



Winnipeg

P.O. BOX 1072
WINNIPEG, MANITOBA
R3C 2X4

www.winnipegchefs.org



March 2010

Join us on Wednesday, March 10th at 6pm
Prairie Lights Dining Room
Red River College

President's Message:

Dear Colleagues:

Well here we are in March already, time for our annual dinner meeting at Red River College (March 10), the President's Gala (March 20 Delta) and getting ready for the Culinary Salon (April 18) and the Iron Chef competition (April 11) for myself I will be representing you at the Western Conference (March 5-7 Victoria).

It was my pleasure along with many other Chef's to attend the Junior Branch Soiree. Thanks to Melissa Hyrb, Kelly Cattani, Tim Appleton and Dave Bergman for organizing this event. Also to all the suppliers for their donations of product and last, but not least, the entire chef's, 1st year apprentices and students who had the stations and helped out in any way. The wine was great; the food was even better. This was truly a team effort. A job well done.

In closing I would like to include part of our Western V P Blake Chapman's report:

"As you can see there are a lot of avenues and positive initiatives available through our various levels of involvement, and this list is not really comprehensive. The level of benefits provided to our various regions is significant. Regardless of these initiatives any volunteer organization is only as active and successful as the level of membership involvement; do not merely take advantage of these initiatives; I ask you also help drive them. Together we can make it happen and grow the CCFCC into a viable, respected Federation worthy of our vision."

Yours in cooking,
Blake Chapman,
CCFCC Western

Some thoughts to consider as we attempt to move forward. Ron

The Canadian Culinary Federation is dedicated, through training and partnering to the promotion and distinctly Canadian food culture both Nationally and Internationally. It is committed to the development of innovative and engaging learning opportunities that inspire its members to be passionate, respectful and tolerant professionals who make a difference in the community.

The National website – www.ccfcc.ca now available in French, offers updates on National initiatives, resources for professional development, employment opportunities and links to other branches. Visit us online and discover the many benefits of membership in the CCFCC.

The CCFCC Winnipeg Branch newsletter is seeking submissions, contributions and notices to assist in making it interesting to the members it's developed for. If you have information that you would like to send out to members please forward to the Branch email at wpgbranch@yahoo.ca

Upcoming Events

March 10th
6pm – Dinner Meeting
Red River College

March 20th
President's Awards Dinner
Delta Winnipeg

April 8th
Skills Manitoba
Red River College

April 11 & 12
Centrex show
Winnipeg Convention
Centre

April 18
Culinary Arts Salon
Victoria Inn

May 10th
CFCC Jr. Branch event
Half Pints Brewery Tour

May 12th
5pm – Executive meeting
7pm - General Meeting
Richardson Centre for
Functional Foods and
Nutraceuticals
University of Manitoba

May 31-June 4
CCFCC National
Conference
Windsor, Ontario
www.ccfcc2010.com

President's Awards Dinner

Tickets may still be available for the annual President's Awards Dinner on March 20th.

For information on the availability of tickets, contact Mo at FENTONSI@MTS.NET

The Delta Winnipeg has also offered a special rate of \$104 for a Delta Room (regular \$159).

Ask for 0301CANA-001-Block Code for Canadian Culinary Federation.

The President's Awards Dinner provides the Branch an opportunity to recognize members who have made a significant impact within the Association, Profession and Community. The Branch is calling upon its membership to nominate candidates for:

Chef of the Year

Contact Brian Humniski bhumniski@shaw.ca

Associate of the Year

Lifetime Achievement Award

Contact Ron Dobrinsky rondob@mts.net

Don Gyurkovits, the Vancouver Branch President, serves as our CCFCC Membership Chair. In order to assess the needs of our membership as well as attract prospective members he has assembled a questionnaire soliciting your input on several topics. Please participate in the process so that he may collate the feedback and prepare a report for our National Association.

This questionnaire has been distributed to our members via an email attachment on February 9th.

The completed survey may be sent to

donaldgyurkovits@telus.net



April 11 & 12
Winnipeg Convention
Centre

Iron Chef Competition organized by the Jr. Branch members of the CCFCC Winnipeg.

Registration details can be found at www.centrex.ca

CCFCC Winnipeg Culinary Arts Salon 2010

"This years' Culinary Salon will take place at the Victoria Inn Winnipeg on Sunday April 18th. It will be open to the public from 1pm-5pm.

The rules will be available online at www.winnipegchefs.org

We have made changes to the Wedding cake category to include 3 tier cakes, and have added two new categories; Occasion cake, and Bread Showpiece. We are looking forward to a successful show. If anyone has any questions or wants to get involved, please forward them to mfeeke@rrc.mb.ca

Manitoba Junior Culinary Challenge

Took place on February 18th at Red River College. Congratulations to:

Gold Rain Regalado; St. Charles Country Club

Silver Jacqueline Leach; Culinary Art's Student Bergman on Lombard

Bronze Brock Unger Level 1 Apprentice la P'tite France



Skills Manitoba
April 8th
Red River College.

Scopes for the competition are available on the Skills Manitoba www.skillsmanitoba.ca website. Only 9 competitors can be accommodated for the competition; on a first come first served basis with only one from each school.

FOR MORE INFORMATION PLEASE CONTACT:

Raymond B. Czayka rczayka@retsd.mb.ca 667-2960 ext.2245
Cameron Tait ctait@rrc.mb.ca 632-2368

Association News

Tickets for the March Dinner meeting are \$20.00. Contact John Thornton jthornton@rrc.mb.ca for availability.

The door receipts from the February meeting, (\$410.00), was presented to the Jr. Branch by Mo Razik as part of their fundraising efforts to send members to the National Conference.

Bruno Burnichon, European Gourmet and Chef's Hats Inc have graciously offered to supply the chef's jackets free of charge to the Kildonan East Collegiate and Tec – Voc students who will be on a Culinary Arts tour to Paris, Florence and Rome later this month.

A frame work for a team to represent Manitoba at Erfurt in 2012 is taking shape through a collaboration of the Brandon and Winnipeg Branches. A focus of this group is to look at students for development for future teams. They are also considering an opportunity to attend the Culinary World Cup in Luxemburg in November.

Associate members who wish to post their company logo on the Branch website are encouraged email Brian bhumnski@shaw.ca for details.

The Junior Branch had 22 Junior members attend the seafood seminar at Red River on February 8th. They are also seeking judges for the Iron Chef Competition at the Centrex Show. For information contact Kelly or Melissa at kcattani@mts.net or melissahryb@hotmail.com

During the month the branch has received several emails regarding employment opportunities for several locations:

- a seasoned Executive Chef to oversee our culinary operation at The Wyndham Sugar Bay Resort in St. Thomas , Virgin Islands .
- Head Cook at Camp Nutimik
- Breakfast cook at the Sheraton Four Points South
- Term cook position at the Olympics with Chef Michael Smith
- Part time cook with the Northwest Company
- Chefs to develop the culinary program of a Canadian themed pop up restaurant in Munich.

For more information on any of these opportunities contact the Branch at wpqbranch@yahoo.ca

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ASSOCIATE MEMBERS:

GASPAR SCHULTZ GSCHOLCZ@SAPUTO.COM

MO RAZIK FENTONSI@MTS.NET

BRUNO BURNICHON BKCORP@MTS.NET

The Branch would like to thank the Mo Razik and the Forks Market for hosting the Annual Wine and Cheese Meeting in February. As well Sysco for the chocolate donation for Helmut and the students at Louis Riel to make the Truffles, Fenton's Fine Foods for the cheese and pates and Red River Culinary program for creating the platters.

Wine Blending Versus Single Grape

(A brief seminar by Mo Razik, proprietor of Fenton's Wine Merchants Ltd., presented to the Canadian Culinary Federation , February 10, 2010)

At its most basic, wine makers blend wine made from different grapes (at least two grape varieties) in order to add more complexity to the flavour and texture of a wine. On the other hand, a Varietal wine is a wine that is made using a single grape variety. It follows then that blends do not carry a single varietal designation.

Blending is said to allow each grape to temper the other's excesses or rough spots and make for nicer finished product.

Not every grape variety has everything it needs to make a great wine. A blended wine should be greater than the sum of its parts. Each grape variety brings something different to the blend. For example: Cabernet Sauvignon lends tannin and structure; Merlot brings softness and flesh in the mid palate; Cabernet Franc, aroma and so on. In a way it's like music. A violin sounds good on its own, but even better as part of a quartet or orchestra where a much richer, more complex sound is possible. In a way it's like having something for everyone all in one bottle.

In the cooler climates these grapes flower at different times and having more than one variety in the ground offers a degree of insurance against the risk of terrible weather at crucial bloom time.

On the other hand, the Varietals believers say that the beginner finds comforting familiarity when confronted by a bank of wines carrying the names of single grapes. Varietals sell well because your average consumer learns the name of a grape variety that they like and ask for that.

Varietals are said to pair perfectly with the local terrain and climate, have no need of supplementation from other grapes, and speak of the purity of a single voice.

However, even the varietals are often blends to varying degrees depending on the producing country. In the U.S. for example, a varietal wine must only contain at least 75% of the grape variety named on the label (85% in Canada). The critics of Varietals also say that those Varietals' winemakers have a tendency to blend in up to the maximum proportion permitted without having to mention them on the label, usually 15% of cheaper varieties. They claim that this is done for purely commercial rather than quality reasons.

Other varietals critics believe that blending is treasured as one of the winemaking elements in which he can most freely exercise his creativity.

Bordeaux Blend is probably the most famous red blend in the world is. By Tradition, and today by regulation, the red wines of Bordeaux (France) are blends of four of the following grapes: Cabernet Sauvignon, Cabernet Franc, Merlot, Malbec, and Petite Verdot. Each of these grapes brings something different to the mix, resulting in a wine that has been worshipped for centuries. As for white wines, at least two of Sauvignon Blanc, Semillon, and Muscadelle are always used in a blend.

Champagne Blends typically include Chardonnay, Pinot Noir, and Pinot Monier from the same year to be labelled with a vintage on the bottle. If the three grape varieties come from different years, the bottle is sold as non-vintage Champagne. Winemakers in other countries who make sparkling wine in the style of Champagne use these three varieties as well.

Rhone- Style Blends are red wine blends similar in concept to the Bordeaux blend model. However, the grape varieties are up to 13 varieties that grow in the southern Rhone.

Super Tuscan Blends got their start in the 1970s when the Italian wine makers decided to create new wines blended from any combination of Sangiovese, Cabernet Sauvignon, Cabernet Franc, Syrah, Merlot, and Petit Verdot.

Meritage Blends were developed in a movement when the entire world tried to imitate the Bordeaux blend. In the United States, these wines are referred to as "Meritage" wines, to express that they are a Bordeaux blend. Just like the French counterpart, rules were developed to enable labelling a bottle as Meritage, including: less than 25,000 cases per producer per year, be among the higher quality wines of winery, and winery is approved by the Meritage Association.

New World Blends on the whole represent a greater gamble because the old world “template” cannot always be replicated due to difference in terrain and climate. Using any combination of grape varieties that strike their fancy, modern New World winemakers are creating some exciting wines that go well beyond the traditional blends mentioned above.

Non-Vintage Blends are made with the goal of blending different vintages to balance out the flavor characteristics in a consistent house style year after year, and thus avoiding vintage variations.

Pressings Blends are made when juice from different pressings (free run juice from initial grape crushing) is blended with juice from later pressings to add tannin and structure.

Oak Blends are achieved when wines fermented in new/old/no oak, which have very different flavor and structural properties are blended together to achieve the desired result.

Single Varietal Blends are made from grapes grown in different vineyards, from different clones, etc.

Much of the blending of flavours in wines is rooted in the culinary concepts used in blending of flavours in food, Coffee, and other beverages. Blending is like cooking, the tastiest dishes often involve many herbs, spices and layers of flavor. A bottle of wine is a recipe of sorts. The winemaker decides which grapes will be blended into the final recipe. In a similar way, chefs have discovered that a little tarragon and shallot can turn a nice hollandaise into an even better béarnaise sauce. And think about all the different marinara sauce recipes out there that can be tweaked by the amounts of tomato paste, tomato puree, oregano, onion and garlic that the chef decides to use. If you look at some of the condiments in your kitchens, you will find that they are already combinations of flavours. Ketchup has vinegar, salt, sugar, and spices. Worcestershire sauce has molasses, vinegar, tamarind, and anchovies. BBQ sauce has sugar and vinegar along with the spices. These condiments add several flavours at once, much like a sip of a blended wine.

We are also sensitive in the wine world to blends made with the objective of possibly concealing doubtful freshness, much the same way as chefs who refrain from using sauces and gravies to mask the flavor of tainted foods.

As previously mentioned, Cabernet Sauvignon and Merlot blends are a natural complementary grapes in most blends and other grapes added to distinguish new wines everyday. This is much the same way as what the French Culinarians use the five mother sauces (Bechamel, Veloute, Brown/demi-glace/ Espagnole, Hollandaise, and Tomato), which then have infinite possibilities for variations.

To accomplish a balanced flavor of coffee, encompassing aroma, acidity and body, many roasters, much like winemakers, believe blends are necessary in order to provide all the elements essential for a great espresso. Central American coffees have a lot of snap and acidity. Sumatran coffee adds body and richness. New Guinean coffee adds sweetness. Indonesian and Colombian coffees have a distinctive flavor and aroma. Ethiopian and Kenyan coffees have a rich, winey, almost chocolaty flavor. Much like wine varietals lovers, a coffee purest may object to blending and sticks to his Kenya coffee.

Much the same way like wine varietals lovers, the purists in Scotch lovers stay with single malts. They are singles in two ways: One kind of grain (malted barley) and one distillery location.

While there are plenty of skilfully crafted vodkas, they are still by-and-large intended as the base for cocktail. No offence to vodka lovers, wine drinkers very seldom blend their own cocktails. There are two marked exceptions and they come from the two extremes in climatic conditions. Red wine cocktail blended with fruit juices, ice and slices of fruit (Sangria) is a tradition that comes to us from hot red wine regions in south of Spain particularly in non-coastal inland areas like Cordoba, where daytime temperature could reach 45 degrees Celsius. At the other end of the spectrum the Swedes and the Germans invented the Glogg or Gluhwine, respectively, which is mulled wine heated with brown aromatic spices and enjoyed after skiing.