



American Culinary Federation
Harrisburg Chapter

MISE EN PLACE

August 2017

President's Greeting:

Hello Chefs, Students, and Friends of the ACF,

I hope that your summer is winding down well and that all of your families and friends are safe through this intense hurricane season.

I would like to thank Chef Paul and his staff and students from DCTS for providing the meal at our last meeting at FNB Park on City Island. Also a thank you to Mad Dash and Mad Sandwiches for talking to us about the Food Truck Industry. I found it intriguing and very informative.

Our Next meeting is at HACC in the Cooper Student Center. The meal and meeting will start at 7:00pm. We would like to invite you to see the newly renovated Chef's Apprentice campus restaurant and enjoy a few hors d'oeuvres at 6:30pm. Our culinary students will be making a New Orleans inspired meal. Chef Tom Long, CEC AAC will be providing the education for us. The "Ice Man" himself will be giving us a demo on ice carving techniques and showing us how to properly carve a swan. If you have not seen Chef Tom at work before, you are in for a treat!

I hope to see you there!

-Chef David T. Mills III

Next Meeting:

Monday: September 18th

Harrisburg Area Community College

1 HACC Drive

Harrisburg, Pa

17110

7:00pm

VP Corner

September 4, 2017

Chefs, Students and Guests

I wanted to thank Chef Paul Deiana-Molnar and his staff for creating the amazing food and allowing us to hold our August meeting. I also wanted to give a special thanks to Jess from Mash Dash and Chad Brumbaugh from Mad Sandwiches. Both people gave us great insight on starting up, operating, the success and struggles to run a food truck business, which is very popular in today's [market](#).

I am excited about our next meeting at Harrisburg Area Community College and the food they will serve. This month's educational piece will be on Ice Carving, Thomas Long, ACF Harrisburg chapter member and Alumni of HACCC will be doing a presentation on Ice Carving. This art is still in most culinary classrooms today, but is becoming an outsourced program from hotel, resorts and casinos to outside companies that specialize in it. This will be an exciting demonstration and give some of us a trip back to memory lane from when we have done our own ice carvings for a banquet event or school project.

The rest of the year meetings have some exciting educational pieces, here is some of the following topics. ACF Culinary Competitions and Certifications, Sous-vide Cooking, Culinary Nutrition, art of fermentation, Next Generation of Cooks, Nose to Tail Cooking, I am always interested to hear other ideas if someone thinks we are missing something important to talk about this year in the food industry. Please email me at Jason.clark@pngaming.com.

Our ingredient of the month Broccoli, one of my favorites

Broccoli is an edible green plant in the cabbage family whose large flowering head is eaten as a vegetable. The word *broccoli* comes from the Italian plural of broccolo which means "the flowering crest of a cabbage", and is the diminutive form of *brocco*, meaning "small nail" or "sprout".^[1] Broccoli is often boiled or steamed but may be eaten raw.^[4]

Broccoli has large flowering heads, usually green in color, arranged in a tree-like structure branching out from a thick, edible stalk. The mass of flower heads is surrounded by leaves. Broccoli resembles cauliflower which is a different cultivar group of the same species. Broccoli was first introduced to the United States by Southern Italian immigrants, but did not become widely popular until the 1920s.^[8]

Thank you,

Chef Jason Clark

Chinese Broccoli with Garlic, Ginger, Miso

Ingredients:

1 pound Chinese broccoli
1 tablespoon cooking oil
1 teaspoon grated fresh ginger
1 clove garlic
1/2 teaspoon minced fresh hot chile pepper
1 tablespoon miso paste
2 tablespoons water
1/4 teaspoon roasted sesame oil
1 teaspoon soy sauce

1. Trim ends of the Chinese broccoli. Line up the Chinese broccoli with the stems facing same direction. Cut the stalks in half to separate the thick stems from the leaves.

2. Add 1" of water to a wok, pot or large sauté pan and bring to a simmer on medium heat. Layer in the broccoli stems at the bottom of the wok and layer the leaves on top of the stems. You want the thick stems closer to the bottom of the pan so that they will cook faster. Steam for 3 minutes. Use tongs to lift the leaves to a serving plate. Check the stems to make sure they are cooked - they should be easily pierced with a fork. Plate the stems when they are done.

3. Discard the remaining water in the wok and wipe dry with a towel. Return wok to the stove and add in the cooking oil and ginger, garlic and Chile pepper. Turn the heat to medium-low. Once the oil in the wok begins shimmering, cook for another 15 seconds (take care not to burn the aromatics). Stir in the miso water, soy sauce and sesame oil and cook another 15 seconds. Pour sauce over the Chinese broccoli.

2017 MEETING LOCATIONS

Please mark your calendars

2017 Meeting Schedule

All meetings start at 7:00 pm **(Unless Noted!)** and are also found on our website: www.acfharrisburg.org If you would like to host let Chef David Mills know and we will put you on the schedule.

January 16th, Hilton Hotel

February 20th, Sysco of Central Pa

March 20th, YTI

April 17th at KTI

May 15th, Cumberland Perry Area Vo Tech

June- 19th to be announced

July 17th at Kegel's Produce

August 21st at City Island Harrisburg

September 18th at HACC

October 16th at the Hotel Hershey



MEETING MINUTES FROM AUGUST 21ST 2017:

6:00pm- – Board in attendance: Chef Mills, Chef Clark, Chef Patti and Chef McGrath

7:01pm– — Chef Mills Greeted Chapter and Guests that came to the Ball Park

7:05 Pledge By Chef Mills, and Prayer by Chef Roebuck

7:10pm Introduced our host for the evening— Chef Mills introduced and thanked Chef Paul Deina Molnar and the Students from Dauphin County Vocational Technical School for our wonderful meal (Thanks Students from DCTECH!) Chef Paul and the Students prepared BBQ Ribs, Pasta Salad, Chicken, Rice and Cookies...

7:20pm– Chef Brian Pfefley CEPC CCE AAC motioned to accept the minutes from last month Chef Reis CFB seconded the motion.

Thank You to Chris Ditlow from Laser Leaf for his presentation to Chef Paul Deina Molnar CEC

Treasures Report: July 1st to August 1st 2017 Chef Autumn Patti

Beginning balance: checking account \$4,712.76 (includes \$85.00 in rebates + \$2872.77 from PA FLAVOR—\$5.00 Service Charge)

Beginning balance: savings account balance \$13,220.43 (\$1.19 interest)

The New Rate for Professional Membership to ACF is \$190.00

Associate Member fee is now \$226.00

”

Motion: Chef Mills Second: Chef Tim McGrath
all in Favor

Presidents Report: Chef David Mills—

Thank you to Chris Ditlow and LaserLeaf for their generous donation as always!

HACC held their Culinary Finals and Chef Harrants, Chef Peffley, and Chef Diena-Molnar were Guest Judges and also provided two students that are training for ACF Competition very constructive feedback.

The LEAF Project raised \$17,000 at their annual Savor Event. Thank you to all of the Chefs that helped with the event..

The March of Dimes Signature Chef Auction is taking place on October 2nd at Hollywood Casino. Come out and support the chefs that are involved. They are Chef Jason Clark, Chef Bill Colier, Chef Rosemary from Chaio, and Myself among other area chefs.

Correspondence:

Chef McGrath –we received a thank You letter from Maggie at the Leaf Farm for help in supporting the Leaf Kits and the farm which benefits our families and communities.

COMMITTEES

Certification: Chairperson: Chef Harris CEC

Nothing to report at this time

Education: Chef Jason Clark said we will watch Ice Carving with Chef Tom Long CEC AAC at HACC in September. Thank You for the presentation on Food Trucks with Jessica from Mad Dash and Chef Chad from Mad Sandwiches and HACC

Newsletter: Chairperson Chef Tim McGrath Co-Chair: Chef Campbell

Please contact Tim or David if you would like any information posted (Upcoming events, recipes, job postings etc.) tmcgrath@cpavts.org or dtmills@HACC.edu

We are working on a total transition of the newsletter to be viewed from our web-site only and not sent out individually. **600 newsletters are sent out monthly!!**

Postsecondary students need to update emails in order to receive the newsletter electronically. If graduated a personal email is needed to ensure you receive the newsletter.

Social Media and Website: Chair: Chef Campbell

Chef Campbell has been consistently updating our web-site so please keep checking it out for new information. We are going to expand our reach with Instagram and more twitter information.

Please forward any ideas to Chef Campbell @ www.acfharrisburg.org

Be sure to like and share anything that it is posted on Facebook!!! In this way more people can share in what our chapter is doing.

Academy of Chefs: Chef Bob Roebuck CEC, AAC

In 2018 Sunday February 25th AAC Meeting and Dinner at the Westin in Charlotte, North Carolina.



COOK, CRAFT, CREATE ACF National Convention & Show July 15-19 at the Hyatt Regency in New Orleans, Louisiana.

Chefs & Culinary Professionals of Chicagoland & AAC 36th Annual CCPC AAC GALA Honoring Elizabeth Bergen & AAC Saturday November 11, 2017 at 6pm Venue is the West Lakeshore 644 North Lake Shore Drive Chicago Price is \$135.00 limit is 120, Room Rate is \$169.00, Respond to Joanne Madura @ 1-847-867-7539

Deadline for 2018 Induction to AAC is December 1st, 2017

Ronald McDonald House: : Thank You Chef Tim Durgey from the Giant Center, we do need a September volunteer.

Taste: Chef Reis– no news yet.

Blood bank: Chairperson: Chef Harants

If you are planning on donating blood and you do not have a specific individual you would like to donate it to. Donate to ACF PA 181.

Encourage your family's to donate even if they live in another state!!!

Our goal is 16 pints per year.

Golf Outing: Chairperson: Chef Tim McGrath-

October 16th at the East and West Courses of the Hershey Country Club

PA Flavors: : Nothing new to add

Food Bank: Chef Roebuck CEC AAC- see Bob if you are interested

Chef Roebuck is need of help, please see the dates that are Listed on the ACF Website under the calendar as "food bank assistance"

Call Chef Roebuck @ 717-566-1062

CHEFS MOVE TO SCHOOL: CHEF ROEBUCK & CHEF BYREM HAVE NOTHING TO REPORT AT THIS TIME

OLD BUSINESS: Chef Brian Pfefley CEPC AAC CCE, Lebanon County CTC Students Congratulations on going to the National Skills USA Competition and placing 8th in Baking , 11th in Culinary Arts and their Adult Student also placed 11th. Awesome Job!

Cumberland Perry Vocational Technical School's Culinary Arts Program was re-accredited by the ACF and was granted a five year term with Exemplary Status Congratulations!

NEW BUSINESS: A BIG THANK YOU TO ALL OF THE CHEFS WHO PUT TOGETHER THE NEW AP-RENTICESHIP PRGRAM WHICH STARTS SEPTEMBER 1 1TH. THE STUDENTS WILL COMPLETE 4000 HOURS AND 488 HOURS OF INSTRUCTION AT THE HOTEL HERSHEY, THE HERSHEY LODGE AND THE HERSHEY COUNTRY CLUB. THERE ARE SIX CULINARIANS AND ONE PASTRY STUDENT. CONGRATULATIONS TO CHEF PFEFLEY CEPC, AAC. AND CHEF CHER HARRIS CEPC FOR ALL OF THEIR HARD WORK PUTTING THIS TOGETHER.

BIG CONGRATULATIONS TO CHEF CHER HARRIS CEPC FOR WINNING THE ACF PASTRY COMPETITION AND GOING TO KUALA LUMPUR TO COMPETE IN THE WACS PASTRY WORLD COMPETITION NEXT JULY EVERYONE WISH HER WELL!

MOTION TO CLOSE MEETING: – 8:15PM Chef Roebuck CEC AAC made a motion to adjourn the meeting.
Chef Reis 2nd the motion

ACF Harrisburg Chapter PA 181

2017 Officers

President:

Chef David T. Mills III

Chef Instructor, Culinary Arts

HACC, Central Pennsylvania's Community College

Email: dtmills@hacc.edu

Telephone: 717-221-1737

Vice President:

Jason Clark

Sous Chef ,Hollywood Casino

Jason.clark@pngaming.org

Treasurer:

Chef Autumn Patti

Program Director, Chef Instructor

Culinary Arts and Baking & Pastry Arts Programs

Culinary & Pastry Arts Club Advisor

HACC, Central Pennsylvania's Community College

arpatti@hacc.edu

Secretary:

Chef Tim McGrath CCC

tmcgrath@cpavts.org

1-717-697-0354 ext. 170

1-717-514-6803

Chairman of the Board:

Brian Pfeffley CEPC, CCE, AAC

Pastry Instructor

Lebanon CTC

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.



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