



MISE EN PLACE

February 2022



President's Greeting

Good day to you all!

Thank you to all that joined us at the Union Deposit Panera Bread for our February meeting. It was great to gather in person, learn about the operations, and move forward with chapter participation. Thank you to Michael DeMarco and the team at Panera Bread for hosting us!

I look forward to seeing many of you **Monday, March 21st** as we gather for our monthly chapter meeting. Join us for a *hands-on* half-hour of challah braiding, starting at 6:30pm at the Mount Joy campus of Lancaster Co. CTC, located at 432 Old Market St, Mount Joy, PA 17552. The meeting will start at 7pm with a meal provided by the students. All are welcome! A huge thank you to Tracie Gotshall, the instructors and students at Lancaster Co. CTC for hosting us! This meeting will also be held via zoom for all the join from afar!

New and exciting things are happening within our chapter!

- ✘ A new student recipe competition started!
- ✘ New student members from DCTS- welcome!
- ✘ A team has formed to provide dinner for the **Ronald McDonald House** dinner on March 24th.
- ✘ Members in the news and upcoming events. [Share event info here](#)
- ✘ Certification 101 is being scheduled in April
- ✘ Our summer Farm Series Tour is being planned for weekends in June and July.
- ✘ 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!
- ✘ Future partnering sponsors. Thank you to those that completed the form on Annual Purchases to compile our chapter's buying power. [Link to Form](#)

I look forward to seeing many of you at our March meeting!
Be well, stay healthy and happy.

Chef Autumn Patti, ACF Harrisburg Chapter President



February ACF Harrisburg Chapter Meeting



Thank you Michael DeMarco and the team at Panera Bread for hosting us!



Thank you Chris Dilow for this amazing gift for our host!



Fresh Sourdough loaves and dehydrated starter were included with books for the raffle!



All About CARDAMOM

Cardamom is a spice made from the seed pods of various plants in the ginger family. They are recognized by their small seed pods: triangular in cross-section and spindle-shaped, with a thin, papery outer shell and small, black seeds. Cardamom has a strong aroma and taste. The taste is described as a combination of ginger and cinnamon with a coolness that is reminiscent of mint. The spice can be found as a whole pod, shelled whole seeds, or ground powder.

Cardamom is considered to be one of the world's oldest spices. The use of this spice dates back at least 4000 years. Cardamom was used for medicinal purposes and in rituals in ancient Egypt and was later used by the Greeks and Romans in oils and perfume. Cardamom is a very effective remedy against a common problem known as halitosis, aka bad breath. Simply chewing on the seeds can help eliminate any bad odors coming from your mouth. Some chewing gums even include it as an ingredient for this very reason. The high manganese content in this spice makes it an excellent choice for diabetics and anyone struggling with blood sugar issues.

Types and Varieties

Green or "true" cardamom is the most common variety you will see sold in the spice aisle of the supermarket. It is the top choice for sweet dishes but also works well in savory dishes. The bleached version, white cardamom, has less flavor.

Black cardamom, also known as brown, or Nepal cardamom has larger pods that are dark brown. Compared to green cardamom, it has less flavor and is tarter. It has a smoky element that makes it more appropriate for savory dish.

Culinary Uses

- For recipes requiring whole cardamom pods, a generally accepted equivalent is 10 pods equals 1 + 1/2 teaspoons of ground cardamom.
- Recipes using black cardamom often call for using the whole pod, with the seeds intact. The pods are then discarded before eating.
- Many Indian dishes call for cardamom, including curry dishes, Kheer (Indian rice pudding), and chai. Indian spice blends such as garam masala also feature cardamom.
- In the Middle East, green cardamom powder is used as a spice for sweet dishes, as well as traditional flavoring in coffee and tea.
- In Scandinavian countries it is used in traditional treats such as the Julekake the Norwegian yule bread, the Swedish kardemummabullar sweet bun, and the Finnish sweet bread, pulla. It is also a very popular spice in many Scandinavian drinks such as mulled wine and glogg.

Fun Facts

- Guatemala is the biggest commercial producer of cardamom in the world.
- Green cardamom is one of the most expensive spices by weight earning the nickname "The Queen of Spices." However, since it has such a strong flavor, a little goes a long way.
- Cardamom is harvested by hand, which is quite labor intensive, and contributes to its high price.

Presented by American Culinary Federation Education Foundation

Recipe of the Month

From the Kitchen of your Vice President

Chef Thomas J Long CEC AAC



Chef's Apprentice Baked Oatmeal

Yield- one 9 x 9 casserole dish

This is a great make ahead breakfast for the busy household. We make ours on a Sunday to get us through the week. It also travels well in lunch boxes. You can add any kind of dried fruits or nuts to the recipe to make it your own version.



Ingredients

- ½ cup oil (or ¼ cup & ¼ cup natural applesauce if you want to reduce fat)
- 2 - large eggs
- 1 - cup skim milk
- 3 cups - quick cooking oats
- ¼ tsp - salt
- 1 ½ Tbsp - baking powder
- ¼ tsp - ground nutmeg
- ½ tsp - ground cinnamon
- ½ cup - brown sugar packed
- ½ cup - dried fruits & nuts (optional)

Directions:

Mix all ingredients just until blended and pour into 9 x 9 baking dish sprayed with food release. Bake 25-30 minutes at 350 degrees. Should be set on top and lightly brown around the edges.

To Present:

Slice into squares and serve warm with cold milk or fresh berries of your choice

Minutes from February 21, 2022:

Meeting began at 7 pm –

- ❖ **President Chef Patti** requested the meeting be brought to order.
Motion: Chef Gipe 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 Sian Rose, first time joining us.
- ❖ **Pledge of Allegiance:** Chef Tom Long led the membership in the Pledge of Allegiance.
- ❖ **Culinarian Code:** President Chef Autumn Patti led 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:**
16

Secretary’s Report- January Mise en Place

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

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

Treasurer’s Report-January 2022

- ❖ Thank you to those that completed the Annual Purchases Form to compile our chapter’s buying power. If you haven’t done so yet, please [click here](#)
- ❖ 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 Harants, 2nd by Tim Durgey- Accepted by all, Motion passed.

PSECU Account- "ACF Harrisburg"		Jan 2022		
Savings Account:				previous balance:
TRANSACTION:	DATE:	+/-		\$5,355.40
debit reward	12/01	+		0.1
deposit-PRLA check	12/29	+		2500
earned dividend	12/31	+		0.24
debit reward	01/01	+		0.05
			ending balance:	\$7,855.79
Checking Account:				previous balance:
TRANSACTION:	DATE:	+/-		\$1,737.33
ACF rebates	12/7	+		42.75
ACFjudge room -check #104	12/10	-		574.8
Ronald McDonald Giant Card	12/22	-		100
ACF rebates	12/23	+		57
ACF rebates	12/31	+		38
earned dividend	12/31	+		0.04
GoDaddy renewal	01/04	-		135.49
			ending balance:	\$1,021.90
Scholarship Fund:				previous balance:
TRANSACTION:	DATE:	+/-		\$2,072.27
earned dividend	12/31	+		0.08
			ending balance:	\$2,072.35
TOTAL ACCOUNT BALANCE:				\$10,950.04

Membership in the Community

- ❖ Share events you are involved in with this form: [Click here](#)
- ❖ John Reis is judging the ProStart competition with 14 schools participating.
- ❖ Sian Rose is participating in the 1st Friday Caribbean Night in March. Event details + tickets are available at <https://square.link/u/UfhBgNGK>

LIVE! From the Chef's Apprentice

March 10th Episode- St. Patrick's Day

Link to view recording:

<https://www.youtube.com/watch?v=bbiDpefRATY&t=3s>

LIVE FROM THE CHEF'S APPRENTICE

Chef Tom Chef Steve

Chef Karen

Join us Friday, March 11, at 11:30 a.m.

In celebration of St. Patrick's Day and in honor of Women's History Month, Chef Dianna McGuirk will be joining Chef Tom and Chef Steve on stage with a tribute to Irish food.

Attention Students! Your recipe could be featured on the April 8th show!

See the [new Student Recipe Competition](#) details below:

- ❖ Recipes must be an original creation.
- ❖ May be an appetizer, entrée, salad or dessert.
- ❖ Recipes must feature ingredients native to the Middle East.
- ❖ Yield 4-8 servings.
- ❖ Include Name of recipe, ingredients and be written in standard recipe format.
- ❖ Include photo of finished plate, Student name and Culinary school.
- ❖ **RECIPES MUST BE SUBMITTED BY 12:00pm on March 25, 2022**-To submit your recipe please email to ACFharrisburg@gmail.com

The **TOP 4** recipes will be featured on an upcoming episode of "Live from the Chef's Apprentice" plus be awarded an autographed copy of *The Chef's Apprentice Cookbook* with Chef Tom Long CEC AAC and Chef Steven Gump!

"Let's Celebrate Diversity" Student Recipe Competition



Sponsored by American Culinary Federation
Harrisburg Chapter

Open to ALL Secondary & Post-Secondary students

National Updates

- ❖ NE Regional Conference Call, Jan. 20th
- ❖ Chapter Presidents' Meeting- Jan. 24th "Partnering Sponsors"
- ❖ ACF ChefsForum Series: Feb. 28th, 11am, *Spotlight on Haitian Flavors and Cuisine*; March 8th, 12 noon, *Women in Foodservice Leadership 2022*
- ❖ April 3rd- AAC Dinner honoring Mark Wright CEC AAC Lifetime Achievement
- ❖ ACF MasterCraft Summit Series- April *Culinary Leadership Bootcamp* on zoom; May 14th *Advanced Pastry Summit* in Dallas
- ❖ Free classes- [Lentils.org Learning Hub](https://www.lentils.org/learning-hub); [American Lamb](https://www.americanylamb.com)
- ❖ National Convention- July 25-28, BOG July 24th

Ronald McDonald House

- ❖ Dinner proposed for March 24th
- ❖ Thank you Cher, Sian, Faith, and Autumn for volunteering to prepare the meal. They will submit the application and menu in the next week to secure the date.
- ❖ Tom offered to sponsor the dinner through IceWorks- thank you!

Certification 101

- ❖ We are hosting a general info session on ACF Certification. Come find out what is involved, how it can benefit you, and the mentorship our chapter can provide.

Proposed 2022 Budget

- ❖ John shared the following budget with members in attendance.
- ❖ There was discussion on hosting several fundraising dinners and sharing ideas of who to reach out to.

PA Flavor

- ❖ Scheduled for April 2023

ACF PA 181 Budget 2022

	memberships	\$500
	PA flavors	\$0
	Golf outing	\$600
	private dinner	\$1,500
	private dinner	\$1,500
	50/50	\$500
	private dinner	\$1,500
	door raffle	\$250
	Total Yearly budget income	\$6,350
	total Yearly budget income including savings	\$17,295

expenses	Projected Cost	Actual Cost	Difference
President trip to Nationals	\$1,500	\$0	\$1,500
certifications	\$200	\$0	\$200
competitions	\$200	\$0	\$200
awards	\$1,500	\$0	\$1,500
office supplies	\$250	\$0	\$250
charities	\$0	\$0	\$0
Ronald McDonald house	\$1,200	\$0	\$1,200
other	\$1,000	\$0	\$1,000
slush funds	\$500	\$0	\$500
webpage	\$500	\$0	\$500
private dinners 3@200	\$600	\$0	\$600
Total expenses	\$7,450	\$0	\$7,450

Savings account			
ACF savings	\$7,851		
Checking account	\$1,022		
Scholarship account	\$2,072		
total savings account	\$10,945		
Total expenses budgeted	\$7,450		
total budgeted revenues	\$6,350		
total savings account	\$10,945		
total budget revenues incl savings	\$17,295		
total final savings with expenses	\$9,845		

Motion to adjourn the meeting: Chef Gotshall; 2nd by Chef Harants - 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

January 17, 2022	<i>Via Zoom:</i> 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
May 16, 2022	SpringGate/Black Rock Brewing Co., TBC
June 20, 2022	HERSHEYPARK!!!
July 18, 2022	TBD
August 15, 2022	TBD
September 19, 2022	Dauphin County Technical School
October 17, 2022	TBD
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 PA 181

2021-2022 Officers

President:

Chef Autumn Patti
Program Director, Asst. Professor
Culinary Arts, Baking & Pastry Arts Programs
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Vice President:

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Chairman of the Board:

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