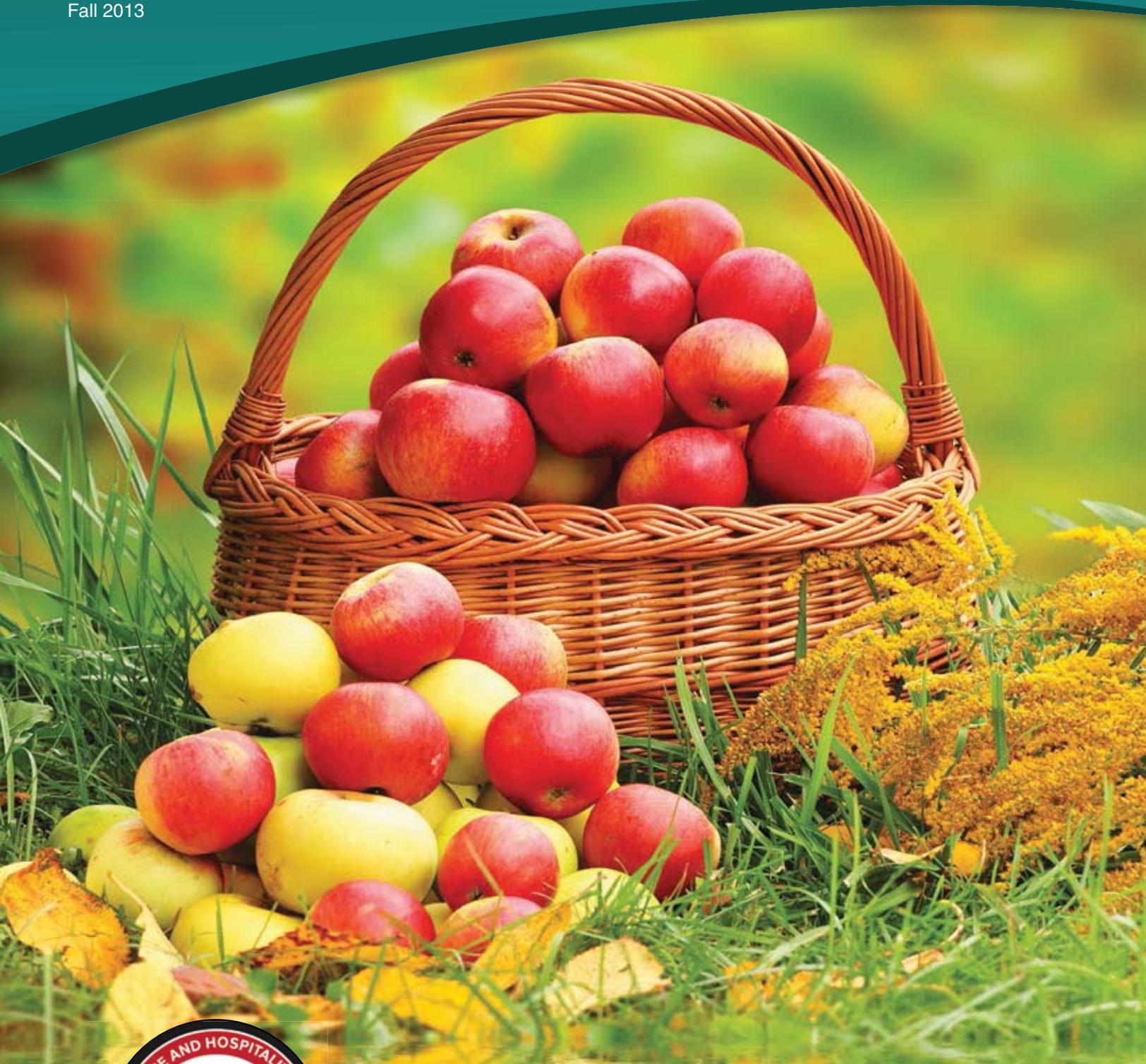


# *In Season!*

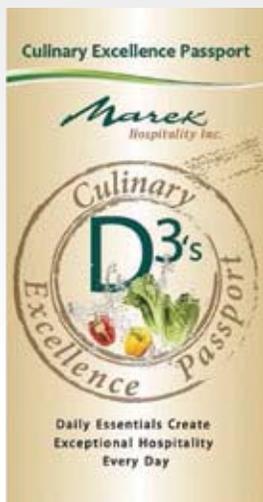
*“Experience Our Passion  
for Foodservice”*

Fall 2013



*Marek*  
Hospitality Inc.

# Introducing the Culinary Excellence Passport



"The key to consistent execution of culinary standards is to ensure that every associate has the knowledge to be successful and passion to deliver exceptional hospitality every day." said Juri Daniel, Executive Vice President.

The Culinary Excellence Passport was developed to engage all frontline culinary team members and Chef Managers in a comprehensive training and rewards program.

Launched October 1st 2013, the passport is a primary communication, accountability and reward tool designed

to be carried by each culinary team member every day in order to cascade throughout our operations the best practise expectations for each station. The best practices, known as our D3s along with our Wildly Important Goal (WIG) strategies can now be embedded deeper and more consistently in all our units.

The Passport will also enable every associate to monitor their personal development and provide an incentive to improve by giving them the means to gain rewards. Team members can earn recognition rewards for their work executing on the details of the D3 standards for each station and promoting the WIG actions. To build accountability into our culinary best practices, District Managers, Senior Management and even clients may ask to review a team member's Passport at any time. This will help each one consistently deliver on our culinary excellence commitment.

## Balmoral Hall School Kitchen Tour



September 24, 2013, Chef Manager Kevin Nagy at the Balmoral Hall School café hosted tour groups for the Junior Kindergarten and Senior Kindergarten students to demonstrate how fresh food, made from scratch, promotes healthy eating in their everyday lunch choices.

The students were taken through the kitchen to get answers to their questions on nutrition, safe and healthy food preparation,

our dynamic allergen awareness program developed specifically for schools and the value of supporting local farmers by purchasing fresh vegetables locally.

The event embraced their culture of continual learning by allowing all students the opportunity to ask questions, interact and build relationships with the Chef and receive answers that they easily understood.

"Thank you very much for taking the time out to show the girls around the kitchen. This is the highlight of the school tour!" said Arda Thomson, teacher at Balmoral Hall School.

"Taking the time to truly engage all of our clients is what builds trusted, lasting relationships and this is a great demonstration of what makes Marek Hospitality different" said Juri Daniel, Executive Vice President.

We are very excited to announce the launch of Morningstar Hospitality Services Inc. on July 1<sup>st</sup>, 2013. Morningstar is an innovative company created by Aboriginal Entrepreneur and majority-owner Chris Trainor and Dana Hospitality Inc. As a Canadian Aboriginal-owned Company we have a commitment to provide the very best Culinary and Facility Support Services

to Canada's Higher Education, Healthcare, Corporate and Government sectors under the guidance of Aboriginal Leadership and Traditional Guiding Principles.

*"What differentiates us from traditional providers is our commitment to Aboriginal social and economic initiatives."*  
– Chris Trainor, President, Morningstar Hospitality Service Inc.

With the upsurge of interest in partnering with Aboriginal businesses, Morningstar provides a solution for Canadian clients who embrace the value inherent in best-in-class quality and service within a framework of good citizenship.

# what's cooking

**Bibek Majumder**  
IBI Group Canada



INGREDIENTS	AMOUNT	INGREDIENTS	AMOUNT
Chicken Breast Boneless Skinless Random	2.7 kg	Garam Masala	45 ml
Onions Spanish	3 each	Tumeric	10 ml
Garlic Fresh	15 clove	Salt	15 ml
Oil Vegetable	750 ml	Yogurt 5%	750 ml
Spice Coriander Seed Whole	45 each	Chilies Dried Crushed	45 ml
Spice Cloves Whole	21 clove	Cardamom Ground	3 ml
Coriander, Ground	30 ml	Spice Saffron Threads	3 ml
Pepper Black ground	15 ml	Rose Water	15 ml
		Cilantro, Fresh, Chopped	90 ml

## Chicken Korma

Serves 24

1. Prepare items / mis-en-place before beginning to prepare the dish. Timing is everything and you'll have a much more enjoyable time and product if you prep items beforehand!
2. Slice onion evenly so they cook properly.
3. Mash garlic cloves (traditionally in a mortar and pestle). Set aside.
4. Cut chicken into 1" inch cubes
5. In a large pot, preferably heavy with a slightly rounded bottom, add the 750 mL of oil.
6. Heat for a minute or so and then add the sliced onions.
7. Stir occasionally until onions brown (5-10 mins) but do not burn. Adjust heat down towards the end of the cooking process.
8. Onions need to be a dark shade of brown and almost crispy. When ready, remove the onions and place to the side leaving the oil in the pan.
9. Add whole coriander seeds and whole cloves to the oil. Stir and let sit for about 45 seconds.

10. Add the cubed chicken. Stir meat until the outer skin appears to be cooked.
11. Add the plain yogurt to the pot and bring to a boil.
12. In the meantime, add the browned onions to the mortar and pestle and turn into a paste.
13. Keep cooking until meat is done and oil/yogurt coagulates and separates (5-10 mins). Add the garlic paste and stir.
14. Add spices: ground coriander, ground black pepper, garam masala, turmeric, salt.
15. If needed, add a few tablespoons of to deglaze pan and help prevent sticking.
16. Add the onion paste to the pot and mix to combine.
17. Add ground red chili pepper (less for less hot, more if you like it hotter).
18. Mix together and add small amounts of water gradually to make a pasty sauce. Lower heat.

19. Add a pinch of ground green cardamom and a pinch of finger-crushed saffron.
20. Add Rose Water (Optional) or Kewra Essence, this concentrated oil is made from pandanus flowers, and it's used to flavour meats, desserts, and beverages in India.
21. Add half of the cilantro to the pot and take it off the heat. Internal temperature of chicken must reach 165 F (71 C) before serving. Plate the Korma and garnish with the remaining chopped cilantro.

Variation: (not included in nutritional analysis): Garnish with thinly sliced golden fried onions and finish with a small amount of 35% cream.

Serve . Variations not included in nutritional analysis. With steamed rice and a salad of mixed greens

ALLERGENS: MILK

Questions: Contact our Registered Dietitian at 905-829-8476 ext. 327

Calories	Carbs	Protein	Fat	% Cal/Fat	Chol	Sodium	Fiber/Dtry	Calcium
469 kcal	8.0 gm	33.6 gm	33.4 gm	64.3 %	87 mg	396 mg	1.6 gm	91 mg

## Service Award Honourees

**Dana**  
Hospitality Inc.

**Marek**  
Hospitality Inc.

### 25 years

Terri Camilleri  
Linda McKibbon

### 20 years

Ralph Mann  
Paul Graham  
Connie Rocha  
Gusztav Janosi  
Blanche Vokes  
Joanna Ianni

### 15 years

Gina Ferrari  
Minnette Latouche  
Mary Remsei  
Lloyd Beckford  
Judy Keller  
Carolyn Cahoon

### 10 years

Mark Pancucci  
Luis Nunes  
Marilyn Yzerman  
Andrew Daley  
Antonio Ciccocelli  
Lucia Talatinian  
Sandra Matheson  
Janet Lee

Theresa McManus  
Mariana Beltran  
Yolanda Romanowitch  
Brenda Shelswell  
Lina Sanita  
Muniamma Murthi  
Michael Balfour  
Rupinder Lidder

Amanda Worton  
Devin Velupillai  
Paola Piroso  
Gamini Joniku-Hewage  
Rashpal Hundal  
Sonny Ramirez  
Mike Safko

### 5 years

Kenneth Brown  
Stephen Campbell  
Joe Kandiah  
Judy Szeto  
Mian Sangalang  
Richard Marques  
Usha Kwatra  
Nancy San-Martin  
Rama Lad  
Patty Dolabjian  
Ping Tang

William Druve  
Damanjit Sood  
Rebecca Harvey  
Tracy Kolta-Webb  
Faye Ramos  
Io Wong  
Arpana Goyal  
Elvera Silang  
Heather Fry  
Brenda Pelletier

Andy Staveley  
Coby Versteeg  
Diana Penafiel  
Linda Mutimer  
Terry Hanna  
Roger Miller  
Kwaku Doffour  
Emily Soo  
Pritika Singh  
Stefani Cucuz

Tori Gardiner  
Doris Bourgeois  
Dianne Carter  
Vanessa Villafuerte  
Arunagiri Ponnuthuari  
Krystal Feng  
Rodney Robert  
Laurie Gibson  
Kashmir Kaur  
Laura Schock  
Natalie Jack

## Friends of We Care Foundation Appoint Rosemary da Costa



Oct 28, 2013 - Kevin Collins, Executive Director Friends of We Care Foundation Inc., officially congratulated Rosemary da Costa, Purchasing Manager at Marek Hospitality Inc. on being elected as a Director to their Board of Directors.

The Friends of We Care Foundation is the foodservice and hospitality industry's organization for sending physically disabled kids to camp. [www.friendsofwecare.org](http://www.friendsofwecare.org)

Rosemary has been in foodservice for 23 years graduating from Laurentian University with her BBA. After 5 years as a number cruncher, she took a plunge and changed her career, first as a plant scheduler at the old Shopsy's plant, then into supply chain management with ML Meats and finally to purchasing where she discovered her passion. Rosemary has constantly upgraded her

skills taking Hotel and Restaurant management courses, Human resource courses, logistics and of course purchasing.



She has been on the We Care Gala committee for three years, and loves being a part of We Care. She has also spent four years working at a Halton women's abuse shelter. Rosemary grew up with a physically and mentally challenged brother, (severe head trauma from a car accident) and only wishes that 40 years ago there had been a place like We Care for him. She is sure his life would have been much different. We Care is truly close to her heart – she has supported We Care for several years as well through fundraising events with Rycott Foodservice and she looks forward to spending many more years as a We Care Director.

*In Season!* is published jointly 4 times per year by Dana Hospitality Inc and Marek Hospitality Inc.  
Send submissions or questions to: [info@marekhospitality.ca](mailto:info@marekhospitality.ca) or Contact Us at: 905-829-9800.