

American Culinary Federation

Harrisburg Chapter- PA 181



MISE EN PLACE

August 2020



President's Greeting

Good day to each of you,

I hope that you remain safe and well as this reaches you. This month I attended a round-table discussion the PRLA hosted with PA Legislators. It was disheartening to hear the status of our industry first hand, and the trickling effect this pandemic is causing. Many students and educators started the school year off last month, much different this year than ever before. An extra thank you to Anna Smith for making and donating masks to all the students at HACC. Please continue to focus on your health, including your mental health.

Our September meeting will be a collaboration of several chapters joining for an educational presentation by Pastry Chef William Racin, CEPC, on September 21 from 6:30-8:30 pm via Zoom. Chef Racin will demonstrate three styles of molded truffles that use all-Natural ingredients. By removing the artificial colorants and dyes, a more natural and appealing look and flavor is produced. A series of popular pastry brands included in the demonstration will be Felchlin products and PCB Cocoa Butter colorants. Chef Racin will also be using some convenience nut products the increase production efficiency without sacrificing any flavor or quality. These recipes are adaptable to a multitude of flavor combinations and presentations. **Please note, the Zoom Meeting Information for this presentation will be sent out to chapter members at 5pm on Monday, September 21st.** I thank Chef Brian Buskey, President of the Pittsburgh ACF Chapter, for hosting!

I look forward to seeing you all at our September Chapter meeting via zoom on Monday, September 21st **starting after the educational presentation at approximately 7:45 pm EST.**

To join the meeting, click: <https://hacc.zoom.us/j/92114074070?pwd=cFZxMUxvNXJ0RC83M3hVOEh4YnVtZz09>
Meeting ID: 921 1407 4070; Passcode: 713747. Connect your audio via computer or join by phone: 1-312-626 6799

Be well, stay healthy and happy.

Chef Autumn Patti

ACF Harrisburg Chapter President, Treasurer

Student Spotlight

Rasheeda Carter

As a Chapter, PA 181 is no stranger to Rasheeda Carter. For any members who need a quick refresher, Rasheeda has been a top contender to our Student Competitions! She so far has placed 1st in the Pie and Healthy Cookie bake offs, and recently placed 2nd in the Chili Cookoff. And be on the lookout, because she will be submitting yet another entry into the Taco Tournament!

Rasheeda is soon to complete her Culinary and Baking Certificates at HACC within the year, then pursuing her Associates in Business Management. Her next step is simply to get going on her internship with Chef Barry Crumlich at PA's Governor's Residence, and at Raising the Bar Bakery in downtown Harrisburg. Until that time Rasheeda has made the plunge and started her own baking business- Rasheeda's Goodies. From cupcakes to tortes long as she gets a 2-week notice, the sky is the limit!

From the start, Rasheeda was not aware of how submersed she would eventually become into the kitchen community! It started with participating in preparing meals for the Ronald McDonald House, and making cookies for HACC's Library for an annual event. She continued to volunteer her time, in between her classes and being a full-time wife and mother to her three children! As time progressed Rasheeda was a crucial piece into the success to HACC's 2018 Holiday Party, a March of Dimes event at the Antique Auto Museum, and the PA Farm Show. Even at the Farm Show Rasheeda was asked to compete in a Student Chopped Competition- and you guessed it, her Team took 1st place! Coming down off that win, she was a part of the FOH for HACC's Accreditation Luncheon, and was asked by Chef Barry Crumlich at the PA's Governor's Residence to design a hors d'oeuvre menu for the State Dinner, as well as assist with the dinner itself. Later on, she became the Treasurer for the Culinary and Baking Arts Club at HACC.

All while back in the classroom, Rasheeda was exceling in her labs and projects. In her final culinary lab class Rasheeda presented an outstanding presentation on African cuisine, as well as create a menu that was featured at HACC's Chef's Apprentice. While in baking labs she executed a well thought out, and planned bread display, later topping that off with a wine and cheese chocolate display!

While at HACC Rasheeda has received numerous awards and recognition including The Culinary Arts Toque Blanc Award, and Dean's List.



Ingredient of the Month

August 2020 – Umami

From <https://www.acfchefs.org/ACF/Partnerships/Chef and Child/Ingredients/ACF/Partnerships/CCF/Ingredients/>

Umami or savory taste is one of the five basic tastes (along with sweetness, sourness, bitterness, and saltiness). It can be described as a pleasant "brothy" or "meaty" taste. Umami has a mild but lasting aftertaste associated with salivation and a sensation of furriness on the tongue, stimulating the throat, the roof and the back of the mouth.

Umami substances have been considered to be "flavor enhancers." Umami occurs in many foods naturally or after cooking, aging, or fermentation. Foods rich in umami include cheese, seaweed, dried fish and mushrooms.



Civilizations have been concentrating an umami taste in their foods for hundreds of years. However, umami was first scientifically identified in 1906 by Kikunae Ikeda, a professor of the Tokyo Imperial University. He found that glutamate (a non-essential amino acid) was responsible for the palatability of the broth from kombu seaweed. He noticed that the taste of kombu dashi was distinct from sweet, sour, bitter, and salty and named it umami. Ikeda learned how to produce glutamate in industrial quantities and patented the notorious flavor enhancer MSG (monosodium glutamate). Scientists had debated whether umami was a basic taste since its discovery. However, in the year 2000, umami was found to have its own receptors rather than arising out of a combination of the traditionally recognized taste receptors, and therefore scientists now consider umami to be a distinct independent taste.

Interesting Facts about Umami

- The name umami can be translated as "pleasant taste" in Japanese.
- This fifth taste is referred to as xianwei in Chinese cooking.
- The ancient Romans made an umami-rich fermented fish sauce called garum.

R.L. Schreiber's Umami Base

A concentrated brick red all-purpose viscous smooth paste imparting balanced flavor - boosting savory notes that add intrigue to any dish. R.L. Schreiber's Umami Base brings out the savoriness of protein from meat, fish, dairy and vegetables. R.L. Schreiber's Umami Base contains: No added MSG; Gluten-Free; Vegan; Free of any big 8 allergens: Milk, Soy, Wheat, Tree Nuts, Eggs, Fish, Shellfish, Peanuts; No artificial flavors or colors; Zero Fat; and Zero Cholesterol.

Complete the quiz by logging on to the [ACF online learning center](#), to earn one hour of continuing-education credits toward ACF certification.

2020 Meeting Locations & Education

All meetings start at 7:00 pm, unless noted and are also found on our website: www.acfharrisburg.org with addresses and any special directions.

January 20, 2020	Hilton Harrisburg – Chapter Awards “Wagyu Beef from Eleven Oaks”
February 17, 2020	Sysco of Central PA, “Lenten Meal Choices”
March 16, 2020	Via Zoom, recording: https://youtu.be/gaGhdx2O_k
April 20, 2020	Via Zoom, “Pies” recording: https://youtu.be/NshLAFeTDjA
May 18, 2020	Via Zoom, “Dairy trends, and nutritional cooking with local cheeses” Recording: https://youtu.be/dQL5cphxVTQ
June 15, 2020	Via Zoom “Ice Carving Logos” with Chef Tom Long Recording: https://youtu.be/VvEH3onm4SQ
July 20, 2020	Via Zoom “Beekeeping and Honey Harvesting” with Chef Barry Crumlich Recording: https://youtu.be/qj1fu0CsqC4
August 17, 2020	Via Zoom, “Catering Operations during COVID-19” with Chef Jay Varga, Executive Chef, JDK Catering Group Recording: https://youtu.be/H-EutkPw2A0
September 21, 2020	Via Zoom: “Molded Chocolates” with Chef Racin (zoom link will be sent out 9/21) Chapter meeting at 7:45pm: https://hacc.zoom.us/j/92114074070?pwd=cFZxMUxvNXJ0RC83M3hVOEh4YnVtZz09
October 19, 2020	Hershey Country Club—Golf outing Via Zoom: “Candy Making” with Chef Notter Chapter award and board nominations
November 16, 2020	Via Zoom: AgWorks at CCA Virtual Tour & Presentation Chapter voting begins
December 21, 2020	TBC John Gross – Holiday Party Cookies for Ronald McDonald house

2021 MEETING HOSTS & EDUCATION PRESENTERS NEEDED

If you are interested in hosting a meeting or would like to provide an educational component, please contact Autumn Patti at arpatti@hacc.edu or acfharrisburg@gmail.com

Meeting Minutes from August 17, 2020:

Meeting began via zoom at 7:00pm – Motion Chef Arnold, 2nd Chef Padamonsky, approved by all in attendance
Board in attendance: Present— Chef Autumn Patti, Chef T. Durgey
Number of participants in attendance: 28

Autumn greeted the Chapter and welcomed everyone to the meeting including guests. Members in attendance introduced themselves.

Pledge by: Chef Patti Prayer by Chef Gipe

Autumn started the meeting off with turning it over to Chef Gipe for an announcement on the Chili Bowl Competition. He first thanked the two participants. While we only had two entries, the quality of them were outstanding. A big thank you to Chef Dawson Flinchbaugh, the Chili Chief who runs the chili competition in the Harrisburg area for the International Society of Chilies, as he helped judge the competition.

It was down to a half of a point difference between the two entries. First place was awarded to Donald Bartch, HACC Culinary Arts student. Chef Gipe showed the winning prizes (pictured on right). Thank you to Laser Leaf for the carvings, John Gross & Co. for the gift certificate and chili pot. Donald will also have the opportunity to have his chili featured for a week at Flinchy's, as well as get the opportunity to judge the chili competition when it is scheduled.

Second place goes to Rasheeda Carter, receiving a carved chili bowl and cutting board. Chef Gipe noted the hard work Rasheeda put in and her project was amazing. Chef Gipe noted she met all the required tasks, pictures, and even went above and beyond in making a fresh sourdough to serve with it. She was also awarded the Judge's Award.

Just Like Me Chili (Sweet and Hot)

A fascinating sweet and spicy blend to awake your taste buds. This vegetarian chili has a mild bite that lingers on the back of your tongue. An intense personality with a rich bouquet of aromatics and hints of smoke.



Secretary's Report:

July Mise En Place can be found on the website, and was emailed out as both a pdf and word document. Autumn asked a few questions to highlight the Ingredient of the Month, and the 2 students featured in the Student Spotlight, Katlyn Nissley and Shon Messick.

Motion to approve the July 2020 minutes as written and recorded in *July 2020 Mise en Place*:

Motion: Chef Gipe, 2nd Chef Peffley, accepted by all in attendance

Treasurer's Report:

Autumn presented the August 2020 report.

July 2020 report- Total: \$9521.96

- Checking acct: \$2174.73 (changes: -\$10.00 service charge, +\$209 ACF Rebates)
- Savings Acct: \$7347.23 (includes +\$0.45 interest)
- Autumn noted that she did pay the website maintenance bill for \$82.50, however, it has not cleared yet.

Motion to approve the Treasurer's Report: Chef Gipe, 2nd Chef T. Harris, accepted by all in attendance

President's Message

Autumn provided a summary of the ACF Virtual National Convention and highlighted several videos still available to check out. All videos will be available until September 17th. A virtual awards ceremony was held on facebook, with Chef Susan Notter receiving the 2020 ACF Presidential Medallion. Congratulations Chef!

Autumn updated the chapter on the ACF Board of Governor's Meeting held on August 6th. Chef Tom Macrina

is now the acting ACF National President, and while unexpected, he said he is up for the challenge. He also communicated that he had not received any additional information about Chef DeCambra's personal decision and asked the rumors come to an end. His State of the ACF address included accomplishments made by the organization in the wake of this pandemic with deferring memberships, providing free webinars, and more. He addressed the financial status of the organization with an overall credit debt of \$990,000. He listed 4 different years from 2014-2019 that losses were incurred accumulating the loss. James Taylor gave a detailed treasurer's report showing the decrease in profits, slight increase in investments, and less revenue from membership. When asked if there was a financial plan for us to get out of this debt, the response was "we are working on it."

Membership changes include a new monthly payment option and digital credentials coming out shortly. The organization currently has 168 chapters with just under 14,000 members. New chapters include Ecuador and East Florida. The new Ethics and Internal Audit Chairs were announced. Nominations for the National ACF Board opened with Chef Barry Young accepting the nomination for a second term as VP of the NE Region.

Two bylaw changes were approved at the meeting. The first included simplified language to note that the Board of Directors may not vote, including with a proxy. The second change clarified that two terms in the same position on the board is the maximum for any one member, regardless if they are consecutive terms or not.

The ACF Chef Connect in Nashville is still on for October 26th-28th. Pittsburgh is on the books for March 2021.

Education

Autumn introduced Chef Jay Varga, Executive Chef of the JDK Catering Group. Chef Varga shared his experiences working through the pandemic and how the JDK Catering Group has adapted to be able to stay in business. They have begun offering family meals, boxed lunches delivered for virtual meetings, Daycare lunches (500 lunches a day, 5 days a week), micro-weddings (12-18 people). Outdoor events posed more challenges, and buffet stations all need to be chef tendered now. Chef Varga answered a variety of questions and really provided a great inside look into what they are doing during the restricted guidelines.

To view the full presentation, click on the recording and start the timer at **00:11:36-00:43:04**

Education Committee

The Educator Approved Video Resources on the acfharrisburg.org website is updated weekly. Email arpatti@hacc.edu or acfharrisburg@gmail.com if you have resources to contribute to this.

Autumn thanked Anna Smith for taking the lead on sourcing and collecting the resources for our chapter's education page. The resources are being used!

Anna mentioned she has a new lead on a presenter focusing on vinegars and will touch base with Chef Notter about the October demonstration. Autumn asked Anna if she had seen the chapter collaboration invitations on Chef's Table. Several chapters are looking to join together, as many of our meetings are on the same dates and times. The chapter agreed this would be a great option to join into another chapter's meeting in the future.

All education presentations and meeting locations are found in the monthly Mise en Place on page 4 (above), yet are tentative based on our current environment changing weekly. Autumn noted that all meeting locations will be tentative at this point, but will be held via zoom until further notice.

Competition Committee

Autumn asked Renee and Faith to introduce the next student recipe competition. They created a Taco Tournament that opens tonight after the meeting and entries are due Sept. 13th at 11:59 pm. See the flier and our facebook page for the specific details and more information.

Social Media Committee

Renee reported that our Facebook page and Instagram are doing well, but she feels she is shadowing in everyone's background. What she really needs is ORIGINAL content to share. She needs pictures to share-share your pictures! She changes our cover picture often and is building interest. Please send any pictures to Renee to be able to upload. She is sharing members' posts and local things happening. She wants to build the page to represent what our chapter wants it to represent. She asks members to feed her content. She tries to see what is going on, but she can't catch it all and is requesting help. Email her at rj_nasta@yahoo.com or text her pictures at 1-717-821-3531.

Also, check out our chapter's YouTube channel: *ACF Harrisburg!*

Junior Membership/ Student Outreach

Faith Brenneman highlighted the Student Spotlight section in the newsletter. She asked that the link be resent out to instructors to receive more student bios. Autumn will send it out tomorrow. If you would like to nominate a student to be featured in our Mise en Place, please complete the following form:

https://docs.google.com/forms/d/1aUB_PT_gwQ8tGCQXAkEgbf9GBYja5QMA7j2DJDzckY/viewform?edit_requested=true

Faith approached the chapter on a new student initiative regarding masks for students. While students at HACC are required to provide their own, Brian said LCCTC will be providing students with them. Faith had researched a cost, however suggestions were given for a few individuals that would possibly donate them. Anna Smith generously offered to make masks for all the students at HACC and drop them off next week. Thank you Anna!

Autumn asked for an update on the apprentices. Bob reported they are continuing their online coursework. Once they are able to get back in the kitchen at school, they will work on different skills utilizing ingredients onhand to hopefully sell to the staff at the school. They are still waiting to be called back to the properties, with a meeting scheduled next Monday for an update.

Certification Committee

Very little activity is happening with the government restrictions still in place. Most communication is with extending certifications and accreditations, needing to defer them for a timeframe. There are no local testing sites available, so no certification testing is happening.

Written exams are open if anyone is interested. All certifications from accredited schools are still being processed, send them in!

Accreditation Committee

Brian reported that there is nothing new to report on the accreditation front.

If anyone needs a strong contact at the National Office with accreditation and certification, contact Kivi Hermans. She will help with anything she can and is a great contact to have. Her email is

khermans@acfcchefs.net

American Academy of Chefs

Bob had no new news to report. As mentioned previously, the Nashville Dinner is progressing. It will be held on October 28th with Executive Chef Jake Strain at the Westin Nashville Hotel. Inductees for 2020 include 21 Inductees, 6 Honorary, and 6 Hall of Fame inductees including Chef Dan D'Angelo from the Delaware Valley Chapter. Autumn noted that this is the 65th anniversary, and 20% of the proceeds from the patches are going to the Fernandez-Metz Relief Fund. Charlie noted there will be an AAC meeting during the Virtual Conference as well.

Community Outreach

Ronald McDonald House

Bob stated there were no updates to provide at that time. Volunteers are always needed. Visit <https://www.rmhc-centralpa.org/volunteer/> for more information.

Central PA Foodbank

*New update on volunteers: The Central PA Food Bank **needs volunteers** to assist in packing at their offsite location. Visit: <https://www.centralpafoodbank.org/ways-to-give/give-time/> to sign up.*

Sholom House

They were expanding with a catering kitchen on the back. They still have the food truck. They did reopen and they run the cafeteria for the Dauphin County Courthouse. It's not back in full swing, but they are moving forward. In the future, our chapter wants to be more involved with this great organization. Unfortunately, they lost their funding and are doing the best they can right now.

October Golf Outing- October 19th

Charlie reported that the Golf Outing is a go. There will be a maximum of 100 golfers, paying \$150 each. It will look different in that we will be providing a boxed lunch that will have everything in it except a hot meat off the grill. He noted he will need volunteers, but first he will get together with Brian and John to come up with a list of needs. They are hoping to prep the lunches at Lebanon Co. CTC and are looking for food donations. Renee Nasta suggested contacting Neil Nasta for Boars Head products, possibly hot dogs and/or sausages. Brian asked Autumn to reach out to Shana Shultz at Giant to see if she can develop a salad recipe and donate the products to the school for the students to prepare.

PA Flavors

The event has been rescheduled for April 24, 2021. They have postponed it, and out of 360 tickets, they have only had to refund about 30 tickets. Nothing is needed on the part of vendor/booth participants if they wish to participate in April.

Budget/Finance & Fundraising Committee

Nothing new to report at this time.

Other Old Business to report

***Blood Bank.** No new numbers to report. Our blood bank number is 0775. Get out there, roll out your sleeve, and give some blood! Make an appointment, they are taking appointments sparsely.*

New Business

Members shared some job opportunities.

The next meeting will be held September 21st at 7pm via zoom with more information to come.

Motion to adjourn the meeting: Chef Peffley, 2nd: Chef Reis. The meeting adjourned at 9:10 pm.

ACF Harrisburg Chapter PA 181

2019-2020 Officers

President & Treasurer:

**Chef Autumn Patti
Program Director, Asst. Professor
Culinary Arts, Baking & Pastry Arts Programs
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Chairman of the Board:

**Chef Brian D. Peffley, CEPC CCE AAC
Pastry Instructor
Lebanon County C.T.C.**

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Culinarian's Code

As a proud member of the
American Culinary Federation,

I pledge to share my professional
knowledge and skill with all
Culinarians.

I will place honor, fairness,
cooperation and consideration first when
dealing with my colleagues.

I will keep all comments
professional and respectful when
dealing with my colleagues.

I will protect all members from the use
of unfair means, unnecessary risks and
unethical behavior when used against
them for another's personal gain.

I will support the success, growth, and
future of my colleagues and this great
federation.