



March 2011

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QUICK BITES

A communiqué on Kemptville Student Branch events and issues

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President's Message by Jane Pearl, President

Wow! I can hardly believe that we are at the end of term for our studies. It is a time for us to look back and see what we have accomplished this year, and a time to look forward to seeing what might be in store for next year. As a student organization I feel that we have learned a lot, given a lot, and received a lot. Our Fundraisers have been successful, and we have learned many things by volunteering our time to them. We have raised some money, and have been able to donate over \$800 to two charities, \$250 to the Salvation Army, and \$550 to the Red Cross to help in Japan. Six members of the Student Branch will receive assistance to attend the National Conference in May 2011, including three members of next year's Executive. Our new Executive is: President - Rachele Dubois, Treasurer – Tessa George and Secretary – Robert Clement. I wish them the best of luck next year! I look forward to seeing what they will create! Thank you to everyone, especially this year's Executive for your support and hard work! And best wishes to all for success in the future.

Basil and tomato sauce with Sausage by Rob Clement

This one is easy and very tasty. The ingredients have been reduced to single units to make upward conversion easy. (Serves 3-4)

Ingredient list:

- Olive oil 1-2 tbsp.
- Fresh garlic (chopped) 1-2 cloves
- Onions, med (cooking) 1
- Italian Sausage, hot, sweet or mild (cut into chunks) 1 lb.
- Wine, red dry (Italian) 1 cup
- Canned Roma style tomatoes 1 28 oz. can
- Tomato paste 1 5 oz. can
- Basil Fresh 1/2 cup or Basil dried 1 tbsp.
- Sugar 1 tsp.
- Salt tt
- Black pepper 1 tsp.

In a Dutch oven, pre-heat oil until garlic sizzles, add the chopped garlic-sauté a moment, then add the chopped onions-sauté until translucent, then add the sausage chunks and cook thoroughly, stirring often. Add the wine-let it heat throughout and then add the tomatoes, the paste, basil, sugar, salt and pepper. Bring it all to a boil, and then reduce it to a low simmer and cover. Cook for 1 hour then partially cover for 2 more hours. Add water if it gets to thick. This will taste better as it ages, if you can make it the day before, it's even better. Enjoy!

MEET THE EXECUTIVE Foodie Profile: Fundraising Chair

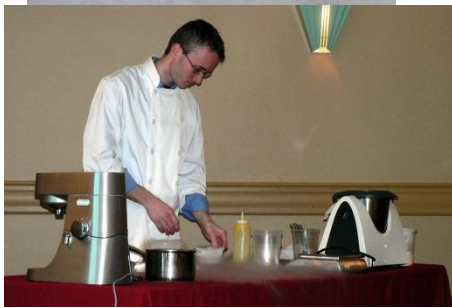
By Jennifer Mackie



My name is Jennifer MacKie and I am your Fundraising chair. I have a BA in Psychology, certificates in Teaching English to Speakers of Other Languages (TESOL) and lived in South Korea from 2001 to 2007. My extensive Asian travel experience (from Mongolia to New Zealand and many in between) led me to the Food, Nutrition and Risk Management through my new-found love of flavours and service. I have a 3 year old son who is my biggest food critic, as well as my creative muse in the kitchen. I never imagined the food service industry was so multifaceted and expansive, and never cease to be amazed by the people that keep us nourished. I am excited about the plethora of opportunities look forward to a stimulating and successful career in the Food and Nutrition industry.

CAFP Professional Meeting-Loving Molecules

By Jennifer Mackie



Our professional branch meeting this month was a learning experience provided by Chef Marc Lepine from Atelier restaurant. Chef Lepine began with a Culinary management course from Canadore College, and after getting his chef's papers, traveled and worked in culinary classic countries such as Italy and France before returning to Ottawa 10 years ago. He worked at Algonquin Park and then at The Courtyard where he was twice named Ottawa's chef of the year before deciding it was time to branch

out on his own. Atelier (meaning the workshop) is a utilitarian space with no traditional cooking equipment, only armed with creative and surprising ideas. Liquid nitrogen is used, with cold anti-grills, portable hot plates blenders that cook, and innovative methods to shape and form foods with the imagination of a child, and the skill of an expert. Chef Lepine demonstrated a few of his tricks, and showed us how foods we know can be transformed into unrecognizable products, and then be recovered through taste. Powdered sour cream that melts into its original state or white powder that becomes sesame oil when touched to the tongue. It's an adventure into your own preconceptions and senses! There is also an onsite sommelier that pairs each of the 12 courses for a perfect combination of flavours. Atelier is located at 540 Rochester Street, and it's advisable to book 30-60 days in advance.



FUNdraising Final Report by Jennifer MacKie

Come, walk with me, through the corridors of Kemptville Campus, and I will tell you how the FUN was put back in fundraising. There's nothing like bringing a course together in solidarity. There are a few FUN ways, but the BEST way to make sure all the FUN is easily identified, is to label our Food, Nutrition and Risk Management students. The Fun can then be blamed upon (or correctly identified as being) the FOODIES. Our sweater fundraiser brought in over \$150 for our CAFP student branch, and got the ball rolling! Next we took FUN and put icing on it. What could be better? Giant chocolate chip cookies, topped with personal messages for Valentine's Day was such a hit that we sold out in 3 days! This, I hope, will become a tradition at Kemptville! FUN and YUM! With over \$120 to pad the coffers we aimed BIGGER!!

COW PADDY BINGO?? It could have been TOO fabulous! We have challenged our incoming executive to top this year by executing this amazing feat. And we will be there to cheer!!

We are no fools- We decided to raffle off an APPLE IPAD! ON APRIL FOOL'S DAY! How FUN is 64 gigs of apps, games and space for whatever you can think of?!

Our April Fool's Day raffle was the biggest success yet! We raised almost 2000\$! Now THERE'S an event! The winner was drawn at 11am on April Fool's Day, and true to form, one of our executive team pranked another with the "winning phone call". All in good FUN, and I'm sure she'll be forgiven...eventually. On a more serious note, in the wake of the disaster in Japan, we decided to up the ante, and from March 21st until the date of our raffle we donated \$1 from each ticket sold to the Red Cross for efforts in Japan. We raised \$300!! The CAFP student branch had voted to donate \$250 already, so this brought our total donation to a FUN-tastic \$550.00!! In addition, we donate \$250 yearly to the Salvation Army at Christmas time, so our total donations for the year are \$800!!! Something FUNDamental to a good organization is knowing how to share our successes. ONE of this could have been achieved without the hard work and dedication of our CAFP student branch members. We should all be extremely proud of all we've accomplished this year, and... how much FUN was THAT!??

Restaurant Review by Keirsten Schwab and Marissa Merkley



Recently, Kemptville not only got a new professional building but a new restaurant as well. In June, 2010, Chef Joseph opened the Red Rooster Bistro in the new Saunders Square professional building. Open for lunch and dinner every day except Monday, the menu features a variety of appealing starters and entrees from soups and sandwiches to authentic Italian dishes. The restaurant is a fairly small space with a max capacity of 30 customers, but the atmosphere is cozy not crowded. Our server was both

friendly and attentive as we were seated and served immediately.

My Fellow foodie and I have visited the Red Rooster several times for lunch, but to give a fair review we felt it necessary to experience the dinner menu as well. One side of the dinner menu is entirely authentic Italian starters and entrees, while the other side ranges from ribs to salmon to schnitzel. Both Marissa and I ordered from the Italian side and had a very hard time picking from the delicious selection of pasta dishes. In the end, we settled on an appetizer of fried zucchini with Caesar dip from the non-Italian side to start. I ordered Linguini with bacon and cheddar folded chicken in a Cremini Mushroom Sauce and Marissa ordered Pan Seared Chicken and Shrimp in Tomato Alfredo Sauce over Rice. Our appetizer came fairly quickly and was quite large and could have easily been shared by four people. The zucchini sticks were made of fresh zucchini and lightly battered and fried just long enough to make the batter crispy. It was not long after finishing our appetizer that our entrees arrived accompanied by an aroma that made us both drool. Plate presentation was excellent on both; Marissa's plate had a mound of rice in the middle where shrimp, chicken, fresh vegetables and tomato Alfredo sauce spilled over onto the plate. My entrée featured a bed of linguine with cremini mushrooms and sauce in the center and half of a chicken breast stuffed with bacon and cheddar on either side. While the presentation of the food was excellent the taste was an experience that Marissa and I both described as spectacular. The woodsy flavour of the creminis combined with the richness of the sauce was well complimented by the smokey-ness of the bacon in the chicken.

The Red Rooster offers a very nice lunch menu that features a nice variety and fair pricing. The dinner menu, while at a higher price point, is a delightful experience that is well worth the price. So whether you are looking for a light lunch, or a fantastic dinner out, be sure to stop by the Red Rooster Bistro, highly recommended by our foodies.

Gold Plate Award by Chantal Forsyth

The gold plate award is an award that is given to each student branch every year to help students attend conference. This award started in the Montreal branch on 1970 to recognize student achievement and give them an opportunity to attend conference. The professional branch a judging

panel that chooses the applicant that best suits their criteria. To win this award you must meet the criteria outlined on the website at www.cafp.com, which is based on scholastic achievement, association involvement, industry experience, student member in good standing, commitment to the industry and an essay. And this year's Kemptville Campus CAFP Student Branch Winner of the Gold Plate Award is...DRUM ROLL PLEASE...Chantal Forsyth. I applied for this award because I wanted the opportunity to attend this year's conference in Montreal, May 11th-15th. The Team Leadership Award is an award that goes to the incoming CAFP Student Branch President to have their registration fee covered to attend conference and bring new innovative ideas into next year's branch. The recipient of this year's Team Leadership award goes to Rachelle Dubois, the incoming CAFP Student Branch President. Congratulations!

College Royal by Michelle Storey and Laura Pellizzari

College Royal started off with a bang this year starting with the kick off pub in WB George. It featured a live band from Toronto who played country and rock music. The week held many events such as English and Western horse shows, showmanship with cows, sheep, and horses, calf sale, celebrity milking competition, student milking competition. A highlight that fellow food students participated in was the farmer Olympics.

Our Food, Nutrition and Risk Management program had displays both Friday and Saturday that were made in our Product Development and Marketing course. We showcased our commodities and original recipes that we had tested

throughout the semester. There were 7 displays that were featured. They included tomatoes, soybeans, blueberries, pulses, dairy, maple syrup and apples. Each commodity had a newly developed recipe and a sample for the public to taste.

Each display was unique in its own way. They told the history and use of each commodity. Others had a variety of pictures and display items to show off their commodity. People who came in were intrigued by the homemade cow head and left with knowledge and full bellies thanks to the samples around the room.

The foods program held a wing cook off on the Friday night in the lab kitchen in the Rorke building. We had three contestants, one from the horticultural program, Chad Westendorp, a Food, Nutrition and Risk Management Student, Heather Westendorp and a team of Food Nutrition and Risk Management teachers, Patti Goodman and Jim Neubauer. It was a good clean, finger licking competition. The Teachers Team had a victorious with their Asian spiced wings. Heather won second prize and Chad won third prize with hot spicy wings.

Class Act Café by Rachelle Dubois

We've traveled around the world from celebrating the Chinese New Year in February, then heading to Italy to enjoy some fresh hand-made pasta or to finding our inner Irish on St. Patty's Day and finally enjoying the arrival of spring in our Paris café, the Jr. Food, Nutrition & Risk Management class has accomplished four successful and riveting Class Act Café's at Kemptville Campus! The Café was held every other Thursday at noon for the past semester. By choosing the theme, menu and preparing all the delicious foods on their own, from tender Irish stew to sweet berry tart, the students have certainly learned a great deal and had a fantastic time serving our customers. We're all looking forward to next semester and new catering experiences!

