorial by Evonne Lin

Why are we now seeing more sophisticated beverage selections offered? Alberta is quickly maturing. A booming economy and a young, affluent population has made a sharp impact on the food and beverage industry. The rave of wine is hitting our restaurants, whether upscale or not, promoting an electric selection of new elixirs.

So what are the latest beverage trends in this up-and-coming province? Martinis have become increasingly popular in upscale dine-in establishments as well as energy drink beverages such as Red Bull. But without a doubt, wine has made the boldest entrance into our restaurant market. From moderately priced domestics to high priced vintage exports, more wine options are emerging all over the province. Alberta's privatization of the Liquor Act in 1993 created an open market for retailers and consumers to enjoy a wider selection of premium products. This has generated more competition, which has given consumers a higher quality of wine for a better price.

Wine is the perfect drink of the future, providing a feeling of luxury and class. Experienced in the optimum setting, wine can enhance the hidden flavours of a dish, or accentuate spices or herbs. Fine dining restaurants pair wines with menu selections and acknowledge customer preferences. Restaurant managers have a vast choice of wine representatives who will host wine information seminars for the service staff. Since many customers are unfamiliar and possibly intimidated with the wine scene, it is imperative that service staff are knowledgeable about wine selections and service. A simple mistake of pairing the wrong wine with a dish can ruin an entire meal, or possibly even push customers away from wine all together. Many wine merchants offer tasting sessions to better educate their customers.

The market for wine in Alberta looks increasingly healthy. As our economy continues to grow, our palates have become educated. Alberta has embraced a new age of acceptance for wine consumption, and is better educating service staff, marketing to consumers, and promoting our domestic products. Wine is an exciting beverage trend, not only because it can be greatly appreciated, but also because it brings out the best in food. While Albertans still enjoy premium rye whiskeys and the world-famous Caesar (originally created in Calgary), we now welcome the joy and pleasure of a comforting glass of good wine. Cheers!

Evonne Lin recently graduated from the Culinary Arts Diploma Program. Evonne enjoys writing and plans to open her own restaurant. This article was originally printed in the spring 2006 edition of Alberta Food & Beverage Magazine. This copy has been edited and condensed.

Meet the Dream Team ... Kids with Cancer & NAIT Culinary Instructors Team Up

Aspiring chefs from the Kids with Cancer Society teamed up with NAIT Culinary instructors to prepare a gourmet meal earlier this month. The children, who were collectively dubbed the Dream Team, worked alongside the instructors to prepare a meal inspired by the movie *Shrek* - Cauldron of Wild Mushroom Soup, Roasted Beast with Golden Yorks, and Black Forest Cake Fiona. The cake was decorated with chocolate leaves and swamp cherries. The children, who chose the menu items themselves, also had their own chef hats, aprons, uniforms and business cards.



NEWS AND VIEWS FROM
NAIT'S SCHOOL OF
HOSPITALITY

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The Endangered Fish Alliance... Fish Stocks Are Severely Depleted & Catches Are Declining

The Endangered Fish Alliance encourages Canadian food professionals to make sustainable seafood choices by not serving four endangered fish: swordfish, Chilean Sea Bass, orange roughy and European Caviar.

The Endangered Fish Alliance was started in Toronto in December of 2002 by a group of concerned chefs, restaurateurs, caring food professionals and conservationists. Environmental Defence now proudly administers the activities of this group of food professionals looking for sustainable options. For more information www.EndangeredFishAlliance.org

The Spice of Life ... Quick Cajun Spice

20 ml salt
15 ml each garlic powder, onion powder
10 ml. each black pepper, white pepper, cayenne pepper
10 ml each crumbled thyme oregano
5 ml paprika

Mix together, store in airtight containers. Adds extra zip to steaks, chicken and fish.

Culinary Trivia

Did you know ...

Wild rice is not actual rice but a water grass indigenous to northern Canada. Wild rice was originally harvested by First Nations people. A limited amount of wild rice is still harvested in the Cold Lake district of Northern Alberta. Large scale harvesting using modern technology and high speed fan driven watercraft takes place in the abundant pristine lakes of Saskatchewan, Manitoba and Ontario. Canadian wild rice is exported around the world. European chefs praise Canadian wild rice for its superior flavour

“Native Americans would sometimes give wild rice as a precious gift to fur traders as a symbol of friendship.”

