

Amica at Whitby: a local food paradise

Amica Mature Lifestyles is well known as being one of the most innovative operators of seniors' retirement residences in Canada. With a focus on providing luxurious care and enriching the quality of life of seniors, it is no wonder that Amica at Whitby was named 2010 Readers Choice Award winner for Best Retirement Home in the Durham Region.

As with all 25 Amica Retirement Community locations, Amica at Whitby offers a superior level of quality and a lively, welcoming environment. Walking in the doors of this location, you can sense the family-like feel and positive energy. This facility meets the needs of its residents by offering care-free, secure living in a quaint, vibrant town. Fitting with this theme of excellence, Amica at Whitby delivers a high-quality fine dining service carried out by Executive Chef Michael Stewart.

Having worked in a variety of National and International culinary centres throughout his career, Chef Michael brings a wealth of knowledge to his current role. It was not until witnessing the joy of food experienced by an ill relative, however, that he discovered his passion for seniors' dining. His life experiences help Chef Michael lead the culinary team of Amica at Whitby and maintain corporate goals of providing fresh, nutritious foods to residents.

Pairing with Sysco Produce, the kitchen staff of Amica at Whitby attempt to make use of local produce whenever and wherever possible. Diners notice and appreciate the fresh foods offered to them at every meal. Local food displays are often featured in the dining room of Amica at Whitby to create a market-type atmosphere where residents can explore. Amica as a whole has initiatives that involve incorporating federally inspected local products (not just produce) into their homes.

Community members in Whitby were recently given the chance to gain a behind the scenes view of Chef Michael's kitchen and see how various dishes are prepared and perfected. As well, all Amica Communities host their own "Taste of Amica" events four times per year where community members are invited inside for a mini food festival. In Whitby, the day starts with a continental breakfast buffet bursting with fresh fruit, and leads into a luncheon of action stations – live cooking stations where kitchen staff prepare pastas, salads, barbecued items, and desserts to name a few.

Amica at Whitby and Amica Mature Lifestyles as a whole take every opportunity possible to showcase their foods and their communities. These homes are deservedly proud of what they have to offer their residents – superior, secure living with a high-quality, five star dining flair!



Roasted Butternut Squash Salad with Grilled Chicken & Cider Vinaigrette

Yield: 2 servings

Ingredients:

2 cups Butternut Squash, diced
2 tbsp Olive Oil
2 tbsp Maple Syrup
4 oz Spring Mix
2 Tortilla Shells, deep fried (or Naan Bread, grilled)
2 6 oz Chicken Breasts, grilled

Dressing:

2 tbsp Cider Vinegar
2 Onions, minced
1 cup Apple Juice
2 tbsp Olive Oil
1 tsp Dijon Mustard
1tbsp Honey
Salt and Pepper (to taste)

Preparation:

Preheat oven to 400°F. Combine diced squash, olive oil and maple syrup in mixing bowl. Place on baking tray; cook 15 to 20 minutes. Make dressing while squash cooks. Combine cider vinegar, onions, and juice in saucepan. Bring to boil over medium heat for 6 minutes or until reduced by half. Let cool then whisk in remaining ingredients. Let dressing set for 30 minutes. On a large dinner plate, place half spring mix in each tortilla shell (or naan bread). Remove squash from oven. Spoon dressing to coat squash completely (reserve some dressing for final step). Place squash evenly on tortilla shells (or on naan bread). Place grilled chicken on plates beside squash salads. Spoon leftover dressing over chicken and serve immediately. Garnish with grilled peppers, corn and zucchini.

