



# MISE EN PLACE

## September 2020



### President's Greeting

Good day to each of you,

I hope that you remain safe and well as this reaches you. Our Chapter's October 19th meeting will be at 7pm EST as Chef Susan Notter presents a live exclusive: *"Not your Typical Halloween Candy."* A presentation of sugar sweet candy confections suitable for Halloween or Holiday gifts. Recipes include marshmallows, caramels, pecan pralines and pecan buttercrunch. Recipes are available on our website found [here](#).

Following the presentation, we will jump into chapter business. The nominations for our 2021-2022 Chapter Board positions are open thru October 19th. Please see the email from the Nominations Committee sent out by Anna Smith as a reminder earlier this week. All nominees must be present to accept their nominations or submit a written acceptance for our records. Also, nominations for the 2020 Chapter Awards will be announced.

**I will open the meeting early, at 6:40 to allow our members to sign in first,** as there is a maximum attendance of 250 for this event and is first come, first serve. Please click on the following link to join:

<https://hacc.zoom.us/j/93141842560?pwd=UmxqOHpFRDY3SDU2UFZVSFEyMGNEQT09>

Connect audio via computer or dial 1-646-876-9923; Meeting ID: 931 4184 2560; Passcode: 923797

Also on Monday, October 19th is the PRLA Golf Outing. An extra thanks to Chef Gipe for his leadership, Chef Peffley, Chef Corle, the Apprentices, and students that helped with the preparation, and those that sponsored or helped provide support! Thank you to *all of you* involved in making this event a success!

Save the date for our November Meeting on Monday, November 16<sup>th</sup> at 6:30pm EST as Sam Johnson provides a virtual tour of the aquaponics program of [Agworks at CCA](#) right here in Central PA. Not sure what aquaponics is all about? Tune in to find out!

I look forward to seeing you all at our October Chapter meeting via zoom on Monday, October 19<sup>th</sup>! Be well, stay healthy and happy.

*Chef Autumn Patti*

ACF Harrisburg Chapter President, Treasurer

# Student Spotlight

*I have gotten to speak, email, and video-call with a lot of students getting to know more about them, so I can share their success, and achievements with Chapter 181. Donald Bartch, a fellow peer, and friend I had the opportunity to travel to Europe with, has granted me with his very own story- his personal biography. I encourage everyone, Students, Chefs, and Foodies alike to read Donald's Biography.*

*Thanks for sharing your advice, and wisdom Donald! -Faith*

## Donald Bartch

I entered mandatory retirement at age 60 from the Pennsylvania Army National Guard, Aviation Brigade. Beginning out as a Father of 2 and later Grandfather of 5 (my test kitchen tasters)! I live on my 27 acres near Blain, Perry County. So far this year, I have made and canned tomatoes, apples, minced meat, sauerkraut, beets, dried oregano, thyme and basil.

I started HACC's Culinary Degree Program shortly after I retired. I usually take 7 + credits a semester and reserve Fall for my travels. I like to say, "I'm cramming a 2-year program into 5 years".

I love to travel and try new foods: Spain, Portugal, Sicily, Southern Italy, Switzerland, France, Germany, Netherlands, Ireland, Iceland, Turkey, Bonaire, Iraq, Qatar, Kuwait, Afghanistan, Uzbekistan and at least 35 of our States.



*With all these years behind me I feel that I should impart some sage advice mixed in with my passion for food.*

**Never stop learning.** You are never too good; you can always learn the same thing with a new twist. I spent over a year in Uzbekistan, just north of Afghanistan. Each family there had an igloo shaped oven in their front yard, fired with cotton stubble and the round loaves of bread were slapped onto the inside walls of the ovens for baking. Each family also had a uniquely designed stamp for the center of each loaf. I have also enjoyed naan in Iraq and Qatar but nothing is quite as good as the Uzbek bread and so the building of my own Uzbek/pizza oven is in the design phase.

**Bad things are going to happen.** In your personal life and the industry. Get use to it, adapt and overcome. We toured a vineyard/winery, last semester, BC (before Covid). Their very first batch of wine that they produced was so bad that they were ready to dump all 10,000 gallons but one of the employees started mixing fruits and sugars in until it became a delicious Sangria. It is still their number one seller.

**Find your passion and figure out how to get paid doing it.** You've heard it said before and it's true, "if you love what you do you will never work a day in your life".

**Exercise, keep your body, mind and spirit in shape.** We live in a high-risk environment, deadlines, long hours, heat, sharp tools, missing/damaged products, butter, fats, salt, high cholesterol, high blood pressure. Worship God, read, meditate, run, bike, swim, relax, take time for yourself. Don't get to the end of your career too broken to enjoy the next phase.

**Learn leadership, now.** We have all worked for that person who may be good at what they do but makes coming to work a real chore. When you do become a leader, remember, no matter how important you are, you always have bosses. They could be customers, investors or the numbers crunchers in the front office. Each subordinate is different and will require a disproportionate amount of direction, purpose and motivation.

**Love and give back to the community.** Life's too short to spend any of it being mad at somebody, love them while you can. Help others who need it. While in Uzbekistan, my home Church sent me many boxes of clothes and toys. We would have our interpreters coordinate with local schools, load up the trucks and spread the joy. Put a little from each paycheck away for your retirement. Getting old will happen quickly, be able to do the things that make you happy. Enjoy life at every age but prepare for what's coming ahead.

~**Donald Barch**, *HACC Culinary Arts Student*

# Ingredient of the Month

## September 2020 – American Lamb

From [https://www.acfchefs.org/ACF/Partnerships/Chef\\_and\\_Child/Ingredients/ACF/Partnerships/CCF/Ingredients/](https://www.acfchefs.org/ACF/Partnerships/Chef_and_Child/Ingredients/ACF/Partnerships/CCF/Ingredients/)

Lamb is the meat that comes from sheep that are less than a year old. Sheep raised in the United States are generally processed at 7 to 10 months of age. Lamb meat is made up

of muscles held together by collagen and silverskin. Collagen is a soft white connective tissue that will break down into gelatin when heated. Silverskin is a rubbery connective tissue that will not break down and thus should be trimmed from the lamb prior to cooking.

Lamb is a primary protein in many countries throughout the world, especially in regions of North Africa, the Middle East and parts of Europe. American lamb is a popular menu item thanks to the larger cut sizes, its distinctive flavor profile, freshness and tenderness.



### Health Benefits

American lamb is naturally nutrient rich. It is an excellent source of high-quality protein. On average, a 3-ounce serving of lamb has 175 calories and meets almost half of an average adult's daily reference value for protein. Lamb is an excellent source of vitamin B12, niacin, zinc and selenium. It is a good source of iron and riboflavin. Compared to other meats, lamb contains less fat marbling throughout the meat. With much of the fat limited to outside edges (the fat cap), it is easily trimmed if desired.

### Culinary Tips

- Fresh lamb should be stored in the refrigerator at 32°F to 38°F. Freeze at 0°F or below.
- Tougher cuts of meat from working muscles, such as the shoulder and leg, have more connective tissue and are less tender. They should be prepared using moist-heat cooking methods, such as braising or stewing.
- More tender cuts of meat, such as rack or loin, should be prepared using dry-heat cooking methods such as roasting or grilling.
- Lamb should be cooked to an internal temperature of 145°F for medium-rare, 160°F for medium, and 170°F for well done. Ground lamb should be cooked to an internal temperature of 160°F.
- Remember, the lamb will continue to cook slightly upon standing, so remove it from the heat source at a somewhat lower temperature than you prefer.
- To help with moisture retention and tenderness, let lamb stand for 5 to 15 minutes before slicing.
- A boneless leg is a favorite of many chefs because it can be stuffed with a range of ingredients or simply roasted and sliced.
- Tying a lamb roast helps to maintain a consistent shape and cook evenly.

## Interesting Facts

- Meat from a sheep less than one year of age is called lamb. Meat from an older animal is referred to as mutton.
- No artificial growth hormones are used in lamb production in the United States.
- Many cities, municipalities, forests and even vineyards use sheep for land management purposes, including weed control, crop clean up and to prevent forest fires.
- Shepherds often use guard animals, such as dogs, llamas and donkeys, to help protect their flocks.
- The vast majority of American Lamb will grade as choice or prime.



*Presented by American Culinary Federation Education Foundation*

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](http://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: <a href="https://youtu.be/gaGhdx2O_k">https://youtu.be/gaGhdx2O_k</a>
April 20, 2020	Via Zoom, “Pies” recording: <a href="https://youtu.be/NshLAFeTDjA">https://youtu.be/NshLAFeTDjA</a>
May 18, 2020	Via Zoom, “Dairy trends, and nutritional cooking with local cheeses” Recording: <a href="https://youtu.be/dQL5cphxVTQ">https://youtu.be/dQL5cphxVTQ</a>
June 15, 2020	Via Zoom “Ice Carving Logos” with Chef Tom Long Recording: <a href="https://youtu.be/VvEH3onm4SQ">https://youtu.be/VvEH3onm4SQ</a>
July 20, 2020	Via Zoom “Beekeeping and Honey Harvesting” with Chef Barry Crumlich Recording: <a href="https://youtu.be/gj1fu0CsgC4">https://youtu.be/gj1fu0CsgC4</a>
August 17, 2020	Via Zoom, “Catering Operations during COVID-19” with Chef Jay Varga, Executive Chef, JDK Catering Group Recording: <a href="https://youtu.be/H-EutkPw2A0">https://youtu.be/H-EutkPw2A0</a>
September 21, 2020	Via Zoom: “Molded Chocolates” with Chef Racin Recording of Demonstration: <a href="https://youtu.be/GLsl4KRC84Q">https://youtu.be/GLsl4KRC84Q</a> Recording of Meeting: <a href="https://youtu.be/rWliEEIAUw">https://youtu.be/rWliEEIAUw</a>
October 19, 2020	Hershey Country Club—Golf Outing Via Zoom: “Not your Typical Halloween Candy” with Chef Notter <b>Demonstration &amp; Meeting Link:</b> <a href="https://hacc.zoom.us/j/93141842560?pwd=UmxqOHpFRDY3SDU2UFZVSFEyMGNEQT09">https://hacc.zoom.us/j/93141842560?pwd=UmxqOHpFRDY3SDU2UFZVSFEyMGNEQT09</a> Chapter Award and Officer Nominations
November 16, 2020	Via Zoom: AgWorks at CCA Virtual Tour & Presentation Presentation link: <a href="https://ccaeducate.zoom.us/j/96002698479?pwd=TG5nRjVvYkh4N0FkVHdtYk5wNHUzQT09">https://ccaeducate.zoom.us/j/96002698479?pwd=TG5nRjVvYkh4N0FkVHdtYk5wNHUzQT09</a>
December 21, 2020	Via Zoom – Holiday Party

## 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](mailto:arpatti@hacc.edu) or [acfharrisburg@gmail.com](mailto:acfharrisburg@gmail.com)



## **Meeting Minutes from September 21, 2020:**

Meeting began via zoom at 7:45pm – Motion Chef Gipe, 2<sup>nd</sup> Chef Reis, approved by all in attendance  
Board in attendance: Present— Chef Autumn Patti, Chef T. Durgey, Chef Brian Peffley  
Number of participants in attendance: 23

Autumn greeted the Chapter and welcomed everyone to the meeting including guests. She thanked those attending, noting by listing all meeting participants' names. She commented on the great demonstration provided just prior by Chef Will Racin, CEPC on molded chocolates, here: <https://youtu.be/GLsl4KRC84Q>

Pledge by: Chef Patti Prayer by Chef Gipe

### **Secretary's Report:**

August Mise En Place can be found on the website, and was emailed out as both a pdf and word document. Autumn noted the Ingredient of the Month, and the student featured in the Student Spotlight, Rasheeda Carter. Motion to approve the August 2020 minutes as written and recorded in *August 2020 Mise en Place*:  
Motion: Chef Peffley, 2<sup>nd</sup> T. Durgey, accepted by all in attendance

### **Treasurer's Report:**

Autumn presented the September 2020 report.

July 2020 report- Total: \$9429.78

- Checking acct: \$2082.23 (changes: -\$82.50 BMD Designs)
- Savings Acct: \$7347.55 (includes +\$0.32 interest)

Motion to approve the Treasurer's Report: Chef Peffley, 2<sup>nd</sup> T. Durgey, accepted by all in attendance

### **President's Message**

- Autumn announced a \$1000 donation from Central PA Superchefs to HACC's Culinary & Pastry Arts Club to sponsor 20 student ACF memberships!
- HACC announced it will remain remote thru the Spring 2021 semester. With the schedule coming out in early October, the call needed to be made in September. All lab classes will be the exception still in allowing students to come onto campus.
- Autumn reported on the PRLA Round Table she attended with State Legislatures and Industry representatives. An update of 50% capacity has been reinstated today. Yet bar and group gathering restrictions remain the same.
- The ACF Chef Connect in Nashville was just announced that it will be postponed until Spring (hosting the Southeast). Pittsburgh will host the NE Chef Connect in March 2021.
- The NE Regional Conference Call included several notes to pass along:
  - National Election nominations are due Dec. 1<sup>st</sup>
  - National Award applications are due Nov. 1<sup>st</sup>. A new L. Edwin Brown Leadership Award
  - Membership report of just under 14,000. Membership revenue can't sustain organization. The NE is at 3344 members, down 288 members since Dec. 2019, yet doesn't include student members. New initiative offering a free 90-day trial for anyone that hasn't been a member for 3 years. Payment options for dues are now available.
  - Discussed the need to add value to the credential "CC" again with employers. Companies are not willing to pay dues for their chefs any longer.
  - Chef's Table collaboration of chapters, such as for the educational presentation for this meeting. A National Chapter Meeting concept has started. Autumn would like to present the November meeting for this.
  - Discussed needing a 3-5 year plan- financial, how to grow, increase value
  - Also discussed the need for student involvement and engagement.

### **Education Committee**

Anna touched on the next 2 upcoming presentations. Chef Notter in October with Candy Making, and the Aquaponics systems at AgWorks in November. There was discussion about doing something fun for December in the event that we can't gather in person. Autumn asked the membership to think about this and brainstorm ideas.

All education presentations and meeting locations are found in the monthly Mise en Place on page 6 (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**

The Taco Tournament was extended to Sept. 24<sup>th</sup> at 11:59 pm. See the flier and our facebook page for the specific details and more information. The announcement of the winning taco will be communicated.

### **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](mailto: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**

If you would like to nominate a student to be featured in the Student Spotlight section of our Mise en Place, please complete the following form:

[https://docs.google.com/forms/d/1aUB\\_PT\\_gwQ8tGCQXakkEgbf9GBYja5QMA7j2DJDzckY/viewform?edit\\_requested=true](https://docs.google.com/forms/d/1aUB_PT_gwQ8tGCQXakkEgbf9GBYja5QMA7j2DJDzckY/viewform?edit_requested=true)

Faith was not able to attend as she was working at the Hilton during the meeting. She did provide correspondence that Autumn read:

*Student Spotlight- Resheeda Carter! I have had the pleasure of watching Resheeda grow as a culinarian from when she plunged into HACC'S Culinary Program till now. Resheeda has had dedicated many hours to volunteering, and assisting with different HACC events, all while taking care of family. It's been a privilege getting to know her, and I'm proud to call her a friend. Instructors I am looking for new nominees for Student Spotlight. Please complete the Google survey, or email me directly with your Student nominee.*

*Face Masks for Students- Anna please if you wouldn't mind share your mask count. If any instructor knows of a student who needs a mask please reach out to me/you, and I will coordinate accordingly. THANK YOU, ANNA!*

*New Business- Back in late August I was contact by Chef Barry Young- Northeast Region Vice President, asking if I would be interested in serving on a ACF National Task Force on Diversity and Inclusion. This task force would insure ACF is on the right track in treating people the same no matter what the case. Chef Barry needed to give his recommendations, and I gladly accepted the request. I have yet to hear anything at this time as far as when task force will meet, or if I am still a candidate at this time. To be even considered was a huge privilege for me, and I hope to be an assistance somehow within the decisions and input of the task force.*

Autumn asked for an update on the apprentices. Bob reported they are continuing their online coursework. They are in the kitchen at school, continuing to work on different skills utilizing ingredients onhand to hopefully sell to the staff at the school. They did find out that they can begin the testing and take that at any time. They have 4 working on the culinary certifications and 1 on baking and pastry.



### **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 he has been grounded by his director and that industry evaluators are needed. He discussed the Food & Beverage RKC's are established for the new accreditation.

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](mailto:khermans@acfcchefs.net)

### **American Academy of Chefs**

Bob had no new news to report.

### **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.*

#### **October Golf Outing- October 19<sup>th</sup>**

*Charlie reported that the Golf Outing is a making progress and will look different this year. 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 a few more volunteers and asked Autumn to send out an email. Students and Apprentices will be prepping the lunches at Lebanon Co. CTC. Neil Nasta, Boars Head, agreed to donate 220 sausages (8:1 size, combined total split between Sausage and Buffalo Chicken). Autumn reached out to Shana Shultz at Giant get a salad recipe and the donation of the products. Brian asked if it could be picked up at the Lebanon store. Ann Olewine is his contact there. Charlie will host a meeting and reach out for any addition assistance needed.*

### **Budget/Finance & Fundraising Committee**

Nothing new to report at this time.

### **Other Old Business to report**

#### **ACF Elections Chair**

A discussion on the nominees occurred and Autumn confirmed she will submit our chapter's vote for Patti Curfman, CEC CEPC AAC.

#### **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**

### **2020 Chapter Awards**

Autumn confirmed as the 2019 Chef of the Year recipient, Chef Reis will be the Chair of the Award Nominations Committee. John asked if any members have nominations to email him. Autumn will send out an email asking for nominations to be sent to John with links to the descriptions/criteria for each. Nominations will be presented at the October meeting.

### **2021-2022 Officer Nominations**

Autumn asked 3 members to establish the committee: Michael Harants, Anna Smith, and Cher Harris. In pursuant to our bylaws, the committee will appoint a Chair and will solicit for nominations. The floor will be opened for nominations at the October meeting. All nominees must be present to accept the nomination, or a written acceptance must be submitted prior to the voting opening.

### **Chapter Financially Support Membership Dues**

Autumn discussed a strong push from ACF National for chapters to support members financially in renewing membership. Discussion occurred and Charlie suggested he lead a committee with the past presidents to put together guidelines. Perhaps a 50/50 split.

**The next meeting** will be held October 19<sup>th</sup> at 7pm via zoom with more information to come.

Motion to adjourn the meeting: Chef Gipe, 2<sup>nd</sup>: Chef Harants. The meeting adjourned at 8:59 pm.

## **ACF Harrisburg Chapter PA 181**

### **2019-2020 Officers**

#### **President & Treasurer:**

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

[arpatti@hacc.edu](mailto:arpatti@hacc.edu)

#### **Vice President:**

**Chef Richard Blythe Jr.  
Sysco Central Pennsylvania  
717-561-4000 Ext 4574**

[blythe.richard@centralpa.sysco.com](mailto:blythe.richard@centralpa.sysco.com)

#### **Secretary:**

**Chef T. Durgey  
HERCO—Entertainment Complex  
717-508-1560**

[tdurgey@hersheypa.com](mailto:tdurgey@hersheypa.com)

#### **Chairman of the Board:**

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

[BPeffley@lcctc.k12.pa.us](mailto: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.