

CHEFS *Connections*



Newsletter of the Hamilton
District Society Of Chefs & Cooks

February 2005

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Next Meeting
Monday February 28, 6:00 p.m.

Robert Bateman School

5151 New St., Burlington

Host Chefs Chris Cavalier and Chef Doug Cooper

Admission \$15

Guest speaker Paul Gamble

Please RSVP to Helena

President's Message

Thank you to all who came out to the meeting at Bistro Nice. I know it was a bit out of the way for most but we had a change of location due to the exam schedule. We had a great turn out and a great time.

This meeting coming at Robert Bateman will give you the insight of the high school system for the apprenticeship program and a look at the new school. Randal will give a demo on the eggplant parmesan which everyone keeps asking about. We will have Paul as our guest speaker.

So hope to see you all and please call or e-mail me if you are attending at hrobertson@mountaincable.net or 905-388-8312 my home number.

HDSCC Postal address

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Thanks again,
Helena Robertson
President HDSCC

Recipes

Submitted by: SFOOZI! Italian Eatery & Saloon

Try our International Variation on a Perennial Comfort Food – the Chicken Soup: Originally Inspired by the distinct Regional Foods of EAST INDIA & THE POLYNESIAN ISLANDS, Head Chef – GARETH JONES presents our CURRIED CHICKEN & PINEAPPLE SOUP as a Fusion Tribute to both Worlds. This SOUPFEST Entry offers a surprisingly Unique Taste perfectly combining both the Hot & Sweet Flavour Components. The following Recipe has been suitably re-engineered for more Home-Friendly

DIRECTIONS:

- Sauté Curry, Pineapple, Onions & Celery until Onions are Opaque
- Add Chicken & Heat through
- Add Stock & Chili Peppers
- Bring to Boil, then Simmer & Add Tobasco, Salt & Pepper to Taste
- Allow to Simmer for One Hour
- Add 2 TBS of Finely Diced Carrots to each Serving Bowl for both Colour & Texture
- We also suggest that you Garnish with Slivered Baby Leaf Spinach for Presentation

Unique in its Interpretation of a Classic Food Paradigm – Daringly Bold in Flavour & Taste – Wonderfully Playful in Texture – AND, Visually Vibrant in its Presentation: This Outstanding Winter Soup is the Perfect Comfort Food that will astound both Family & Friends alike. Our **CURRIED CHICKEN & PINEAPPLE SOUP** captures both the Culinary Imagination in the True “Fun-Food” Spirit of **SFOOZI!** Enjoy.

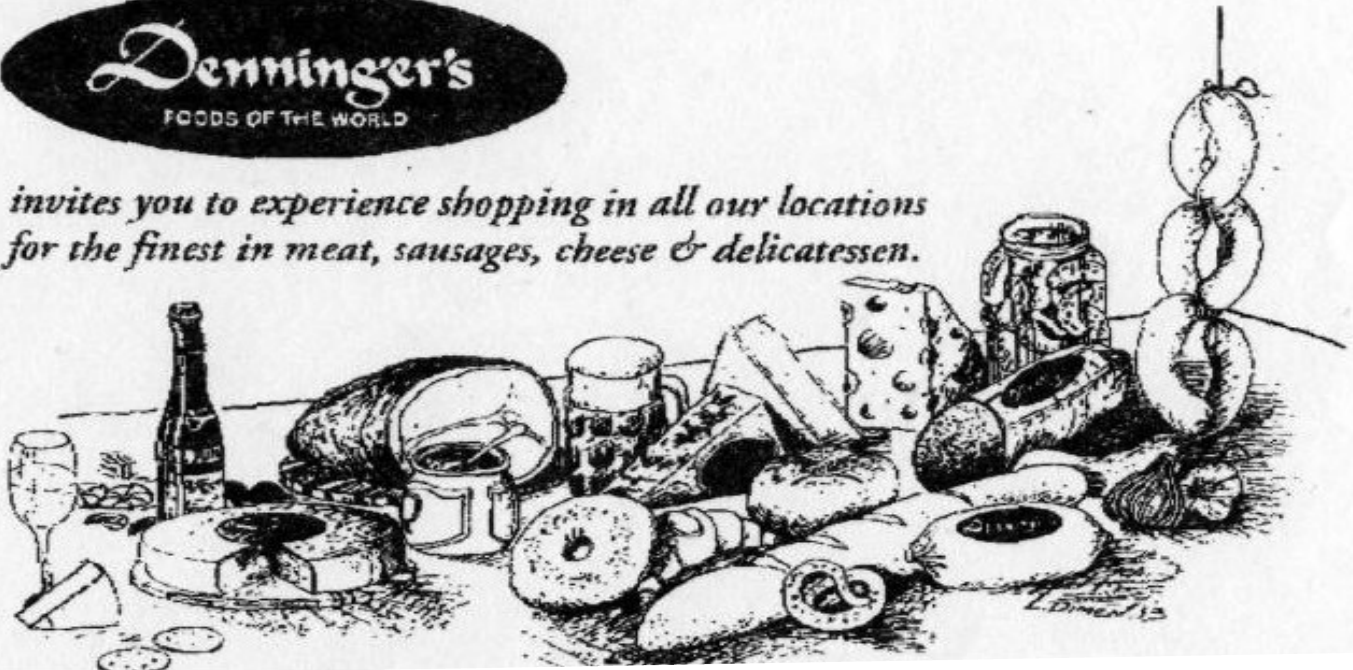
Ingredients

- 1 – 12 oz Grilled Chicken Breast (Diced)
- ¼ Pineapple (Peeled, Cored & Diced)
- ½ Medium Onion (Diced)
- 1 ½ Litres of Chicken Stock
- ½ Carrot (Diced Finely)
- 1 Celery (Diced)
- Salt & Pepper to Taste
- ¼ TBS of Chili Peppers
- 1 TSP of Curry Powder
- 1 oz Oil (Canola or Olive Blend)
- Tobasco to Taste

NOTE: Both the Tobasco & Curry Flavour should not be Over-powering, but rather Complimenting the Sweetness of the Pineapple



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Minutes of General Meeting Monday January 31 2005, at Bistro Nice

Regrets: Paul Gamble was unable to attend and will come to the February meeting. The meeting was called to order at 8 p.m.

Opening: Helena thanked Chef Will Wallace and his staff for hosting the dinner. She also thanked everyone who worked so hard to make our Christmas party a great success, and she also emphasized the importance of team work.

Speaker: Gamini Hamalal gave a talk on the upcoming Culinary Salon in Toronto on March 5th and 6th. The Escoffier Society of Toronto is hosting the event in the Scarborough Town Center. If you would like to compete, e-mail- goldenchef@goldenchef.ca and he will get the info to you or check the www.ccfcc.ca web page for rules and criteria.

Gamini also talked about his new venture. Ontario Golden chefs ice sculpture and Buffet Showpieces, a company he and a team of culinary artists manage. Their products are unique and range from ice carving, fruit and vegetables, to sugar art. They also do professional demonstrations to work shops. To view go to his web site www.goldenchef.ca

Committee Report

President: SoupFest was a great success, we the HDSCC are proud to support Living Rock Ministries who help the youth in our community and give them guidance to make the right choices. In its 3rd year running, 17 local restaurants participated in the event and had a great variety of soups. Some traditional and others very original. The winning soup came from La Piazza Allegra where chef Mark Farrugi prepares a rabbit, sage and chestnut cream soup, a crowd pleaser. The other winners were: Shawn with Dody's Martini and Oyster Bar and Grill with his creamy soup with baby shrimp, placing 2nd. Chef Gareth Jones with Sfoozi of Ancaster with his curry chicken and pineapple consommé placing third.

The chefs have graciously given us the recipe's. The flavors were certainly unique. Congratulations to all who participated, a job well done. As an association we should all try to reach out and get the students and cooks though out the city involved in these activities.

It was suggested that we aid the students and or apprentices by asking them to get involved in exhibitions, events or community events such as SoupFest, Mustard festival, the upcoming Art Gallery Gala opening and many more events. This will give the students exposure to different environments and chefs around our great city.

Treasurer: A balance sheet is available at every meeting for anyone interested in viewing it. Invoices for the membership were mailed out the beginning of January and dues are asked to be paid as soon as possible to keep the books in order. We have to send the CCFCC membership dues in by February. Thank you Pam Penny, our newsletter editor for all her help in getting us set up with a invoice system. As you all may recall when we the new board took over we had a blank slate. The computer we had was old and died so the info could not be extracted. Once again Pam thank you for your hard work and dedication to our organization.

Membership: We welcome Michelle Muys from Tailgate Charlie's. Michelle has many years of experience and is looking to take the CCC Qualification.

Junior Membership: We are rebuilding this because we believe it is vital to our industry to have our young people trained in a professional manor and help give them the direction they need to set them on their career path.

Vice President: Tim Humble was on vacation to Victoria B.C. Hope he had a great time and we welcome his safe return.

Special Thanks: To the sponsors of the dinner, Fresh Start, Honeyman's Beef, Delta Meadowvale, Derrick Mayes, and Art House Desserts. And also to Will for being a gracious host. The 50/50 went to John from Trilogly who donated it back to the club, Thanks John. The Door Prize went to Velma Reid who took home the Winning Chefs Cook Book.

Education

We would like to go to Sysco Strano and tour the facility. It is the state of the art facility and the warehouse is a site to see. This would be dinner and tour event. Please give us some feed back.


The CAFP is having a few educational seminars. April 27, the topic is Caring enough to serve it safe. Doug Powel is the speaker from Guelph University and the location will be announced. Anyone interested please e-mail hrobertson@mountable.net.

May the 26th, from Field to Glass is the topic and it will be at Brock University Oenology Program and held at the Brock University, St. Catharine' s campus.

Education Fund: We are trying to build a fund that we will give to a student based on a student or apprentice who participates in community events through the HSDCC and this will help them with costs of furthering their career.

Ontario Chef News

- **Food & Beverage Show 2005:** A world of taste! The Canadian/International Food & Beverage Show dishes up thousands of exciting new menu ideas at Toronto's International Centre, Feb. 20 - 22, 2005.
- **BYOW** now in effect in Ontario
Ontario's bring-your-own-wine (BYOW) legislation took effect Jan. 24, allowing licensees to serve a bottle of commercially made wine that patrons have purchased elsewhere.
- **Household spending at restaurants cools in 2003**
Canadian households diverted their spending from restaurants to grocery stores in 2003. The average household spent just 23.1% of their food and drink dollar at restaurants and bars, compared to 23.3% in 2002, according to Statistics Canada.



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