

In Essence

Summer 2021

Welcome to In Essence

Okanagan College's Culinary and Pastry Arts E-Newsletter

This "In Essence" e-newsletter will give you an insider's look at what is happening with programs, events and exciting projects in the Culinary and Pastry Arts department.

Support Local. Eat Local. Train Local.

Culinary Arts students are getting involved and teaming up with Vernon-based business, Farm Bound Box, to create instructional recipe videos for their ingredients. Farm Bound Box offers sustainably produced, local and organic food on a home-delivery, subscription-based model. This season, Culinary Arts students Mariko, Katarina and Jessica made exciting Mediterranean-themed dishes like Za'atar Chicken and Pea Risotto with Asparagus with ingredients included in a special "OC Inspiration Box" available on Farm Bound's website. Subscribers who purchase this box will help support local businesses and learn new cooking skills from students. For more details or to purchase your OC Inspiration Box, visit www.farmbound.ca.

Okanagan College is participating in Feed BC, a provincial government initiative led by the Ministry of Agriculture, Food and Fisheries, to encourage, inspire and support a shift to more B.C. food in hospitals, residential care facilities, public post-secondary institutions, and other government-supported facilities. Culinary and Pastry Arts programs are aiming to have 33 – 50% of food purchases sourced from supplies produced in British Columbia. In addition, the Culinary Arts department planted their annual garden plot at the Kelowna campus, which has been filled with vegetable and herb seeds. Later this year, students will be able to harvest the produce and use the fresh ingredients for recipes taught in the curriculum.



3D Virtual Tour Experience

In April, Okanagan College launched the first 3D virtual tour for a trades institute in B.C. The tour has allowed people to explore labs, shops and kitchens by virtually walking down hallways and through learning spaces, while clicking feature points in various rooms to learn more about programs and building features. Start your own self-guided tour online: www.okanagan.bc.ca/trades#3dtour.



New Culinary Workshops

In June, Okanagan College started offering up a series of safe, distanced but still hands-on culinary workshops to anyone interested in building new skills and exploring different flavours while learning in the College's commercial kitchens under the guidance of Red Seal chefs. Some of the sessions include themes such as Taste of the Okanagan, Market to Kitchen, French Pastries and more. To review the full list of workshops, visit: www.okanagan.bc.ca/culinary#newsletter.



Students gaining industry skills this summer

Training continues throughout the summer with many of our students participating in Co-op employment placements, where they are gaining valuable hands-on experience in local restaurants, wineries and hotels. We want to sincerely thank the local businesses participating in these student placements who are helping students prepare for their future careers. Infusions Restaurant continues to offer lunch take-out and hosts special event dinners throughout the summer. Join our weekly email for our featured menu and event details. Sign up by emailing infusions@okanagan.bc.ca.

Note: All in-person classes will be held in accordance with Okanagan College's COVID-19 health and safety protocols, following provincial and regional health guidelines and Worksafe BC best practices. Learn more at okanagan.bc.ca/covid19.

Training in 2021

OC offers entry-level foundation programs designed for people with little to no experience. Foundation programs provide the skills and knowledge required to seek employment in the industry. Here is a list of training currently offered in 2021 at the Kelowna campus.

Culinary Arts Foundation intakes

October 4 – open for applications

November 15 – open for applications

Pastry Arts Foundation intake

January 2022 – Open for applications

Apprenticeship Training

Book a practical re-assessment or challenge assessment

Review all Professional Cook apprenticeship intake dates

Review all Baker apprenticeship intake dates



Questions?

Connect with Department Chair and Chef Reinhard Foerderer at rfoerderer@okanagan.bc.ca or ext. 4549

Follow us on Facebook! www.facebook.com/occulinarypastryarts

