

In Essence

Okanagan College's Culinary and Pastry Arts E-Newsletter

Summer 2022

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



Training restructured for student benefit

The Culinary Arts Foundation program has undergone restructuring to a format which allows more instructional time with students to develop their skill-base before the students get to put their acquired techniques and knowledge to the test in the Infusions Restaurant dining room located at the Kelowna campus. This change offers students 15-weeks of Professional Cook level 1 training in the Lab Kitchen followed by 15-weeks of dining room service. The program continues with a 10-week paid Co-op work experience and finishes with 10-weeks of Professional Cook level 2 training on campus.

The entry-level Culinary Arts Foundation program is offered every January, April and September. [Please visit our website for specific intake dates and details.](#)

Culinary and Pastry Arts celebrated the completion of their training at the Trades Commencement Ceremony on June 9. "A highlight from my time at OC is that I had a female chef, Kelsey Oudendag, as one of my instructors. That was very encouraging," says Jessica Madinabeitia, a Culinary Arts graduate. "Being a woman in this industry is hard because it is primarily male. You see a chef and it's a man. So that was encouraging because she is a red-seal Chef and also an instructor, so that meant of course I could do it." [Read more about Jessica and the graduating class of 2022.](#)

Giving gratitude to community partners

The community sponsored OC Serves Up program has come to an end. This program was designed to hone the skills of Culinary Arts students while providing nutritious meals for fellow OC students who are in need during the pandemic. We would like to thank our generous donors who helped support the operation of this service from July 2020 – May 6, 2022. During this time, a total of 16,250 meals were prepared by 83 Culinary Arts students and served to over 670 College students. Additional meals that were not collected by students were donated to the Okanagan Food Bank and the Kelowna Gospel Mission.

Former OC students, who are now talented Red Seal Chefs, returned to the campus kitchen to share their wisdom and trades-secrets with current Culinary Arts students as part of the Alumni Chef Dinner series. This series offered an opportunity for the Chefs to guide students while cooking alongside them, creating multi-course meals for the guests. Special thanks to Chef Chris van Hoydoonk, Chef Chris Baun, Chef Rob Walker and Chef Adam Relvad for spending time mentoring the students. The Alumni Chef Dinner series plans to make a return this fall. To receive information about upcoming dinner series, please join the mailing list by emailing infusions@okanagan.bc.ca.



Junior Culinary Team Canada and Team BC were at Okanagan College for a fundraiser and to prepare for their upcoming Culinary Olympics hosted in Luxemburg this year. Students were thrilled to meet the teams and learn from some of the best chefs in the industry through observation of competition style cooking at the highest level.

Culinary Arts students participated in the "Bands, BBQ, Beers and Balding" charity fundraiser at the Laurel Packing House, benefitting Kelowna General Hospital and BC Children's Hospital. Thanks to everyone's efforts, the event raised over \$60,000.



Cooking with a competitive spirit

At the 2022 Skills Canada Provincial competition, Culinary Arts students Brett Van Os and Chase Holman demonstrated their skills in competitions which awarded scores for safety, product utilization and preparation, technical skills and, of course, taste! Brett Van Os placed gold for the post-secondary competition and Chase Holman placed silver in the secondary competition.

Celebrating with strawberries

Pastry Arts students baked fresh local strawberry desserts for the OC Foundation donor appreciation event, called "Strawberry Social", which recognized the contributions made to the new Health Sciences building at the Kelowna campus. Students washed and prepared over 40lbs of fresh to create strawberry mousse, shortcakes, tarts and more for over 150 guests.



Training update

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 upcoming training offered at the Kelowna campus:

Culinary Arts Foundation Intake

September 2022 – open to International student applications
January 2023 – open for applications
April 2023 – open for applications

Pastry Arts Foundation Intake

January 2023 – open for applications

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, Geoffrey Couper, gcouper@okanagan.bc.ca or 250 762 5445 ext. 4549
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