

American Culinary Federation Harrisburg Chapter- PA 181



MISE EN PLACE March 2021



President's Greeting

What a fantastic meeting we had in March! I was inspired to hear the passion and dedication in bringing the community together with a cup of coffee that Andrea spoke of from Elementary Coffee Co. Her educational presentation is worth viewing if you missed it! And how about the Chopped Challenge reveal?!? 3 completely different concepts and final dishes using the mystery list of ingredients. Thank you again to Chefs Harants, Harris, and Golding for taking the first round. I look forward to seeing what Chefs Peffley, Arnold, and Smith come up with for April- thank you for volunteering! It was great to learn more about Chef Arnold in our Membership Minute as well. We had a great response to our first survey regarding our Education at the meetings. *Read on to see if you won as the 21st entry!* So many great aspects to list!

Coming up next month, April's meeting is worth just as much anticipation! Chef Cher Harris will take us on an inside tour of the new Hershey Chocolatetown properties, show us how ice cream is made, and also sharing her journey in our Membership Minute. I have extended the invitation to all candidates running for National Election to join us. It would be great for you to meet those on the ballot, and in turn, for them to meet our chapter and learn what we are all about. The voting will open the next day and close May 10th. Also, a new survey is out focusing on our meeting structure- please voice your opinion!

Much more is expected in our April meeting on **Monday, April 19th at 6:30pm EST**. Please remember our meetings remain open for you to join and/or leave as needed based on individual schedules. Join by clicking on the following link and connecting your audio or dial in with the number provided:

<https://hacc.zoom.us/j/99676214209?pwd=ZWpTYnFqdjhWMWNzY3pHWVl5U1JZdz09>

Meeting ID: 996 7621 4209, Passcode: 144664, 1-646-876-9923

I look forward to seeing many of you then!

Be well, stay healthy and happy.

Chef Autumn Patti

ACF Harrisburg Chapter President

Ingredient of the Month

BUTTER

BUTTER is a dairy product made from the fat and protein of milk or cream. While butter can come in a variety of textures, flavors, and colors, it is traditionally white to yellow in color and spreadable and smooth at room temperature. It is used as a spread, melted as a condiment, as an ingredient in baking, sauce making, pan frying, and other cooking procedures. Most frequently made from cow's milk, butter can also be manufactured from the milk of other mammals, including sheep, goats, buffalo, and yaks. In order for a churned dairy product to be considered butter in the United States, it must contain at least 80 percent butterfat.



Butter is as old as Western civilization. Legend says that a nomad made the first batch of butter by accident. He likely tied a sheepskin bag of milk to his horse and, after a day of jostling, discovered the transformation from liquid cream to solidified fat. Although some of the earliest records of butter consumption come from Roman and Arabian sources, Mediterranean people have always favored oil in their cooking. Butter, it seems, was the fat of choice for the tribes of northern Europe. Climate likely played a key role in regional tastes, as the cool weather at northern latitudes allowed people to store butter longer than Mediterranean cultures could. However, butter's popularity had only continued to spread across the globe. During the Great Depression and World War II butter consumption took a nosedive. Margarine, made with vegetable oil and yellow food coloring, became a cheaper option for American families.

In addition, dieticians and the USDA began promoting a low-fat diet in the 1980. By 1997, butter consumption had fallen to 4.1 pounds per capita per year. Since then, however, butter has made a comeback. Along with the unique flavor and cooking properties of butter, researchers have discovered that the ingredients in old-style margarine are significantly worse for heart health than the saturated fats found in natural butter. While butter is mainly composed of fat, it is also rich in many vitamins, especially A, E, D, and K₂. Vitamin A being the most abundant vitamin. However, butter doesn't contribute much to a person's total daily intake of these vitamins because it is usually consumed in small amounts. This is for the best as butter is not particularly nutritious when considering its large number of calories and high amounts of saturated fats. At the end of the day, butter is healthy in moderation — but excessive consumption should be avoided.

Varieties of Butter

UNSALTED Also known as sweet cream butter. Unsalted is the most versatile type of butter to use in cooking and baking. Made from only milk or cream (or sometimes both), it contains at least 80 percent milk fat.

SALTED This is natural butter with the addition of salt. Many people reach for this when buttering bread, but use caution when you're cooking or baking, as the addition of salt can affect the recipe.

EUROPEAN STYLE BUTTER European-style butter refers to a cultured butter that has been churned longer to achieve at least 82 percent butterfat. This butter has less moisture than standard butter and so produces extra-flaky pastries and tender, fluffy cake.

CLARIFIED BUTTER (GHEE) When butter is heated slowly, it will separate into three components: fat, water, and milk solids. Clarified butter is pure fat without the milk solids or water. It is more shelf-stable and has a higher smoke point than traditional butter. Due to its resistance to high temperatures without burning, it is ideal for high-heat searing and roasting and for making emulsified stable hot sauces such as Hollandaise.

WHIPPED BUTTER This variety has air or other gas, such as nitrogen, added to it to make it less dense than standard butter. The increased volume results in fewer calories per tablespoon and a lighter texture.

CULTURED BUTTER Traditionally, allowing the cream to ferment before churning resulted in cultured butter. Most cultured butter today is made from added bacteria instead of natural fermentation, but the end result is essentially the same. Cultured butter can be used in the same manner as sweet cream but it will add a tang to your dish.

Butter Tips

- Keep butter in the refrigerator, well wrapped and away from foods with strong odors. Butter can be kept in the freezer for almost forever, but it is recommended only a few months to a year.
- Calm the crackling of butter in a pan by adding a pinch of salt before melting the butter and a pinch of flour when it is melting.
- If butter is infused with smells from the refrigerator, an ice bath then letting it dry will make it as good as new. This process can be repeated as often as necessary.

Churning Butter

Churning is the process of shaking up cream to make butter, usually using a butter churn. From the Middle Ages until the Industrial Revolution, a churn was usually as simple as a barrel with a plunger in it, moved by hand. In the past, milk was left standing until the cream rose to the surface, at which point it was skimmed. Butter was then produced from churning the cream until the milk fat — or butter — clumped together and separated from the liquid portion. After the liquid is drained off, the butter is washed in very cold water and patted dry. Adding salt or other flavoring is then optional before packaging and storing. While today most butter is processed mechanically, the same basic process can be used to make at home. Instead of a traditional butter churn, the cream can be churned using a blender, food processor, or mixer. **Flavored Butter:** Butter can hold and develop flavors which can heighten a tasting experience. When making flavored butter, always start with unsalted butter at room temperature. Blend in finely minced or powder flavorings for a smooth mixture. Place butter back in the refrigerator for at least one hour before tasting it, to allow for the flavors to mix.

Interesting Facts

Butter carving was an ancient craft in Tibet, Babylon, Roman Britain and elsewhere. The earliest documented butter sculptures date from Europe in 1536, where they were used on banquet tables. In ancient Rome, butter was medicinal and swallowed for coughs or spread on aching joints. In the Bible, butter is a food for celebration. It is first mentioned when Abraham and Sarah offer three visiting angels a feast of meat, milk and butter. Before the 1600s, the wealthy often paid the Church a hefty fee for permission to eat butter during Lent. Demand for this perk was so high that in Rouen, France the Cathedral's Tour de Beurre — or Butter Tower — was financed and built from these tithes.



This Photo by Unknown Author is licensed under CC BY-NC

To take the QUIZ:

https://www.acfchefs.org/ACF/Partnerships/Chef_and_Child/Ingredients/ACF/Partnerships/CCF/Ingredients/

Presented by American Culinary Federation Education Foundation

Recipe of the Month

From the Kitchen of your Vice President

Chef Thomas J Long CEC AAC



Butternut Squash and Raman Noodles in Brown Butter



Pre-Prep: Bring 4 cups of water to a boil and drop in squash spirals and cook for 20 seconds. Using tongs or a skimmer remove squash from water and hold for service. Bring squash water back to a boil and add Raman noodles and cook for 3 minutes. Drain and hold to complete recipe.

Ingredients

- 1 10 oz package of Butternut Squash Spirals
- 1 3 oz. package Raman Noodles (seasoning packet discarded)
- 4 oz Unsalted whole butter
- 2 Tbsp. Freshly chopped Sage leaves
- To Taste Fresh ground Kosher Salt
- To Taste Fresh ground black pepper

Directions

In a 12-inch skillet over high heat add whole butter. Move butter around until melted & starts to foam & brown. Add squash spirals & toss to coat. Make a well in center of squash & add cooked noodles.

Toss to incorporate. Add fresh sage. Season with Salt & ground pepper

Yield: 2-4 servings

Student Spotlight- by Faith Brenneman

Renee Nasta

It's fascinating when you stop and think no matter where we go, what we do, or who we know, we always have that one individual who can help you with just about anything. It can be business advice, how to use social media, or how to make a from scratch Facebook famous sourdough bread. To say you have someone around like that is pretty cool! Chapter 181 is privileged to have many of those people, indeed. But what makes this Chapter even better is having Renee, yes, our New Chapter Secretary!



Sometimes we get so caught up in the moment and forget how we got here to 181. Renee Nasta got here by being a Student! Renee is a current HACC Culinary Arts student, who is set to graduate this spring! From day one in the kitchen Renee has shown leadership, determination, and respect to everyone she comes across. Along with her endless hours with her job, family, and being a model student, Renee volunteers several hours to different events/organizations at HACC. Holiday Parties, Farm Show events, Super Chef, Super Chef Homemade, The Culinary and Baking Club (in which she sits on the board), ACF Knowledge Bowl Alternate, and multiple Culinary 3 Galas- to name just a few!

I think it's safe to say Renee isn't going anywhere anytime soon! If anywhere she is going be walking across that virtual stage this spring! From Student Spotlight, to Chapter 181- Congratulations Renee!

Hey Chefs, do you have a student that deserves to be featured here, in Student Spotlight? [Email Faith at faithbrenneman97@gmail.com](mailto:faithbrenneman97@gmail.com) Please include a name, picture, and short bio on your nominee OR contact information for your nominee so they can be reached.

2021 Meeting Locations & Education

All Zoom meetings will start at **6:30 pm**, until further noted. Links and information are also found on our website: www.acfharrisburg.org

January 18, 2021	<i>Via Zoom</i> Guest Speaker: Jon Bellem, Another Round, Support 717 Recording: https://youtu.be/9JbOWgcwGUg
February 15, 2021	<i>Via Zoom</i> Guest Speaker: Kurt Wewer, LEAF Project Recording: https://youtu.be/GLM0LnO0RxA
March 15, 2021	<i>Via Zoom</i> Guest Speaker: Andrea Grove of Elementary Coffee Co Recording: https://youtu.be/WEtmBBfEtvM & https://youtu.be/VQZEImnrs-I
April 19, 2021	Guest Speaker: Cher Harris, CEPC, Corporate Pastry Chef, Hershey E&R Tour of new Hershey E&R operations, Ice Cream Making Demo https://hacc.zoom.us/j/99676214209?pwd=ZWpTYnFqdjhWMWNzY3pHWVl5U1JZdz09 Meeting ID: 996 7621 4209, Passcode: 144664, 1-646-876-9923
May 17, 2021	<i>Via Zoom</i>
June 21, 2021	HERSHEYPARK
July 19, 2021	TBC
August 16, 2021	TBC
September 20, 2021	TBC
October 18, 2021	Hershey Country Club—Golf Outing The Hotel Hershey- Meeting
November 15, 2021	TBC
December 20, 2021	John Gross & Co. (TBC)

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 March 15, 2021:

Meeting began via Zoom at 6:30 pm – Motion Chef Reis 2nd: Chef Long, approved by all in attendance.

Board in attendance: Present— Chef Autumn Patti, Chef Thomas J Long, Chef Cher Harris, Renee J. Nasta and Rasheeda Carter.

Number of participants in attendance: 43

President Chef Patti greeted the Chapter and welcomed everyone to the meeting including guests. She thanked those attending.

Pledge by: Chef Patti

Anna introduced our Guest presenter-Andrea Grove of Elementary Coffee Co,
<https://www.elementarycoffee.co/>



Coffee: where conversations begin, creativity ignites, and revolutions launch.

"Back in 2014, I had the vision to create an environmentally conscious coffee shop and roastery that blended the art and precision of craft coffee with a friendly and inclusive atmosphere which cut through any coffee industry snobbery or fine-dining rules. Establishing Elementary in the Broad Street Market immersed us in the beautiful and dynamic Harrisburg

community where we have been lucky enough to continue to pursue our initial vision while also engaging in conversations and political actions relevant to the fine people we serve."

Never underestimate the power of coffee. In its nature, ceremony, and tradition, coffee brings communities together, stimulates the mind, and unlocks endless potentials. It is a medium simultaneously provoking and comforting. Whether conscious or subconsciously narrative, coffee is a story starting with the farmer and ending with you. Elementary is just another stop in this intricate story.

We are a translation from the farmer to your brewed cup. Our mission is to make this transition as honest as possible: in our roasting, brewing, knowledge, actions, words, exclusivity, equality, and politics. We prepare the coffee for you; you write the next chapter in its history."

There is SO MUCH MORE to Andrea's presentation that you MUST WATCH the recording if you missed it!!

Here is the link:

<https://youtu.be/WEtmbBfEtvM> & <https://youtu.be/VQZEImnrs-I>

Business portion of the Meeting began at 7:30pm:

Secretary's Report- Renee J Nasta

President Chef Patti requested a Motion to accept the February Minutes as presented in the February Mise en Place. Motion made by Chef Brian Peffley, 2nd Chef John Reis - Accepted by all, Motion passed.

Treasurer's Report- Chef Cher Harris

Chef Harris presented the March 2021 report.

Checking	\$2989.83 (no movement this month)
Savings	\$5349.08 (to include + \$ 0.12 interest)
Scholarship Fund	\$200.00

Scholarship Fund will be set up to accept donations through Venmo in the future. If you would like to make a contribution, please email Cher directly: cdharris@hersheypa.com

Motion to accept Treasurer's report as presented made by Chef Long 2nd: Chef Reis- Accepted by all, Motion passed.

President's Message- Chef Autumn Patti

President Chef Patti reviewed Covid-19 restriction updates for the restaurant industry. New changes will take effect April 4th. See the PRLA website for details and updates.

There are many upcoming ACF ChefsForum webinars to take advantage of or FREE!

- March 31st at 11a.m. EST. **Future-Ready Chefs: Culinary Career, Pathways for Job-Ready Graduates. [Register Here](#)**
- April 7th at 3:30pm EST. **Plant-Based Cuisine: Healthcare & Senior Dining [Register Here](#)**
- April 14th at 1pm EST. **Live Virtual Tour of the Modernist Cuisine Lab. [Register Here](#)**
- April 20th at 4pm EST. **Exploring Culinary Cannabis & Edibles 2021. [Register Here](#)**

The ACF National Convention is moved to August 2-5th in Orlando, FL <https://youtu.be/BxcPXvi9LvA>

ACF National Elections are coming up and she encouraged membership to become involved with the Town Halls. Here is the link to view election information with each candidates bio, statement, and video message: <https://www.acfchefs.org/ACF/About/Elections/ACF/About/Elections/?WebsiteKey=b3353b7b-2497-4bb3-8dae-4c6ecac72f92>

Vice President's Message- Chef Tom Long

Chef Long presented the results of the Educational survey- We had 23 participant responses. Suggestions for education were fermentation, ghost kitchens, mixology, rare foods and food trends. Culinary Math and yields and Sanitation top answers for students. Thank you all for your feedback.

Congratulations to Donald Bartch on being our 21st entry and winning a signed copy of the new Chef's Apprentice Cookbook!

New survey focusing on meeting content will be coming in the next few weeks. Keep an eye out!

Student Representative's Message- Rasheeda Carter

Rasheeda presented the Chopped! The ACF Way Challenge- This month's ingredients were pork loin, polenta, coffee and cabbage.



CHOPPED! The ACF Way

❖ **March Participants were: Chef Harants, Chef Golding and Chef Harris.**



Chef Michael Harants, CEC, CCE, AAC

Coffee Brined Bone in Pork loin Coffee and Mushroom Demi-Glace
Smoked Garlic Polenta Red Cabbage Marmalade Brown Butter Braised
Cabbage Glazed Carrots and Scallion



Chef Phillip John Golding- *Culinary Director Center for Culinary Arts Manila, <https://cca-manila.edu.ph/>*

Roasted Irish pork belly with chipotle seasoning, kesong puti polenta
cake, pickled red cabbage & tamarind coffee glazed shallots



Chef Cher Harris CEPC

Deconstructed Pork Wellington-mushroom duxelles, puff pastry pie,
polenta squash cake, squash puree, braised red cabbage with fennel and
apple, mushroom sherry sauce and balsamic pork wrapped in prosciutto.

- ❖ Students, please send ingredient ideas to Rasheeda at rcc85553@hawkmail.hacc.edu
- ❖ We will pick 4 ingredients/spices that need to be included in your dish.
- ❖ We will send out an email with the “basket” ingredients on the Wednesday after the meeting. You will purchase the ingredients, create your recipe, and take a picture or share your plate with us at the next meeting.
- ❖ We would like **3 VOLUNTEERS** for each month.
- ❖ **April Participants are: Chef Arnold, Chef Peffley and Anna Smith**

NEW !! Membership Minute

New Feature to the meeting; Get to know YOUR membership. Each month, a member will tell their story and what brought them to the culinary world and to the ACF.

This month's featured member was...

★ Chef Nicholas Arnold CEC



To hear his story, go to our YOUTUBE channel and listen!

Recording: <https://youtu.be/VQZEImnrs-I>

Website Update- Renee J. Nasta

NEW CONTEST!!! We are looking for new content for our NEW website! To ENTER take a picture, preferably a NEW one, that you feel represents OUR ACF Chapter. **Please submit it to the Contest Page on our FACEBOOK page for voting. The WINNER will be FEATURED on the Home page of our Website!!** Good luck and get SNAPPIN!



Social Media Committee- Renee J Nasta

**Please email Renee content to post on our Chapter's Facebook page at rj_nasta@yahoo.com or text her pictures at 1-717-821-3531.*

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

Education Committee- Anna Smith

April- Tour of the NEW Hershey Operations and Ice Cream demo by Chef Char Harris, CEPC

May- Local Distillery (TBC)

June- In Person Meeting at Hershey Park (Tentative based on COVID restrictions)

July- TBA

August- Chef Jason Clark presenting on Sous Vide techniques and a CONTEST!!

Junior Membership/ Student Outreach-Faith Brenneman

No Report

Apprenticeship Update- Corle, Arnold

Nothing new to report

Competition Committee- Notter

Nothing new to report.

Certification Committee- Harants

Nothing new to report.

Accreditation Committee- Peffley

Nothing new to report.

American Academy of Chefs- Roebuck

Nothing new to report.

Community Outreach

Ronald McDonald House- Roebuck

Nothing new to report.

Volunteers are always needed. Visit <https://www.rmhc-centralpa.org/volunteer/> for more information.

Central PA Foodbank- Roebuck

Nothing new to report.

*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.*

Budget/Finance & Fundraising Committee- Reis

Nothing new to report.

New Business

PRLA Webinar being planned for May. Autumn is working with Hope Sterner in developing the concept and will report back at the next meeting. Hope sent out a survey to get feedback on most requested topics from educators. Live demos, virtual tours, plating demonstrations, modern techniques, and more were included. Autumn reported she was happy our monthly meetings normally check off this list.

Motion to adjourn the meeting: Chef Long; 2nd Chef Reis- Accepted by all, motion passed.
The meeting adjourned at 8:40pm.

Next meeting: April 19th at 6:30pm via ZOOM

<https://hacc.zoom.us/j/99676214209?pwd=ZWpTYnFqdjhWMWNzY3pHWV15U1JZdz09>

Employment Opportunities

- ★ Executive chef opportunity with Whipoorwill Club (Whipoorwill) in Armonk, New York: <http://bit.ly/whipoorwill-profile>
- ★ Café Associate- FT & PT positions. Must be 18- Rock Street Café: www.nastaprovisions.com
- ★ Two culinary educator positions-Northampton Community College: https://northampton.wd5.myworkdayjobs.com/en-US/NCC/job/Bethlehem/Culinary-Chef-Faculty_JR1029
- ★ LINE COOKS• PREP COOKS• SERVER ASSISTANT/EXPEDITOR• SERVER-Café Fresco: <http://www.cafefresco.com/>
- ★ Retail Food Inspection Specialist (HARPS)Department of Public Safety-Health Office: <http://harrisburgpa.gov/careers/>
- ★ Full Time Cook - Village Square, Messiah Lifeways at Messiah Village-Cura Hospitality Mechanicsburg, PA 17055: <https://www.indeed.com/viewjob?from=appsharedroid&jk=8bfec45e6f0263dd>
- ★ Executive Chef- Springhaven Club, Wallingford, PA: <https://www.thespringhavenclub.com/>
- ★ Executive Chef- St Joseph Country Club, MO: <https://stjosephcountryclub.com/>
- ★ Lead Line Cook- Dolphin Head Golf Club, Hilton Head, SC: <https://dolphinheadgc.com/>
- ★ Director of Foodservice - Kenbrook Bible Camp, Lebanon PA: <http://www.kenbrook.org/>
- ★ Chocolatetown/HersheyPark – cooks, dishwashers, pastry cooks, servers, bartenders (Virtual Hiring Event on Feb 23 on Indeed) : <https://www.hersheyjobs.com/>

ACF Harrisburg Chapter PA181

2021-2022 Officers

President:

Chef Autumn Patti
Program Director, Asst. Professor
Culinary Arts, Baking & Pastry Arts Programs
HACC, Central Pennsylvania's Community College
arpatti@hacc.edu

Vice President:

Chef Thomas J Long CEC AAC
Director of Dining Services
HACC, Central Pennsylvania's Community College
icechef257@aol.com

Secretary:

Renee Nasta
NJ Nasta, Inc.
Rj_nasta@yahoo.com

Treasurer:

Chef Cher Harris CEPC
Corporate Pastry Chef
Hershey Entertainment & Resorts
cdharris@hersheypa.com

Student Representative:

Rasheeda Carter
HACC Culinary, Baking & Pastry Arts student
chamee1101@aol.com

Chairman of the Board:

Chef Brian D. Peffley, CEPC CCE AAC
Pastry Instructor
Lebanon County C.T.C.
BPeffley@lcctc.k12.pa.us

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.