



Welcome to In Essence

Okanagan College's Culinary and Pastry Arts E-Newsletter

Winter 2022

Get an insider's look at what is happening with programs, events and exciting projects in the Culinary and Pastry Arts department.

A strong start to 2022!

We welcomed two new intakes in January. One Culinary Arts Foundation program with International students and one Pastry Arts Foundation program for domestic students. Both intakes will introduce 28 new students to training and prepare them for the workforce. All in-person classes are held in accordance with Okanagan College's COVID-19 health and safety protocols, following Provincial and Regional health guidelines and WorkBC best practices. Learn more at okanagan.bc.ca/covid19.

The SuperHost program is now being offered to Culinary Arts and Pastry Arts students through Okanagan College's Student, Graduate and Co-op department. The SuperHost program teaches relevant and quality customer service training for front-line employees in the tourism industry. This added education helps students diversify their skills.

OC Serves Up program is back! This program is designed to hone the skills of Culinary Arts students while providing nutritious meals for fellow OC students who are in need. We thank our generous donors who help support the operation of this service. Visit [OC Serves Up](#) to learn more.

Connecting with community

Culinary Arts alumni, Carson Bibby, participated in the 2021 Culinary Apprentice of the Year Competition in Vancouver at the end of November. Carson demonstrated complex techniques and great attention to detail. Terrific work, Carson!

The Culinary and Pastry Arts department hosted a Program Advisory Committee meeting on November 9 and received great feedback from our industry partners. This feedback is extremely valuable to the continuous development of our training, keeping up with the industry's cutting-edge techniques and helps ensure students continue receiving relevant skills to prepare them for this fast-paced industry.



The Professional Cook Level 1 class hosted a vernissage and dinner at the Kelowna campus with local artist, Alex Fong, as part of the student dinner series. Guests enjoyed a seasonal Okanagan-inspired gourmet meal created by students, along with pairings from award-winning Vanessa Vineyards wines and acclaimed winemaker, Howard Soon.

The Pastry Arts Foundation students created an array of hand painted chocolate flowers as part of their chocolate skills training. While discussing ways to display the sweet blooms, the students decided to create a chocolate tree to arrange them on. The unique spin on the festive tree tipped the scales with over 30 pounds of chocolate used in its creation! It can be viewed in the Infusions Restaurant dining room.



The Culinary Arts students participated in a tempeh workshop and demonstration with Martin Rivard from Vegilante Plant Based Foods. Tempeh or tempe is a traditional Indonesian food made from fermented soybeans. It is made by a natural culturing and controlled fermentation process that binds soybeans into a cake form. The students are looking forward to their next educational workshop.



In December, the OC Instructor Chefs and students hosted the Okanagan Chefs Association Christmas Party as a Kitchen Party. Everyone enjoyed cooking together for this festive meal. During the month of December, Pastry Arts students also prepared baked goods for the big Christmas Bake Sale. Watch our social media for announcement of more bake sales and butcher shop sales dates this upcoming year.

Learning outside of the classroom

The class took a field trip to Predator Ridge Resort in Vernon, B.C. where students experienced a tour of the multi-outlet food and beverage operation. Students met with Chefs and received a behind the scenes look at production.



Gather your friends and join us for a Culinary Workshop!

A new selection of Culinary Workshops will be offered starting in February. These workshops are hosted in the evening or on weekends and are designed for adults who want to learn new recipes and culinary techniques in a commercial kitchen setting under the guidance of Red Seal Chefs. Workshops range from Moroccan cuisine, Easter Extravaganza, Sugar Rush baking workshop for kids and more!

[Click here to review the workshops and register online.](#)

infusions

RESTAURANT

New year, new look for Infusions Restaurant

There has been a steady buzz of activity in the kitchens as students prepare meals for Infusions Restaurant. Infusions is now open for in-person dining! Lunch and dinner services are available. We welcome the public to experience the students' hand-crafted meals by visiting the dining room or placing a take-out order online. Infusions dining room has undergone some renovations, giving the space a fresh, bright feel that we are excited to share with others. For more information about restaurant hours, place an order or make a reservations, please visit www.okanagan.bc.ca/infusions.

Get involved with student Co-op term

Looking to hire Professional Cooks or Bakers? Consider mentoring an OC student for their Co-op work term. Work terms are held during the summer from mid-June until September. Okanagan College also offers an online job board for employers to advertise available positions. For many students, this job board is their first stop when searching for employment. To learn more about partnering with OC for a student's Co-op placement or to review the job board, please visit www.okanagan.bc.ca/coop.



Training updates

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 2022 at the Kelowna campus.

Culinary Arts Foundation Intake

August 2022 – open to International student applications

October 2022 – open for applications

November 2022 – open for applications

Pastry Arts Foundation Intake

January 2023 – open for applications on February 1, 2022

Professional Cook and Baker 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 Chairperson, Chef Reinhard Foerderer, rfoerderer@okanagan.bc.ca or 250 762 5445 ext. 4549

Follow us on Facebook! [OC Culinary Pastry Arts Facebook Page](#)

Okanagan College respectfully acknowledges that our Penticton, Kelowna and Vernon campuses are located on the traditional and unceded territory of the Syilx Okanagan People, our Salmon Arm campus is located on the traditional and unceded territory of the Secwepemc, and our Revelstoke centre is located on the traditional and unceded territories of the Ktunaxa, Secwepemc, Sinixt and Syilx Okanagan Peoples.

