



News Release

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FOR MORE INFORMATION CONTACT:
Brittany Stager, Marketing Manager, Mushrooms Canada
brittanystager@mushrooms.ca

Canadore College Student Chefs Win the 2009 “Make it with Mushrooms Masters” Title

Canadore’s Mushroom Cannelloni recipe and cooking video wowed the judges in the Third Annual “Make it with Mushrooms Student Chef Challenge.”

Guelph, December 2, 2009 – “Creamy, elegant and surprisingly easy to prepare,” says Clare Jones, home economist, nutritionist, and judge in this year’s Make It With Mushrooms Student Chef Challenge. “The team from Canadore College certainly brought their A-game when creating both their written recipe and corresponding cooking video.”

Similar to last year, this year’s challenge was extremely close with only a few points separating the first, second and third place winners, but in the end Canadore College claimed the title.

The Canadore College student chef team, consisting of Ryan Stencill and Isaac Bonfield, joined by video team Matthew Fraboni and Jeff Chattaway, worked under the direction of their course director Derek Lawday to create an elegant, yet simple recipe; Canadian Mushroom Cannelloni in a Goat Cheese Tarragon Cream Sauce.

Judging was based on a set of criteria that tested the student chefs’ culinary skills; taste, presentation and originality. Also included in this year’s challenge was a video submission. Videos were judged on a set of criteria including delivery of messages, originality and entertainment.

As the winning team, Canadore Collge was awarded a certificate recognizing their achievement as well as a \$1,500 grant for their program, \$1,500 for the student chef team, and an additional \$600 for the video team.

“We plan to contribute our winnings towards our education and future competitions,” says the Canadore Student Chef team. Course Director Derek Lawday says the grant money will be used to “purchase equipment and offset travel to other competitions.”

The second place winners, Fanshawe College, were awarded a \$1,000 grant, \$1,000 for the student chef team, and \$350 for the video team for their flavourful Fresh Ontario Mushroom Cheddar Burger with Roasted Peppers, Sweet and Sour Shallots, Chipotle Mayo and Portabello Fries.

Third place winners, Georgian College, were awarded a \$500 grant, \$500 for the student chef team, and \$200 for the video team for their hearty and satisfying Mushroom Stampeder Dip with Sweet and Spicy Potato Chips.

This was the third Make It With Mushrooms Student Chef Challenge conducted by Mushrooms Canada. Seven community colleges accepted the challenge back in September, and each submitted a mushroom recipe and cooking video.

“This year’s challenge was distinctively different than last years, as we had removed the cook-off portion and replaced it with a video submission,” says Mushrooms Canada Marketing Manager Brittany Stager. With the demand for online cooking videos rising, Mushrooms Canada sees this challenge as a unique way to highlight fresh Ontario Mushrooms, and for the Colleges’ Culinary programs to showcase their students, culinary abilities, and facilities.

The “Make it with Mushrooms Student Chef Challenge” winning recipes and videos will be posted on the Mushrooms Canada website at www.mushrooms.ca.

Winning Recipe

Canadian Mushroom Cannelloni in a Goat Cheese Tarragon Cream Sauce.



This delicious dish is inspired by the fresh mushrooms grown locally, year round. Not only is it exploding with flavour, but it is balanced with a great source of protein and vitamins to make an excellent vegetarian meal. So tasty, and yet so easy to prepare. This meal is perfect for when you don’t feel like spending a whole afternoon preparing dinner, but you still want to enjoy a fresh, hot, home cooked meal.

Preparation Time: 30 minutes

Cooking time: 30 minutes

Servings: 6

Ingredients

1	360g package fresh lasagna pasta sheets	1
1 tbsp	vegetable oil	15 mL
1 ½ lb	fresh mushrooms, sliced	750g
1	red onion, diced	1
4	garlic cloves, finely chopped	4
¼ cup	tarragon, finely chopped	50 mL
½ cup	red wine	125 mL
½ cup	walnuts, chopped and toasted	125mL
¼ cup	sun-dried tomatoes, diced	50 mL
1 tbsp	salt	15 mL
1 tsp	pepper	5 mL
2 cups	35% cream	500 mL
½ cup	goat cheese	125 mL
1 cup	Mozzarella cheese, grated	250 mL

Method

Prepare pasta sheets according to package directions to make Cannelloni.

Heat oil in a large skillet over medium-high heat; add mushrooms, onion, garlic and 2 tbsp of tarragon; cook and stir for 4-5 minutes or until mushroom liquid has evaporated. Add the red wine, ½ tsp salt and ½ tsp pepper; cook and stir the mixture until the wine is reduced and most of the liquid has evaporated. Remove from heat and add walnuts and sun-dried tomatoes. Set mixture aside.

In a medium saucepan, over medium heat, bring cream to a boil. Add the goat cheese and stir until all the cheese is melted. Remove from heat and stir in the remaining 2 tbsp of tarragon, and remaining salt and pepper.

Preheat oven to 350°F (180°C). Cut each pasta sheet in half vertically; place approximately 1/2 cup of mushroom mixture across each sheet; roll each sheet into cylinder shaped tubes. Place tubes in a lightly greased 13 X 9" (33 X 23 cm) pan; pour goat cheese tarragon cream sauce over the cannelloni. Top with mozzarella cheese. Bake for 15 – 20 minutes or until cheese is golden brown

Place 2 Fresh Mushroom Cannelloni tubes on a plate and serve with the Goat Cheese Tarragon Cream Sauce poured over top and on the side.

TIP: Try mixing up the variety of mushrooms you choose for the recipe to experience and enjoy new flavour combinations.

Nutrient Analysis:

Calories (kcal) 564.3
Fat (40.1 g)
Protein (21.7 g)
Carbohydrate (30.3 g)
Sugar (2.9 g)
Fibre (2.3 g)

Vitamin A (252.4 µg), Vitamin C (2.3 mg), Vitamin D (1.1 µg), Vitamin E (1.9 mg), Thiamin (0.3 mg), Riboflavin (0.6 mg), Niacin (8.1 ne), Folate (113.4 µg), Vitamin B6 (0.2 mg), Vitamin B12 (0.7 µg), Calcium (388 mg), Iron (2.7 mg), Sodium (427.5 mg), Potassium (390.3 mg)

Team Biographies



Student Chef Team

Ryan Stencill, 23, was born in Pembroke, ON and is currently enrolled in the Culinary Management program at Canadore College in North Bay ON., Loves working with food. Contemporary cuisine is definitely a passion. Plans to move to Halifax, NS, after graduation, I want to complete my Red Seal Chef Certificate, and from there, to achieve his Chef de Cuisine.

Isaac Bonfield, 23, was born in Cochrane, Ontario . Currently at Canadore College, completing his Culinary Management Diploma in North Bay ON. Cooking and

foraging for Mushrooms have been my passions for many years. After Graduation, I plan on achieving my Red Seal Certificate and possibly Chef de Cuisine.

Video Team

Matthew Fraboni, 19 years old, born in Almonte, Ontario and now living with his family in North Bay, Ontario. Currently a television student in Canadore College looking to pursue a career in freelance videography and editing.

Jeff Chattaway, 19 years old, born in Brockville, Ontario. Came to Canadore College to pursue a career in Music Video Production as a producer.

Professor

Derek Lawday C.C.C is currently a Chef/professor at Canadore College in North Bay, having joined the college in January 2005. Derek has been working for over thirty years in the hospitality industry, which includes the Crowne Plaza Toronto center, Fairmount and Four Seasons hotels just to name a few. He is a member of the Canadian Federation of Cooks and Chefs, and is a founding member of The Northern Lights Culinary Association. Derek currently lives in North Bay with his wife Julie and four year old son Carson.

- 30 -

The First Place cooking video can be found here:

<http://mushrooms.ca/media/first-place-2009.aspx>

Second and Third Place cooking videos can be found here:

2nd place: <http://mushrooms.ca/media/second-place-2009.aspx>

3rd place: <http://mushrooms.ca/media/third-place-2009.aspx>

NOTE: Embedding has been enabled on all videos. Please feel free to post on your own websites.

For More Information please contact:

Brittany Stager
Marketing Manager, Mushrooms Canada
(519)829-4125
brittanystager@mushrooms.ca