

MEET AND EAT WITH

KAITLYN DOVER, SERVICE
MANAGER, BISTRO '67

HARVEST DINNER

DC STUDENTS BRING
FIELD-TO-FORK TO LIFE

DC THYMES

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

WINTER 2016-2017



FOOD FOR THOUGHT

Did you catch the change on our cover?

Durham College (DC) announced in November that we have named the Centre for Food (CFF) after Mr. W. Galen Weston in recognition of a \$1-million grant made to the college by the W. Garfield Weston Foundation. A leader in food innovation who is renowned in the global food industry, Mr. Weston has remained committed to the continued advancement of the food industry through teaching and learning, and we are honoured to have his name linked permanently to the college.

Another great change underway at the CFF is our shift from harvest to holidays. The academic semester is wrapping up, and we're looking

forward to that special time of year filled with friends, family and, of course, food. It's also a time that can bring equal amounts of joy and stress, so whether you're a student studying for exams or a home chef preparing to host a big meal or get-together, remember how important it is to eat well to boost your mood and fuel your energy.

Let us help you make time to enjoy your food. From prepared meals for sale in Pantry to full-service catering and events and everything in between, we can help you make this season a delicious one.

Happy holidays,
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, hoop house 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.



Meet and eat with . . .

Kaitlyn Dover

SERVICE MANAGER, BISTRO '67

Why is the CFF important? The CFF is expanding the field-to-fork philosophy beyond the college, quickly becoming known in the local community and educating more than just our students. Many of us have lost touch with what we're eating and where it comes from. It's great to have a place dedicated to reconnecting us with our food!

What is your role as service manager? I am responsible for ensuring that the restaurant functions smoothly in order to provide our guests with the highest quality of customer service and a fantastic dining experience. I also work with the students, giving them an idea of how a busy restaurant functions.

Which dish is your favourite at Bistro '67? The charcuterie board. It's a staple. The pickles and meat selections that we make change regularly, so there is always something new and exciting. Our sous-chef Peter Stewart, made pickled beef tongue for it a few weeks ago – it was delicious!



CFF students and faculty share their skills **behind-the-scenes and on-camera**

Culinary Management student Victoria Rinsma joined the CFF's manager of operations, Kelly O'Brien, to provide equipment and kitchen assistance to the crew of the BBC's Paul & Nick's Big Food Trip series during the filming of an episode that will air in December 2016.

DC also helped viewers of Rogers TV's daytime Durham talk show prepare for both Thanksgiving and Halloween. Culinary Management student Emilie Woytowich joined professor Peter Lee on camera to showcase Thanksgiving dishes using local ingredients. Special Events Planning students Tracy Bonnor Ntiforo and Sara Wodnisky and professor Tricia Wiseman then offered a glimpse into their program while sharing ideas for throwing a Halloween-themed bash.



DC holds **annual Campus Market**

Our field-to-fork vision was on full display on September 29 when the college hosted a Campus Market. Crops harvested from the CFF gardens by Horticulture – Food and Farming students were sold along with fresh-baked bread and preserves, such as apple maple butter, which was prepared by DC culinary students. Bistro '67 also cooked up and sold sweet potato fries with beet ketchup, a unique twist on a traditional dish that earned rave reviews! (Find the recipe on page 6.)

DC STUDENTS BRING FIELD-TO-FORK VISION TO LIFE AT SECOND ANNUAL HARVEST

TRADITIONALLY, THE FALL HARVEST IS A TIME FOR COMMUNITY CELEBRATION. THAT WAS CERTAINLY THE CASE ON SEPTEMBER 22 AS STUDENTS, FACULTY AND MORE THAN 130 COMMUNITY MEMBERS CAME TOGETHER FOR THE SECOND ANNUAL HARVEST DINNER IN CELEBRATION OF THE AMAZING WORK BEING DONE AT THE CFF.



The sold-out event brought DC's field-to-fork vision to life and marked the culmination of countless hours spent in the fields, labs, classrooms and kitchens as students and faculty from the culinary, horticulture, hospitality and events programs worked side-by-side to plan and execute an evening that guests won't soon forget.

"Watching our students in action at all stages of the planning and execution of this event filled me with immense pride," said Don Lovisa, president, DC. "The Harvest Dinner is both an incredible opportunity and an immense undertaking for everyone at the CFF and I want to extend my sincere thanks to everyone, our students and employees in particular, who helped make the evening a resounding success."



FIELD-TO-FORK TO LIFE DINNER

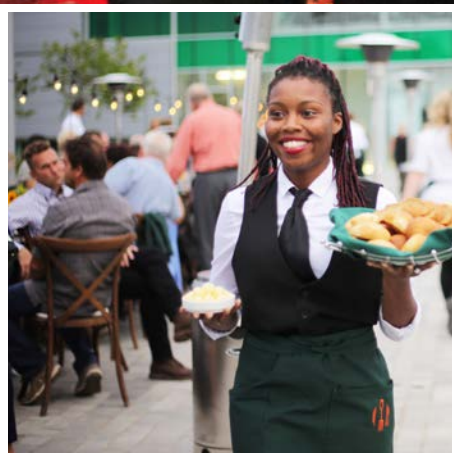


"Tonight's dinner embodies what field-to-fork is all about and this experience of working together to put it into action is one our students will draw on throughout their careers."

— Kevin Baker, dean, CFF.

CFF ambassador and celebrity chef Jamie Kennedy was also in attendance to show his support and greet guests. The multi-course, family-style meal was served under the stars, surrounded by the CFF's fields and greenhouses, and featured recipes inspired by and using food planted, picked and prepared by DC students.

"It's extremely meaningful to have so many members of the community joining us tonight to celebrate our students' achievements," said Kevin Baker, dean, CFF. "Tonight's dinner embodies what field-to-fork is all about and this experience of working together to put it into action is one our students will draw on throughout their careers."



The evening's delicacies started with sweet corn cakes with cranberry caviar, and baba ghanouj served on a beet chip passed during the cocktail hour. Next, the meal was presented in three rounds that featured a wide range of flavours and ingredients, including a pickled-and-cured platter of vegetables and venison-pork salami; pan-seared trout with lemon geranium and chili; a Caprese salad made with DC-produced mozzarella; smoked Ontario turkey with braised fennel and cranberries; and roasted Ontario pork loin with red cabbage and apples, among numerous other dishes.

"To be in the gardens harvesting produce this morning and then see our guests enjoying the fruits of that labour this evening is a special experience," said Ryan Cullen, a second-year student in the Horticulture – Food and Farming program and student governor with the college. "It's wonderful to see all the programs working together and students applying what we're learning to one convivial harvest experience."

See how it all came together in the student-produced behind-the-scenes video available on DC's YouTube channel!! Go to [youtube.com/durhamcollege](https://www.youtube.com/durhamcollege) and find it under Videos.



FROM OUR KITCHEN to yours



BISTRO '67 BEET KETCHUP

2 lbs cooked and peeled purple beets

1 1/4 cup water

1/4 cup honey

2 tbsp apple cider vinegar

3 tbsp rice wine vinegar

1/2 tsp onion powder

1/4 tsp garlic powder

1 tsp salt

1/4 tsp celery salt

1/2 tsp mustard powder

1/8 tsp white pepper

1/8 tsp ground cloves

- In a large pot, boil the beets until cooked all the way through. Once cooked, cool them under cold water and peel them by rigorously rubbing off the skin at the same time. Rinse again.
- Roughly chop beets into large pieces.
- In a large pot combine the beets, water and both vinegars and bring to a boil.
- In a separate bowl, mix together all the dry ingredients, then stir them in with the beets.
- Let simmer on low heat for about 15 minutes, then use a hand blender to blend the beet mixture quite thoroughly until nice and smooth (the same consistency as tomato ketchup).
- Let simmer again on low heat for a good hour to marry the flavours and thicken.



CFF EVENTS AND CATERING

Conveniently located just north of the 401 in Whitby, Ont., the CFF is a modern, green-certified venue that can accommodate a variety of events from intimate board meetings and presentations to receptions and celebrations to corporate functions, dinners and trade shows.

With 7,500 square feet of contemporary function space, our beautiful meeting centre offers state-of-the-art audio-visual technology and a creative

environment that brings together community, local agriculture and learning. Culinary delights are created with our field-to-fork vision in mind and prepared on location by Executive Chef Ron Subden and his team of skilled staff and students. Visit www.durhamcollege.ca/catering to learn more about how the CFF can help make your next event a memorable one!

PANTRY



Let's get fresh

Fill your freezer Fridays!

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

Located in the W. Galen Weston Centre for Food at the Whitby campus.

www.dcpantry.ca



Join celebrity chef
Jamie Kennedy for
a unique four-course
dining experience

December 15, February 23
and March 16

www.bistro67.ca



Celebrate Valentine's Day

Tuesday, February 14

Four courses
\$65 per person

RESERVE NOW

www.bistro67.ca

UPCOMING EVENTS

W. GALEN WESTON CENTRE FOR FOOD

Spring Open House – Saturday, March 25

Epic Mac n' Cheese Competition – Saturday, April 8

Visit durhamcollege.ca/cff for more information.

BISTRO '67

Burger Tuesdays – feature burger and local beer or cocktail for \$16 from 5 to 8 p.m.

Wine and Cheese Thursdays – cheese board and two glasses of local featured wine for \$25.

Jamie Kennedy Thursdays – December 15 featuring Rosewood wines.

New Year's Eve dinner – Saturday, December 31

Winter menu launch – Saturday, January 7

It Takes Two, Baby – Starting Wednesday January 11. On Wednesday evenings, the menu is designed for sharing and will delight your taste buds. Two can dine for \$50.

Valentine's Day dinner – Tuesday, February 14

Jamie Kennedy Thursdays – February 23

Jamie Kennedy Thursdays – March 16

Easter Brunch – Sunday, April 16

Spring menu launch – Saturday, April 22

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

COOKING EXPERIENCE CLASSES

Big Game Dishes – Friday, January 27

Things Are Cooking for Valentine's – Saturday, February 11

Treats and Tea with Mom – Saturday, February 18

Wines from Around the World – Saturday, February 25

Spring Fling Pies – Saturday, March 4

Healthy Cooking for Teens – Saturday, March 11

Meals for a Month – Spring Sensations! – Saturday, March 18

Same Grape, Different Expressions – Friday, March 24

Beer Pairing and Tasting – Saturday, April 1

Pasta Making – Saturday, April 22

Make It Maple – Saturday, April 27

Beer Tasting for Women – Friday, May 5

Bake Up Mother's Day Magic – Saturday, May 13

Gluten-free Cooking – Saturday, June 3

Give Dad a Father's Day Grilling Lesson – Saturday, June 17

Celebrate Canada's 150th – Saturday, June 24

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



Celebrate
THE SEASON WITH US

Purchase gift certificates
by December 31 – \$60 for \$50
or \$120 for \$100.

www.bistro67.ca