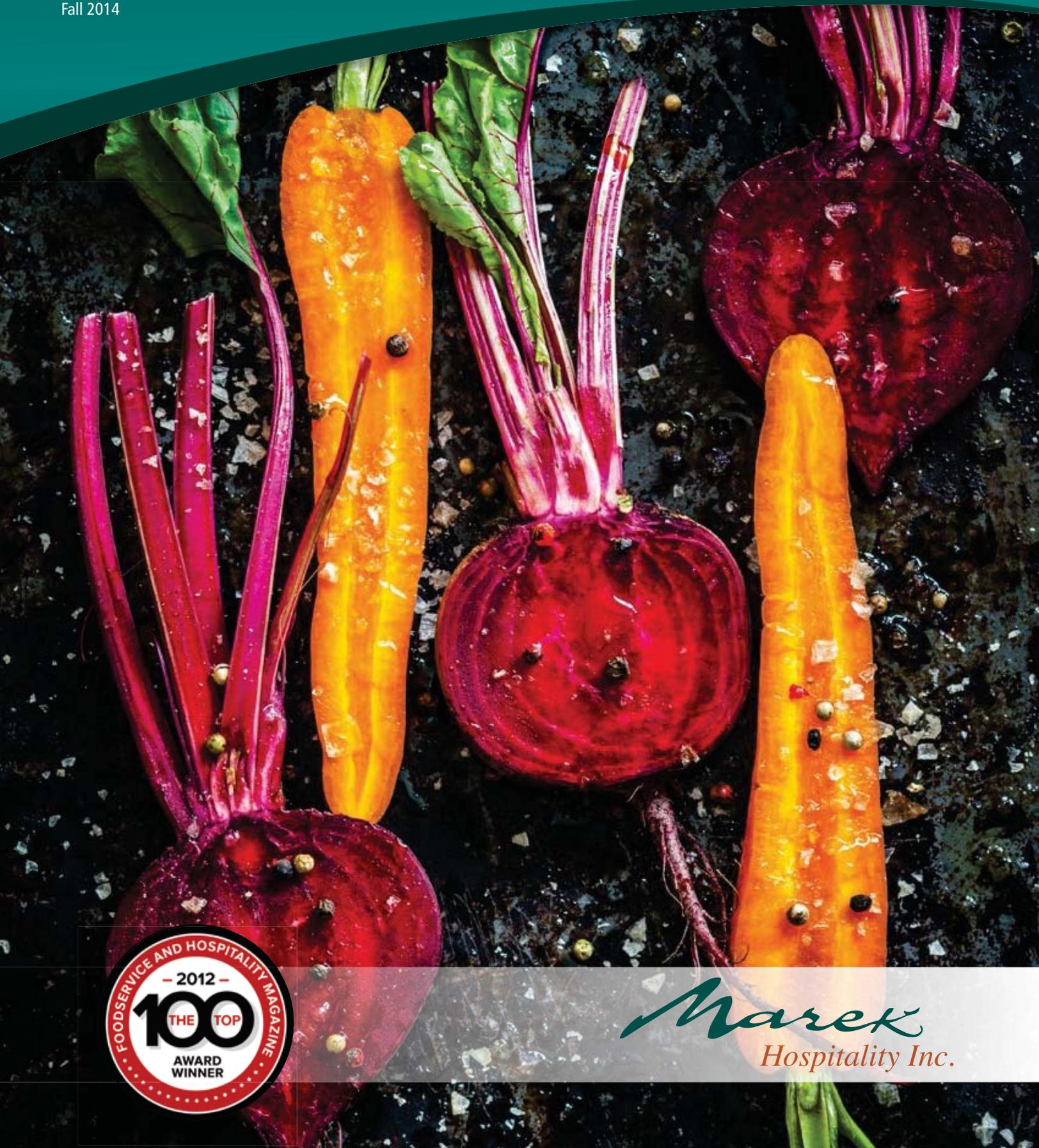


In Season!

*“Experience Our Passion
for Foodservice”*

Fall 2014



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 10th 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 18th 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



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 Subramaniyam
Shaun Lang
Mai Nguyen



10 years

Roy Foo
Erin Carter
Edward Lee
Brenda Servano-Brazas

Lucita Nanes
Arlyn Doak
Tharumarasah Ratnam
Brigitta Mustetea

Sanjiv Seth
Frank Boncodd
Cavin Subendra
Jim Yan

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



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 or Contact Us at: 905-829-9800.