

Volume 4, Issue 2

Spring 2007

Special points of interest:

- **Cooking Up A Career**
- **International Education**
- **Culinary Opinion**
- **Student Profile**
- **Comment Corner**
- **Culinary Trivia**

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BON VIVANT

ERNEST'S**Contemporary Cuisine Draws Diners...**

Critically acclaimed Ernest's Dining Room continues to wow diners with cutting edge contemporary cuisine, elegant ambiance, and outstanding service. "We are very proud of Ernest's," says dining room Maitre d', Tim Goodison.

Ernest's showcases the talents of our aspiring Culinary Arts students who prepare "haute cuisine" and participate in customer service. Hospitality Management students also refine their customer skills in the gracefully appointed room.

Reservations are a must especially for Friday's epicurean lunch buffets and for both Thursday and Friday evenings. Many dates are booked well into the future; however, some dates remain open. Ernest's accepts bookings for private parties throughout the year and is a popular venue for special occasions.

During the year, Ernest's hosts many high profile dinners including Wine Societies, The Celiac Association, The Chaîne des Rottisseurs, and Culinary Team NAIT fundraisers. A highlight of the year was the Shiraz Soiree, sponsored by Peter Lehmann wines. A sold-out crowd of 100 discriminating diners enjoyed a sumptuous four-course gourmet dinner complemented with a delightful, extraordinary selection of Shiraz wines. The dinner featured selected classically prepared local ingredients paired with Peter Lehmann award-winning Barossa Valley wines.

For further information on dining experiences, contact Maitre d', Tim Goodison at (780) 471-8678 or TimG@nait.ca.

Huge Demand for Hospitality Grads**Record Enrolment in NAIT Hospitality Programs ...**

The job board at NAIT's School of Hospitality is crowded with employment opportunities. Anxious employers are turning to the institute to fill a multitude of career opportunities. NAIT is doing its best to help employers.

A recent career fair hosted at the campus saw over 140 employers. Hospitality recruitment ranged from major hotels, food producers, chain restaurants, senior care facilities, and the Canadian Armed Forces.

Employers are becoming increasingly innovative in their recruitment strategies. The Nisku Truck Stop offers potential employees a \$1000 sign-up bonus, registered retirement program, profit sharing, and other perks. Fairmont Hotels and Resorts focus on career-minded individuals who enjoy an "outdoors lifestyle" at their mountain properties.

The PTI group offers employment in remote camps, opportunity for career advancement, and a "big pay cheque." Employers realize they must offer more than just a job to attract workers.

"Hospitality is one of the fastest growing sectors of the Canadian economy," states Program Manager, Perry Michetti. "Although busy life styles and larger disposable incomes are driving forces behind the demand, an increasingly knowledgeable customer brings a new set of expectations. It is important that our grads understand the emerging dynamics. Our programs put a high value on developing customer skills, marketing, interaction, and team skills. We train to exceed expectations, one of the reasons NAIT grads consistently get the best jobs," adds Michetti.

The School of Hospitality trains over 500 students a year. The two-year Culinary Arts Diploma attracts

students from across the country and around the world.

Enrolment is also strong in the two-year Hospitality Management program, which focuses on building "front of the house" supervisory skills including Food and Beverage, Front Desk Operations, Catering, and Tourism. Certificate Programs include a popular Baking and an in-demand Retail Meat Cutting program. Further training includes Apprentice Cook and Baking programs.

Novice and professionals alike are attracted to a full calendar of Continuing Education culinary-related courses offered on weekends and evenings.





“Confidence in your ability to succeed is a positive attribute”



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

**For information call :
Joanne Gora - 471-8678**



Cooking Up A Career Good Planning Recipe For Success ...

A recurring concern often heard about careers in the hospitality industry involves money or lack of it. “There’s no money in cooking, tough job, lousy pay, unappreciated, under paid,” are a few this editor has heard. While there is some truth to these statements, conditions in the hospitality industry are rapidly changing.

A red hot economy has pushed up the demand and the wage level for trained personnel. Even the traditional, minimum wage, entry level fast food jobs are affected. It is not uncommon to see sign-on bonuses, benefit packages, and scholarships offered as incentives to hard-to-find and harder to keep employees. Nevertheless, there are still a lot of lousy jobs and less than progressive employers out there. The truth is, a lot of the good jobs are never advertised. Many of the good

jobs are secured internally through referral and personal contact.

Many progressive employers make a point of knowing who’s who in the business and even pay a finder’s fee to employees who refer potential recruits.

So what does this mean to the aspiring hospitality novice? Developing a career strategy that is similar to a wise investment strategy is a good idea. A good job is like a good investment; make sure you are going to get a positive return on the investment of your time and efforts. Do the research; find out which employers are hot and which are not. Sources include your peers, teachers, friends, parents, career counsellors, and industry professionals.

There are a lot of good paying jobs out there; however, they are often

missed through the traditional job search. Your quest is to seek them out through networking and making the right connections. The less desirable jobs are often the ones most heavily advertised.

Having a professional, updated resume helps. Confidence in your ability to succeed is a positive attribute. Many employers are more interested in positive attitudes and a willingness to learn than in your level of experience. Don’t underestimate your ability to succeed and don’t ever lose the passion that first brought you to the business. Make a commitment and keep at it. You will reap the rewards of an exciting and rewarding career!

For further information, contact Career Services at 780-471-8874.

The Butcher Block Meeting The Demand ...

Retail Meat Cutting Program Head Mark Trick is a happy man. “Enrolment is strong and business is brisk in our Retail Meat Store,” says Trick.

Savvy customers line up to purchase excellent meat cuts including in-house processed bacon, hams, and smoked sausages. The meat products are top quality and very competitively priced. The store provides students with a realistic opportunity to develop customer service skills as well as hone interpersonal and marketing skills.

But meat products are not the only thing that attract customers to the Retail Meat Cutting program.

Students take the course to position themselves for new careers.

The meat industry is one of Canada’s largest, offering an abundance of job opportunities. Thirty-five percent of the meat industry personnel are female; ninety-three percent work in the retail sector. Alberta’s red hot economy and rapidly changing demographics have increased demand and opportunities for new workers.

NAIT offers a five-month Retail Meat Cutting Certificate program that enhances rapid transition from school to the job. Most students find employment before course completion.

Students usually start as meat cutters, often progressing to lead hands, managers, and even owner-operators.

NAIT’s Retail Meat store is open during the school year from 10:00 AM - 2:00 PM Tuesday, Wednesday, and Thursday - call 471- 7593 to inquire about freezer orders and custom cutting.

For more information, contact MarkT@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 Partnership gets grads good jobs ...

NAIT's Hospitality Management Diploma program partnership with the Yellowhead Tribal College to deliver a one-year Hospitality Supervision Certificate program was a resounding success. Twelve students graduated from the Program and all have secured employment in the Hospitality industry. Four of the graduates were placed in the new River Cree Casino and Marriot Hotel entertainment center built on the Enoch reserve.

Over the years, Alberta has experienced a tremendous period of growth in Aboriginal-operated business including hotels, casinos, golf courses, and eco tourism. NAIT's commitment to Aboriginal education resulted in the creation of the EnCana Aboriginal Center on NAIT's Main campus.

"We look forward to ongoing participation with Aboriginal training ventures," says Hospitality Management Program Head Leroy Russell. "A NAIT education is a proven route to success."

For more information on the Hospitality Management program, contact Leroy Russell at (780) 491-1396 or leroyr@nait.ca.

Renowned Culinarian Joins Baking School Award-Winning Chef to Share Secrets ...

Clayton Folkers' career has been marked by a style and originality that has placed him at the top of his field and influenced culinary trends world wide.

After graduating from NAIT's Cooking Program in 1979, Clayton's work study practicum led to full-time employment at Edmonton's The Four Season's Hotel. Wishing to improve his pastry skills, Clayton enrolled at the Provincial Hoger Institute PIVA in Antwerp, Belgium, where he completed a graduate program while gaining experience as production pastry chef.

Returning to Edmonton, Clayton applied his skills as Assistant Pastry Chef at the Four Seasons. He was

a member and co-owner of La Favourite. Since 1989, Clayton has been the Executive Pastry Chef at the Shaw Conference Centre.

In 1991, Clayton became the first Canadian-born Chef to be appointed to a Canadian National Culinary Team. He was a member of the team of Canadian chefs that won the 1992 World Culinary Olympics, where his intricate pastry and sugar showpieces impressed an international audience. He was also the captain of the team which placed fourth in the 2000 World Culinary Olympics. Clayton was the first pastry chef to be appointed captain.

Clayton is a much sought-after lecturer and has been a popular

presenter at Jasper Park Lodge's Christmas in November event. Clayton is also recognised as a distinguished visiting chef at the prestigious Johnson and Wales University in Rhode Island.

Throughout his career, Clayton has remained involved with NAIT and is a member of the NAIT Baking Advisory Board. He has mentored many NAIT Culinary Arts students and has been a positive influence for many aspiring pastry chefs. Several of Alberta's top pastry chefs attribute their inspiration and success to Clayton.

For more information, contact Alan Dumonceaux at 471-8693 or adumonce@nait.ca.

Gold, Gold, and More Gold Culinary Team Alberta Strikes It Rich ...

Culinary Team Alberta Manager Vinod Varshney and Culinary Team Alberta added more medals to their already bountiful treasure chest of awards. The team returned from the Expogast Culinary Competition with a total of five medals—three gold and two silver.

Once again, the team demonstrated the commitment, determination, and perseverance required to consistently place in the top of their league at an International Competition.

"I am extremely proud of the outstanding efforts of Culinary Team Alberta," says Varshney. "I am even more proud of the fact that the Captain of our Team, Brad Horen, is a graduate of NAIT's Culinary Arts Diploma program."

Vinod Varshney is also Program Head of NAIT's Culinary Arts program and the Manager of Culinary Student Team NAIT.

For more information on Team Alberta, Team NAIT, or the Culinary Arts program, contact Vinod Varshney at (780) 471-8681 or at vinodv@nait.ca. <http://www.culinarycanada.com/>

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Clayton Folkers

*"A positive influence
for many aspiring
pastry chefs."*

*Three Gold
and Two Silver Medals
were won at the
Expogast Culinary
Competition.*





Italian Educational Tour:

“A phenomenal
success”



Careers PTI Group “Exploring Employment Opportunities”...

PTI Group, one of North America’s largest and most respected suppliers of integrated camp services recently met with School of Hospitality representatives to discuss recruitment opportunities for NAIT students. The PTI group has a number of different divisions providing numerous options for employment in locations around the world. Opportunities for advancement are plentiful.

PTI is a leader in setting up and operating all types of camps. The remote locations include diamond mines; oil sands projects in the Fort McMurray area; resource exploration; and international services in Afghanistan, Siberia, Chile, and off-shore locales. Career opportunities abound for food service personnel as well as for trade apprentices. Potential candidates receive above-average remuneration, and opportunities for advancement are plentiful. Most jobs require employees to work three weeks in and one week out. Individuals who adapt to this flexible structure can realize lucrative earnings. Additional perks include free room and board and modern camp facilities that include internet, satellite television, and all the amenities of home.

PTI is looking for people to make it happen and will do everything possible to help you succeed.

For more information or to submit a resume for a hospitality or food service position, contact:

PTI Premium Camp Services
3050 Parsons Road
Edmonton, Alberta, Canada
T6N 1B1

Tel: 780-463-8872
Fax: 780-461-3114
Toll Free: 1-800-314-2695
E-mail: recruiting@ptigroup.com

International Education School Exploring New Opportunities Abroad ...

Program Manager Perry Michetti had the opportunity to explore his origins when he and Culinary Arts Program Head Vinod Varshney spent two weeks in Italy establishing new relationships with some of Italy’s best cooking schools. The whirlwind tour included visits to The Culinary Institute of Florence, The International Culinary Institute for Foreigners (Torino), The Artusi Culinary Institute of Chianciano, ALMA- La Scuola Internazionale di Cucina (Parma) Federazione Italiana Cuochi (Lucca, Pistoia), and the La Scuola Agriturismo Molina delle Galere Montecatini.

“The tour was a phenomenal success,” says Michetti. “A variety of reciprocal agreements have been struck ranging from incremental cultural culinary experiences to full-term exchanges, scholarships, and post grad study opportunities. These relationships do much to enhance NAIT’s vision – “To be an outstanding technical institute committed to student success in a global economy.””

Overviews of the agreements are as follows:

Apicus –The Culinary Institute for Foreigners

Customized two-week cooking course including cultural tours of Florence and the Tuscany region. This course will be marketed to grad students and the general public. 2007-2008 launch.

International Culinary Institute for Foreigners

In partnership with local restaurateurs, development of a post – graduate scholarship for the NAIT Culinary Arts Program. This is part of a “masters series of Italian cooking” and would be awarded annually to a NAIT Culinary Arts grad. The value of the scholarship is approximately \$12,000.

Artusi Culinary Institute of Chianciano

Similar school demographics to those of NAIT School of Hospitality. Will enable and enhance student exchanges (4 every 2 years).

ALMA La Scuola Internazionale di Cucina Italiana

NAIT will be partnering with George Brown College to send culinary students for post graduate advanced studies to ALMA.

Federazione Italiana Cuochi BDU

NAIT will facilitate instructor exchange, guest lectures, customised courses, and student work studies. Abroad, cultural assimilation will include:

- Visits to artisan butchers, bakers, and fish markets
- An introduction to traditional Italian cookery
- Visits to olive mills and the production of varietal extra virgin olive oils
- Winery tours and food pairing with regional foods
- A three-week work practicum at diverse leading Italian restaurants

Culinary Opinion **- Regional Cuisine - from the farm to fork, promoting local flavours ...**

A not so new buzzword among knowledgeable foodies is the term *regional cuisine*. Some leading restaurants and chefs have built their reputations on serving up regional cuisine. Normands, the River House Grill, the Crowne Plaza's La Ronde restaurant, and NAIT's Ernest's Dining Room are but a few of many excellent Edmonton area restaurants dishing up regional cuisine.

So what is regional cuisine? A popular definition is "Foods that are locally produced or grown and can be traced back to a farm or locality."

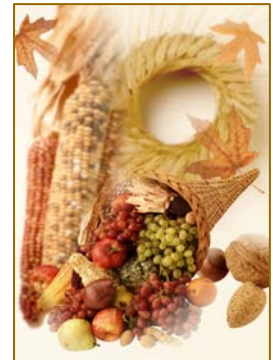
Consumer perception has driven the popularity of the concept. Increasingly wary customers want the real thing. This to many is unadulterated wholesome produced food that you can trust.

It goes to say that the freshest and best food is grown right in our back yards (or close to it). Integrity is important too. People feel better about supporting a local producer than they do buying generic possibly genetically modified, pesticide-contaminated foods produced by the big guys. Hence the popularity of ever expanding Farmers' Markets. Although the prices for hand-picked locally produced food products are often higher than those in the chain store supermarkets, the consumer is willing to fork over the dough for the real thing.

Alberta's Chefs are embracing home grown products and are featuring local or regionally produced foods on their menus. The Alberta government also plays an important part in supporting regional producers.

Alberta Agriculture, Food and Rural Development have instituted a regional cuisine initiative. **Dine Alberta** showcases Alberta's bounty of outstanding food products. During the month of September, Dine Alberta offers diners all over the province a chance to savour regionally inspired menus featured at a wide range of Alberta eateries.

Excellent chef/producer relationships have been established. Consumers are now more aware and relish the local/regional dining experience. For more information, go to www.dinealberta.ca and/or www.nait.caschoolofhospitality/



"The freshest and best food is grown right in our back yards (or close to it)"

International Student Profile **All Roads Lead to NAIT ...**

The excellence of NAIT's Culinary Arts program attracts students from around the world. The current enrolment status for the School of Hospitality includes 15% international students. Many international students come from the Asian countries with Korea and China the most prevalent. Increasing interest is coming from the Latin-American countries with representation from Mexico, Guatemala, Ecuador, Chile, and Columbia. Other students come from the US, Israel, Saudi Arabia, and South Africa. **Angela Counsel is from Australia.**

Passionate about food, Angela's culinary curiosity began at the age of eight when she would play "make-believe restaurant" and test her maitre d' talents on visiting guests. By the time she was ten, Angela was actively engaged in the preparation of basic meals for her large family of ten siblings. High School Home Economics and

cooking classes furthered her culinary repertoire. A career work experience found her placed in the busy kitchen of a large city hospital.

There, she experienced all departments of a working kitchen and was particularly impressed by the pastry section and the copious quantities of butter required to make a good croissant. Angela credits the multi-cultural diverse cuisines of Sydney and Melbourne as positive culinary influences.

Although she still possessed a strong passion for cooking, Angela's educational pursuits led her in a different direction. A year at University followed by a year in Business College gave her the skills to embark on a career in Radio. Angela's role as a Client Support Manager and later Client Marketing Manager at Nova 969 FM, a high rating Sydney FM station, provided her with an additional perspective on entertaining, customer service, organising, and promotion. All of these skills

would enhance her dream of eventually transitioning to an executive chef or management position in the hospitality industry.

Over the past eight years, Angela's interest in food has increased significantly. She finds cooking and entertainment "therapeutical" and is thrilled by the reaction of her guests when she introduces new foods, textures, and aromas. "Food and the experience of dining create such happiness and harmony for me," says Angela.

Since enrolling in NAIT's world-class Culinary Arts program, Angela comments, "I am only at the beginning of potentially blooming into a wonderful chef, and continue to participate wholeheartedly as a student, humble and ready to learn as much as this fantastic course has to offer."



*International Student,
Angela Counsel
Melbourne, Australia*



“The students demonstrated creativity and were very innovative in their approach.”

Toque Demagny Culinary Scholarship Competition ... Canadian-Australian Team “Winning Combination”

November 05, 2006 The enthusiasm was high as eleven culinary teams competed for \$2000 in cash awards at the Eighth Annual Toque Demagny Culinary Scholarship. Each student team had to prepare a three-course gourmet menu for a table of eight appreciative diners. Using a select list of ingredients including Alberta whitefish, cornish game hen, and Guittard Chocolate, the teams whipped up some unique and very tasty dishes. The fruits of their labours were evaluated by a panel of industry judges.

“The quality of the presentations was outstanding,” comments competition organizer, David Mercier. “The students demonstrated creativity and were very innovative in their approach.”

Friends and family were there to support the aspiring culinarians and to meet and mingle with competition sponsors. Principle sponsors include Chef’s Hat Inc, The Freshwater Fish Marketing Board, Warren Smith Game Consultants, and Etienne Guittard Chocolate.

The dynamic team of Amanda Suggitt and Angela Counsel won the first place award of \$500 plus \$250 for “Best Entrée” and \$250 for Best Dessert. Team member Angela Counsel is an international student from Sydney, Australia.

“The competition was a blast,” says Angela. “I thoroughly enjoyed every minute.” Counsel credits having a great partner and a good team ethic as the key to winning.

The team of James Higuchi and Nicole Orrell scooped the second place award of \$250. The Neal Freeman-Cassandra Hardie team placed 3rd for \$250. Additional awards of \$250 went to Paul Rogers and Rebecca Ross for “Best Utilization of Freshwater Fish” and \$200 went to “Most Professional Team” Dahye Kwon and Anali Reitan. All competitors received certificates of culinary excellence and Toque Demagny personalized hats and uniforms.



Scholarship Contestants pose with the Toque Demagny trophy (from left to right) Dahye Kwon, Anali Reitan, Neal Freeman, Amanda Suggitt, Cassandra Hardie, Angela Counsel, James Higuchi

Comment Corner ...

Jennifer Belbeck - A Culinary Arts grad now working at the Banff Springs Hotel shares her insight on career planning.

“A lot of people see the Culinary Arts industry as a very transient career. For the first ten years (after your apprenticeship), try not to stay in the same place for more than three years. Within the first year and a half at an establishment, you will learn almost all of the basic running of the kitchen. Use the next six months to a year to refine your skills and help improve operations before moving on.”

“There are a few career goals to seriously consider for your transient time. You should work in a small restaurant (doing sold-out covers four to five nights a week); you should also work at a high-end business hotel, and a resort/mountain hotel; you should look for experience in a high volume kitchen (institution, camp); you should work for a European Chef (the more old school the better); and then you should consider working internationally (working tour) or for a cruise ship company.”

“To become a well rounded career chef, you will need to have experience in all aspects of the industry. After that, you can pretty well write your own ticket anywhere. And always remember to never burn bridges along the way, you never know what river you will have to cross in the future.”

Jennifer completed her apprenticeship at Edmonton's Westin Hotel. She currently works as Garde Manger Chef at the Fairmont Banff Springs. Jennifer says that working under Executive Chef Martin Luthi, Executive Sous Chef Heinz Nowatschin, and their team of highly skilled department Sous Chefs is a rewarding experience.

Where Are They Now? ... Culinary Grads Celebrate Success

Two past grads of the Culinary Arts program were recently awarded Alumni Recognition awards by NAIT's Alumni Association.

Daniel Bibby, Cooking Class of 1989 and **Brad Horen** Culinary Arts 1995 were recognized for outstanding success in their chosen fields.

Daniel Bibby is now the Director of Operations in Lake Louise. Daniel opened his own restaurant in Golden B.C. while finishing his third year Apprenticeship at NAIT. He later embarked on a distinguished career as he worked his way up the ladder with Fairmont Hotels and Resorts and Delta Properties. Daniel has held a variety of positions including Director of Food

and Beverage, Executive Chef, and Executive Sous Chef.

During his career, Daniel received many awards and honours including Top Alberta Apprentice and Top Apprentice in Canada. After 16 years in the culinary side, Daniel accepted a new challenge as Director of Food and Beverage and later became the Chair of the Regional Food and Beverage Team for Delta Hotels in B.C. Daniel currently sits on the Board of the Richmond Chamber of Commerce and the Board of the Richmond Hotel Association and is a Director with Tourism Alberta.

An award-winning chef, **Brad Horen's** career started at the Canadian Pacific Lodge in Kananaskis.

Later experience included working in Four-Diamond CP Hotel dining rooms including the Edith Cavell, Season, and L' Escapade.

Brad's talents soon placed him as a member of Culinary Team Alberta where he competed in international culinary competitions and the prestigious Bocuse D'Or.

He is now Executive Chef at Calgary's premier establishment Catch Restaurant. Catch was recognised as the best new seafood restaurant in Canada. Brad recently assumed the role of captain of Culinary Team Alberta which just returned from the "Expogast" Culinary Competition where the team won three gold and two silver medals.

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“To become a well rounded career chef, you will need to have experience in all aspects of the industry. After that, you can pretty well write your own ticket anywhere.”

- Jennifer Belbeck -



Daniel Bibby, Class of 1989



Brad Horen, Class of 1995

Austrian Connection ... Exciting Exchange Opportunity

A recent visit to the historic city of Retz, Austria, has resulted in the creation of a potential long-term relationship involving Culinary Arts students and faculty exchanges. The student exchange program will be self-funded by each school through a variety of fundraising activities. Austrian students from the prestigious Austrian Hospitality School Hoher Bundeslehranstalt Fur Tourismus (HLT). The Austrian/Canadian student exchanges will happen every second year. The first complement of Austrian students will travel to Canada in June 2007 for a four-week work internship. The students will be placed in major hotel properties in the Edmonton Area. The Austrian students will also be hosted to Canadian culinary and cultural tourism travels to Rocky Mountain resort properties, local markets, and food producers. NAIT Culinary Arts students are slated to travel to Retz, Austria, in June 2008. *Auf Wiedersehen!*





“If your menu says “Alberta Pork” and the customers enjoy the product, they will be sure to purchase Alberta Pork for themselves more often.”

Alberta Pork Essay Award ... Guest Editorial by Rebecca Ross

Alberta Pork is one of the essential cooking products of any food service venue, from simple eateries and cafeterias to upscale restaurants and banquet halls. The diversity with which it can be prepared in delicious ways is unrivalled by any other meat today. It is an essential asset to any eating establishment and its uses make it easy to work into any menu that would satisfy many paying customers. I will use Alberta pork in my chosen career for its adaptability, its customer appeal, and because it supports the economy I live in.

Pork can be found in dishes of almost any culture on the planet. We have depended on it for centuries to provide scrumptious sustenance. It can be braised, sautéed, grilled, roasted, smoked, and cured. From a stir-fry to a pork roast, we have all enjoyed Alberta’s prime pork and its myriad uses, whether it be breakfast, lunch, or dinner. If one day I run a kitchen of my own, Alberta pork will certainly be a popular item on my menu, whether my kitchen is up scale or casual. Its affordability makes it great for food cost, and a relatively inexpensive cut of meat can be transformed into the most elegant of feasts. Really, you can go in any direction with pork, and to choose where to go is the biggest challenge.

When a customer sees pork on the menu, it is often a draw. Who doesn’t like the sound of a tender rack of ribs, or a juicy pork roast, or even a bacon-wrapped scallop. It is delicious, relatively cheap, and often times a healthy choice, making it a huge asset to attracting customers. Pork is essential to almost any cuisine, so if I have to cater to a certain culture or request at a banquet, almost immediately I would think of pork and how I could work it in. On any menu, you can offer a wide variety of worldly pork dishes at low cost which are impressive and bring in more customers. If it is locally produced, it makes it an even bigger draw. People want to support their communities, and if they can do it enjoying a great meal, then all the better. A menu with attractive pork options attracts customers which keeps my restaurant open and successful, making both of us happy.

Supporting the local economy is important to any business owner, chefs and cooks included. Not only are local items fresher, they are often of better quality and inspire a feeling of pride in your product. What you prepare represents you and your province and how great it can be. If your menu says “Alberta Pork” and the customers enjoy the product, they will be sure to purchase Alberta Pork for themselves more often. It improves the economy, and it exposes people to a fantastic product. In the coming year, my applications of Alberta pork will hopefully get more people using it more often.

To summarize, any menu isn’t complete unless it features pork. Why not use it when all it does is offer benefits? Any chef can find a place for Alberta pork, and almost any customer will pay to have it. In the end, chefs benefit from pork in any number of ways, the Alberta pork industry benefits from us purchasing and utilizing it, and the customer benefits from a great dining experience. Pork certainly has its place in 2007 and all the years to come.

Rebecca (Becky) Ross is a first-year Culinary Arts Diploma student. Becky enjoys cooking and plans to become a successful chef. This article was originally submitted for the Alberta Pork Essay Award. The topic was “In what manner will you utilize Alberta Pork in your chosen career, and how will it make an impact in the year 2006?” Rebecca was the winner of the \$250.00 award. Congratulations, Becky!





Chef Allan Roote,
NAIT Culinary Arts Instructor



Call now to register for next year's intakes commencing in September for all programs in the School of Hospitality.

For information, call :

Sheila Ouellet-471-7655

Joanne Gora -471-8678

Biography **Chef Allan Roote ...**

Born and raised in a small village on the shores of Lake Huron, Chef Allan Roote's formative culinary training took place at Toronto's Humber College where he was well instructed in the basics of classical cuisine. Upon graduation from college, Allan honed his chops at popular High Park Bistro, Yoyo's Café, theatre town Stratford's "The Church" restaurant, and The Muskoka Sands Inn.

Wishing to broaden his culinary repertoire, Allan "crossed the line" to the American side for a stint, mastering the fine art of Mediterranean cooking at Brozini Restaurant in upper New York state. Next, it was time to travel west where Allan linked up with well known Chef Willie White, first at Edmonton's famed Chateau Lacombe and then onto the historical Canadian Pacific Hotel Macdonald.

Allan's reputation and dedication soon opened the doors for a "West Coast" experience when he was recruited to work with master chef, Robert Le Crom at The Hotel Vancouver. His duties involved the delivery of impeccable classical cuisine featured in the hotel's exclusive Roof Restaurant. More west coast experience included a stint at the trendy English Bay eatery, "Joe Fortes Seafood and Chop House." Allan remembers cooking "an incredibly high volume" of fresh seafood and steaks.

Connections with friend and mentor Chef Willie White afforded Allan the chance to travel "down under" to prepare elegant cuisine in "Kimble Bents" at the Park Royale in Wellington, New Zealand. After a year in New Zealand, he returned home to settle to a quieter lifestyle and accepted a chef position in Victoria at Cordoba Bay, McMorran's Restaurant.

With a growing young family in tow, Chef Roote was enticed to return to Alberta to work with Chef Mario Mathieu as Executive Sous Chef at the now Fairmont Hotel Macdonald. His tenure with the Hotel Macdonald saw Chef Roote extensively involved with "hands-on" instruction with aspiring apprentice cooks. Ever a consummate professional, Chef Allan was a positive and encouraging role model to his colleagues. His reputation, extensive work experiences, and the respect and admiration of his culinary peers were valued assets when he was selected for an instructional position with NAIT's Culinary Arts program.

For the past five years, Allan continues to develop leadership and has been a positive influence to aspiring students. Chef Roote sums up his 20 years of experience by stating, "Hard work, determination, and the ability to adapt to new challenges are the attributes of success. Do your best and be the best."

Le Club Culinare

Le Club Culinare has established a reputation for doing good things for the community. Although Le Club Culinare has scaled back from an almost overwhelming level of good will projects, student members insist on participating in several worthy community events. Members continue to donate their time and energies to the Crohn's and Colitis Foundation of Canada and Santa's Anonymous. The group helped prepare a sumptuous brunch for a fundraiser held at Fort Edmonton Park for the Crohn's Foundation. This particular charity strikes close to home as long time Club Advisor, Chef - Instructor Jeff Gordon was afflicted with the disease. The Club facilitated a donation and purchased over \$750 in toys for Santa's Anonymous.

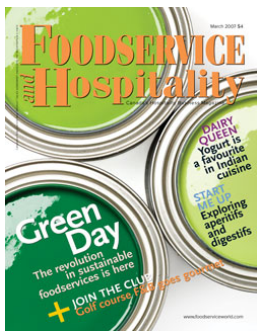
Members firmly believe that charity begins at home and are looking forward to preparing an exotic array of appetizers for the reception at NAIT's premier fundraising event - The NAIT Cruise to The United Arab Emirates. "The Club always enjoys the challenge of participating in high profile events," says Club Advisor Troy Lymburner. "This year's Cruise was a resounding success, raising a record-breaking \$750,000."

As the Club is a self-supporting entity, the students also participate in their own fundraising activities. Le Club Culinare coordinated the preparation of appetizers for the NAIT Alumni Homecoming Weekend. They did a return engagement by catering a reception for the Edmonton Sun. Camaraderie and fellowship are important elements for the group. A good time was had by all at a Pizza and Bowling Social organized by the Club.





“The rapidly growing hospitality industry requires individuals with highly specialized skills ...”



Culinary Team NAIT Wins Big At A National Competition ...

February 24, 2007 - Culinary Team NAIT competed at the Culinary Salon Toronto 2007, hosted by the Escoffier Society of Toronto. It is the first time NAIT has taken a team to this particular competition.

Program Head Vinod Varshney said the team surpassed expectations, taking home three Best of the Show honors, Best College Team, plus four gold, one silver, and one bronze medal.

The team was also awarded "Best of the Show" in the Casual Luncheon Menu Category, Individual Plated Entrees.

Category and Individual Plated Desserts Category

The winners were:

- Tang Pham won two Gold medals (Student)
- Hyunjoon Yoo won one Gold and one Silver medal (Student)
- Norman Brownlee won one Gold and one Bronze medal (Instructor)

For more information, contact:

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Applied Degree in Culinary Operations Higher Level Learning For Culinary Grads ...

A NAIT Culinary Arts diploma now provides an opening door for culinary grads seeking degree certification in hospitality education.

The Culinary Institute of Canada located in historic Charlottetown, Prince Edward Island, is offering Canada's first Applied Degree in Culinary Operations. The Applied Degree program prepares students for specific occupational fields.

The rapidly growing hospitality industry requires individuals with

highly specialized skills to assume management level positions.

The applied degree program positions culinary grads to access diverse career opportunities including sales and marketing, research, product development, financial accounting, and faculty management. Students may enter the program upon completion of the NAIT Culinary Arts Diploma along with a minimum of 1280 documented service hours.

All students are required to complete a 16-week internship

between their first and second year of training and a directed Food Service Study. During the directed Food Service Study, the student conducts research in food service with both CIC faculty and employer supervision.

For further information:

www.hollandc.pe.ca/FactSheets/AppliedCulinary

FYI Did You Know ...

Foodservice and Hospitality, Canada's leading hospitality magazine, identified NAIT's Culinary Arts program and Holland College's Culinary Arts program as two of the top cooking schools in Canada (October 2005 Edition).

**FOODSERVICE
and
Hospitality**

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NEWS AND VIEWS FROM
NAIT'S SCHOOL OF
HOSPITALITY

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Product Profile ... Canola Oil

Canadian-produced canola oil is a healthy choice for both human consumption and environmental concerns. Canola is recommended as an excellent choice for healthy living due to the fact that it is recognized for having a beneficial combination of fatty acids.

Canola's plant nature also makes it an environmentally friendly product when used as a base in printing inks, dust suppressants, industrial lubricant, and biodiesel or hydraulic fluids.

Future uses may see canola in the production of biodegradable medical plastics.

For more information, go to www.canolainfo.org.



Culinary Trivia

Did you know ...

In the “old days,” bread was divided according to status:

“Workers got the burnt bottom of the loaf, the family got the middle and guests got the top or ‘upper crust’.”

“In many countries, it is thought that a loaf baked on Good Friday morning and kept until the following year is an effective medicine against stomach disorders.”

