



American Culinary Federation  
Harrisburg Chapter

# MISE EN PLACE

December 2018

## President's Greeting:

Hello fellow Culinarians,

I hope that you made it through the busy holiday season and were able to spend time with your families. I would like to wish each of you a healthy and prosperous new year!

I want to take a moment to thank everyone at John Gross who opened their doors to us again for our December Meeting (Christmas Party). Thank you everyone that came and donated cookies to the Ronald McDonald House. It was a great time and we had donations that allowed us to give presents to many of our members. ARY donated 2 immersion circulators and a full knife kit, Hollywood Casino donated bottles of champagne and wine, the Hilton donated wine, and Laser Leaf donated cutting boards and wooden spoons with the ACF logo on it. It was a great time and I hope to see you there next year!

With the December meeting being the Christmas Party, There is not any meeting minutes in this newsletter so it is shortened down. Don't be alarmed, it will be back next month with the minutes from January.

Our Next Meeting is Monday January 15th at the Hilton on 2nd St. in Harrisburg. Please come and join the chapter in presenting the chapter awards to our well deserving chapter members. Also as a reminder, we will be recording the National Anthem at the start of our meeting to submit to the local news. Please remember to wear your whites.

Please review the meeting schedule for 2018. We have available dates if anyone is willing to host a meeting. If you are on the schedule and wish to not host the meeting next year, please let us know so that we can make the appropriate revisions.

Respectfully,

David T. Mills III

**Next Meeting:**

**7:00pm**

**Monday: January 15th**

**Hilton, Harrisburg.**

# VP Corner

December 2017

## Chefs, Students and Guests

I wanted to thank everyone at Ary Inc. and Vacmaster for the reduced oxygen packaging and sous-vide demonstrations at the November meeting and for the donated immersion circulators and knife kit that we gave away at the Christmas party. Hope everyone enjoyed the holidays with friends and family. Looking forward to another year of our meetings and working with our members for creative and fun ways to learn and grow ourselves as chefs in 2018. This year we will be incorporating more involvement with our student members for educational programs at our meetings.

I am excited about our first meeting of 2018 at Harrisburg Hilton Hotel with Chef John Reis and his staff working with Chef Dave Gurdus on some nutritional base menu items to go with our education component that will be about Culinary Medicine which is a new evidence based field in medicine that blends the art of food and cooking with the science of medicine. Culinary medicine is an accredited program developed by Tulane University that teaches physicians and medical student's fundamental nutrition and culinary principles in both the classroom and working kitchen. It is aimed at helping people reach good personal medical decision about accessing and eating high quality meals that help prevent and treat disease and restore well being. The combination of clinical education and practical kitchen experience in this type of setting is cutting edge and is an indication of where a segment of our industry is moving to-leveraging nutritional awareness in the growing population to positively affect the health of consumers. This Course is taught by Tomi D. Dreibelbis, M.Ed. Culinary Medicine Course Director at Penn State College of Medicine.

The rest of the year meetings have some exciting educational pieces, here is some of the following topics. Nose to Tail Cooking, How to Increase Financial transparency through Avero operating system, Art of Fermentation, Next Generation of Cooks, Modern Vegetarian cooking, Science of Cooking, Modernist Bread, Kitchen Creativity, Preserving Food (Canning, Dehydrating, Freeze drying), ACF Certifications, Acid Trip (Travels in the world of Vinegar). I am always interested to hear other ideas if someone think we are missing something important to talk about this year in the food industry. Please email me at [Jason.clark@pngaming.com](mailto:Jason.clark@pngaming.com).

Our ingredient of the month Beef Short Ribs Perfect for this time of Year

Thank you,  
Chef Jason Clark

## 72-Hour Braised Short Ribs

Collagen determines, to a large extent, whether cooked meat ends up tender or tough. It is also the determining factor in how long you should cook a given cut of meat. Collagen fibers are the biological equivalent of steel cabling, forming a mesh that holds bundles of meat fibers together. Proper cooking unravels the cable-like structure of collagen fibers and dissolves them into juices, transforming the tough collagen into tender gelatin.

In order to unravel collagen fibers, you must heat them. Heat causes the fibers to shrink, and the contracting mesh squeezes juices out of the meat. The hotter the cooking temperature, the more collagen mesh contracts, and the more juices are lost. If you cook the meat at lower temperatures, fewer of the collagen fibers shorten at any given point in the cooking process, so the mesh constricts the meat less. This is why meats retain more of their juices when cooked *sous vide*. But at lower temperatures, more time is needed to shrink, unravel, and dissolve enough of the collagen fibers to make the meat pleasantly tender.

- We love cooking tough cuts of meat *sous vide*, like short ribs, brisket, and pork belly. For our Best Bets for Cooking Tough Cuts of Meat table, see page 228 of *Modernist Cuisine at Home* or page 3-109 of *Modernist Cuisine*.
- We prefer bone-in ribs, but you can use boneless ribs as well.
- While you can use a zip-top bag when cooking many *sous-vide* recipes, longer cooking times, such as what is called for here, require using a vacuum sealer. Vacuum sealing is safer, more reliable, and will prevent oxidation and off-flavors.
- In fact, when cooking *sous vide* for such extended periods, we often double vacuum seal the meat.

Cooking the ribs at 62 °C / 144 °F for 72 hours will result in a tender, flaky meat with a pink hue, but you may prefer a different color or texture. By varying the cooking time and temperature, you can produce dramatically different textures. For example, to achieve the color and texture of medium-rare steak, cook the ribs *sous vide* at 58 °C / 136 °F for 72 hours

# 2017 MEETING LOCATIONS

Please mark your calendars

## 2018 Meeting Schedule

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

January 15th, Hilton Hotel

February 19th, Sysco of Central Pa

March 19th, YTI

April 16th at TBD

May 14th, Cumberland Perry Area Vo Tech

June- 18th TBD

July 16th at Kegel's Produce

August 20th at TBD

September 17th at HACC

October 15th at the Hotel Hershey

November 19th at the Hollywood Casino

December 17th John Gross and Company



**ACF Harrisburg Chapter PA 181**

**2017 Officers**

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**Chairman of the Board:**

**Brian Peffley 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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