

# American Culinary Federation Harrisburg Chapter- PA181



## MISE EN PLACE April 2022



### President's Greeting

Good day to you all!

Thank you to all that joined us for our April gathering at JDK! It was amazing to tour the full facility and hear how the catering industry, or "Wedding Craze of 2022" has evolved through the pandemic. A huge thank you to Chef Jay Varga, Chef Anna Smith, Steve Sanchez, and the whole team for hosting us!

**Welcome** to our newest members: *Chefs Naomi Bechtel, Courtney Dimond, Frederic Loraschi, and student Culinarians Micah Solomon and Bachir Harou Oumarou.*

**Our students are amazing!** Congratulations to all the students celebrating BIG accomplishments this month! ~NOCTI practical exams, Awards Ceremonies, College Commencements, and more!

**Congratulations** to these students for earning their CFC Certifications from the ACFEFAC-accredited program at Carlisle Center for Careers & Technology! *Mathew Bergstresser, Richard Brown, Scarlet Brown, Ethan Greak, Jayln Horton, Amiya Johnson, Tatiana Lewis, Jacob Lord, Caleb Seeley, and Isaiah Yohn*

I look forward to seeing many familiar, as well as new faces at our May chapter gathering, **Monday, May 16th from 7-8:30pm** at [Dodge City Steakhouse](#) (1037 Paxton Street, Harrisburg, PA 17104). 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. Come *Taste the Caribbean* presented by fellow member, Chef Sian Rose, Executive Chef and co-owner of [Sian's Cooking](#). Learn the details of our new Student Recipe Competition kicking off Monday night. Get a first look at the Summer Farm Tour schedule. Hear the June Hersheypark update. Enter for a chance at winning some awesome prizes in a raffle benefiting our scholarship fund. And further yet, hear from Chef Doug Krick on his experience with Dinner Impossible. *Can't join us in person? Connect virtually via zoom: <https://hacc.zoom.us/j/96791250957?pwd=dWFZOFZpTnkzK0ZmKzNDcHpVRElUT09> (fyi, food does not come with the zoom connection for those wondering! 😊)*

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*



# All About TEA

Tea or *Camellia sinensis* is a species of evergreen shrubs in the flowering plant family Theaceae. Generally, it is consumed in combination with boiling water. The term “tea” refers to both leaves of the *camellia sinensis* plant and the beverage made from those leaves. The young, light-green leaves that are preferably harvested for tea production have short, white hairs on the underside. Older leaves are deeper green. Different leaf ages produce differing tea qualities. Usually, the tip (bud) and the first two to three leaves are harvested for processing. There are several steps for processing tea leaves: growing/harvesting, withering, bruising, oxidation, fixing, drying and sorting.

The Chinese were first to have used tea as a beverage. Legend has it that a leaf fell into water being boiled for Emperor Shen Nung and he found the taste refreshing. Later, during the Tang Dynasty, Japanese Buddhist scholars visiting China brought tea seeds back to Japan. The Japanese fell in love with the drink, eventually creating the famous Japanese tea ceremonies. The Portuguese first introduced tea to the rest of Europe, but it was the Dutch who made it a commercially available product. However, it would remain very expensive for many years and was only consumed by the wealthy until the late 18th century.

For centuries, tea has been associated with improved health. Each type of tea is said to promote different health benefits. Some studies have shown that black tea could reduce the risk of stroke, regulate cholesterol, and lower blood pressure. While green tea is often associated with improved cognition, and a reduction in headaches and digestive symptoms. Tea also contains caffeine which stimulates your central nervous system and can make you feel more awake. Caffeine levels in tea vary depending on the type you drink, but in general tea has much less caffeine than coffee. Black tea has about 45mg-90mg per cup. While green tea and white tea have much less. When you consume too much caffeine, you could experience symptoms like a faster heartbeat, tremors in your muscles, headache, anxiety, and insomnia.

## Types and Varieties

**BLACK:** Black tea is also referred to as red tea in countries like China. The high level of oxidation is black tea's defining feature, giving it both its dark look and potent aroma. The standard flavor profile of black tea is strong, brisk, and full-bodied, with varying degrees of maltiness or fruitiness. Black teas are typically steeped longer, and in higher temperature water than other varieties. Popular types of black teas include: Darjeeling, Assam, Ceylon Earl Grey, and Keemun.

**GREEN:** Green tea is unoxidized which results in a lighter tea with a natural green hue. This process gives it a more delicate, fresh, and somewhat grassy flavor to go along with its paler appearance. Green tea should be steeped at a lower temperature, for a shorter period of time to prevent it from tasting too bitter or astringent. Popular types of green tea include Sencha, Genmaicha, Matcha and Gunpowder.

**WHITE:** Producing white tea starts with harvesting the tiny baby buds of a tea shrub, then processing them as little as possible. White tea is typically creamier, sweeter, and softer than green tea. White tea doesn't become bitter or astringent easily, but how long it is steeped will still determine the caffeine level. Popular types of white tea include Silver Needle, White Peon, Snowbud and Long Life Eyebrow.

**OOLONG:** Oolong is only partially oxidized, resulting in a tea that has a profile between green and black. Oolong tea's color can be anywhere from bright green or yellow to dark amber. Popular types of oolong tea include Iron Goddess of Mercy, Phoenix tea, Da Hang Pao and Jin Xuan.

**HERBAL TEAS:** Despite its name, herbal tea is not technically tea because it doesn't come from the *Camellia sinensis* plant. Herbal tea is similar to regular tea because it involves steeping natural ingredients in boiling water to produce a beverage. Popular types of herbal tea include Chamomile, Rooibos, Lavender, Ginger, Lemon, Hibiscus, Peppermint and Chrysanthemum.





## Culinary Uses

Tea leaves are most used as a liquid infusion. This involves steeping tea leaves or tea bags directly into a liquid such as water. Additionally, infusing tea with dairy products like milk or heavy cream is an easy way to add flavor to desserts like ice cream or panna cotta, or even a savory cream-based sauce like béchamel.

Steeped tea can be used in replacement for broths and poaching liquids. Green tea and white tea are commonly swapped for stock in vegetable soups, poaching liquid for fish or even water when cooking grains and beans.

Tea can be infused with dry ingredients like sugar. To make tea-infused sugar, combine 1 tablespoon of tea with one cup of granulated or confectioners' sugar. The longer the ingredients mingle, the stronger the results will be.

Tea leaves can be directly incorporated into recipes. A spice grinder or pestle will give loose-leaf tea a fine texture and more easily incorporate tea into cooked products. Ground tea can be used in spice rubs for meat, smoothies or mixed with dry ingredients to create baked good like cookies and scones.

## Interesting Facts

- Tea can be used to dye fabrics. The longer the fabric soaks in the tea, the deeper the color. Use three tea bags for every 2 cups of boiling water. Steep for 20 minutes and cool before soaking.
- Place used tea bags at the bottom of the pot before adding soil. The tea bags hold moisture and provide nutrients to the roots.
- Tea is often used in cleaning as the astringency of tea actually cuts through grease and dust.
- The United States is responsible for many tea innovation such as iced tea and tea bags.
- China is the largest tea producing country in the world. The country exports 40% of the total tea in world.

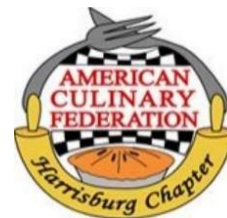


Take the Quiz at - [https://www.acfchefs.org/ACF/Partnerships/Chef\\_and\\_Child/Ingredients/ACF/Partnerships/CCF/Ingredients/](https://www.acfchefs.org/ACF/Partnerships/Chef_and_Child/Ingredients/ACF/Partnerships/CCF/Ingredients/)

# Recipe of the Month

From the Kitchen of your Vice President

Chef Thomas J Long CEC AAC



## Peach Tea Brined BBQ Chicken

Yield- 4-6 Chicken Thighs

*This is a great recipe to crank up in your backyard for any special occasion!*



### The Brine Ingredients

- 3 cups - water
- 3 Bigelow Perfect Peach Herbal teas bags
- 1 Tbsp- Kosher Salt
- 1/3 cup sugar
- 1/2 tsp Crushed red pepper
- 2 tsp Chopped garlic
- 2 tsp lemon juice
- 4-6 bone in chicken thighs skin removed and scored

### The Rub Ingredients

- 1/4 cup brown sugar
- 1/4 cup smoked paprika
- 1 1/2 tsp Chipotle Chile powder
- 1 1/2 tsp granulated garlic
- 1 1/2 tsp granulated onion powder
- 2 tsp kosher salt
- 1 tsp ground black pepper
- 1/2 tsp cayenne pepper

### The Sauce Ingredients

- 1 8 oz can Tomato sauce
- 3/3 cup peach preserves
- 1/2 cup dark Brown sugar
- 1/4 cup apple cider vinegar
- 1/4 cup peach whiskey
- 2 Tbsp Honey
- 2 Tbsp Worcestershire sauce
- 2 Tbsp Rub

### Directions:

1. Bring water to a boil and add peach tea bags. Let steep and cool for 30 minutes.
2. Add sugar, salt, red pepper, chopped garlic and lemon juice and mix well. If brine is still warm add some ice to get cooler.
3. Place brine in a 1-gallon Ziploc bag and add chicken thighs. Brine for 24 hours
4. Combine ingredients for the rub and put in a resealable container.
5. Combine ingredients for sauce in a 2 qt sauce pan and bring to a boil. Simmer for 10-15 minutes until sauce is reduced and syrupy.
6. Remove chicken from brine and pat dry. Lightly coat chicken with 2 Tbsp of canola oil and 1/4 cup of rub mixture. If like your chicken with more spice add more rub.
7. On a medium hot charcoal or gas grill mark both sides of your thighs for two minutes on each side. Finish chicken in 350-degree oven on a half sheet tray or low and slow on cooler side of the grill until internal temp is 175 degrees.
8. Baste both side chicken thighs with sauce to set sauce and slightly caramelize.

**To Present:** Serve chicken on a large platter with extra sauce on the side for dipping.

**Note:** Extra sauce can be stored up to two weeks under refrigeration. The rub can be stored up to three months if kept dry and tightly covered.

# Minutes from April 21, 2022:

*A tour of the facilities led by CEO Steve Sanchez started at 6:30pm.*

*The meeting began at 7 pm in the kitchen area with a meal prepared by the JDK team.*

- ❖ **President Chef Patti** requested the meeting be brought to order.  
Motion: Chef Harants, 2<sup>nd</sup>: 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:** Chef Julie Marolf lead the membership in the recitation of the Code.
- ❖ **Board in attendance:**  
Present— Chef Autumn Patti, Chef Thomas J Long, Chef Cher Harris
- ❖ **Number of participants in attendance:** 24

## Education

Chef Jay Varga spoke to the membership about the catering industry in 2022. He last joined us in August 2020, discussing the shift the company took to adapt to the pandemic. They prepared food and delivered to UGro (childcare) facilities Monday-Friday, 500 meals a day; catered zoom meetings, delivering a meal to each attendee... what he calls “survival mode.” They took the time to redesign and specifically over the last 90 days, rolled out a new training program. They restructured into Caterese, an online software, which required each recipe to be entered- a huge time commitment. Chef Varga currently maintains a 14% food cost due to bulk purchases, limited waste, and great partner relationships with purveyors. The membership asked many questions to get a full insight into the catering industry today. Chef Varga shared how JDK overcame and preserved through the pandemic to now enter the “Wedding Craze of 2022”.

## Continuing Education

### **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:**

Save the Date for our chapters Farm Tour on July 16<sup>th</sup> starting at noon!

### **Secretary's Report- February Mise en Place**

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

- ❖ Motion made by Chef Reis, 2<sup>nd</sup> by Chef Padamonsky- Accepted by all, Motion passed.

## Treasurer's Report-February 2022

Checking account: \$1202.49  
Scholarship Acct \$2206.58

Saving Account \$7856.80  
TOTAL \$11,265.87

- ❖ 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 Marolf, 2<sup>nd</sup> 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 the students with the Taste of Success at Lancaster Co CTC on March 25<sup>th</sup>!
- ❖ Congratulations to the 2022 Pennsylvania SkillsUSA State Champions from Lebanon Co. CTC *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* Stay tuned for information on the next student recipe competition!
- ❖ Wishing all the students performing their NOCTI exams in the upcoming weeks- best of luck to you!

### Ronald McDonald House

- ❖ Chef Sian spoke to the membership about the experience. Dinner will be prepared for residents on March 24<sup>th</sup>- thank you Cher, Sian, Faith, and Autumn for volunteering! And thank you to Tom for sponsoring the dinner through IceWorks- thank you! Stay tuned for more information as the house opens up for more volunteer opportunities.

*Do you want to volunteer for the next dinner?*

[Tom's IceWorks](#)



### LIVE! From the Chef's Apprentice

April 8<sup>th</sup> Episode- featuring the winning student recipes in the "Let's Celebrate Diversity" Student Recipe Contest

**Watch all the winning recipes prepared:**

<https://youtu.be/HBeNlbZTVHA>

Chef Long presented recipe winner, Eric Lasek, with his autographed cookbook during class →



To see all the recipes and pictures, *visit our website.*

April 29<sup>th</sup> Episode- featuring the Cinco de Mayo recipes:

<https://youtu.be/XnPBfgugzxU>

## 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!
- ❖ Chapters Supporting Chapters, Monday, April 25th at 5:30pm
- ❖ ACF ChefsForum Series: April 21st at 1pm EST, Food Writer's Survival Guide for an Ever-Changing Landscape; April 21st at 3pm EST, California Figs & Flavor Cinematography, May 11th at 11am EST, The Secrets to Fried Chicken
- ❖ ACF MasterCraft Summit Series- May 14th Advanced Pastry Summit in Dallas
- ❖ National Convention- July 25-28, BOG July 24<sup>th</sup>

## Chapter Updates

### Certification 101

We are hosted a general info session on ACF Certification, April 4<sup>th</sup> at 4pm at the Hotel Hershey. We're excited to support the chefs wanting to pursue their certifications. Reach out to Michael Harants or Autumn Patti for more information.

### PRLA Hospitality Boot Camp

Chefs Reis and Gipe were asked to be part of a team to form an Education Foundation Group. They have been asked to compile contacts for schools and will be reaching out as help is needed. It is still in the beginning stages, but looks like a 4-quadrant style boot camp. More to come as this develops!

### Mentorship

Our chapter is committed to the growth of all Culinarrians 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 Summer Farm Tour. Farms included: Bow Creek, LEAF, Strites Orchard, Spiral Path, Milk & Honey Farm, Castle Valley Mill, Threefolds Fruit Farm, and more! Autumn shared future month's meeting locations and education updates. We need help to secure a location for May. Caribbean cuisine is on the docket if we can find a location.

## PA Flavor "Inner Circle" Event

A smaller event is being organized for 2022 on October 2<sup>nd</sup> 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 17<sup>th</sup>. 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; 2<sup>nd</sup> by Doogie- 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](http://www.acfharrisburg.org)

<b>January 17, 2022</b>	Via Zoom: <a href="https://youtu.be/nd_UydNJJWM">https://youtu.be/nd_UydNJJWM</a>
<b>February 21, 2022</b>	Panera Bread, Union Deposit location Bread Baking Series Part 1- Sourdough Baking
<b>March 21, 2022</b>	Mount Joy Campus of Lancaster Co. CTC & Zoom Bread Baking Series Part –6:30pm <i>Hands-on Challah braiding</i>
<b>April 18, 2022</b>	JDK Catering Executive Chef Jay Varga, “State of the Catering Industry 2022”
<b>May 16, 2022</b>	Dodge City Steakhouse <i>with Taste the Caribbean</i> <small>And via zoom:<a href="https://hacc.zoom.us/j/96791250957?pwd=dWFZOFZpTnkzK0ZmKzNDcHpVREltUT09">https://hacc.zoom.us/j/96791250957?pwd=dWFZOFZpTnkzK0ZmKzNDcHpVREltUT09</a></small>
<b>June 20, 2022</b>	<b>HERSHEYPARK!!!</b>
<b>July 18, 2022</b>	TBD
<b>August 15, 2022</b>	TBD
<b>September 19, 2022</b>	Dauphin County Technical School
<b>October 17, 2022</b>	Hershey Country Club
<b>November 21, 2022</b>	TBD
<b>December 19, 2022</b>	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](mailto:arpatti@hacc.edu) or [acfharrisburg@gmail.com](mailto: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](mailto:arpatti@hacc.edu)

#### Vice President:

**Chef Thomas J Long CEC AAC**  
*Director of Dining Services*  
*HACC, Central Pennsylvania's Community College*  
[icechef257@aol.com](mailto:icechef257@aol.com)

#### Secretary:

**Renee Nasta**  
*NJ Nasta, Inc.*  
[Rj\\_nasta@yahoo.com](mailto:Rj_nasta@yahoo.com)

#### Treasurer:

**Chef Cher Harris CEPC**  
*Corporate Pastry Chef*  
*Hershey Entertainment & Resorts*  
[cdharris@hersheypa.com](mailto:cdharris@hersheypa.com)

#### Student Representative:

**Rasheeda Carter**  
*HACC Culinary, Baking & Pastry Arts student*  
[chamee1101@aol.com](mailto: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](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.