

A Celebration of the Culinary Arts

CULINARIA

Okanagan Institute at Okanagan College
Infusions Thursday 7 May 5-9 pm



Bill of Fare

[B O N A P P É T I T]

CULINARIA

A CELEBRATION OF THE CULINARY ARTS
IN THE OKANAGAN



WELCOME

In 100 years the Okanagan has transformed itself from a valley of agricultural promise to one of culinary riches. Increasingly anyone with a hungry palate can choose to elevate eating to the level of pure pleasure where each singular taste commands the tastebuds to slow down and enjoy.

This is the moment when food transforms itself into art, and crafting the perfect Okanagan meal requires the right combination of thoughtful preparation and purveyors committed to providing the best this unique place has to offer.

It is in celebration of this bounty that the Okanagan Institute and Okanagan College host this event. Writer and local food champion Karin Wilson takes us on a spirited and insightful tour of the Okanagan's culinary delights as we eat and drink our way through the seasonal bounty meal expertly prepared by chef Geoffrey Couper and the students in the Culinary Arts program of the College.

The artisanal producers who have contributed food and drink to this culinary exploration include some of the most dedicated and talented in the Valley. This keepsake provides information on the producers and their products, with contact details. We encourage you to make a habit of supporting them and their products.

Enjoy the meal!



YOUR HOSTS

The Okanagan Institute & Okanagan College

OUR CHEF



Geoffrey Couper

is an instructor of the Culinary Arts Program at Okanagan College. He's also the founder of the CorkedCook Food & Wine Company, which is dedicated to exposing the food and wines of British Columbia to a wider audience. Geoffrey came to the Okanagan seven years ago to work with Mission Hill on their food and beverage program and quickly established a reputation as a life-long chef and supporter of local products and producers. A past vice-president and director of the Okanagan Chefs Association, Geoffrey believes there are tremendous unrealized opportunities in the value-added segment of the agriculture industry.



We extend a special thanks to all the students from the Culinary Arts and Hospitality programs at Okanagan College who have worked together with Geoffrey to create this fabulous meal.

You are our future, and we are grateful you put your heart into what you do.



PLEASE NOTE

Additional refreshments are also available, although not included in the ticket price. Please ask at the bar.

Gratuuity is not included in the ticket price.

MENU

Looking Forward - Looking Back



FIRST COURSE

Panko & Herb Crusted Carmelis Piccolo Little Creek Arugula

*Carmelis Goat Cheese Artisan 🍷 Little Creek Gardens |
The CorkedCook Food & Wine 🍷 Vinegar Works*

SECOND COURSE

Terrine of Wild Pacific Smoked Salmon & Asparagus Pea Shoot Salad

Lemon-Chive Gastrique

Little Miss Chief Gourmet Products 🍷 Little Creek Gardens

Sungold & Cascade Tomato Sorbet

Stoney Paradise Farm, Milan Djordjevich 🍷 Okanagan Spirits

THIRD COURSE

Grilled Vale Farm Hanger Steak Rosemary, Shallot & Red Wine Jus Potato & Celeriac Puree Roasted Root Vegetables

Vale Farms 🍷 Green Croft Gardens 🍷 Suncatcher Farm

FOURTH COURSE

Sour Cherry Crème Brulee with Poached Rhubarb

Use freeze dried cherries for crisp garnish.

Fraiche Fine Foods 🍷 Okanagan Spirits



BREADS

Coronation Grape Focaccia & Wine Country Sourdough

Stoney Paradise Farm, Milan Djordjevich 🍷 Wine Country Bakery

REFRESHMENTS

Apple Juice, Cherry Wine, A Selection of Organic Ales

Raven Ridge Cidery 🍷 Elephant Island 🍷 Crannóg Ales

PRODUCERS



Fraiche Fine Foods 🍷 EAST KELOWNA

Grower-processors farming in Kelowna since 1990. In 2006 mother and son partners Joan and Ky Hohenstein started their specialized processing operation to meet the needs of chefs in Western Canada. They imported equipment from the U.S. and now produce B.C. pitted sweet and tart cherries, fruit purees, freeze-dried cherry frutons, and slofrutz (slow-dried fruits) – all 100% natural. **CONTACT:** 250.762.6797. Fax: 250.717.0534. Please call for appointment.



Stoney Paradise 🍷 KELOWNA

Tomato grower Milan Djordjevich has developed quite a name in Vancouver chef circles for his heirloom and hybrids, but the real secret is that he's based in Kelowna. Known as the "tomato man", his tomatoes are celebrated for their exceptional sun-kissed flavour. Certified organic. **CONTACT:** 250.764.8828.



Wine Country Bakery 🍷 KELOWNA

Martin Miller moved his family to B.C. from Oberwaelden, Germany in 1983 and naturally set about doing what his family does best – handcrafting exceptional all natural European breads using no preservatives, no oil, no fats, and no dairy. Find them at the Kelowna Farmer's Market at Dilworth & Springfield on Wednesday and Saturday mornings, and on Thursday afternoons.



Little Miss Chief 🍷 WEST KELOWNA

Ellen Melcosky started her business in 1995 offering up her family's traditional smokes salmon. A member of the Esketemc First Nation, Ellen uses wild Pacific salmon, marinated in Okanagan white wine and then smokes it over natural wood chips. Her salmon is exported across Canada, the Netherlands, Poland, Spain, the U.S. and Mexico. **CONTACT:** 250.768.6977. Website: www.littlemisschief.com.



Crannóg Ales 🍷 SORRENTO

Crannóg Ales is Canada's only Certified Organic farmhouse microbrewery, one of only a handful of such breweries in the world. Proprietors Rebecca Kneen and Crannóg brews unfiltered, unpasteurized ales using only organic ingredients, some of which come right from our own farm. All our ales reflect the Irish tradition of brewing full-flavoured, complex ales which are also great session beers. **CONTACT:** 250.675.6847. Website: www.crannogales.com



Carmelis Goat Cheese Artisan 🍷 KELOWNA

Experts in crafting European-style goat cheese, the Barmor proprietors make their cheese from 100% goat's milk produced on their own farm, as well as milk bought from an organic goat farmer in Grand Forks. Also available: gelato. **CONTACT:** 250.870.3117. Website: www.carmelisoatcheese.com.



Little Creek Gardens 🍷 WESTSIDE

Inspired by the traditional European mesculin salad, Dale Zeich decided to grow quality greens and quickly found his concoction on the plates in the best restaurants in the Okanagan. When in season, a typical mixture includes the peppery flavour of arugula, mizuna – a mustard green, cress and baby kale. Perfectly married with wife Dona Dennison's Little Creek dressings. Certified organic. **CONTACT:** 250.769.3932. Website: www.littlecreekgardens.com.



Vale Farms Grassroots 🍷 LUMBY

Started in 1975 by Charlotte and Michael Ruechel, when they emigrated to Canada from Germany. By 2000, the farm was Certified Organic and today their beef and lamb meats can be found in various stores throughout the valley, and at farmers markets. Their grass-fed beef is aged a minimum 14 days for tenderness, and can be purchased by bulk. **CONTACT:** toll-free 1.866.567.2300. Email: valefarms@telus.net.



Elephant Island Orchard Winery 🍷 NARAMATA

Wine Spectator Magazine recommends their wines as a "must taste". These all fruit wines have won awards and hearts all over. Their cherry dinner

wine is known to be an exceptionally flexible dry wine. Special releases include their Fuji Ice Wine and Pink Elephant which boasts an apple base
CONTACT: 250.496.5522. Website: www.elephantislandwine.com



Vinegar Works 🍷 SUMMERLAND

Specializes in organic wine vinegars including Pinot Meunier, and Gewurztraminer infused with Italian plums, apricots, wild elderberry or raspberries, wine jellies. **CONTACT:** 250.494.7300. Website: www.valentinefarm.com



Raven Ridge Cidery 🍷 KELOWNA

Established in 2003. Award-winning cider, dessert ciders and apple juices. The cidery was opened by Nicole Bullock at Kelowna Land & Orchard Company, a 150-acre working commercial apple farm in operation since 1904. **CONTACT:** 250.763.1091. Website: www.ravenridgecidery.com.



Green Croft Gardens 🍷 GRINROD

Certified organic since 1988, this farm is located on 20 fertile acres bordering the Shuswap River. Most of their small fruit and vegetable produce is sold at local farmers markets from Kelowna to Enderby. They also cater to wineries and restaurants committed to a local, seasonal menu. **CONTACT:** 250.838.6581 Website: www.greencroftgardens.com



Okanagan Spirits 🍷 VERNON

Expert distiller Frank Dieter started out in 2004 inspired by the local fruits in this region. In 2008 his Aquavit (a favourite of Danes) won gold in the World Spirits Awards and his distillery was granted “master class” status. **CONTACT:** 250.549.3120. www.okanaganspirits.com



Suncatcher Farm 🍷 KELOWNA

Anthony and Nancy Cetinski have cultivated wide appreciation for their certified organic products, including winter squash, asparagus, herbs, peas, and mixed vegetables. **CONTACT:** 250.869.0016 Email: suncatcherfarm@shaw.ca

MUSICIANS



Jane Eamon 🍷 KELOWNA

Eamon earned the 2005 Socan Songwriter of the Year award and the Best Female Artist award. She's also been named Best Folk Artist three years running. With four CDs under her belt, her music has been featured on several compilation albums, and she recently placed #4 in the top Canadian albums for folk DJ radio airplay for January 2009.



Maiya Robbie 🍷 PENTICTON

An up and coming independent folk musician, Robbie is collecting accolades for her creativity with both the guitar and the mandolin. She also performs as a member of the band Shane Koyczan and the Short Story Long.



New Clear Sound 🍷 VERNON

New Clear Sound is a high-energy pop/rock band that formed four years ago at an open mic night held at Portillos coffee house. They released their first album in 2006, and their first full-length studio album in late 2008. They'll be performing at the Komasket festival in Vernon this August.



We thank you for joining us in this celebration.



The proceeds of this event go to support the work of the Okanagan Institute.



**We encourage you to continue to support
all our wonderful local independent
artisanal producers.**

OKANAGAN INSTITUTE

CREATIVE ENGAGEMENT



The Okanagan Institute is a group of creative professionals that have gathered around the goal of providing events, publications and services of interest to enquiring minds in the Okanagan. We partner with individuals, organizations, institutions and businesses to achieve optimal creative and social impact.

Our mission is to ignite cultural transformation, catalyze collaborative action, build networks and foster sustainable creative enterprises. We provide innovative consultation, facilitation, professional development and creative services.

The Institute has conducted 90 events since our weekly Express series got underway in July 2007. Since that time, the series has played host to many Okanagan luminaries, including former deputy secretary general of Amnesty International Derek Evans, artists Lee Claremont and Gary Pearson, BC Book Award nominee Don Gayton, CBC Literary prize winner poet Harold Rhenisch, distinguished editor and author Jim Taylor, poet and professor John Lent, animator and filmmaker Jim Cliffe, community activist Don Elzer, dancer David LaHay, architect Jim Meiklejohn, culinary artist and writer Heidi Noble, broadcaster Marion Barschel and others from a wide range of creative fields.

In addition, the Institute has presented a number of special events such as Culinaria, CleanTech – which celebrates the important role that technology plays in the creative economy of the Okanagan, and ArtsCare, which fosters proactive engagement between the arts and healthcare sectors in the community.

The Institute has reached out to a broad range of institutions and organizations in the Okanagan in order to understand the needs of the creative community, and provide guidance on how collective action will foster opportunities for artists and creative organizations in all disciplines.



We invite participation by all members of the Okanagan creative community – join our team today.

THE OKANAGAN INSTITUTE IS A GROUP OF CREATIVE PROFESSIONALS THAT HAS GATHERED AROUND THE GOAL OF PROVIDING EVENTS, PUBLICATIONS AND SERVICES OF INTEREST TO ENQUIRING MINDS IN THE OKANAGAN. WE PARTNER WITH INDIVIDUALS, ORGANIZATIONS, INSTITUTIONS AND BUSINESSES TO ACHIEVE OPTIMAL CREATIVE AND SOCIAL IMPACT. OUR MISSION IS TO IGNITE CULTURAL TRANSFORMATION, CATALYZE COLLABORATIVE ACTION, BUILD NETWORKS AND FOSTER SUSTAINABLE CREATIVE ENTERPRISES. WE PROVIDE INNOVATIVE CONSULTATION, FACILITATION, PROFESSIONAL DEVELOPMENT AND CREATIVE SERVICES.

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Creative
Engagement