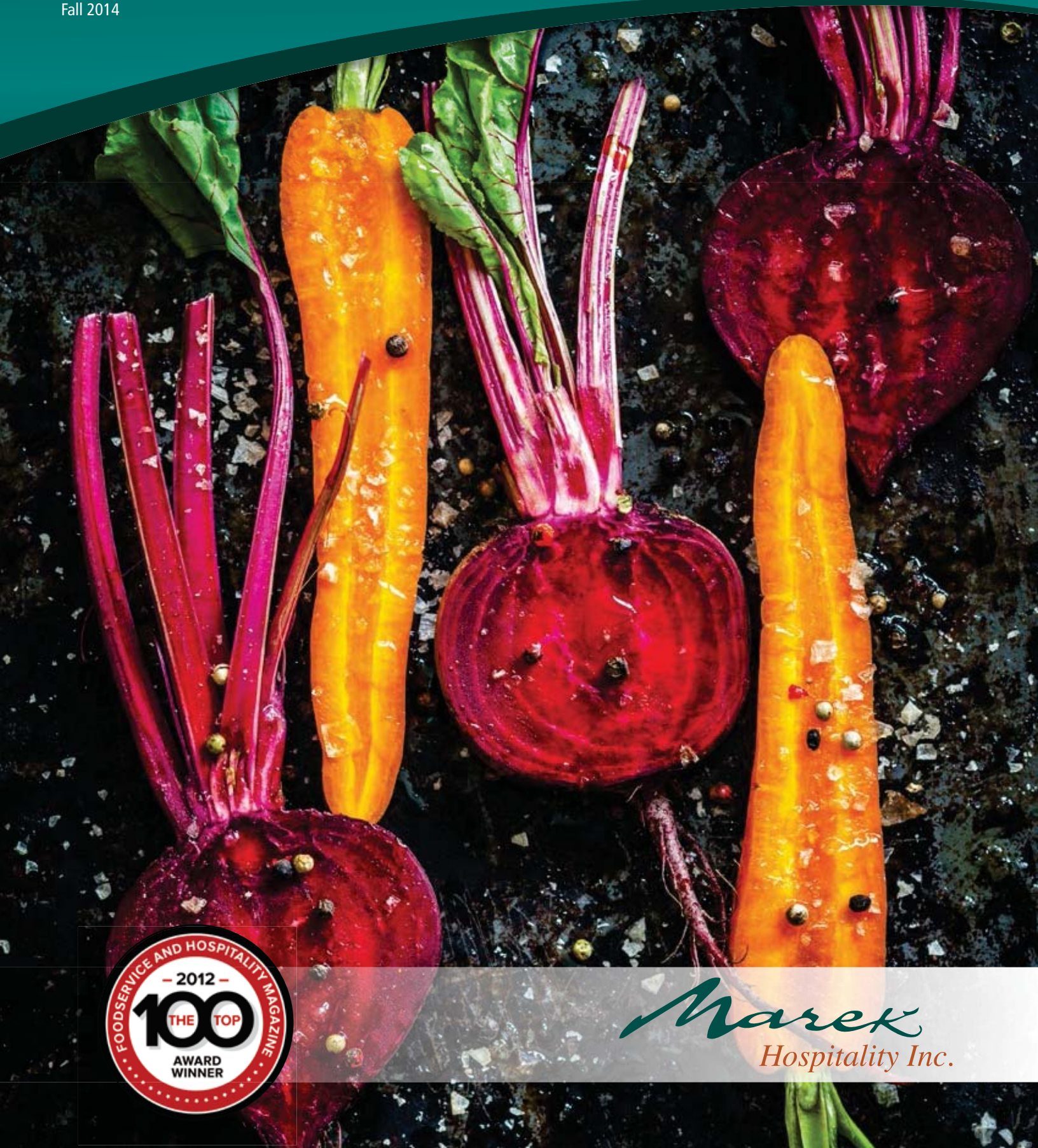


# *In Season!*

Fall 2014

*“Experience Our Passion  
for Foodservice”*



*Marek*  
Hospitality Inc.



# Breakfast of Giving



We are very proud of our culinary team at EAt café in Burnaby, British Columbia. The team, headed by John Temple, Food Service Director helped raise funds in support of the BC Children's Hospital Foundation.

The breakfast event on Friday, October 10<sup>th</sup> 2014 was part of an undertaking to support the Outreach Program at Electronic Arts (Canada), Inc. by hosting four events aimed at easing the burden on hospital patients and their families. The team contributed 50% of all proceeds from an elaborate Omelet Bar by preparing made-to-order omelets with a multitude of delicious fillings, house-made hash browns, BC bacon and sausage, our homemade turkey breakfast sausage, along with toast and coffee for under \$10. This one event contributed over \$500 for the charity.

## Minting for Vicky Dinner

Going the extra mile takes time, effort and creativity. We are very proud of Darryl Collins, Director Food Services, Royal Canadian Mint Ottawa whose culinary team chose to help a young girl named Vicky Foster move a step closer to achieving her wish.

Vicky has Cystic Fibrosis and is associated with the Children's Wish Foundation. Her wish is to visit the Queen of England. The Mint café, along with other organizations, entered a team into the Exile Island competition in Ottawa to reach a fundraising goal of \$10,000 per team.

Darryl and his team planned two fundraising activities to help the cause. First, a pancake breakfast was planned to

raise \$3 from each breakfast to go to the Children's Wish Foundation. Second, they held a raffle and donated a gourmet dinner event at the winner's house for up to 10 people including a wine pairing for the menu

of their choice. The raffle was won by Mr. Ken Linsford, who donated it back to the Foster family.



The Fosters' decided to use the dinner to thank some of the people who had been so generous in their support of the family over the years. On October 18<sup>th</sup> the culinary team prepared and served a 4-course meal at the Fosters home in Kanata. The evening was a great success. Overall, the pancake breakfast sold 80 breakfasts, raising \$240 and the raffle for the Dinner rose over \$700. The \$1,000 raised by our team was added to the efforts of several other organizations to total over \$14,000 raised for Vicky's wish.

## Promotion of Ralph Rick



Please join us in congratulating Ralph Rick on his promotion to Vice President, Operations. Ralph most recently served as Director of Operations & Business Development, Regional Markets for the past two years. Ralph's new role builds upon his operational success at providing leadership and mentoring Chef Managers across Canada.

## Welcome Jennifer Yaremko



It is with great pleasure that we expand our marketing team with the introduction of Jennifer Yaremko. Jennifer has joined as our Marketing Support Specialist to help our cafés improve client engagement by customizing marketing plans to fit the unique needs of our clientele. Welcome Jennifer!

## what's cooking

### Famous Rock Garden Chili



HealthWise Choices

8 Servings - 500 ml portion

#### INGREDIENTS

Beef Ground Lean Fresh  
Onions Raw 1" Cubes  
Peppers Red Diced 1"  
Peppers Green Diced 1"  
Celery 1" Cubes  
Garlic Chopped in Oil  
Chili Powder  
Thyme Leaves, Dried  
Cumin Ground  
Coriander, Ground  
Bay Leaf  
Beef Stock - Major  
Tomatoes Plum Chopped Fine  
Juice Tomato  
Wine Red  
Beans Red Kidney, Drained, Rinsed  
Salt  
Pepper Black ground

#### AMOUNT

1 kg  
1 each  
1 each  
1 each  
0.25 head  
2 ml  
45 ml  
1 ml  
15 ml  
15 ml  
1 each  
15 ml  
1.5 l  
500 ml  
90 ml  
1 l  
2 ml  
1 ml



#### METHOD

1. Brown beef in a large Rondeau/Dutch oven pot, do not drain off liquid.
2. Add vegetables and garlic and sweat for about 5 min.
3. Add all spices and seasonings and sauté for an additional 3-4 min to develop flavours.
4. Add red wine and deglaze the pot.
5. Add tomato products and rinsed kidney beans. Divide into 2 dutch ovens if needed.
6. Braise in 350 F degree oven for 2 hours uncovered, stirring from time to time and until internal temperature reaches 160 F (71 C).

**Allergens: Sulphites**

WW pts: 11

Source: Stewart Brown, Health Sciences North

Calories	Carbs	Protein	Fat	% Cal/Fat	Chol	Sodium	Fiber/Dtry	Calcium
457 kcal	34.6 gm	42.1 gm	16.9 gm	33.3 %	84 mg	438 mg	12.7 gm	130 mg

## Service Award Honourees



25 years

Anthony Indovina

20 years

Merline Powell

15 years

Erna Clarke  
David Bleach  
Faizahmed Pathan  
Koki Subramaniam  
Shaun Lang  
Mai Nguyen



10 years

Roy Foo  
Erin Carter  
Edward Lee  
Brenda Servano-Brazas

Lucita Nanes  
Arlyn Doak  
Tharumarasah Ratnam  
Brigitta Mustetea



5 years

Khampui Pattha  
David Cherrie  
Roanna Tulauan  
Jennifer Carfagnini  
Maryann Tyleman  
Kalyanakumar Kanagaratnam  
Tiruwork Tessma  
Ken Lemon  
Michel Guilbeault  
Monique Gigault

Chi-Chung Yiu  
Kamini Murti  
Ramandeep-Kaur Mann  
Nelia Bazar  
Zach Brown  
Sara Harmat  
Gracias Galicia  
Irene Burnett  
Weyni Raki  
Luzviminda Villones

Sanjiv Seth  
Frank Boncoddio  
Cavin Subendra  
Jim Yan

Paul Harris  
Judy McDonald  
Pernell Richards  
Pernell Tuinstra  
Vicki Boudreau  
Joy Sarkar  
Cecelia Gaurana  
Juri Daniel  
Shawna Warner

## A Warm Welcome to Our New Clients

**SCHAEFFLER**



We proudly welcome opening a new café for FAG Aerospace in Stratford Ontario, who specializes in the development and manufacturing of bearings and precision components for aviation and aerospace applications.



In September we joined Queen Margaret's School (QMS) as their in house Food Services Provider. Queen Margaret's School in Duncan, British Columbia is a globally-minded community that provides enriched educational experiences and unique programs that prepare students for university, for higher education, for life. Boys and girls are encouraged to pursue excellence in all endeavours and take a responsible role in society. QMS is known as Canada's equestrian university-preparatory high school for girls.



Located in Sault Ste. Marie, Ontario, Algoma University is the smallest university in the province with 1600 students. An undergraduate-only university, Algoma U students learn in small classes, which foster one-on-one interactions with faculty and group discussion. Students also benefit from undergraduate research opportunities and a close-knit campus community.

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