

# **An Extraordinary Culinary Experience**

## **Post Event Recap**

### **A Senior's Perspective:**

**By Godfrey Cunningham**

Congratulations to the Committees of the Canorient Seniors Club as well as the Canorient Main Body, not forgetting the youth who organized this 'So Out of the Ordinary Event'. This was appropriately termed as an 'Intergenerational Event'.

The event held on February 5<sup>th</sup>, 2023 started at 11:30 am and was hosted by none other than the Toronto famous Haines Jones, a renowned Chef who so beautifully and professionally displayed his talents and expertise to the participants who hung onto his every word. Haines expertly conveyed the ease in which a three course meal can be prepared, emphasizing the DIY experience. The procedure was easy to follow. Haines started off with a salad, followed by a main course of lobster & shrimp and finally a dessert. All the raw materials / ingredients / condiments were brought in by Haines himself, proportionately arranged for each table and each individual, keeping in view the number of participants at each table, thereby waiving aside the confusion of quantities etc. that would have ensued. Besides the cooking experience, emphasis was laid on the presentation of all courses. For a person who did not cook, this whole experience was a bonanza. Each participant was given an apron, gloves, and serviettes and topped off with a chef's 'Toque'. Recipes will be posted on the website. To appreciate the uniqueness of this culinary experience, one had to be present. No number of pictures or write-ups could ever do justice.

Keeping in view the theme of the day, games were organized with prizes and appropriate music was provided by Charles Soares with some dancing, appreciated by all. Tea, coffee, pop and water was available throughout.

Haines concluded this unique event by thanking the organizers and participants with a special thanks to his mentor and Dad, Henry Jones who was present to assist his son.

## **The Youth's Perspective:**

A fantastic event organized by the Canorient Seniors Group! On Sunday, February 5th, young and young at heart participants gathered to partake in a culinary lesson instructed by Chef Haines Jones, a cook with a catering business that he runs with his dad, Henry Jones. This intergenerational event was fabulous and everyone had a blast!

As the people entered, they were seated at tables and given an apron and a chef's hat. A "younger" person was seated at each table to assist the seniors. The youth had a great time conversing with and getting to know the seniors at their table.

The first course that Chef Haines guided us through was a winter pear salad. The yummy salad had a spinach base with pears, pomegranate, a dressing consisting of lemon and orange juice mixed with olive oil, and topped with feta cheese and candied walnuts. Everyone took turns preparing the dish with care and learned lots of handy tips from the chef along the way!

The second course was a seafood roll, made primarily with shrimp and lobster. This, otherwise simple, dish was elevated with a special sauce, prepared by Chef Haines. The group was also taught how to make an absolutely delicious avocado salsa consisting of corn, red pepper, onion, lime juice, and of course avocado, which paired perfectly either as a topping or side to the roll.

The third and final course prepared was dessert—a concoction called "Sweet Island". The participants learned how to beautifully plate a mango cheesecake mousse, Ube ice cream, and a dark chocolate beet cake, along with strawberries and additional garnish such as crumbled pistachios to really pull the dish together.

After each course, the participants enjoyed eating all of their creations, appreciating the outcomes of their hard-work. At the end of the event, everyone enjoyed a few rounds of trivia, led by the Canorient President, Desiree D'Souza. Each group had the opportunity to take home a lovely prize.

Overall, the day was a hit! All the participants, the young, not so young and the seniors, had an amazing time. We not only learned how to prepare such tasty dishes, but also how to plate and present them in a beautiful way, along with receiving numerous tips on food preparation and cutting techniques. And to top it all everyone got a chance to mix with people from different age groups and to learn from each other during the process. We would like to thank the senior committee for hosting such a lovely event, as well as Chef Haines for leading this culinary lesson!