

# CHEFS

*Connections*



Newsletter of the Hamilton  
District Society Of Chefs & Cooks

**January 2005**

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## **Next Meeting Monday January 31**

*Bistro Nice*

170 Lakeshore Rd. E., Mississauga

Admission \$15

Doors open at 6:00 p.m.

Guest speaker Paul Gamble

Please RSVP to Bistro Nice 905 271 1152

## **President's Message**

Hope everyone had a wonderful Christmas and Happy new year. I am looking forward to a new and exciting year.

I would like to thank Martin Sandow and Lisa from the Hamilton Golf and Country Club for hosting our Christmas Party this year, and all of your staff for a great job. It was a great joy to work with all of you in the kitchen. All those young people who volunteered time and Chris, Doug, and Randal who worked along side of them.

Thank you to the students from the Marty Karl Center and Instructors who gave of their time as well as our chef members who participated in the kitchen, Alex and Paul. This year, by far was the best year, where we had a full kitchen and I think that this is what it is all about. All of us coming together both young, and professionals enjoying each talents and celebrating food of life. Thank you all, and a great time was had by everyone.

Thank you also to our supplier's who donated products for the function. Just a reminder to all of the chefs- please encourage your students to sign up for the junior club, and allow them to flourish. This will also help them to compete in all competitions, including Skills Canada, Knorr-Swiss, and many more. We are proud of the team from Robert Bateman School for they took home gold in the Knorr cook-off at George Brown in October.

We look forward to bringing you an eventful year at the HDSCC and I look forward to meeting you all at the next meeting.

Helena Robertson HDSCC President.

P.S. Please note that dues are due and we need to send them in by February. 2005 to the CCFCC.

## **HDSCC Postal address**

LD 1  
P.O. Box 587  
Hamilton, Ontario  
L8N 3K7

## **Reminder**

**It is time to renew your membership. Please send your payment by January 30th, 2005 to the post office box, or bring to the meeting at Bistro Nice.**

- The HDSCC is proud to have supported the Hamilton Food Share grand opening. Many people worked hard and continue work in our community to help others in need. Food Share is a prime example of this and other community sponsors.
- In May of 2005, the Hamilton Art Galley will be having it's grand opening, and we the HDSCC will be a part of this Gala. The tickets are all sold out. That's all 500 of them. This is a big event for our city and we are proud to be a part of it. These are some of the fundraising events that the HDSCC participate in to promote a unification among chefs and cooks in our district, which fosters good relations with our food service professionals.

**Robert Bateman Culinary Students win top honours.**

The event took place at George Brown in Toronto.

The team consisted of Candace Laing, John Setiawan, Alex Stott, and Ryan Armstrong. They took first prize in the 4th annual Ready Set, Cook, and Win competition.

They were up against nine other teams, most from Southern Ontario. The school consists of former Lord Elgin and General Brock high schools. Chris Cavalier, a Bateman instructor said it was fantastic and all of the students were hard working.

Congratulations on your schools first medal, and good luck with many more to come.

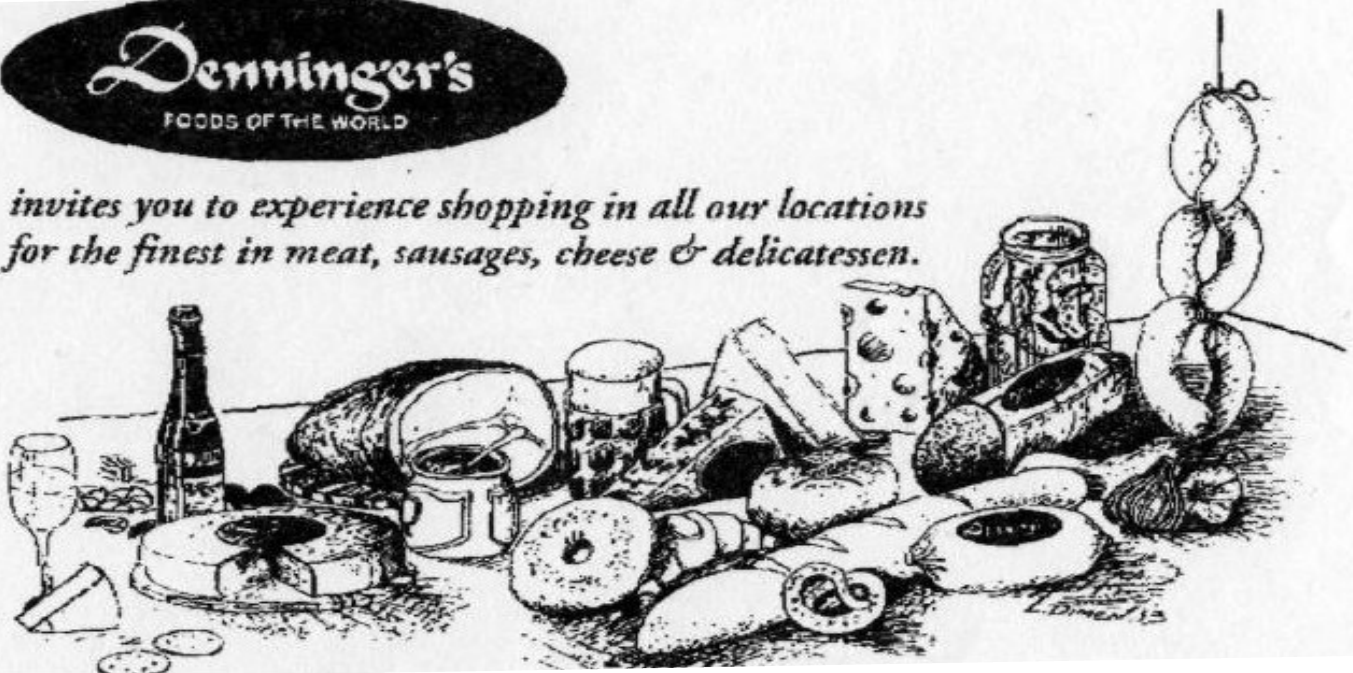
**Soup Fest III**

Tuesday January 25  
11:30 am - 8:00 p.m.

Featuring soups from:  
Ancaster Old Mill  
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La Piazza  
Liuna Station  
The Old Powerhouse  
Zarcone' s  
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## Vice President's Report

Hello and Happy New Year!!

I hope and trust we all had a great, safe and memorable holiday season.

I look forward to seeing you all again and being a part of the HDSCC with Helena's leadership.

Once again, I thank Martin and his crew for a bang up job with this past Christmas party.

We seem to be having great success with these, and am sure this coming year will be no different.

I look forward to this coming year with great anticipation. I know that last year was something great for me, and already this year, it is awesome, and we aren't finished this month yet, though, by the time we meet it will be.

January seems to me, a time of starting over, turning a leaf, how ever you want to say it.... A New Year, a new outlook on life, to be better than the last. This what I feel for the HDSCC, we have great people, we know this already, we have a great energy when we all meet, and a desire to be better, bigger. But as the saying goes, ..ok, now what?

Well, we take it one day at a time, looking at what we want, preparing a plan and making it happen. But your asking.....Tim, ok how do we make it happen? The answer, is all of us together, you know....many hands make light work and all that. We need you to help make it better. And I hope this year is the year that it happens for the HDSCC.

This first meeting of the year is at Bistro Nice, and it is sure to be wonderful, as the last time we christened the place with our warm friendships and enjoying great food.

We have some great plans for the HDSCC this year and hope to see you be all apart of it, because I for one miss you all and look forward to seeing you all again.

Take care and see you all at Bistro Nice in Mississauga on the 31st.

Bon Appetit,

Tim Humble VP / Secretary of the HDSCC

## Recipes

### Football Sandwich

Submitted by: Phyllis Kraemer - The Open Kitchen Cooking School -The Keeping Room

To Build:

Cut loaf of bread in half lengthwise.

Scoop out about 1/2 of the soft bread on the inside, to make room for the filling. Lightly butter & set aside uncovered.

To an oiled pan, add the coarsely chopped onions and sauté until almost caramelised, about 12 minutes over medium- high heat.

Remove from heat and let cool.

Sauté chicken strips in a bit of olive oil, and add Cajun seasoning just before it is fully cooked...about 10

minutes if thin....make sure the chicken is not pink. Remove from heat, and let cool.

While waiting for the onions and the chicken to cool, mix the dressing ingredients together in a bowl, and spread about 1/2 on each side of the lightly buttered bread.

On one side of the bread, place slices of ham, followed by the cooled onions, then the chicken, the roasted red peppers, and then the cheese. Add the sliced prosciuto.

Place the other side of the bread on top, wrap very tightly in saran, and place in the fridge overnight.

Heat oven to 325 F. Remove the Saran. Re-wrap more loosely in aluminum foil, and bake for about 15 minutes. Remove from heat. Carefully remove the top of the bread and add the avocado, the salad greens and the capers. Replace the top of the bread, slice into at least 1" slices.

Messy...but yummy!



#### Ingredients

1 loaf crusty Italian Bread football shaped  
 2 boneless chicken breasts, cut in thin slices  
 1 Tablespoon of Cajun spice  
 1 large Spanish onion, chopped coarsely  
 8 slices of Black Forest Ham  
 6 slices of Provolone or other favourite cheese  
 2 large roasted red peppers (jarred are fine)  
 6 slices of prosciuto  
 1 avocado  
 1 Cup of California salad greens  
 2 Tablespoons of capers  
 Chopped olives...if you like them  
 Dressing: 1/2 Cup mayonnaise

**Attention**

Please take a moment to  
renew your membership,

Please contact  
President Chef Helena Robertson,  
or Treasurer Chef Tim Humble  
to update your records.

Hope to hear from you soon!


Thank you to all who sponsored or helped  
at our 2004 HDSCC Christmas party at  
The Hamilton Golf & Country Club  
with executive chef Martin Sandow, CCC.

Sole Mar catering  
The Marty Karl Centre & staff  
Robert Bateman School  
Doug Cooper  
Chris Cavalier  
Honeyman's Beef  
Sheridan Foods  
Sinful Desserts  
Will Wallace  
Randal Myers  
Alex Procwat  
Paul Gallant

**Directions to:  
Bistro Nice**

From Hamilton:

1. Enter on **HWY-403** East - go **8.2** km
2. Continue on the highway - go **31.4** km
3. Go towards **HURONTARIO ST./HWY-10** - go **0.2** km
4. Head right on **HURONTARIO ST** - go **1.9** km
5. Turn left on **LAKESHORE RD E** - go **0.3** km
6. Arrive at **170 LAKESHORE RD E, MISSISSAUGA**




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