



## **Cambrian College Student Chefs Declared “Make it with Mushrooms” Masters**

*Forest Mushroom Turnovers won-over the judges taste buds at the Second Annual “Make it with Mushrooms” Student Chef Challenge.*

**Guelph, December 1, 2008** – After an hour and a half in the kitchen, student chefs from Cambrian College, Fanshawe College and Georgian College await anxiously as the winners of the Student Chef Challenge are announced. “It was extremely close. The presentations were stunning, the flavours were wonderful, and all the dishes showcased mushrooms very well,” notes Brittany Stager, Marketing Manager of Mushrooms Canada. In the end, Cambrian Colleges’ Forest Mushroom Turnover was awarded first place, and the “Make it with Mushrooms Masters” title.

The Cambrian College team, consisting of Jeff Roberts, Jamie Boyle and Samantha Ryan under the direction of their course director Kim Coates, worked hard to prepare their dish in the kitchen at PJ’s Restaurant in the Atrium at the University of Guelph where Chef Simon Day and his staff made sure the teams had all the necessary cooking equipment.

Judging was based on a set of criteria that tested the student chefs’ culinary skills; taste, presentation and originality. Judging also took place inside the kitchen by Sous Chef Renee, who looked for things like cleanliness, organization, professionalism and teamwork.

As the winning team, Cambrian was awarded certificates recognizing their achievement as well as a \$1,500 grant for their program and \$1,500 for the team. The second place team, Fanshawe College received a certificate, a \$1,000 college grant and \$1,000 for the team. The third place team, Georgian College also received certificates plus a \$500 grant and \$500 for the team.

This was the second “Make It With Mushrooms” Student Chef Challenge conducted by Mushrooms Canada. Seven community colleges accepted the challenge back in September, and submitted recipes for selection to compete in the Cook-off. “Seeing this has become an annual event for us I hope that more colleges participate next year,” says Brittany Stager. “It is important that we give students the opportunity to apply what they have learned in school to a real life challenge, and to have fun doing it.”

The winning recipes as well as all of the recipes submitted to the “Make it with Mushrooms Student Chef Challenge” will be posted on the Mushrooms Canada website at [www.mushrooms.ca](http://www.mushrooms.ca).

## Recipe

### Forest Mushroom Turnovers with Sour Cream and Chive Sauce



This totally mushroom bursting pastry is the perfect dish for families on the go. The five varieties of mushrooms cooked together burst right out of this pastry with flavor. So easy to make, even the kids can make the dough while you get everything else ready. Simple to prepare ahead of time and freeze for your convenience.

Serve this flaky mushroom pastry with chicken and vegetables for a complete dinner meal, or serve it with your favorite side salad for a lighter

vegetarian dinner or lunch. When the craving hits just pop into the oven or microwave for a quick after school snack or a delicious out the door treat.

Anyway you look at it, this versatile turnover is a healthy alternative to fast food and so easy to make.

#### Pastry:

1	pkg (250 g) light cream cheese, cut into cubes	1
1/2 lb	butter, cut in cubes	250 g
1 1/2 cups	all- purpose flour	375 mL
1/4 tsp	Each dried basil, oregano and thyme pinch of black pepper or to taste	1 mL

#### Filling:

2 tbsp	butter	25 mL
2 tbsp	olive oil	25 mL
1/4 cup	diced onion	50 mL
3	cloves garlic, minced	3
5 oz.	portobella mushrooms, chopped	150 g
5 oz.	shiitake mushrooms, chopped	150 g
5 oz.	cremini mushrooms, chopped	150 g

5 oz.	oyster mushrooms, chopped	150 g
5 oz.	white button mushrooms, chopped	150 g
3 tbsp	balsamic vinegar	45 mL
¼ tsp	Each dried thyme and tarragon	2 mL
¾ cup	grated Asiago or Parmesan cheese	175 mL
	Black pepper to taste	
1 cup	low fat sour cream	250 mL
3 tbsp	minced chives	45 mL

### **Method:**

#### **For the pastry:**

1. In a food processor or mixer (or by hand) mix all of the ingredients together until the butter is well incorporated and dough forms a ball.
2. Roll into a ball, gently flatten into a disk shape and wrap in plastic wrap.
3. Refrigerate for 30-40 minutes.

#### **For the filling:**

1. Put the butter and oil in a large skillet and melt over medium high heat.
2. Add the onions and cook until soft.
3. Add the garlic and cook 1 more minute.
4. Add the portabella mushrooms and cook until tender.
5. Add the remaining mushrooms and cook 5-7 minutes or until mushroom release their juices.
6. Add the balsamic vinegar, pepper, thyme and tarragon.
7. Cook for approximately 2-3 minutes until the mushrooms absorb the vinegar.
8. Taste and add more seasoning if desired.
9. Pour into a stainless steel bowl and cool completely; stir in grated cheese.

#### **To prepare the turnovers:**

1. Preheat oven to 400° F (200 °C).
2. Line 2 large baking sheets with parchment paper.
3. Roll out the pastry to approximately 1/8 "(3 mm) thick on a lightly floured surface.
4. Use whatever you would like to cut out 4" (10 cm) circles from the dough (you will need to re-roll the scraps to get 18 rounds).
5. Place 2 tbsp (25 mL) of the mushroom mixture in the center.
6. Fold the dough over in a half moon shape. Pinch the edges firmly and press with tines of fork to seal.
7. Place on baking sheet; cut 3 small slits on top of each one.
8. Bake 15-17 minutes or until golden brown on the bottom; cool slightly.
9. Serve with sour cream mixed with chives and salt and pepper to taste.

Makes 18 turnovers or 6 main course servings

**Tips:** Substitute ¾ tsp (3 mL) fresh minced herbs for ¼ tsp (1 mL) dried herbs. Substitute 1½ lb (750 g) mixed mushrooms (about 8 cups/2 L chopped) for the mushrooms above.

## **Team Biographies**

**Jeff Roberts** is in his first semester of the one year Chef Training Program at Cambrian College in Sudbury, Ontario. Food and cooking are a passion of his, and he has always dreamed of owning his own restaurant. Jeff hopes to be able to achieve these dreams of opening a restaurant after completing his schooling.

**Jamie Boyle**, 26, was born in Mississauga, raised in Guelph and is currently living in Sudbury with finance Jenna. Jamie is currently enrolled in the first semester of the one year Chef Training Program at Cambrian College. He plans to graduate from the program and work towards getting Red Seal Certification.

**Samantha Ryan** is 18 years old and currently enrolled in the first semester of the one year Chef Training program at Cambrian College. Her dream is to graduate from the Chef Training program and go on to receive her Red Seal and travel the world.

**Kim Coates** has been the Coordinator/Chef Professor in the School of Hospitality at Cambrian College in Sudbury for the past 12 years. She coordinates and teaches the practical and theory components in the Chef Training program and cook apprenticeship program. Kim also coordinates the dual credit cook apprenticeship program offered by Cambrian College and the local Secondary School boards.

- 30 -

**Additional Photos can be found at:**

<http://mushroomscanada.googlepages.com/>

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