



American Culinary Federation Harrisburg Chapter- PA181



MISE EN PLACE Summer 2022 Newsletter

President's Greeting



Good day to you all!

Thank you to all that joined us for our May gathering at Dodge City Steakhouse! And what an amazing demo and bursting flavors as we *Tasted the Caribbean* with fellow member, Chef Sian Rose! A huge thank you to Chef Doug Krick and the whole team for hosting us!



Sian's Cooking
Homemade made by

And what a great day many of us shared at Hersheypark for our June gathering! Thank you to Chef Cher Harris, Chef Naomi Bechtel, and the whole team for hosting us!



Welcome to our newest members: *Junior Culinarians from Cumberland Perry AVTS Gracious Blanchard, Erin Bookwalter, Tristen Brown, Chiara Caparella, Anthony Kelly, Chelsea Kulawiecz, Brandon Loubier, Jacob Mann, Xavier Morales, Keira Rott, Haley Shatto, Keyera Snyder, and Marinya Turner.*

Congratulations to Gracie Adams for taking **GOLD at National SkillsUSA in Commercial Baking! This is incredible!! Congratulations to all the students that competed!**

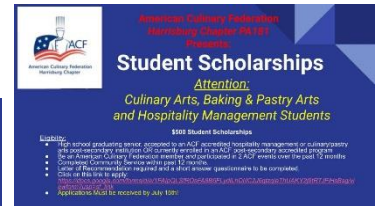


New Certifications earned!

Congratulations to HACC Culinary graduates in earning their CC Certifications: *Rasheeda Carter CC, Eric Lasek CC, Candice Stark CC, and Bachir Harou Oumarou CC.*

Congratulations to DCTS graduates in earning their CFC Certifications: *Bhumika Basnet CFC, Que'Lynn Flemister CFC, Lillian Jenkins CFC, Ashlee Kelsch CFC, Aleysha Lyann Llanos Galarza CFC, Lucas McHugh CFC, Anahi Medina-Rosado CFC, Mohazatou Noufou-Moon CFC, Alannis Rodriguez Ortiz CFC, Amaya Smith CFC, and Grace Suderman CFC*

Are you an ACF student member attending a post-secondary program in the fall? **Apply to the ACF Harrisburg 2022 Scholarship July 15th [HERE](#)**



ACF Harrisburg 2022 Scholarship
Student Scholarships
 Attention:
 Culinary Arts, Baking & Pastry Arts
 and Hospitality Management Students

Eligibility:

- High school graduating senior, accepted to an ACF accredited hospitality management or culinary/pastry arts post-secondary institution OR currently enrolled in an ACF post-secondary accredited program
- Be an American Culinary Federation member and participated in 2 ACF events over the past 12 months
- Completed Community Service within past 12 months.
- Letter of Recommendation required and a short answer questionnaire to be completed.

- Eligibility:**
- High school graduating senior, accepted to an ACF accredited hospitality management or culinary/pastry arts post-secondary institution OR currently enrolled in an ACF post-secondary accredited program
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 - Completed Community Service within past 12 months.
 - Letter of Recommendation required and a short answer questionnaire to be completed.

Save the date for our July chapter gathering, Monday, July 18th from 7-8:30pm at HACC (1 HACC Dr. Hbg, 17010). This will be a fun meeting to bring a friend along or join us for the first time if you haven't gotten the chance to yet! All are welcome.



**FARM TO TABLE
 STUDENT RECIPE COMPETITION**
 JUDGED BY CHEF JOHN REES, CFCE

- STUDENTS **MUST** FEATURE PA FARM FRESH INGREDIENTS IN THEIR DISH
- LIMITED NON-FRESH ITEMS MAY BE USED
- CRITERIA:
 - STUDENT NAME, SCHOOL & GRADE
 - NAME OF PA FARM/SUBJECT CHOSEN AND WHY
 - RECIPE
 - (PHOTO OF DISH/PLATE)
- SUBMIT ENTRIES TO ACFHARRISBURG@GMAIL.COM BY JULY 15TH
 WINNERS WILL BE ANNOUNCED JULY 18TH
- PRLA/LEAF CSA FULL SHARE FOR 2 WEEKS IN JULY.

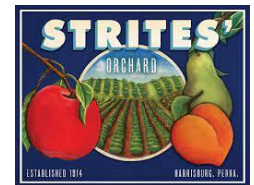
LEAF LEADERSHIP EDUCATION & FARMING

Our menu will feature farm fresh dishes entered in our **Student Farm to Fork Recipe Contest**. The top dishes will be prepared, possibly even demonstrated live! Come vote for your favorite dish!

Our chapter's Summer Farm Tour is off to a great start with Bow Creek Farm in Hershey, Nine Pines Farm in York, and Spiral Path Farm in



Loysville. **Join us for tours still to come of Strite's Orchard, Saturday, July 9th at 8:30am. And the LEAF Farm tour on July 16th at Noon. RSVP [here](#)**



July includes the ACF National Convention in Las Vegas! I am proud to represent our chapter at the Board of Governor's Meeting and at the Chapter Leadership Meetings. I plan to speak specifically on Student Membership within the Harrisburg Chapter at the Chapters Supporting Chapters meetings on Monday and Wednesday.

PRLA has put together a new Hospitality Boot Camp on November 9th at the Harrisburg Holiday Inn. Check your email for the Save the Date and partnership opportunities.



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>

Be well, stay healthy and happy.

Chef Autumn Patti, ACF Harrisburg Chapter President

Recipe of the Month

From the Kitchen of your Vice President

Chef Thomas J Long CEC AAC



Goat Cheese Crostini with Black Cherry Bruschetta

Yield- 24 crostini



Ingredients

Bruschetta

3/4 cup fresh Bing cherries,
split, pitted, and cut into quarters
1/3 cup seeded English cucumber diced 1/4 inch
1/4 cup red onion diced 1/4 inch
1 Tbsp chopped fresh mint
3 Tbsp olive oil
1 Tbsp white wine vinegar
Kosher salt and fresh ground pepper to taste.
As needed- Golden Balsamic glaze

Crostini

2- 8-inch breadsticks or baguette cut at an angle
to produce 24 crostini's
8 oz goat cheese log

Directions:

Preheat oven to 375 degrees.

Combine all ingredients in 1 qt bowl for bruschetta and refrigerate.

Place sliced crostini's on 1/2 sheet tray and toast for 5 minutes. Remove from oven and turnover.

Top each Crostini with 1/3 of an ounce of sliced goat cheese and return to oven, Bake an additional 3- 4 minutes.

Remove from oven and top each Crostini with 1/2 tablespoon of bruschetta.

Drizzle with golden balsamic glaze and serve.



CHERRIES

Ingredient of the Month: June 2022

Cherry trees are flowering plants that belong to the Rosaceae family. Cherries are classified as drupes or stone fruits. Their colors can vary from yellow to deep red-black. Cherries are grouped into “sweet” and tart or “sour”. While the fruit of this tree is edible, cherry pits should be avoided as consuming them can be toxic.

There are around 1200 varieties of cherries in the world. Not all types of cherries are palatable. Some, like the Yoshino cherry, are very bitter. While these trees are often ornamental, they often also have other uses, such as drawing pollinators to the area or fertilizing other cherry cultivars. A standard sweet cherry tree can grow up to 35 feet tall and 25 feet wide. While sour cherry trees may grow up to 20 feet tall and equally wide. Generally, the cherry can be a difficult fruit tree to grow and keep alive. Cherry trees are susceptible to canker, rot and several viruses.

In the Northern Hemisphere, cherry trees blossom in April and the fruit is harvested throughout the summer. Cherry trees can be found in temperate regions around the world. Too much rain during the harvest can cause the fruit (particularly sweet cherries) to crack. Tart cherries are slightly more tolerant of frost as well as humid, rainy weather.

Sweet cherries are indigenous to most of Europe, western Asia, and parts of northern Africa. Cherries have been consumed since prehistoric times. In “History of Plants” Theophrastus, a student of Aristotle, mentions that cherries had already been known to the Greeks for centuries. Cherries were introduced to North America by the British in the 18th century. Today, the United States cherry industry produces more than 650 million pounds of tart and sweet cherries each year.

Health

While cherries are not a substantial source of any essential nutrient, they do offer a moderate source of vitamin C. For the highest amount of the vitamin, sour cherries are the best option.

Cherries are a potent source of antioxidants and anti-inflammatory compounds. “Antioxidant” is a general term for any compound that can counteract unstable molecules called free radicals that damage DNA, cell membranes, and other parts of cells. Antioxidants can slow down aging and ward off chronic illnesses like heart disease, cancer, Alzheimer’s, diabetes, and obesity.

Cherries rank lower than many fruits on the glycemic index. This makes them ideal for both protecting against diabetes, and for managing the condition if you already have it.

Cherries, tart cherries in particular, are one of the few food sources of melatonin. Melatonin is a hormone produced by the pineal gland that can help to regulate our sleep cycle and improve sleep.

Types and Varieties

Popular sweet cherry varieties include:

Bing cherries are some of the most famous and widely-grown sweet cherries in the world. They have dark red, almost purple flesh and are larger than average. Bings are recognizable for their heart shape and sweet, lingering aftertaste. Bings are a great multi-use cherry, working wonderfully in baked goods like cobblers and tarts.

Benton cherry trees are easy to grow, self-fertile, and strongly resistant to disease, making them a perfect choice for home gardeners. In the spring, the tree produces striking white blossoms. The fruit ripens early and is large, deep red.

Lapins cherries, also known as Cherokee cherries, are large, firm, and extra juicy. In addition to its fruit production, the Lapins cherry tree is a stunning ornamental that looks lovely in any garden.

Regina cherries are a classic sweet cherry variety that produces deep red fruit. When the fruit is young, it is bright red and slightly more acidic, deepening in color and becoming sweeter as it ages.

Rainier cherries have a unique color, which is somewhere between bright yellow and bright orange with a red blush. This variety is sweet and juicy, with larger-than-average fruit. Both the fruit and the tree are striking, with the latter producing white blossoms every spring. They typically have an undertone of tartness that you may not notice in bing cherries, creating a rounded flavor profile. Their layered flavor makes Rainiers an ideal choice for beverages like sangaria.

Lambert cherries are very versatile and do not lose their texture when cooked. The Lambert cherry tree is known as an abundant and dependable producer that is as close to foolproof as a fruit tree can get.

Chelan cherries are commonly referred to as "black cherries". Chelan are sharper in taste than a traditional sweet cherry and are best served fresh as the texture is diminished when baked. With a slightly longer shelf-life than other cherries, these are a great option for summer salads.

Queen Anne cherries, also known as Royal Anne, these cherries resemble Rainier cherries with their yellow to rosy skins, but they are more tart. They are often used to produce chocolate covered cherries and maraschino cherries.

Maraschino Cherries aren't actually a special cherry variety, but rather refer to sweet cherries that have been preserved in brine, sweetened, and dyed. Maraschino cherries are the perfect finishing touch for Shirley Temples, ice cream sundaes and baked goods like tres leches cake.

Popular sour, or tart, cherries include:

Montmorency cherries are the most widely known sour cherry variety that blooms beautifully and provides a large crop every year. They are a firm, crisp, acidic cherry, making them more popular for cooking than served fresh. Montmorency cherries make up 96% of the total production for commercial pie fillings and toppings.

Morello cherries are a sour cherry variety that have a richness and unique consistency that make them perfect for pies and crisps. These types of cherries are juicy and filled with nutrients, making them a healthier choice to add to your next dessert.

Selecting and Storing

Always look for shiny, plump cherries with fresh green stems and dark coloring for their variety. Bright green stems are a sign of freshness, and if you pluck them, your cherries may spoil more quickly.

Avoid placing cherries in direct sunlight or warm areas and remember to periodically check your cherries for decay. One bad cherry can spoil the batch.

Keep cherries, unwashed and stems attached in the refrigerator until you're ready to use them. Fresh cherries last three to four days if kept on the counter and can last up to a week in the refrigerator.

Cherries can last longer if frozen properly, keeping for up to six months.



Pitting Cherries

Cherry pitter tool or other kitchen items like a sturdy straw or a decorating tip can help you pit cherries. Simply insert the tool into the spot where the stem attaches to the cherry, and working over a bowl, push through until you feel the pit. Continue pushing until the pit pops out. Alternately, like a peach, use a sharp paring knife to cut the cherry all the way around from top to bottom, then twist the two halves apart in opposite directions.

Popular Cherry Dishes

Chocolate covered cherries are a popular dessert confection. Variations include cherry cordials with liquid fillings(often including cherry liqueur), chocolate-covered candied cherries, and chocolate-covered dried cherries.

Cherries jubilee is a dessert made with cherries and liqueur (typically Kirschwasser), which is flambéed, and commonly served with vanilla ice cream.

Clafoutis is a baked French dessert. Black cherries are arranged in a buttered dish and covered with a thick flan-like batter. Then the clafoutis is dusted with powdered sugar and served lukewarm, sometimes with cream.

Michigan salad is a type of green salad popular at restaurants in Michigan. It is typically topped with dried cherries, blue cheese, and a vinaigrette dressing.

Kirschenmichel is a traditional German pudding dessert. The dish consists of aged bread, butter, milk, eggs and sugar that is made into a dough, after which sweet or sour cherries are folded into the dough and the mixture is baked in a casserole dish. Prior to serving the dessert is topped with vanilla, cinnamon, almonds and clove and is then served hot with vanilla sauce.

Mahleb is an aromatic spice made from the seeds of a species of cherry, *Prunus mahaleb*. It is used in small quantities to sharpen sweet foods and cakes and is used in production of tresse cheese.

Sour cherry soup is a slightly sweet soup made with sour cream, sugar and whole fresh sour cherries, and served chilled. Originating in Hungarian cuisine, this soup is a summer delicacy in several European cuisines.

Black Forest gâteau is based on a German dessert and consists of several layers of chocolate sponge cake sandwiched with whipped cream and cherries. It is decorated with additional whipped cream, maraschino cherries, and chocolate shavings

Gâteau Basque is a traditional dessert from the Northern Basque region of France, is constructed from layers of a pâte sablée with a filling of either black cherry jam or almond or vanilla pastry cream.

Interesting Facts

Turkey is the leading country in cherry production.

In the United States, most sweet cherries are grown in Washington, California, Oregon, Wisconsin, and Michigan.

The English word cherry derives from the Latin *cerasum*, referring to an ancient Greek region, from which cherries were first thought to be exported to Europe.

Artificial cherry flavoring does not taste exactly like cherries. Benzaldehyde is one of the compounds that is used in cherry flavors and can be found in cherry pits and stems. In the late 19th-century when developing the flavoring, cherry flavor was more often associated with wild cherries and with cherry liqueurs, like maraschino liqueur, which had more of that pit flavor.

Thanks to the introduction of mechanical tree shakers, the laborious process of hand-picking cherries now takes a mere seven seconds per tree. However, the machine is so intense, it can shorten a tree's life by seven years.





All About CAPERS

Capers are the un-ripened flower buds of the caper bush, also known as Flinders rose. Capers are small, oval and an olive-green color. They're not to be confused with caper berries—the ripe fruit of the caper plant which is also commonly consumed. While capers are edible, they are very bitter. To make them palatable, the immature buds are dried and then preserved. Capers are either cured in salt or pickled in brine. Capers have a trademark savory flavor that is often described as being similar to black pepper or mustard.

Capparis spinosa, or caper bush, is a perennial plant that bears rounded, fleshy leaves and large white to pinkish-white flowers. The flower buds are harvested before the flower blooms. Caper blooms from May to August and the bush starts to produce flowers 3 years after planting. Flowers emit sweet aroma which attracts insects responsible for the pollination.

If the caper isn't harvested as an immature bud, it grows into a caperberry. A caperberry is about the same size as a small olive, has a long stem and small seeds inside. Their larger size makes them softer in texture than capers, Caperberries do not have the same sharp flavor as capers so they shouldn't be used interchangeably in recipes.

Capers are considered a low-calorie food and contain nutrients such as vitamins A, E and K and are a source of copper, iron and magnesium. However, since they aren't eaten in large quantities, they don't offer significant nutritional value. As well, capers are brined or cured, and contain a high quantity of sodium which is associated with high blood pressure.

Selecting and Storing

BRINED CAPERS

These commonly found capers are stored in glass bottles and covered with a salt water brine. The brine, which almost always includes vinegar, preserves the capers almost indefinitely, making them the ultimate shelf-stable flavor booster. However, the sharper vinegar notes can sometimes dominate the caper's delicate flavor.

SALT-CURED CAPERS

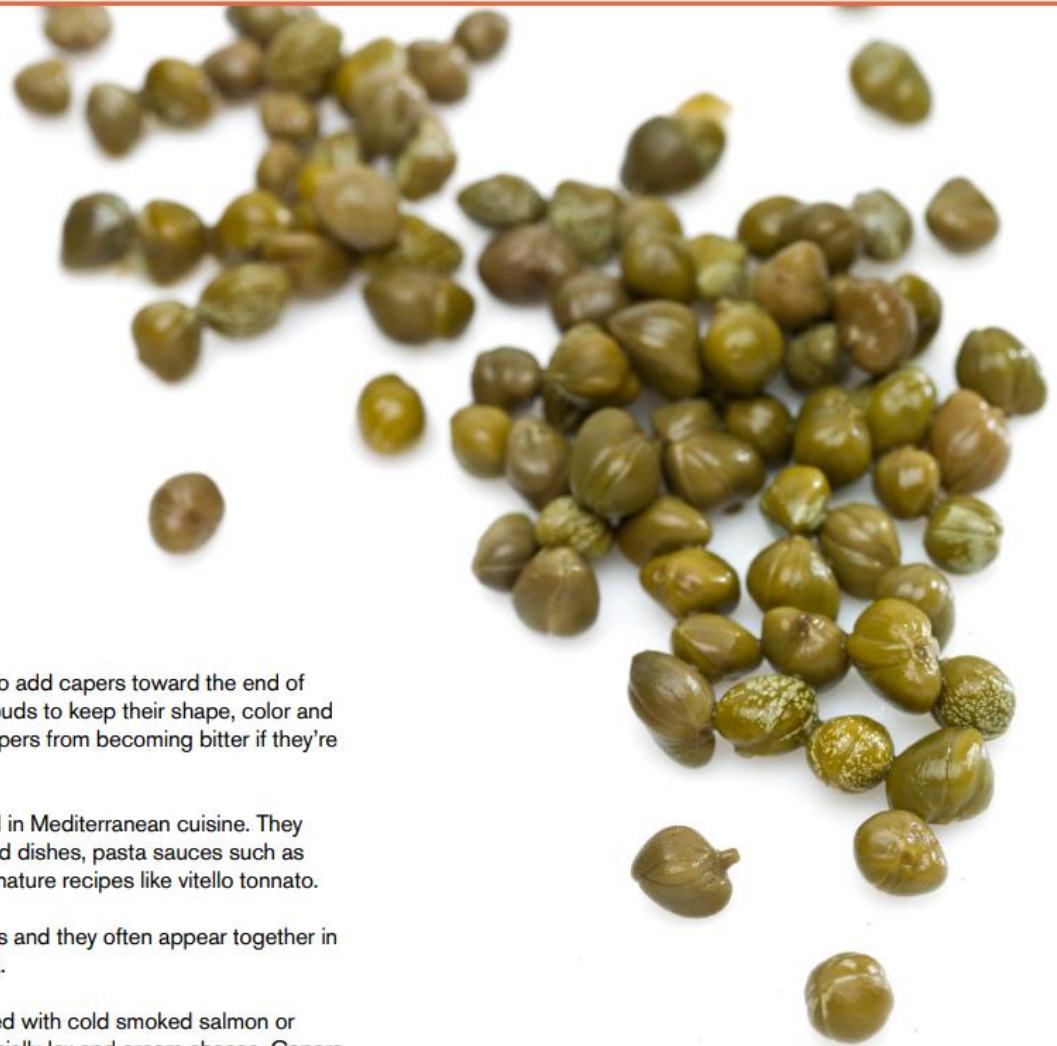
These capers are packaged in nothing but sea salt. The salt accentuates the capers' flavor without overpowering it, but the capers will dry out over time. In the store, look for salt-cured capers that are plump rather than shriveled and with salt that is white rather than tinted yellow, which is a sign they have been sitting on the shelf for a while.

OIL-PACKED CAPERS

Capers are sometimes jarred with nothing more than extra-virgin olive oil. The oil helps preserve the capers while maintaining their fresh taste and crunch. This variety is not as commonly found in stores.

DEHYDRATED CAPERS

Dehydrated capers, sometimes called dry capers, are typically salted for about a month until they undergo lacto-fermentation. The salt then gets washed away and the capers are dehydrated until crisp. Dehydrated capers are the least commonly found and tend to be more expensive than other varieties.



Culinary Uses

In cooked dishes, it's best to add capers toward the end of cooking, which allows the buds to keep their shape, color and taste. This also prevents capers from becoming bitter if they're simmered too long.

Capers are commonly used in Mediterranean cuisine. They are a staple in many seafood dishes, pasta sauces such as puttanesca sauces and signature recipes like vitello tonnato.

Capers complement lemons and they often appear together in recipes like chicken piccata.

In the U.S. capers are served with cold smoked salmon or cured salmon dishes, especially lox and cream cheese. Capers are sometimes added to chicken salad, pasta salad, potato salad, and deviled eggs.

When they're finely chopped, capers provide a bright, briny backbone to tapenade, dressings, compound butters and condiments like tartar sauce.

Fun Facts

Capers are used in the cosmetic industry for the manufacture of various creams and hair care products.

Capers should not be mistaken with the caper spurge. Caper Spurge takes its name from the seed pods which look like capers but are very poisonous. All parts of the plant, including the seeds and roots are poisonous. Handling may also cause skin irritation as the plant produces latex.

Dried caper leaves are also used as a substitute for rennet in the manufacturing of high-quality cheese.

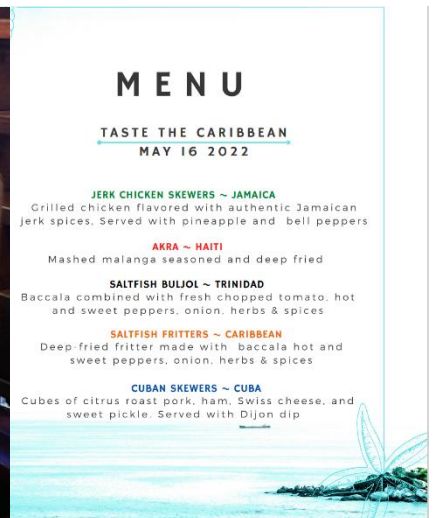
Minutes from May 16, 2022:

- ❖ **President Chef Patti** requested the meeting be brought to order.
Motion: Chef Harants, 2nd: Chef Padamonsky. 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:** Micah Solomon lead the membership in the recitation of the Code.
- ❖ **Board in attendance:** Autumn Patti, Tom Long, Cher Harris, Renee Nasta, Rasheeda Carter (zoom)
- ❖ **Number of participants in attendance:** 24 in person, 4 via zoom
- ❖ A huge thank you to Chef Doug Krick in hosting us and speaking about his professional journey, including his experience with Chef Robert Irvine and Restaurant Impossible.
Check out the episode here: https://www.youtube.com/watch?v=CXeDpeUk-cU&list=EL_v2iP3AUjDQ

Education

Chef Sian Rose, Executive Chef and owner of [Sian's Caribbean Kitchen](#) demonstrated Salfish Buljol, Baccala combined with fresh chopped tomatoes, hot and sweet peppers, onions, herbs and spices. *Wow!* What a refreshing burst of flavors! Check out the full menu to the right and the amazing dishes she

prepared pictured below!



**Thank you to Chris Ditlow of Laser Leaf for the incredible carving as well!*



Continuing Education: Summer Farm Tour

BOW CREEK FARM

Wow!! What an amazing experience touring Bow Creek Farm this weekend! A huge thank you to Rob and Amy Hess for hosting us!! There was so much to learn! What is the difference between a cow, a heffer, a bull, and a steer?? Why did they choose the Red Angus breed? What is in that special blend of grains they are eating and why? I can attest to

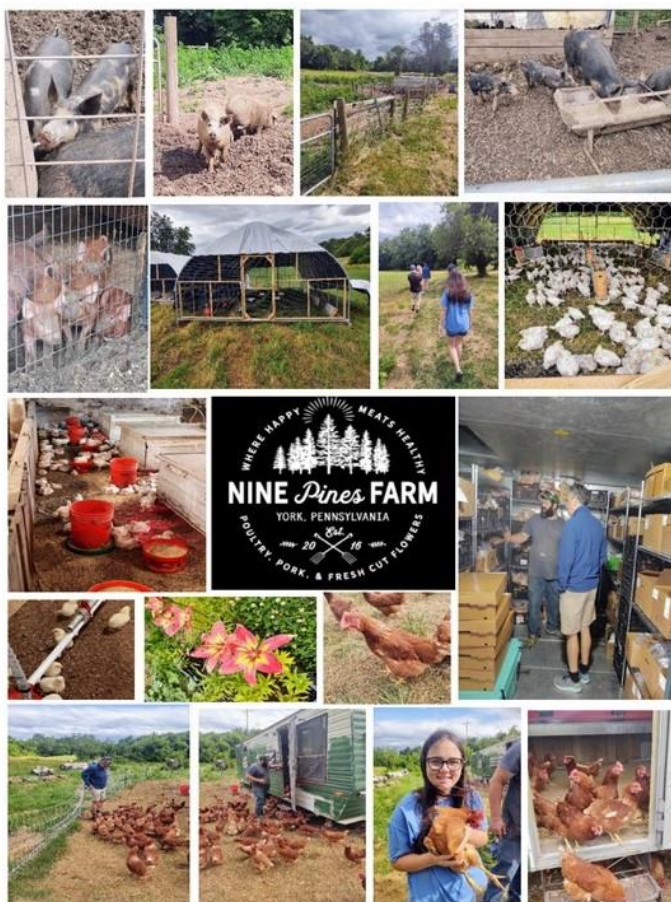


their statement of "Happy cattle are healthy cattle" and tell you a cow's tongue is extremely rough. These bovine animals were so loving and welcomed us all with many licks of affection!

Make sure to check out their website <https://bowcreekbeef.com/our-craft/> to learn more and stop by to purchase "Beef Perfectly Bred and Raised for Excellence" from Bow Creek's Beef Shop soon! Thank you again to the Hess family for an excellent tour and great education on raising Red Angus right here in Central PA!!

NINE PINES FARM

A huge thank you to James Cornwell of Nine Pines Farm for a phenomenal tour last weekend! It is incredible to hear how his farm has grown over just a few short years from raising 200 chickens to 12,000 chickens. The methods these farmers use to sustainably take care of their most prized asset- the soil, is inspiring and truly brings appreciation to their craft. A few highlights included getting up and personal with the laying hens, and the piglets were definitely worth squealing over!



SPIRAL PATH FARM

Located at 538 Spiral Path Lane, Loysville, PA, 17047, Spiral Path Farm is home to the Brownback family since 1978. They farm all of the 300 acres organically and have been USDA certified organic since 1994.

Spiral Path Farm has over 2000 CSA members, receiving fresh produce weekly. They also grow specifically for Wegman's. They deliver to the Harrisburg location and from there... off to NY. PA produce is sold all over the US! Starting the seeds in the greenhouses, transferring them to adapt and gain maximum strength before planting in the ground "by hand" off the back of the truck! From the garage door "humidity rooms", the irrigation system, soil nutrients, and full packaging warehouse~ this was awesome to experience!



Definitely the highlight for us Chefs... the tomato greenhouse. The offer to take any that were on the ground, turned us into kids in a free candy store. I looked behind me at one point, and no one was there. A few moments later, Chef Tom and Chef John were chuckling down the path, juggling as many tomatoes as their arms would carry. That, and the "pure worm poop"! Thank you Alex for an amazing tour!

Still to Come!



STRITES ORCHARD

Join us for a morning stroll through the orchard on **Saturday, July 9th at 8:30am.**
1000 Strites Rd, Harrisburg, PA 17111



LEAF PROJECT FARM <https://www.leafprojectpa.org/>
Saturday, July 16th at 12 noon.

Located at 554 Warm Springs Rd, Landisburg, PA 17040. RSVP [here](#).

Personalized Youth-led farm tour at 12 noon
Fresh products from the LEAF farm, Wood-fired pizza, LEAF-y salad,
Hand-churned local ice cream with seasonal berry sauce, and Blueberry Lemonade
Pie Contest (Email info@leafprojectpa.org if you are interested in submitting a pie to the contest. You will need to bake two of the same pies and bring them day of for tasting)
Bouquet Making and Flower workshop - \$30 (Enjoy a youth-led flower garden tour and make your own bouquet! Sign up by Friday, July 15th to ensure to supplies!)

Secretary's Report- April Mise en Place

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

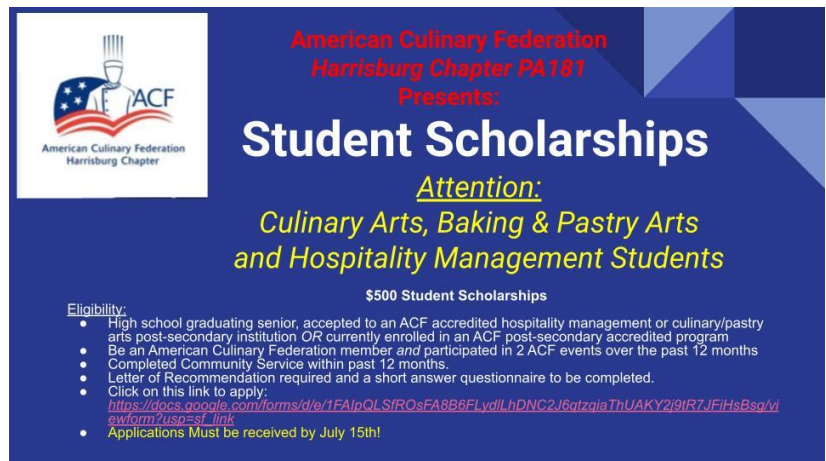
- ❖ Motion made by Chef Harants, 2nd by Chef Padamonsky- Accepted by all, Motion passed.

Treasurer's Report-May 2022

Checking account: \$ 1221.54
Scholarship Acct \$2343.66

Saving Account \$7857.12
TOTAL \$ 11,422.32

- ❖ Our scholarship application cycle is now open! Click [HERE](#) to apply by July 15th!
- ❖ 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



American Culinary Federation
Harrisburg Chapter PA181
Presents:

Student Scholarships

Attention:
Culinary Arts, Baking & Pastry Arts
and Hospitality Management Students

\$500 Student Scholarships

Eligibility:

- High school graduating senior, accepted to an ACF accredited hospitality management or culinary/pastry arts post-secondary institution OR currently enrolled in an ACF post-secondary accredited program
- Be an American Culinary Federation member *and* participated in 2 ACF events over the past 12 months
- Completed Community Service within past 12 months.
- Letter of Recommendation required and a short answer questionnaire to be completed.
- Click on this link to apply:
https://docs.google.com/forms/d/e/1FAIpQLSfROsFA8B6FLydlLhDNC2J6qzqiaThUAKY2j9IR7JFjHsBsa/vi/editform?usp=sf_link
- Applications Must be received by July 15th!

- ❖ Motion to approve the May 2022 Treasurer's Report made by Chef Long, 2nd by Eric Lasek- Accepted by all. Motion passed.

Membership in the Community

❖ *Share events you are involved in with this form: [Click here](#)*

- ❖ Congratulations to all our students for a phenomenal job on their NOCTI exams! Chefs Patti and Reis commented on the stellar performance this year at 6 different vocational schools.
- ❖ Congratulations to all the students graduating High School and to those earning their college degrees and certificates! What an accomplishment you should be so proud of! Chef Patti noted she was honored to call the names at the Spring 2022 HACC Commencement Ceremony.
- ❖ Congratulations to the 2022 Pennsylvania SkillsUSA National Baking Champion from Lebanon Co. CTC, **Gracie Adams!!**
Way to get that GOLD! WOW!



❖ **Lebanon County Food Bank- Help Needed.** In search of guidance to teach our staff and bring cooking to meet our guests needs. Looking for someone that may be able to help in Lebanon county and arm their staff with knowledge in healthy meal prep. Contact Dan Trimble, Director of Development & Events. dant@lccm.us; Office: 717.272.4400

❖ **Alex's Chili Cook Off for a Cause** will be held Sunday, September 25 at Greystone Public House. Please consider participating!! It will be open to all professional and amateur chefs along with students from HACC and DCTS. This year the hours of the cookoff will be from 3 p.m. to 6 p.m. Chefs arrive at 2:30 p.m. and are ready to serve by 3:00 p.m. Voting will end at 5:45 and winners, door prizes and closing will be announced at 6:00 p.m.

If you are interested in participating, please register at alexwsmithfoundation.org BEFORE September 25, 2022. Flyers will be printed August 1, 2022, so the sooner you register, the more we can advertise for you! I have attached the specifications for the day along with the registration form (this is also on the website). Please feel free to contact me with any questions at alexwsmithfoundation@gmail.com or 717/319-0938.

❖ The PRLA is excited to announce the 1st **PRLA Hospitality Career Boot Camp** which will be hosted on November 9th at the Holiday Inn located in Grantville, PA.

This event will be marketed to students in grades 7th through 12th in the local region and is designed to give them a taste of the Hospitality Industry through chef demos, a hospitality panel and a guided tour of the facility.

Some of our chapter chefs are helping with the hands-on culinary sessions- Chef Autumn Patti and Chef John Reis followed by a pastry session which will be led by Chef Cher Harris. The other activities that day will include an etiquette class during lunch and a hotel and lodging operations class and a teaching tour of the facility during afternoon sessions.

LIVE! From the Chef's Apprentice

with Chef Tom Long and Chef Steve Gump.

April 29th Episode- featuring the Cinco de Mayo recipes:

<https://youtu.be/XnPbfugzXU>

June 15th Episode-

View as they share amazing tips to create a tasty Juneteenth BBQ. From main entrees to side dishes, dessert, and more!

https://youtu.be/kfpuJtSb_Ho.

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!
- ❖ Recap of Chapters Supporting Chapters meeting from April 25th at 5:30pm
- ❖ Chef Patti noted the upcoming ACF ChefsForum Series and stressed checking out the website for a full list of recordings.
- ❖ National Convention- July 25-28, BOG July 24th, Chapter Leadership Meet-Ups

Chapter Updates

Certification 101

Please contact Michael Harants for one-on-one mentorship and specific information for your road in pursuing your certification. chefsolutions1963@gmail.com

New Certifications Earned!

- **Congratulations** to apprentices Connor Woodburn earned his Certified Sous Chef (CSC) certification and Katlyn Nissley earned her Certified Working Pastry Culinarian (CWPC) certification!
- **Congratulations** to HACC Culinary graduates in earning their CC Certifications:
Rasheeda Carter CC, Eric Lasek CC, Candice Stark CC, and Bachir Harou Oumarou CC.
- **Congratulations** to these students for earning their CFC Certifications from the Carlisle Center for Careers & Technology!
Mathew Bergstresser CFC, Richard Brown CFC, Scarlet Brown CFC, Ethan Greak CFC, Jayln Horton CFC, Amiya Johnson CFC, Tatiana Lewis CFC, Jacob Lord CFC, Caleb Seeley CFC, and Isaiah Yohn CFC
- **Congratulations** to DCTS graduates in earning their CFC Certifications:
Bhumika Basnet CFC, Que'Lynn Flemister CFC, Lillian Jenkins CFC, Ashlee Kelsch CFC, Aleysha Lyann Llanos Galarza CFC, Lucas McHugh CFC, Anahi Medina-Rosado CFC, Mohazatou Noufou-Moon CFC, Alannis Rodriguez Ortiz CFC, Amaya Smith CFC, and Grace Suderman CFC

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!

PA Flavor “Inner Circle” Event

A smaller event is being organized for 2022 on October 2nd at ABC in Harrisburg. Event time is 1-4. About 250 tickets can be sold, \$125 each. It is in the beginning stages of planning, but looks to include food and 3 possible demos. Autumn will be reaching out to the schools to see how we can involve the students. The chapter expressed support of this event. More details to come as it develops! If anyone is interested in joining this committee, please reach out!

PRLA Golf Outing

The event is scheduled for October 17th. Chef Reis will lead the committee again this year. Chef Miller and the students from Cumberland Perry are committed to help as well again. Thank you to all!

Sponsoring Partners

All meeting partners are being featured on our website and with promotional materials.

Motion to adjourn the meeting: Chef Harants; 2nd by Chef Long- Accepted by all. Motion passed. The meeting adjourned at 8:58pm.

Check out which chapter was featured in the *May 2022 ACF Chapter Leadership Newsletter!!!* This is a new publication emailed out by Dina Altieri, Director of Membership Development.

Chapter Spotlight

ACF Harrisburg Chapter is Making an Impact in Central Pennsylvania



The ACF Harrisburg Chapter is a mighty force in their community. Chapter President Chef Autumn Patti, the board, and chapter members have prioritized community service.

The Ronald McDonald House Charities® of Central Pennsylvania offers volunteer opportunities through their Guest Chef Program and the chapter has been providing monthly meals for over fifteen years. Chef Patti believes "it is important to our members to be active in the community, helping to provide good, wholesome food to those in need." Chef Patti leverages assistance from chapter partners to help with costs, and in March, they partnered with Tom's Ice Works, owned by Chapter Vice President Chef Thomas Long, CEC, AAC. Chefs Cher Harris, CEPC, Faith Brenneman, Sian Rose, and Autumn Patti packaged meals for guests that consisted of Caesar salad, focaccia, chicken parmesan, polenta

with primavera sauce, and berry tiramisu trifles. Chef Patti said, "It was so much fun and awesome to hear their appreciation!"



Pictured from left to right: Chef Autumn Patti, Chef Anna Smith, CC, and Chef Jay Varga.

In addition to community outreach, the ACF Harrisburg Chapter has organized student recipe contests and mentorship opportunities for members seeking certification. Chef Michael Harants, CEC, CCE, AAC is guiding a mentorship program that helps members with ACF certification pursuits. Chef Patti shares, "We have seen major growth in membership, specifically junior members, as a direct result from personal outreach efforts to

secondary schools from our board."

Sharing relevant educational content is also a central part of the chapter's mission. For their April meeting, Chef Jay Varga, Executive Chef of JDK Group Catering, followed up his August 2020 presentation about how the pandemic changed the industry with his current viewpoints addressing the "wedding craze of 2022." Allowing chapter members and partners like Chef Varga to share valuable industry insights has encouraged member participation in monthly meetings.

Find ACF Harrisburg Chapter information, including educational videos featuring student recipes and demonstrations at [American Culinary Federation - Harrisburg Chapter 181 - Home](#).

Share your story! Please email a brief description and photo of your chapter doing amazing work to: daltieri@acfchefs.org.

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	Via Zoom: https://youtu.be/nd_UydNJJWM
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	Dodge City Steakhouse, Executive Chef Doug Krick Member Chef Sian Rose <i>with Taste the Caribbean</i>
June 20, 2022	HERSHEYPARK!
July 18, 2022	HACC, Harrisburg Campus, Cooper Dining Area
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 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.