

# DC THYMES

THE OFFICIAL NEWSLETTER OF THE W. GALEN WESTON CENTRE FOR FOOD

**BISTRO '67**  
NAMED ONE OF 100  
MOST SCENIC  
RESTAURANTS  
IN CANADA  
FOR 2019 BY OPENTABLE

FALL 2019



# FOOD FOR THOUGHT

We've been saying it for years, and now it's official – Bistro '67 has one of the best views in the country. Boasting an impressive panoramic of the W. Galen Weston Centre for Food's (CFF) agricultural planting fields and gardens, it's no wonder OpenTable named our field-to-fork inspired restaurant one of 100 Most Scenic Restaurants in Canada for 2019 – the only one in the Durham Region to receive the accolade.

Like the picturesque crops in our fields, the Whitby campus has also been growing. From the completion of a new Whitby campus residence to the construction of a much-needed post-harvest facility and greenhouse at the CFF, the sunny, summer months at Durham College were busy, with no signs of slowing down as we welcome fall.

This season, students will be able to take advantage of the recently-introduced CFF Dining Dollars card (page 4) and Bistro '67 will take its new catering vehicle on the road in the months to come. Following the smash success of Pantry's community-supported agriculture (CSA) bags that sold out every week this past summer, we will be offering new products starting this month – including dinners-to-go (page 5), Harvest Salsa Brava and CFF honey.

Whether touring the fields, shopping in Pantry or dining in Bistro '67 – we hope to see you soon!

*Your CFF team*



## ABOUT THE W. GALEN WESTON CENTRE FOR FOOD (CFF)

Focused on field-to-fork and sustainable business practices, the CFF opened to students in September 2013. Home to Durham College's programs in culinary, food and farming, horticulture, hospitality and special events management, the building boasts numerous sustainable features and extensive grounds. This

includes an apiary, apple orchard, agricultural planting fields, gardens and greenhouses, all of which support applied learning and research at the college while also providing thousands of kilos of fresh food each year for use in the kitchens and laboratories that support CFF programs, Bistro '67 and Pantry.

For more information, please visit [www.durhamcollege.ca/CFF](http://www.durhamcollege.ca/CFF).



## Meet and eat with . . .

### Nelson Bridger

JUNIOR SOUS CHEF, BISTRO '67

**What is your role at the CFF?** I'm an assistant to our sous chef, Peter Stewart. I help ensure the quality and freshness of the dishes we serve in Bistro '67 and also keep the line of communication open between myself, chef Stewart and executive chef Raul Sojo.

**Why is the CFF important?** The CFF is important because we are able to teach and guide the next generation of chefs that will be joining us in the industry, showing them how to use fresh local ingredients in their cooking. By having our own gardens full of fruits and vegetables on site, our students are able to walk the fields and see where a lot of the ingredients come from before they learn how to use them.

**Which dish is your favourite in Bistro '67?** It's hard to pick just one. I would be happy eating anything we produce in our kitchen! If I had to choose, though, it would have to be our Korean beef burger. It's made with house-ground Ontario beef, Korean BBQ sauce, daikon, crispy noodle, and Asian slaw with Korean mayo on a brioche bun.

## PREPARING FOR THE HOLIDAYS IN JULY

Ryan Cullen, CFF field supervisor, and his team of students have spent the summer perfecting their growing procedures in the fields to extend the growing season. This has been supported by a new, fully operational post-harvest facility, which allows students to harvest, wash, pack, and condition vegetables before storing them in climate-controlled refrigerators for long-term use.

With this new facility, the CFF team has been able to prepare further ahead, and plans are already under way for new holiday features, a New Year's Eve dinner menu and the dinner-to-go program. Keep an eye on the CFF's social media feed for more updates, or email Nicole Gibbens at [nicole.gibbens@durhamcollege.ca](mailto:nicole.gibbens@durhamcollege.ca) to book your next event.





# NEW DINING DOLLARS CARD AT THE CFF

Just in time for fall, the CFF is excited to introduce the NEW Dining Dollars card for Bistro '67 and Pantry. Pre-load your card to shop and dine while saving money and earning points.

All cards must be pre-loaded with \$100 and a minimum \$50 spend is required for every top-up thereafter. Accepted payment methods include: cash, debit, Visa or MasterCard.



Activate or top-up your account in-person in Pantry or Bistro '67, or contact us by email at [info.pantry@durhamcollege.ca](mailto:info.pantry@durhamcollege.ca).

If you'd like to still earn loyalty points without pre-loading your card with money, sign up for a Grow Your Rewards card.

## HOW DOES IT WORK?

- Pre-load your Dining Dollars card.
- Use your card to purchase daily take-out specials; fresh soups, salads and sandwiches; student-prepared meals-to-go; snacks; and CFF produce at Bistro '67 and Pantry.
- Save five per cent on every food purchase.
- Earn one loyalty point for each dollar spent and redeem 100 points for \$5 off your purchase at any time.

## BISTRO '67 HOURS

Tuesday to Thursday | 11:30 a.m. to 8 p.m.

Friday | 11:30 a.m. to 9 p.m.

Saturday | 5 to 9 p.m.

## PANTRY HOURS

Monday to Friday | 8 a.m. to 7 p.m.



These new specials will keep you satisfied all season long.

NEW student daily specials at

# PANTRY

| MONDAY   | TUESDAY                              | WEDNESDAY                 | THURSDAY                                      | FRIDAY   |
|--|--------------------------------------|---------------------------|---|--|
| <b>\$8</b>   | <b>\$11</b>                          | <b>\$7.50</b>             | <b>\$10</b>                                   | <b>\$10</b>  |
| <b>MYSTERY SPECIAL</b><br>Entrée with a side and can of pop. | Burger and frites with a can of pop. | Poutine and a can of pop. | Vegetarian taco with frites and a can of pop. | Grilled cheese with kettle chips and a can of pop. |



## No dinner plans? **We have you covered!**

Bistro '67 now offers dinners-for-four to-go. The field-to-fork meals, which include an entrée and two sides, are made ready to take home, re-heat and serve.

Dinners are available for pick-up in Pantry from Tuesday to Friday between 4 and 7 p.m. and must be reserved 24-hours in advance by emailing [info.pantry@durhamcollege.ca](mailto:info.pantry@durhamcollege.ca).

Craving something sweet or want to add on a special Bistro '67 condiment or soup? No problem – just request it when ordering.

With new meal options available every four weeks, and special holiday features, it's never been easier to enjoy local, gourmet dinners in the comfort of your own home.

**Please note:** there may be a 10 to 15 minute processing time to package and prepare your order at the time of pick-up.

### FOLLOW US ON SOCIAL MEDIA TO SEE WHAT MENU IS AVAILABLE THIS WEEK.

Facebook: @bistro67  
Twitter: @Bistro\_67  
Instagram: @bistro67





Created by second-year Culinary Management students for their final capstone cookbook project last spring, this indulgent dessert will make embracing the colder months easier — and tastier.

## CHOCOLATE STOUT CAKE

WITH IRISH BUTTERCREAM, CHOCOLATE GANACHE AND BUTTERED PECANS

### CHOCOLATE STOUT CAKE

#### INGREDIENTS

475 ml stout (or one tall can)

2 cups butter

2/3 cup dark chocolate, finely chopped

1 cup cocoa powder

4 and 2/3 cup all-purpose flour

5 cups sugar

1 tbsp. baking soda

4 eggs

1 1/4 cups sour cream

#### METHOD

1. Pre-heat oven to 350°F.
2. Grease and line three 8-inch round cake tins with parchment paper.
3. In a pot, bring stout and butter to a gentle simmer over medium heat.
4. Gently stir in chocolate and cocoa powder, once melted let cool slightly.
5. Whisk together all dry ingredients, sift twice, set aside.
6. In a stand mixer fitted with the paddle attachment or with a hand mixer, beat eggs and sour cream until light.
7. Slowly add the chocolate mixture and mix to combine fully.
8. Add the dry ingredients in three batches, scraping down the bowl after each addition.
9. Separate batter into three prepared cake tins.

10. Bake for about 60 minutes or until you can insert a toothpick into the cake and it comes out clean.
11. Remove cakes from oven and place on a wire rack.
12. Wait 10 minutes before removing the tins and cooling the cake upside down.
13. Once cakes are completely cool, level and ice as desired.

### IRISH BUTTERCREAM

#### INGREDIENTS

2 cups butter, softened

4 to 6 cups icing sugar, sifted\*

2 oz. Irish cream (such as Bailey's)

1 tsp. vanilla

1 tbsp. vanilla extract

\*add sugar to desired sweetness

#### METHOD

1. In a stand mixer fitted with the paddle attachment, beat butter until light and fluffy.
2. Add icing sugar, Irish cream and vanilla, mix to fully combine, continue beating icing until desired texture is formed.

### CHOCOLATE GANACHE

#### INGREDIENTS

1 cup 35% cream

1 cup dark chocolate, finely chopped

#### METHOD

1. Heat cream over low flame to a gently simmer.
2. Pour hot cream over chocolate, let stand for 10 minutes.
3. Start in the middle of the bowl and whisk in small circles to fully incorporate the chocolate into the cream.

### BUTTERED PECANS

#### INGREDIENTS

1 cup pecans, whole

3 tbsp. butter, melted

1 tsp. salt

#### METHOD

1. Pre-heat oven to 325°F.
2. Coat pecans in butter and place them on a parchment-lined baking sheet.
3. Sprinkle with salt and place in oven for 10 minutes or until fragrant.
4. Cool before use.

#### CAKE ASSEMBLY

1. Layer cake with icing, ganache and pecans.

#### FALL COCKTAIL

### — APPLE HARVEST

This unique cocktail was created in collaboration with Durham Distillery using Apple Spirit in the Sky brandy and apples harvested at the CFF in fall 2018.



#### INGREDIENTS

1 oz. Durham Distillery Apple Spirit in the Sky or apple brandy of your choice

1/2 oz. butter ripple schnapps

1 oz. aquafaba

1 oz. spiced simple syrup

1/2 oz. lemon juice

2 oz. sparkling water

Garnish: apple slice and star anise

#### METHOD

1. In a shaker with ice, add all ingredients except for sparkling water.
2. Shake vigorously and strain into a chilled glass.
3. Top with sparkling water and garnish with an apple slice and piece of star anise.



## CELEBRATE NEW YEAR'S EVE

Ring in the New Year with a delectable dining experience.

Tuesday, December 31.  
Reservations begin at 5 p.m.



## Sunday Brunch

Enjoy Sunday brunch at Bistro '67.

Sunday, October 20

Sunday, November 17

Sunday, December 15

Available for a limited time. Must be booked in advance.



## Dinner and a Movie

Includes dinner  
and adult admission  
to Landmark Cinemas

Available Tuesdays from 11:30 a.m.



for MOVIE LOVERS

**\$30** per person  
plus taxes &  
service charges



## CELEBRATE FAMILY

Book your private, family-style  
dinner for eight to 12 guests  
in the Bistro '67 Boardroom.

Available Thursday to Saturday for a limited  
time. Must be booked in advance.

For more information on the above features, to book a reservation or arrange accessibility accommodations, please call 905.721.3312, visit [www.bistro67.ca](http://www.bistro67.ca) or email us at [info@bistro67.ca](mailto:info@bistro67.ca).



# UPCOMING EVENTS

## BISTRO '67

**Sunday brunch** – Sunday, October 20; Sunday, November 17; and Sunday, December 15

**Fall menu launch** – Thursday, October 24

**Paint and Palate with Sarah Shaw** – Thursday, November 21

### Holiday hours:

Closed Sunday, December 22 to Thursday, December 26

Open Friday, December 27 and Saturday, December 28

**New Year's Eve prix fixe** – Tuesday, December 31

**Spring menu launch** – Thursday, February 20

**Easter brunch** – Sunday, April 12

**Mother's Day brunch** – Sunday, May 10

Visit [www.bistro67.ca](http://www.bistro67.ca) for more information or email [info@bistro67.ca](mailto:info@bistro67.ca) to make a reservation.

## W. GALEN WESTON CENTRE FOR FOOD

**Durham College Fall Open House** – Saturday, November 2 – 10 a.m. to 2 p.m.

## COOKING EXPERIENCE CLASSES

**Fall Baking** – Saturday, October 19 – 10 a.m. to 2 p.m.

**Baker's Collection – Short Crust Pastry** – Saturday, November 16 – 10 a.m. to 2 p.m.

Visit [www.durhamcollege.ca/cff/coned](http://www.durhamcollege.ca/cff/coned) to register.

*From field to fork*



## Celebrate

## Share the food you love!

Between Monday, December 2 and Monday, December 23, you'll be rewarded when buying gift certificates at Bistro '67 or Pantry.

- Purchase a \$50 gift card and receive an extra \$10.
- Purchase a \$100 gift card and receive an extra \$20.

[www.bistro67.ca](http://www.bistro67.ca)