

In Season!

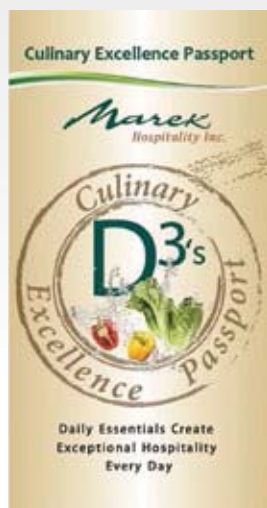
*"Experience Our Passion
for Foodservice"*

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 1st, 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

Chicken Korma

Serves 24



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

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 McKibbin

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

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 or Contact Us at: 905-829-9800.