

St. Charles
HEALTH SYSTEM



BITE
WEEK

PRESENTED BY



JUNE 23RD-27TH

EXPERIENTIAL CLASSES, DEMOS AND CHEFS' DINNERS



**The Bite of Bend Announces St Charles Health System
Bite Week presented by Cascade Culinary Institute:**

Five days of exciting culinary events in Central Oregon! Don't miss this unique lineup of demonstrations, dinners and classes. Join Oregon culinary stars in a diverse range of events. With events for every palate, the second St Charles Health System Bite Week presented by Cascade Culinary Institute will usher in the most exciting and interactive Bite of Bend yet!

first community
credit union

BITE

O F B E N D

Presented by



THREE CHEFS



▶ THREE CHEFS

DETAILS: Cascade Culinary Institute - Wednesday, June 25th at 6:00 pm - \$30 per person

Three of Bend's most exciting chefs will come together in one evening to allow you to sample the flavors that have made them famous. Executive chef Justin Goin of "Dojo", executive chef and owner Jeff Hunt of "Spork" and Bend newcomer executive chef and owner Paul Itti of "Wild Rose" will bring a world of exhilarating flavor to Cascade Culinary Institute's demonstration theatre. Global spices, authentic technique and a passion for the extraordinary are what these chefs have in common. Each will demonstrate a dish that showcases their unique culinary style. Enjoy a glass of wine from Methven Family Vineyards.

Justin Goin

Following his formal training in Tuscon Arizona, Dojo's executive chef Justin Goin traveled around the country for a few years before winding up back in Bend. Dojo's tiny kitchen produces big flavors where Goin and his staff are inspired not by any one country or region but a combination of vibrant and flavorful ingredients from the Far East.



Jeff Hunt

Just a few short years ago, Spork's executive chef and owner Jeff Hunt was the captain of one of Bend's most preferred food carts. From festivals to concerts, Spork's shiny silver airstream trailer was easy to spot and always a favorite. Now his brick and mortar restaurant on Galveston Street is where chef Hunt has developed an unforgettably delicious and eclectic menu based on expeditions to faraway places from Bangkok to the Yucatán.



Paul Itti

Wild Rose's executive chef and owner Paul Itti comes to Bend via his native city of Chiang Mai in northern Thailand. Inspired by his favorite longtime family recipes and motivated by the success of southeast Portland chef Andy Ricker and his tremendously popular restaurant Pok Pok, Chef Itti chose to create his own menu of crave-worthy authentic Thai "street food".



DINNERS

▶ Bette Fraser

Grilling from the Bounty of a CSA Box

Hazelnut Hummus with Beer • Smoked Trout Paté • Butterflied Leg of Lamb with Red Pepper Spackle • Grilled Squash Ribbons with Prosciutto & Mint Dressing • Carrot Medley – Raw, Roasted & Fermented • Berry Sorbet with Buckwheat Hazelnut Sablé

DETAILS: Widgi Creek - Monday, June 23rd at 6:00 pm - \$65 per person

Chef Bette Fraser's philosophy for a great meal is simple; buy local products from organic farmers and let the seasonal food speak for itself. That has been the basis for The Well Traveled Fork, a diverse gastronomic company that offers culinary tours throughout Central Oregon, as well as cooking classes, catering and personal chef services. Join in on the fun and taste the delicious food. Follow the Fork!



▶ Ingrid Rohrer

Executive Chef Ingrid Rohrer invites you to indulge in an amazing five-course meal showcasing her knowledge of sustainable and local ingredients found

here in the Pacific Northwest. Her extensive travel through Europe and Mexico along with her time spent in restaurants in and around the San Francisco Bay area has inspired her to create authentic, seasonal fare with her own Central Oregon style. Join her and the staff at 10-Below at the beautiful Oxford Hotel to welcome one of Bend's hottest new chefs.

DETAILS: 10 Below - Wednesday, June 25th at 6:00 pm - \$75 per person

10 Below at the Oxford Hotel is proud to welcome Ingrid Rohrer as their new executive chef. Chef Rohrer recently relocated to Bend from the San Francisco Bay area where for the last 8 years she worked for Bon Appetit Management Company, a chef driven food service company who set the gold standard by being the first of its kind to require responsible practices in food service such as sustainable seafood, cage free eggs, antibiotic free meats and RBGH free dairy. Prior to Bon Appetit Ingrid was the chef de cuisine for Earthbound Farm in Carmel California where she opened one of the three certified organic kitchens in the country at the time. She is a graduate of the California Culinary Academy in San Francisco, and graduated with honors in 1914. From the age of 14, Chef Rohrer has been in the food service industry working in restaurants in Fresno, Carmel, Santa Cruz, San Francisco and Berkley. She now lives in Bend with her husband Craig and her two dogs, Sammy and Sienna



▶ Joe Kim Lisa Glickman

James Beard semifinalist Chef Joe Kim teams with Private Chef and Top Chef stage MC Lisa Glickman to create a spectacular meal showcasing the finest ingredients the Northwest has to offer.

DETAILS: 5 Fusion And Sushi Bar - Thursday, June 26th at 6:00 pm - \$85 per person

James Beard semifinalist Chef Joe Kim is fresh off a recent stint behind the scenes at Alinea restaurant in Chicago. He will add his special Central Oregon flair to what he mastered shadowing executive chefs Grant Achatz of Alinea and acclaimed chef Thomas Keller from the infamous "French Laundry" in Napa Valley. Chef Kim is a past winner of Bend's Top Chef competition and his restaurant 5-Fusion and Sushi Bar was named restaurant of the year in 2012.



Lisa Glickman learned her skills in the kitchen by working alongside executive restaurant chefs and cookbook authors during her time at Portland's "In Good Taste". A well known private chef, Lisa also teaches cooking classes and has written food related articles for "1859 Oregon's Magazine", "The Source Weekly" and "Oregon Jewish Life". "Being able to assist great chefs in the kitchen gave me an invaluable education on preparing and executing beautiful food... it will be an honor to work alongside Chef Kim!"



DEMOS



▶ Navidis: BEYOND SALAD DRESSING

DETAILS: Cascade Culinary Institute - Tuesday, June 24th at 5:30 pm - \$5 per person

Kim, manager of Navidi's olive oils and vinegars, knows that oil and vinegar can be used for so much more than just a dressing for salads. Join Kim at the Cascade Culinary Institute where she will demonstrate how their earthy flavor and bright fruity notes will be used to create Navidi's recipes for tangy coconut lime shrimp, blood orange fudge brownies and a refreshing blueberry balsamic lemonade.

▶ Mindful and Intuitive Eating

DETAILS: Locavore - Tuesday, June 24th at 5:30 pm - \$5 per person

Improve your relationship with food as we explore the idea of Mindful Eating, a hot topic in today's over-stimulated food culture! Gain knowledge of the importance of mindful practices and leave with tools to integrate this into your daily life. Empower yourself to make choices that support your health and well being while having more pleasurable and thoughtful dining experiences!

▶ The Art of Tenderness: Cooking Grassfed Meats to Perfection - by Chef Thor Erikson of Cascade Culinary Institute

DETAILS: Primal Cuts - Wednesday, June 25th at 5:00 pm - \$5 per person

Everyone knows that grassfed meats are healthy and nutritious, but cooking it just right can be a challenge due to the high protein to fat content. In this demo you will get learn realtime tips from a grassfed-meat culinary expert on how to produce delicious, nutritious and tender meat, every time. You will learn why overcooking is a crime, marinating is magnificent, searing is your friend, slow and low is the way to go.

DEMOS

▶ BEST WINES YOU'VE NEVER HEARD OF

DETAILS: Cascade Culinary Institute - Wednesday, June 25th at 5:00 pm - \$5 per person

Join Lance Steffen of Vinum Importing as he draws on his twenty year experience in the industry as retailer, distributor and avid educator to introduce you to boutique wines from the Western States, France, Italy, Spain and beyond. Share his passion for discovery and pairing these wines with foods to delight and inspire you for summer entertaining.

▶ Infusions 101 - Edible, Spreadable & Medicinal by Jessica Grabowski, M.S., PA-c

DETAILS: Locavore - Wednesday, June 25th at 5:15 pm - \$5 per person

In this demo you will discover how to make nourishing herbal infusions and why they are so beneficial to your health. You will also learn how to preserve fresh herbs in vinegar and honey to capture their nourishing goodness. You will be amazed at how easy it is to make these healthy and delicious infusions and wonder why you didn't do it sooner.

▶ Preserving the Bounty: Eat Local All Year Long with Easy Home Canning, Drying, and Fermenting by Nicolle Timm, Founder and President of Central Oregon Locavore, OSU Certified Master Preserver

DETAILS: Locavore - Wednesday, June 25th at 6:00 pm - \$5 per person

Eating seasonally is easier said than done in the high-desert climate of Central Oregon where the growing season is no longer than the time it takes you to walk from one brewery to the next. In this demo you will learn how to eat locally (and frugally) all year round by finding, harvesting and preserving the local bounty while it lasts. Learn about local gleaning opportunities, home canning safety and optimal storage methods.

▶ Chocolate Element Wine & Chocolate Pairing Demo

DETAILS: Chocolate Element - Thursday, June 26th at 5:00 pm - \$5 per person

"In this demo you will learn the basics of pairing wine and chocolate. A discussion will cover the basics of flavor matching to enhance the experience of both. We will discuss different wines and port and how they pair with chocolate; including the matching flavors, type of chocolate, wine and boldness of wines will round off the discussion. Afterwards there will a short tasting of wine and chocolate."

Central Oregon Locavore

Central Oregon Locavore is a non-profit organization that improves access to fresh, in-season, nutrient-dense, local food. and educates the community about the benefits of sustainably produced food from local farmers and ranchers. COL promotes a more ecologically and socially just food system that supports greater community wellness, public health and the local economy.

SIGN UP FOR BITE WEEK AT WWW.BITEOFBEND.COM

Chocolate Element Corrupting You Deliciously!

Do you dream of specialty chocolate so good that a single bite satisfies even your most intense craving? Welcome to Chocolate Element, a wine and chocolate bar located in Bend, Oregon. And we don't stop there.

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CLASSES



CLASSES



▶ Making Craft Beer - Art or Science?

DETAILS: Cascade Culinary Institute - Monday, June 23rd at 4:30 pm - \$15 per person

Learn how to make craft beer at home. Tom Gilles, Brewer/Owner of Platypus Pub and The Brew Shop will teach the basics of homebrewing. In the class you will learn how the blend of art and science is needed to create a great beer. There will be some hands on brewing as well as couple samples of home brewed beer.

Additional Info:

The two beers we will sample are from the American Homebrewers Association Big Brew Day 2014. We will brew them for the event with some of the members of the local brew club Central Oregon Homebrewers Association (COHO). One is called Regal Pale Ale. The other is Split Open and Melt Imperial Stout.

▶ Let's Get Steamy!..... (and Dumpy)

DETAILS: Cascade Culinary Institute - Monday, June 23rd at 5:45 pm - \$15 per person

Dump City Dumplings is proud to partner with Lay It Out events and The Cascade Culinary Institute and to play a role in this year's Bite of Bend week of culinary classes. Join executive chef Dan Butters as he demonstrates how to rub, roast and sauce a pork shoulder. Easy to substitute with roast Tempeh, the shoulder is paired with carrots and cabbage and then drizzled with a traditional Chinese blend of sauces. After learning how to prepare the shoulder, participants will get a hands-on experience of rolling their own dumplings as chef Dan teaches the ancient art of Dumpling rolling. Of course, no culinary class is complete without something tasty to leave with, so while the Dumplings are steaming chef Dan will explain the benefits of simple steam cooking using bamboo steamers. Students need bring only their appetite and be ready to get a little steamy! Host: Executive Chef Dan Butters, Dump City Dumplings Co-Owner.

▶ Keeping it Sweet - Delicious and Nutritious Desserts

DETAILS: Cascade Culinary Institute - Monday, June 23rd at 7:00 pm - \$5 per person

Learn how to modify some of your favorite desserts with REAL food substitutions or cooking techniques that improve overall nutrition, taste delicious and won't break the blood sugar bank! We will amaze you with simple ways to make healthier desserts taste as yummy and indulgent as ever! Enjoy tasty samples of Blackberry Macaroons, Paleo, Vegan Chocolate Pudding and Salted Almond Ice Cream. See and taste how it is done in class and take the recipes home! Gluten free, nut free, and dairy free options also presented.

▶ Step Up Your Spice

DETAILS: Cascade Culinary Institute - Tuesday, June 24th at 6:30 pm - \$20 per person

A sprinkle, a pinch or a dash may be how we refer to spices, but Mathew Perry of Savory Spice Shop will uncover unique ways to step up your spice to create everything from dips to dessert! Matt is the "supplier of spice" to some of Bend's finest eateries. His vast knowledge of spices, herbs and extracts adds exciting flavor to any meal. Join him at the Cascade Culinary Institute's demonstration theater to change the way you think about adding some spice to your life!

▶ Backbone of Butchery

DETAILS: Primal Cuts - Wednesday, June 25th at 6:00 pm - \$20 per person

Bryan Tremayne chef and owner of Bend's beloved west side butcher shop "Primal Cuts" invites you to join him for an evening exploring the backbone of butchery. Spicy sausage, smokey charcuterie and the freshest cuts of beef and pork are always available at Primal Cuts for discerning cooks who value Bryan's dedication to local producers and old-world technique. Bryan shares his tips and lets you sample recipes along with tastings of in-house beers from "The Growler Guys" and next door's "Paradise Produce".

▶ Sips, Dips and Marinades – Savory Ways to Enhance your Summer Celebrations from Prep to Plate

DETAILS: Cascade Culinary Institute - Thursday, June 26th at 5:00 pm - \$20 per person

Summertime and the livin' is easy and tasty! Learn how to prepare delicious and nutritious dips and marinades using whole food ingredients that add flavor and beef up nutrition. Recipes will be paired with wines to enhance your summer fun. This hands-on cooking class will demonstrate, teach and indulge your taste buds. Take your creations home!

Primal Cuts

Locally raised, sustainable, carefully chosen, high-quality meat market. The mission is simple: serve delicious, affordable food that guests will want to return to week after week.

CASCADE CULINARY INSTITUTE



▶ CASCADE CULINARY INSTITUTE

, at Central Oregon Community College, offers competency-based instruction in a nurturing environment, with an emphasis on sustainability. Certificates and degrees include Culinary Arts, Baking and Pastry Arts, Sustainability, Nutrition and Restaurant Management.

▶ MISSION

Cascade Culinary Institute inspires high-level conceptual learning and competency-based skill proficiency with an emphasis on hospitality industry career preparation.

▶ VISION

Cascade Culinary Institute achieves "Best in the West" academic excellence, demonstrated by exceptional placement and by high satisfaction rates of students, graduates and employers.



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