

DC THYMES

THE OFFICIAL NEWSLETTER OF THE W. GALEN WESTON CENTRE FOR FOOD

SUMMER 2017



FOOD FOR THOUGHT

Get a taste of summer!

Summer is back, bringing with it all of our favourite seasonal tastes – from backyard barbecues and ballpark franks to fresh salads, cold drinks and more! With farmers' markets back in full swing, summer recipes are all about fresh, simple ingredients and we've got one for you try with grilled fish at your next gathering (see page 6).

Bistro '67 has been welcoming the warmer weather with a new dessert created by Durham College (DC) culinary student Victoria Rinsma. Seeing her creation on the restaurant's spring menu alongside dishes by executive chef Raul Sojo is one of many recent achievements for Rinsma that we're celebrating in our cover story on page 4.

There is always plenty to celebrate at DC, but we will definitely be taking things to another level with our Homecoming Weekend taking place September 8 and 9 as part DC's 50th anniversary in 2017. As part of the festivities, Bistro '67 will be featuring a prix fixe menu that puts a modern twist on favourite foods from 1967. Be sure to mark your calendars and join the fun!

Here's to a safe, sweet and savoury summer.
Your CFF team



ABOUT THE W. GALEN WESTON CENTRE FOR FOOD (CFF)

Focused on the field-to-fork concept, and supported by ambassador and celebrity chef Jamie Kennedy, the CFF opened to students in September 2013. Home to Durham College's programs in baking, culinary, food and farming, horticulture, hospitality, and event management, the building boasts numerous sustainable

features and extensive grounds that include an apple orchard, agricultural planting fields, gardens and greenhouses that support applied learning and research while growing produce for use in the CFF's kitchens and laboratories, as well as Bistro '67 and Pantry.

For more information, please visit www.durhamcollege.ca/CFF.

CFF NEWS



Meet and eat with . . .

Lindsay Harris

CULINARY PROFESSOR
CENTRE FOR FOOD

Why is the CFF important? It's this incredible hub that houses our students' passions, while teaching and inspiring. The CFF doesn't just teach "cooking" -- we embrace its uniqueness and show our students how it all begins, right in the gardens, just steps from our classrooms.

What is your role at the CFF? I am a part-time culinary professor. My main focus for the past three years has been our Ontario Youth Apprenticeship Program, which provides opportunities for students to explore and work in apprenticeship occupations starting in Grade 11 or Grade 12. I also teach our first-year culinary and hospitality students. My time at DC has been incredibly rewarding and I'm very grateful for the opportunities I've been granted.

Which dish is your favourite at Bistro '67?

I can't pick just one! How about one from each category? I'm a huge fan of our deconstructed caesar salad and I absolutely love our corn-fed New York strip steak - it's a party in my mouth with the Kyoto Coffee and juniper berry rub and the demi-glace that goes with it. For dessert, I have to go with Victoria's Piñata. The presentation and taste go far beyond anything you'll ever experience!



Another EPIC Mac N' Cheese battle

On April 8, students Katelyn Gadajar and Griffin VanWinden of Father Leo J. Austin Catholic Secondary School in Whitby took top honours in the CFF's third annual Epic Mac N' Cheese competition with their recipe that included goat cheese, italian sausage, roasted red peppers and garlic over an exquisite cream-based sauce. Money raised through event ticket sales will help fund a bursary that supports students interested in a career in culinary arts, hospitality or special events.



SWEET SUCCESS

Students in DC's Advanced Baking and Pastry Arts graduate certificate program held their pop-up bake shop capstone projects on April 8 at the CFF. Students were able to express their creativity while gaining valuable experience running their own shop.

Bistro '67 earns Ocean Wise certification



The restaurant's latest industry achievement recognizes its commitment to sustainable fishing practices. Ocean Wise certification indicates that seafood being served has been fished in an environmentally safe and sustainable way.



DC'S NEIGHBOURHOOD GEM

OpenTable, the world's leading provider of online restaurant reservations, named Bistro '67 one of Canada's 150 Best Neighbourhood Gems. OpenTable compiled the list of unique local restaurants that define neighbourhoods across the country to honour Canada's 150th birthday in 2017.

A SMASH SUCCESS

With her piñata-inspired dessert and Gold Medal Award win, DC student Victoria Rinsma is on a roll



If she's ever looking for assurance that she's chosen the right vocation, Victoria Rinsma need only pick-up a menu. A second-year student in DC's Culinary Management program, Rinsma also works as a line cook at Bistro '67, where a piñata-inspired dessert she created along with executive chef Raul Sojo found a spot on the spring menu.

Rinsma's piñata dessert success is one of many accomplishments she has been racking up while completing her studies. Recently, she and fellow students Kristin Atwood and Jonathan Soligo won the Taste Canada Cook the Books competition against students from across the province. She also received DC's 2017 Gold Medal Award, which honours the college's top culinary student. As part of her prize, the college is paying all of Rinsma's expenses as she travels to Italy from June 17 to July 1 to study culinary techniques and learn from the Italian Culinary Exploration program at the Italian Culinary Institute. Rinsma will also be attending the Institute of Technology Tralee in Ireland this fall to pursue her Bachelor of Arts in Culinary Arts and continue to sharpen her skills.

When Rinsma is not competing or studying, she spends her free time volunteering at CFF events and helping first-year culinary students. "I love helping other students," says Rinsma. "It not only helps me remember and better understand what I've learned, it also gives me the opportunity to share that knowledge with others."

"IT'S SURREAL," SAYS RINSMA. "HAVING CHEF RAUL AND THE ENTIRE CENTRE FOR FOOD TEAM CHAMPION MY CREATION TO THE POINT THAT IT'S ON THE MENU AT BISTRO '67 IS A PERFECT EXAMPLE OF THE KIND OF SUPPORT AND ENCOURAGEMENT THE COLLEGE GIVES ITS STUDENTS. I TOLD CHEF HE DIDN'T HAVE TO NAME IT AFTER ME, BUT HE SAID HE WANTED TO SO THAT I WAS RECOGNIZED FOR MY HARD WORK AND ALL THE THINGS THAT I PUT INTO MAKING THIS DESSERT HAPPEN. I'M VERY GRATEFUL."



Memorable MILESTONE MEALS

CFF AND BISTRO '67 HELP DC CELEBRATE 50 YEARS WITH SIGNATURE EVENTS

Local fare will take centre stage at two signature CFF and Bistro '67 events that will highlight the college's field-to-fork roots while helping to celebrate its 50th anniversary in 2017. On Thursday, July 20, Bistro '67 will fete local food and the people who grow it with a **100 Mile Dinner** that will see all food for the evening sourced from within a 100-mile radius of the restaurant. Guests will also have the opportunity to complement their meals with featured Ontario wines, spirits and local craft beers.

Next, on Thursday, September 21, DC students will bring field-to-fork to life at the **third annual Harvest Dinner**. Marking the culmination of countless hours spent in the fields, labs, classrooms and kitchens, the Harvest Dinner is a unique showcase for CFF students and faculty from the culinary, horticulture, hospitality and events programs as they work side-by-side to plan and execute an evening that guests won't soon forget.

For more information on either event, or to make a reservation for the 100 Mile Dinner, contact Bistro '67 at 905-721-3312 or info.bistro67@durhamcollege.ca. Ticket information and additional details for the Harvest Dinner will be available in July, at www.durhamcollege.ca/academic-schools/centre-for-food.



CFF CATERING AND EVENTS

The CFF is pleased to announce the expansion of its robust catering and events offerings with the addition of a new catering event sales coordinator. As a member of the Bistro '67 team, Nicole Gibbens is ready to help plan your next department meeting, client dinner, product launch, private event and much more. Whether it's a working lunch, chef's table experience or customized menu with wine pairings, let Bistro '67 host and/or cater your next event.

For more information, visit www.durhamcollege.ca/catering or contact Nicole at nicole.gibbens@durhamcollege.ca.



FROM OUR KITCHEN to yours



HORSERADISH-BEETROOT REDUCTION

4 cups beet juice (juiced beets, not pureed)

1/2 cup shallots, finely diced

1 sprig thyme

Half a bottle of red wine (approximately 1 1/2 cups)

1/4 cup horseradish juice (vary amount to preference)

Honey to taste

Lemon juice to taste

Salt and pepper to taste

Cornstarch and cold water to make a slurry (optional)

- In a medium-sized pot over medium heat sweat shallots with thyme.
- Deglaze pot with wine and simmer until wine is almost entirely evaporated.
- Add beet juice and let reduce by half.
- Add honey and lemon juice to taste.
- Add horseradish juice, salt and pepper.
- Depending on the consistency of the reduction, you may want to add a slurry to the sauce. To do so, mix 1 tbsp cornstarch with 2 tbsp cold water and add to simmering sauce.

"The vibrancy of this dish is so refreshing for both the palette and the eye. To up your presentation game, splatter it onto plates and then arrange other elements of your dish on top."

– Victoria Rinsma, DC Culinary Management student and line cook, Bistro '67 (see profile on page 4)



PANTRY

Let's get fresh

Fill your freezer Fridays!

Buy three student-prepared items at Pantry and the fourth is free!

Located in the CFF at the Whitby campus.
www.dcpantry.ca



EXECUTIVE CHEF
RAUL SOJO
IS PROUD TO PRESENT THE
CHEF'S TABLE

905.721.3312 or
info.bistro67@durhamcollege.ca
to make a reservation.

www.bistro67.ca



100
MILE
DINNER

THURSDAY, JULY 20 | 6 P.M.

Join us for a field-to-fork-inspired menu that celebrates local food and the people who grow it. All food and wine for the evening will be sourced from within a 100-mile radius of Bistro '67!

\$50 per person plus applicable taxes and gratuities. Guests may also wish to complement their meal with featured Ontario wines, spirits or local craft beers. To try our recommended wine or beer sample pairings with each course, add **\$20 per person** plus applicable taxes and gratuities.

BISTRO
b'67
SIXTY-SEVEN

www.bistro67.ca

UPCOMING EVENTS

BISTRO '67

It Takes Two, Baby – On Wednesday evenings, two can dine for \$50 from a menu designed for sharing that will delight your taste buds.

Summer menu launch – Thursday, July 13

Bistro '67 100 Mile Dinner – Thursday, July 20

Third annual Harvest Dinner – Thursday, September 21

Fall menu launch – Thursday, October 13

Visit www.bistro67.ca for more information or email info@bistro67.ca to make a reservation.

COOKING EXPERIENCE CLASSES

Celebrate Canada's 150th – Saturday, June 24

STAY TUNED FOR OUR FALL COURSES!

Visit www.durhamcollege.ca/cff/coned for more information.



'From field to fork'



BISTRO
b67
SIXTY-SEVEN

GARDEN FRESH THURSDAYS

Every Thursday,
starting **May 25.**

905.721.3312 or info@bistro67.ca
to make a reservation.

www.bistro67.ca