

American Culinary Federation Harrisburg Chapter- PA181



MISE EN PLACE March 2022



President's Greeting

Good day to you all!

Thank you to all that joined us in person and via zoom for our March gathering at the Mount Joy campus of Lancaster Co. CTC! How fun was the challah braiding! A huge thank you to Tracie Gotshall, the instructors and students at Lancaster Co. CTC for hosting us!

Welcome to our newest members: *Chef Matthew Hoch, Chef Victoria Kostecki, Chef Toby Schaffner* and students from DCTS: *Miguel Allende, Bhumika Basne, Felicia Donnie, Que' Lynn Flemister, Destiny Frias, Krystal Gattis, Aniya Green, Jahkye' Irvin-Goldston, Lillian Jenkins, Ny' Asia Johnson, Ashlee Kelsch, Mackenzie Kreiser, Aleysha Llanos Galarza, Lucas McHugh, Anahi Medina-Rosado, Mohazatou Noufou-Moon, Jazzmine Ortiz, Glenjavier Pagan-Torres, Greg Reilly, Alannis Rodriguez Ortiz, Amaya Smith, Serene Soto, Grace Suderman, Wannica Wyatt, Eric Lasek, and Alice Cupp.*

Exciting things are happening within our chapter!

- ✂ Congratulations to the 2022 Pennsylvania SkillsUSA State Champions from Lebanon County CTC Culinary & Pastry Programs: *Gracie Adams (Baking) and Alexis Shytle (Culinary)!!*
- ✂ Congratulations to the participants and winners of the **Student Diversity Recipe Competition!** *Rasheeda Carter, HACC; Hailey Webb, DCTS; and Eric Lasek, HACC*
- ✂ Thank you to the team that provided a dinner on behalf of our chapter for the Ronald McDonald House. And thank you to Tom's IceWorks for partnering with us to cover the costs!
- ✂ Share your news and upcoming events: [Link here](#)
- ✂ Our mentorship program is live! Consider signing up to be a mentor and share your expertise! For those looking for mentorship, sign up to get connected!

<https://acfharrisburg.com/mentorship>

I look forward to seeing many of you **Monday, April 18th** as we gather for our monthly chapter meeting at JDK Group Catering (1 Bishop Place, Camp Hill, PA 17011). Join us starting at 6:30 for a tour led by Executive Chef Jay Varga, CEO Steve Sanchez, and Chef Anna Smith. Chef Jay joined us via zoom for our August 2020 meeting, explaining how JDK was adapting to the pandemic. Come find out the latest trends in the catering industry and what the industry looks like in 2022.

Be well, stay healthy and happy.

Chef Autumn Patti, ACF Harrisburg Chapter President





Oat, (*Avena sativa*) is one of the major cereal grains produced worldwide. Oats are grown for both human and animal consumption. While oats have a bland, slightly earthy taste they also have a great ability to absorb the flavor of other ingredients. They are annual plants and often reach five feet in height. The flowering and fruiting structure, or inflorescence, of the plant is made up of numerous branches bearing florets that produce one-seeded fruit. People often eat the plant's whole seeds (oats), outer seed layers (oat bran), and leaves and stems (oat straw).

Oats have been cultivated for thousands of years and are thought to have originated as weeds that grew within cultivated fields of various other crops. Greeks and Romans considered oats to be nothing more than a diseased version of wheat and only fit for animal consumption. Even by the 1850s, many Americans only considered oats to be food for livestock. Ferdinand Schumacher set out to change that perception in 1856 when he opened the German Mills American Oatmeal Factory in Akron, Ohio. Schumacher found success due to both the cheap nature of oat milling as well as strong support from Irish and German immigrants, who were already more accustomed to eating oats. Today, oats are an important crop in all temperate regions of the world.

Interesting Facts

- Oats are grown to some extent in every continental state. However, the production of oats is led by Russia and Canada, each having about twenty percent of the world's total.
- Less than five percent of the oats now grown commercially are for human consumption. Oats are also commonly used as feed for horses and cattle.
- Oat straw is prized by cattle and horse producers as bedding, due to its soft, relatively dust-free, and absorbent nature.
- Pure oats are gluten-free but most commercial brands are processed in facilities that also produce gluten-containing wheat, rye, and barley.

Health Ingredient Contribution

One serving of common oats can provide over sixty percent of your daily value of dietary fiber. The Food and Drug Administration allows the use of a health claim on food labels associating a reduced risk of coronary heart disease with the consumption of beta-glucan soluble fiber from whole grain oats. Soluble fiber also slows the absorption of glucose into the body, which means you're going to avoid those nasty sugar highs and lows.

Oatmeal is also a desired asset to those trying to lose weight and control hunger levels due to its high water and soluble fiber content.

Oat extracts can also be used to soothe skin conditions and is a popular ingredient in cosmetics.

Culinary Uses

Oats are often used to add texture in different baked goods such as muffins, cookies, soda bread, scones, granola and pancakes.

Oat flour are oats that have been ground to a flour-like consistency. Oat flour can be used to make bread and other baked goods, but keep in mind that oat flour lacks gluten, a crucial component that adds structure, moisture, and volume and is best used in flat breads like pita. A quarter of the wheat flour in a recipe can be substituted with oat flour to add chewiness and a boost of nutrients.

Muesli is a cold oatmeal dish based on rolled oats and ingredients such as grains, nuts, seeds and fresh or dried fruits. Muesli was traditionally prepared with milk or cream, a squeeze of citrus juice, often with a sweetener such as honey, and either left overnight to soften or eaten immediately.

Porridge is a hot cereal dish, made by boiling ground, crushed or chopped grains in milk. Oat porridge, or oatmeal, is one of the most common types of porridge.

Oat milk is a popular vegan and dairy alternative, obtained by soaking oat grains in water.

To Take the Quiz- https://www.acfchefs.org/ACF/Partnerships/Chef_and_Child/Ingredients/ACF/Partnerships/CCF/Ingredients/

Recipe of the Month

From the Kitchen of your ACF Harrisburg

Chapter Student Representative

Rasheeda Carter



Appetizer: Lebanese Lamb Meatballs (4 servings, 5 meatballs each)

Lebanese Meatballs with tomato coconut sauce and spiced caramelized onions

This is one of recipe submissions from our Student Diversity Recipe Challenge



Ingredients

For the Meatballs

- 2.5 oz red onion, finely chopped
- 1# ground lamb
- 1 ½ tsp ground allspice
- 2 tsp garlic, minced
- 1 tsp ground clove
- 1 tsp ground cinnamon

1 tsp ground cumin
1 tsp salt and pepper
¼ cup fresh mint, minced (whole leaves lightly packed into a measuring cup then mince)
¼ cup of fresh cilantro, minced (whole leaves lightly packed into a measuring cup then mince)

Reserve some of both chopped herbs for garnish

1 egg

Preheat oven 400 degrees. In a medium size bowl mix, all above ingredients. Shape into 1 oz meatballs. Place on a sheet tray and cook for about 15 minutes

For the onions

2T Ghee
2 yellow onions, sliced thinly
¼ tsp ground allspice
½ tsp garlic, minced
¼ tsp ground cloves
¼ tsp cinnamon
Salt and pepper to taste

Heat the ghee in a medium sized pan. Add the onions and spices. Cook until onions are caramelized.

For the Tomato Sauce

4 T ghee
8 Roma tomatoes, diced small
2 tsp ground cumin
2 clove garlic, minced
8 oz coconut milk or heavy cream
Salt and pepper to taste

Heat the ghee in a saucepan. Add tomatoes and seasoning until the tomatoes start to break down. Then add coconut milk. Add salt and pepper to taste.

To Present:

Using a 4 oz ladle place tomato sauce puddle in center of plate. Arrange meatballs on top of sauce. Nest a few onions on top of meatballs. Garnish with mint and cilantro.

Minutes from March 21, 2022:

Meeting began at 7 pm with a meal prepared by the students at Lancaster Co CTC–

- ❖ **President Chef Patti** requested the meeting be brought to order.
Motion: Chef Harants, 2nd: Chef Reis.
Accepted by all. Motion passed.
- ❖ **Welcome & Introductions** Chef Patti welcomed all and the members present went around the room introducing themselves. Welcome to the first-time students joining us!
- ❖ **Pledge of Allegiance:** Chef Tom Long led the membership in the Pledge of Allegiance.
- ❖ **Culinarian Code:** President Autumn Patti asked Eric Lasek, a new student member attending, to lead the membership in the recitation of the Code.
- ❖ **Board in attendance:**
Present— Chef Autumn Patti, Chef Thomas J Long, Chef Cher Harris, Rasheeda Carter
- ❖ **Number of participants in attendance:** 19 in person, 8 zoom



Education

Chef Tracie Gotshall recapped the process of making challah dough and provided the recipe and instructional handouts. Members were given a demo at 6:30 and the opportunity to braid their own loaves. Tracie proofed and baked these during the meeting for everyone to take home!

Amber and Alison joined us from the LEAF Project as our guest speakers. <https://www.leafprojectpa.org/>



During the growing season, LEAF provides a weekly share of produce grown on our farm, with the option to supplement with various value-added products from our partner farms. The produce is grown, picked and packed by the LEAF youth crew, providing them with meaningful work opportunities that showcase their unique potential.

All share options run for 20 weeks, from June through October. Shares are delivered weekly on Mondays or Wednesdays to Carlisle (New Life Community Church), Mechanicsburg (Smoke & Pickles), Landisburg (LEAF), *Camp Hill (near West Shore Country Club), and *Harrisburg(Radish & Rye)(*Availability Dependent).

LEAF FARM SHARE: <https://www.leafprojectpa.org/farm-share>

Farm Share programs are designed to highlight in season produce each week in an effort to give customers access to the freshest, most delicious vegetables all season long. In the spring you can expect to receive an abundance of leafy greens (such as kale, arugula, spinach or lettuce) and spring roots. As our growing season progresses into summer and fall a typical weekly share may include greens, a fruiting vegetable (peppers, tomatoes, squash, cucumbers), as well as roots and alliums (beets, potatoes, carrots, garlic). Everything depends on what is in season and most delicious that week! The small share (\$15 weekly value) is ideal for households who want to experiment with local eating or supplement their normal fare, and the regular share (\$25 weekly value) better suits those who are more enthusiastic vegetable lovers.

PARTNER FARM ADD-ONS:

Featuring some of the best farm products in our region, our partner farm add-ons allow customers to enhance their standard share. Customers can choose from eggs, cheese, bread, fruit, mushrooms, and flower shares. If you would like a different product each week, selected by LEAF, you can purchase our Farmers Choice share.

PARTNER FARMS

LEAF works within the local food system, collaborating with different farmers in the region to provide the youth in the program a more diverse picture of farming, beyond raising vegetables and to offer various value-added products as an option to supplement and enhance a standard farm share. Below is a list of the different farms we work with, and what they contribute as part of the Partner Farm and Partner Farm Plus shares:

- **Threefold Farm:** Berries and unique fruits
- **Three Springs Fruit Farm:** Apples, peaches, pears, etc.
- **Talking Breads:** Freshly baked artisan breads in a variety of flavors, pasture-raised pork and chicken, and pasture-raised eggs
- **Keswick Creamery:** Aged and fresh cheeses from pasture-raised cows
- **Deep Hollow Forest Farm:** High quality, locally grown (and foraged) mushrooms

Other Opportunities to Partner with LEAF:

Savor event in September, Chef Collaboration Dinners (fundraisers), Farm Tour on July 16th for our chapter, and more!

Secretary's Report- February Mise en Place

President Chef Patti requested a Motion to accept the February 2022 Minutes as presented in the February 2022 Mise en Place.

- ❖ Motion made by Chef Reis, 2nd by Chef Harants- Accepted by all, Motion passed.

Treasurer's Report-February 2022

Checking account: \$1021.90
Scholarship Acct \$2072.35

Saving Account \$7855.79
TOTAL \$10950.04

- ❖ Stay tuned for more to come with our scholarship application cycle opening. We are looking to award as many \$500 scholarships as our account will allow. If you would like to donate to our student scholarship fund, please make checks payable to Harrisburg ACF Chapter PA 181 and give to a member of the Board or through Venmo- use Cher Harris/pastry-queen-14
- ❖ Motion to approve made by Chef Smith, 2nd by Chef Long- Accepted by all. Motion passed.

Membership in the Community

- ❖ *Share events you are involved in with this form:* [Click here](#)
- ❖ Barb shared that 8% of Oregon is made up of farms, with 3% owned and operated by women. Also, black raspberries are only harvested to produce the dye used by the USDA for meats.

Ronald McDonald House

- ❖ Dinner will be prepared for residents on March 24th- thank you Cher, Sian, Faith, and Autumn for volunteering! And thank you to Tom for sponsoring the dinner through IceWorks- thank you!

[Tom's IceWorks](#)



LIVE! From the Chef's Apprentice

April 8th Episode- featuring the winning student recipes

Rasheeda shared her recipe concepts and experience to encourage others to enter.

Entries are due March 25th

- ❖ Recipes must be an original creation.
- ❖ May be an appetizer, entrée, salad or dessert.
- ❖ Recipes must feature ingredients native to the Middle East.
- ❖ Yield 4-8 servings.
- ❖ Include Name of recipe, ingredients and be written in standard recipe format.
- ❖ Include photo of finished plate, Student name and Culinary school.
- ❖ **RECIPES MUST BE SUBMITTED BY 12:00pm on March 25, 2022-** To submit your recipe please email to ACFharrisburg@gmail.com

The **TOP 4** recipes will be featured on an upcoming episode of "Live from the Chef's Apprentice" plus be awarded an autographed copy of *The Chef's Apprentice Cookbook* with Chef Tom Long CEC AAC and Chef Steven Gump!

"Let's Celebrate Diversity"
Student Recipe Competition



Sponsored by American Culinary Federation
Harrisburg Chapter

Open to ALL Secondary & Post-Secondary students

Watch all the winning recipes prepared: <https://youtu.be/HBeNlbZTVHA>

National Updates

- ❖ New Accreditation Fees, Membership & Certification fees for students! Starting January 2023, all students in secondary and post-secondary will receive free memberships and certifications. Educators~ check out the ACFEFAC newsletter from March!
- ❖ Internal Audit & Ethics Chairperson and Regional Committees Election. Autumn will submit our chapter's ballot by the deadline. Please reach out to voice your opinion.
- ❖ ACF ChefsForum Series: March 28th 11am ET, Focus on Plant Forward Techniques; April 21st 3pm ET California Figs & Flavor Cinematography
- ❖ ACF MasterCraft Summit Series- April Culinary Leadership Bootcamp on zoom- FREE May 14th Advanced Pastry Summit in Dallas
- ❖ April 3rd- AAC Dinner honoring Mark Wright CEC AAC Lifetime Achievement
- ❖ National Convention- July 25-28, BOG July 24th

Chapter Updates

Certification 101

We are hosting a general info session on ACF Certification, April 4th at 4pm at the Hotel Hershey. Come find out what is involved, how it can benefit you, and the mentorship our chapter can provide.

Mentorship

Our chapter is committed to the growth of all Culinarians through Mentorship. Our primary directive is to *Welcome-Engage-Empower-Promote* through Mentorship. Visit our website to sign up to be a mentor or express your desire for mentorship!

Education Committee

Anna shared the plans for April's meeting, hosted at JDK Catering. Autumn shared future month's meeting locations and education updates.

Sponsoring Partners

Autumn presented the Executive Board's draft of a presentation packet to share with potential partners. Several suggestions were noted to revise the packet into a smaller document, including less pictures. The board will revise this and continue to edit as needed. Suggestions for potential partners to reach out to were discussed as well.

Motion to adjourn the meeting: Chef Long; 2nd by Chef Smith - Accepted by all. Motion passed. The meeting adjourned at 8:38pm.

2022 Meeting Locations & Education

In person meetings begin at 7pm

Links and information are also found on our website: www.acfharrisburg.org

January 17, 2022	<i>Via Zoom: https://youtu.be/nd_UydNJJWM</i>
February 21, 2022	Panera Bread, Union Deposit location Bread Baking Series Part 1- Sourdough Baking
March 21, 2022	Mount Joy Campus of Lancaster Co. CTC & Zoom Bread Baking Series Part –6:30pm <i>Hands-on Challah braiding</i>
April 18, 2022	JDK Catering Executive Chef Jay Varga, “State of the Catering Industry 2022”
May 16, 2022	TBD
June 20, 2022	HERSHEYPARK!!!
July 18, 2022	TBD
August 15, 2022	TBD
September 19, 2022	Dauphin County Technical School
October 17, 2022	Hershey Country Club
November 21, 2022	TBD
December 19, 2022	John Gross & Company TBD

2022 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



ACF Harrisburg Chapter PA 181

2021-2022 Officers

President:

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Chef Brian D. Peffley, CEPC CCE AAC
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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.