

American Culinary Federation Harrisburg Chapter- PA 181



MISE EN PLACE

February 2021



President's Greeting

Good day to each of you!

It was great to see all of you that joined in for Monday's February meeting! For those that missed it, please reference the recording link below to see what you missed. Thank you to Chef Kurt Wewer for updating/introducing newer members to the LEAF Project. While many members are involved with LEAF, newer members were introduced to this great concept and how we can get involved.

I was excited to guide the meeting thru several new initiatives the board members have taken on. Personally, education is at the top of my list. The Ingredient of the Month will be more front and center, CEH certificates will be sent out, and upcoming educational webinars are being planned with PRLA. Speaking of education, look for upcoming surveys geared to specific topics and target audiences, such as what educational presentations you are looking for.

I'm thrilled our chapter voted to establish a scholarship fund for our student members! Much needs to be outlined, but a huge thank you to the Chefs that have started the fund off with their contributions! Once we have this set up, we will communicate how you can contribute- stay tuned!

And how about this Chopped, Harrisburg ACF style challenge Rasheeda introduced!?! This is going to be awesome! Thank you to Chefs Harris, Harants, and Golding- all have accepted the challenge for our first round. Rasheeda sent a list of mystery ingredients they will purchase and prepare a dish with. Adding their own styles and flavor profiles, they will bring the concept to our March meeting and walk us through their process. 3 different chefs, the same list of ingredients, 3 completely different concepts- what a great learning experience!!

Yet one of my favorite parts of the meeting is our new "Getting to Know our Membership" section where we heard from Chef Reis and Chef Long. For newer members, you were introduced to these Chefs, heard their journeys, challenges, inspirations, and current aspirations. For those of us that have known these chefs for years, how amazing to still learn yet something new about them!

A new competition to have your picture featured on our website page is off and running. Enter your pictures that really speak to and represent our Harrisburg ACF chapter. Renee is hard at work setting up our new website- thank you Renee!

So many great things are happening within our chapter right now, I personally can't wait for our next meeting! March 15th at 6:30pm, Elementary Coffee will be joining us. If you have any questions you would like to presubmit, please email acfharrisburg@gmail.com. Please invite a friend and help spread the word! I look forward to seeing you all then.

Be well, stay healthy and happy.

Chef Autumn Patti

ACF Harrisburg Chapter President

Ingredient of the Month BANANAS

Presented by American Culinary Federation Education Foundation



Bananas are an elongated, tropical berry with a thick skin and soft sweet flesh. The most common varieties are yellow when ripe. As they ripen a sweet, yet mellow flavor develops. The peel is edible and commonly eaten in some parts of the world. Yellow bananas have higher sugar concentrations and therefore taste sweeter. When the peel is overripe and has become brown, the banana contains notes which are reminiscent of vanilla, honey and rum.

The banana plant, *Musa paradisiaca*, is the world's largest herbaceous perennial plant and belongs to the family Musaceae. The plant is tall, tropical and "tree-like". However, it does not have a true stem or trunk as it is made of rolled leaf bases with the leaves arranged spirally at the top. The leaves are large and can reach up to 8.9 ft in length and up to 2.0 ft in width. The fruits grow in clusters hanging from the top of the plant.

Bananas were originally found in South East Asia, mainly in India. They were brought west by Arab conquerors. in 327 B.C. and moved from Asia Minor to Africa and finally carried to the New World by the first explorers and missionaries to the Caribbean.

Each banana variety is propagated clonally. There is very little genetic diversity in the domesticated banana plants. This makes bananas especially vulnerable to pests and diseases. The classic dessert banana, Gros Michel, dominated the world's commercial business until the 1950s. It was a sweeter and creamier alternative to the modern banana. Due to a sweeping and catastrophic disease, the Giant Cavendish, has come to be known as the common variety of banana. The Cavendish are resistant to the fungus that killed off the Gros Michel, but they are susceptible to other fungus and may face the same fate that struck its predecessor.

Healthy Ingredient Contribution

Values from NutritionData.com based on bananas, raw 1 cup (225g)

- One serving of bananas offers 41 percent of the daily recommended value of vitamin B6, which is important in cognitive functions and building new red blood cells.
- One serving of vitamin C contains 33 percent daily value of vitamin C. Vitamin C is a highly effective antioxidant and antihistamine. It is also very important in fighting infections.
- One serving of bananas contains 30 percent of the recommended daily value of manganese, a macromineral that plays an important role in bone development and in converting the proteins, carbohydrates and fats in food into energy.
- One serving of bananas contain 23 percent of the daily recommended value of potassium. Potassium can help lower blood pressure. It is also important in brain function.
- One serving of bananas contain 27 percent of the recommended daily value of dietary fiber. Soluble fiber helps to slow digestion and help your body absorb vital nutrients from foods. Insoluble fiber stays in its fibrous form, helps food pass through the digestive system.

Types and Varieties

There are almost 1,000 varieties of bananas, according to the Food and Agriculture Organization of the United Nations (FAO). However popular varieties of banana include: **CAVENDISH**: Nearly all the bananas sold in stores are cloned from just one variety, the Cavendish banana plant. They are known as a dessert banana. Cavendish are the long, yellow, slightly sweet bananas that are sold at supermarkets around the U.S. **LADY'S FINGER**: Lady Finger bananas are smaller and sweeter than Cavendish. They can be eaten in the same way but make easy portion-controlled snacks. This variety is also known as sugar bananas, fig bananas, or date bananas. **PLANTAINS**: Botanically, there is no difference between plantains and bananas. However, Musa cultivars with firmer, starchier fruit are called "plantains" in some parts of the world. In other regions where many more varieties of banana are commonly grown and eaten, no distinction is made in local languages. Plantains are harder to digest when eaten raw and are almost always cooked.

Selecting and Storing

- Bananas will ripen off the vine. Green bananas are not ripe but can be purchased for maximum storage life without freezing. Most bananas are yellow when ripe, but some varieties are brown or red.
- Brown-spotted bananas are the sweetest. As the small brown spots grow on the peel, the fruit inside ripens even further.
- Avoid purchasing bananas that have a gray tint and look dull in color. This is a sign that the bananas were refrigerated, which interferes with proper ripening.
- Keep ripe bananas open at room temperature if you will be eating them within a few days.
- Refrigerate bananas after they are fully ripe. Refrigeration slows the ripening process considerably but does not stop it.
- Bananas can be frozen for several months. When thawed, you can use the bananas to bake and cook, as well as in sauces and smoothies.

Culinary Uses

- Cavendish bananas are most commonly eaten fresh and out of hand.
- Bananas are a common ingredient in desserts such as pies, cakes, muffins, or breads.
- Bananas make a sweet thickener for smoothies, puddings, and pancakes.
- Bananas are commonly used as a topping for yogurt and cereal.
- While Plantains are thought of as the banana variety to use in "savory" dishes, all varieties can be fried or used in dishes like curry, mole or salsa.

Interesting Facts

- Uganda is the largest consumer of bananas in the world. An average person eats around 500 pounds of bananas per year! That is 19 times more than Americans.
- In 2001, a bunch of bananas took the title of the "largest bunch of bananas." It held 473 individual bananas or "fingers" and it was grown in the Canary Islands.
- Bananas contain about 75% water.
- More songs have been written about bananas than about any other fruit.
- A banana plant is actually a perennial herb, like a lily or an orchid.
- The oils within the inside of a banana skin have been linked to helping inflammation and itching caused by insect bites.

Complete the quiz on www.acfchefs.org/CEHQuiz or the [ACF online learning center](#), to earn one hour of continuing-education credits toward ACF certification.



Recipe of the Month

From the Kitchen of your Vice President

Chef Thomas J Long CEC AAC



Banana Tacos with Salted Caramel Peanut Sauce

Ingredients

12 each	Wonton skins
As needed	Food Release
2 Tbsp	Butter
1/3 cup (3 oz)	Raw Peanuts coarsely chopped.
½ cup	Dark Brown Sugar
¼ cup	Half & Half
1 ½ tsp	Vanilla Extract
½ tsp	Kosher salt
1 cup	Semi-sweet Chocolate chips
1/3 cup	Heavy Cream
¼ tsp	Cayenne pepper
2	Medium Ripe bananas cut into sixths.

To make taco shells: Pre-heat oven to 350 degrees. Using a 12 x 10 foil pan, spray outer edge of pan with food release and lay wontons over edge corner to corner to form a triangle. Spray wontons with food release. Do not overlap. Bake in oven for 4-5 minutes until golden brown to form taco shell.

To make salted caramel sauce: In a 1 qt. saucepan over medium heat melt butter. Add chopped peanuts. Sauté for 2-3 minutes until peanuts and butter begin to brown. Add Brown sugar, half and half, and vanilla extract. Cook for 2-3 minutes stirring intermittently until thickened. Add salt and mix.

To make Ganache: In a double boiler combine chocolate chips, heavy cream, and cayenne pepper to make a ganache. Stir until smooth. Remove from heat and let cool slightly.

To assemble Tacos: Place 1 ½ teaspoons of ganache in the bottom of each taco shell. Peel bananas and cut each into 3 equal portions. Cut each portion in half lengthwise and place on top of ganache in each taco. Top each with 1 Tablespoon of Salted peanut caramel sauce

Optional: Serve with a small scoop of premium vanilla ice cream,



Student Spotlight- *by Faith Brenneman*

And just like that Student Spotlight is back! It is only appropriate for this Chapter to take a moment and let it sink in of how many programs and institutions that are affiliated with PA181. In some cases, we have been with Students all throughout their culinary/baking education. This Chapter has been a crucial part to our participating Students in their educational careers. Countless numbers of Chefs, 181 Members, and Partners have helped guide, mold, and mentor hundreds of students- inside and outside the kitchen. That's impressive to think about!

Emily Schmidt

is no exception to hanging around with our Chapter! Emily graduated from Palmyra High School with honors and enrolled immediately into the LCCTC's Apprenticeship program for culinary arts. Within the program, she excelled. She participated in many events dedicating her time and skills. Hungry for more, Emily then enrolled at HACC to complete her degree (AAS) in culinary arts. From completing her apprenticeship program at LCCTC, Emily was able to join the Culinary 3 class at HACC- a class that is for 3rd semester culinary students! After finishing other required classes with no trouble, Emily recently became a HACC culinary graduate! Her next step? Completing her bachelors at Drexel University!

Continuing her culinary journey, she is working at Hershey County Club. In fact, she has been there since 2015- talk about sticking with it! But her end goal is to pursue part-time butchering! She wishes to help supply locally raised meat to small businesses. At this rate, Emily will have no issue reaching that end goal!



Hey Chefs, do you have a student that deserves to be featured here, in Student Spotlight?

Email Faith: faithbrenneman97@gmail.com

Please include a name, picture, and short bio on your nominee OR contact information for your nominee so they can be reached.

2021 Meeting Locations & Education

All Zoom meetings will start at **6:30 pm**, until further noted. Links and information are also found on our website: www.acfharrisburg.org

January 18, 2021	<i>Via Zoom</i> Guest Speaker: Jon Bellem, Another Round, Support 717 Recording: https://youtu.be/9JbOWgcwGUg
February 15, 2021	<i>Via Zoom</i> Guest Speaker: Kurt Wewer, LEAF Project Recording: https://youtu.be/GLM0LnO0RxA
March 15, 2021	<i>Via Zoom, Elementary Coffee Co</i> Link: https://hacc.zoom.us/j/92828312819?pwd=ajBhOmdBWjdFaEJYWmVqTXRleTFiQT09 Meeting ID: 928 2831 2819, Passcode: 739114, 1-312-626-6799
April 19, 2021	<i>Via Zoom</i> Tour of new Hershey E&R operations, Ice Cream Making Demo (TBC)
May 17, 2021	<i>Via Zoom</i>
June 21, 2021	HERSHEYPARK (TBC)
July 19, 2021	TBC
August 16, 2021	TBC
September 20, 2021	TBC
October 18, 2021	Hershey Country Club—Golf Outing
November 15, 2021	TBC
December 20, 2021	John Gross & Co. (TBC)

2021 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

Meeting Minutes from February 15, 2021:

Meeting began via Zoom at 6:32pm – Motion” Chef Harants 2nd: Chef Long: approved by all in attendance.

Board in attendance: Present— Chef Autumn Patti, Chef Thomas J Long, Chef Cher Harris, Renee J. Nasta and Rasheeda Carter.

Number of participants in attendance: 27

President Chef Patti greeted the Chapter and welcomed everyone to the meeting including guests. She thanked those attending and did a Roll Call by listing all meeting participants’ names.

Pledge by: Chef Patti

Autumn introduced our Guest presenter- Kurt Wewer, who presented on the LEAF Project, a local non-profit organization that encourages teens to cultivate leadership skills through farming. Their Mission: The LEAF Project cultivates youth leaders from diverse backgrounds through meaningful work in the food system. The farm primarily works with students from the Carlisle School District due to its location. The LEAF farm is a small scale, 3-acre farm, that focuses on producing diversified produce. Our farm is located on 554 Warm Springs Road, Landisburg, PA 17040. They enjoy working directly with chefs and restaurant to provide unique and a variety of produce. <http://www.leafprojectpa.org/>

Chef Kurt Wewer: centralpachefconsultants@gmail.com Chef Barry Crumlich: bcrumlich@pa.gov





Business portion of the Meeting began 7:06pm:

President Chef Patti requested the meeting be brought to order, Motion: Chef Harants 2nd: Chef Long - Accepted by all.

President's Message- Chef Autumn Patti

President Chef Patti stated that education and learning is her primary mission this year as president. The Board is dedicated to both expanding and creating content that is valuable for the membership. We are creating several different strategies to engage members that will contribute to acquiring credits towards certifications. President Patti kicked this off with a quiz and demonstration featuring bananas, this month's ACF Ingredient of Month. She demonstrated how to make Bananas Foster over vanilla ice cream as well as pancakes. See our newsletter for more information on bananas and for the link to take the ACF Quiz for educational credits!

Secretary's Report- Renee J Nasta

President Chef Patti requested a Motion to accept the January Minutes as presented in the January Mise en Place. Motion made by Chef Harants, 2nd Chef Long- Accepted by all.

Treasurer's Report- Chef Cher Harris

Chef Harris presented the February 2021 report. She is preparing the taxes at this time. Our accounts will be transitioned from M&T to PSECU over the next few weeks.

Treasurer

Report

2/15/2021

Checking:

	beginning amount		3461.33
19-Jan	rebates		+61.75
27-Jan	ACF Medals		-500.00
4-Feb	rebates		+28.50
	ending balance		2989.23

Savings:

	beginning amount		5348.77
29-Jan	interest		+.19
	ending balance		5348.96

TOTAL BALANCE:
\$8338.79

Motion to accept Treasurer's report as presented made by Chef Harants 2nd: Chef Long- Accepted by all.

Vice President's Message- Chef Tom Long

Chef Long presented the Board's plan for membership outreach. Education will be the first area that will be covered. A digital survey through Survey Monkey will be going out to the membership this week to collect feedback and insight on what members would like to see regarding to educational content. Chef Long will focus on Professional education and Rasheeda Carter will focus on Student education.



Please be on the LOOK OUT for the SURVEY in your EMAIL!! There will be a random lucky person who will WIN a PRIZE for completing the survey. THANK YOU in ADVANCE for your participation.

Student Representative's Message- Rasheeda Carter

Rasheeda presented to the membership the creation of a Harrisburg ACF Scholarship fund. She is interested in receiving input on the criteria, application process, review, and award process. The floor was opened for discussion- Chef Harants inquired what revenue source will be used to fund the scholarship, discussion ensued. Chef Harants, Chef Robey, and Chef Long donated \$50 a piece to get the fund started and challenged the rest of the membership to participate. Thank you to all chefs that contributed to get this fund started. Chef Reis suggested increasing the Chapter dues by \$5.00 as a revenue source. Chef Harants suggested a white paper be written to present to potential sponsors for donation requests.

A Motion was made to open a scholarship fund by Chef Robey, 2nd by Chef Long- Accepted and passed by all.

New account to be open at PSECU by Chef Harris. If you would like to donate, please make checks payable to Harrisburg ACF Chapter PA 181 and give to a member of the Board. Further information on how to make donations will be announced.



New Educational content beginning March 15th-
CHOPPED! The ACF Way

- ❖ Students, please send mystery ingredient ideas to Rasheeda at rcc85553@hawkmail.hacc.edu
- ❖ We will pick 4 ingredients/spices that need to be included in the dish.
- ❖ We will send out an email with the “basket” ingredients on the Wednesday after the meeting. You will purchase the ingredients, create your recipe, and take a picture or share your plate with us at the next meeting.
- ❖ We would like **3 VOLUNTEERS** for each month.
- ❖ **March Participants are: Chef Harants, Chef Golding and Chef Harris.**

Junior Membership/ Student Outreach-Faith Brenneman

No Report

NEW !! Membership Minute

New Feature to the meeting; Get to know YOUR membership. Two members will tell their story and what brought them to the culinary world and to the ACF.

This month's guests were.

- ★ **Chef John Reis CEC**
- ★ **Chef Thomas Long CEC, AAC**

To hear their story, go to our YOUTUBE channel and listen! Recording: <https://youtu.be/GLM0LnO0RxA>

Education Committee- Anna Smith

March education will be a presentation from Elementary Coffee Co. of Harrisburg, PA

April education may be a tour of the NEW Hershey Operations by Chef Char Harris, CEPC- TBC

May- TBA

July- TBA

August- Chef Jason Clark presenting on Sous Vide techniques and a CONTEST!!

(All education presentations and meeting locations are found in the monthly Mise en Place, (above), yet are tentative based on our current environment changing weekly.)

Website Update- Renee J. Nasta

NEW CONTEST!!! We are looking for new content for our NEW website! To ENTER take a picture, preferably a NEW one, that you feel represents OUR ACF Chapter. **Please submit it to the Contest Page on our FACEBOOK page for voting. The WINNER will be FEATURED on the Home page of our Website!!** Good luck and get SNAPPIN!



Social Media Committee- Renee J Nasta

**Please email Renee content to post on our Chapter's Facebook page at rj_nasta@yahoo.com or text her pictures at 1-717-821-3531.*

Also, check out our chapter's YouTube channel: ACF Harrisburg!

Apprenticeship Update- Chef Robert Corle

Chef Corle reported- Apprentices are beginning to receive hours again at the hotel, still working virtually for most classes and have been working on ice carving.

Competition Committee

Nothing new to report.

Certification Committee

Nothing new to report.

Accreditation Committee

Nothing new to report.

American Academy of Chefs

Just in as of 2/18, the Academy Dinner at the Southern Regional Chef Connect in Nashville at the Westin with Chef Rico on April 11, 2021 is CANCELLED. They are now focusing their attention on the National Induction Dinner in Orlando, which will be held at the Orlando World Center Marriott Hotel on Sunday August 1st. The Fellows meeting will be held that morning and the spouses' luncheon will take place on Monday, August 2nd. We will recognize all our inductees and award recipients from 2020 and 2021 in Orlando.

Community Outreach

Ronald McDonald House

Nothing new to report.

Volunteers are always needed. Visit <https://www.rmhc-centralpa.org/volunteer/> for more information.

Central PA Foodbank

Nothing new to report.

*The Central PA Food Bank **needs volunteers** to assist in packing at their offsite location. Visit: <https://www.centralpafoodbank.org/ways-to-give/give-time/> to sign up.*

Budget/Finance & Fundraising Committee

Nothing new to report.

New Business

President Patti presented a new process for communicating Employment Opportunities. All opportunities will be sent to Chef Harris, (professional) and Student Representative Rasheeda Carter, (student) to be communicated via email with the appropriate members. This information will also be shared in the newsletter and on our social media platforms as appropriate.

The PRLA is interested in teaming up with our professional members to create educational webinars for students across PA and the neighboring states. Hope Sterner offered to organize, promote, and handle all logistics, we come in with the presenters. Hope has reached out to schools to take a pool of topics in demand. Once we receive this list, we can start to form a list of presenters. If interested in volunteering, please contact President Patti.

Motion to adjourn the meeting: Chef Michael Harants; 2nd Chef Doogie- Accepted by all, motion passed.
The meeting adjourned at 8:39pm.

Next meeting: March 15th at 6:30pm via ZOOM with Elementary Coffee Co.

To Purchase Chef Long's Cookbook click the link below!

https://bookstore.hacc.edu/harrisburg/shop_product_detail.asp?catalog_group_id=LTQ&catalog_group_name=U2VhcmNoIFJlc3VsdHM&catalog_id=0&catalog_name=U2VhcmNoIFJlc3VsdHM&pf_id=47917&product_name=Q2hlZidzIEFwcHJlbnRpY2UgQ29va2Jvb2s&type=3&search_text=cookbook&f=

Employment Opportunities

Executive Chef- Springhaven Club, Wallingford, PA:

<https://www.thespringhavenclub.com/>

Executive Chef- St Joseph Country Club, MO:

<https://stjosephcountryclub.com/>

Lead Line Cook- Dolphin Head Golf Club, Hilton Head, SC:

<https://dolphinheadgc.com/>

Director of Foodservice - Kenbrook Bible Camp, Lebanon PA: <http://www.kenbrook.org/>

Chocolatetown/HersheyPark – cooks, dishwashers, pastry cooks, servers, bartenders (Virtual Hiring Event on Feb 23 on Indeed) : <https://www.hersheyjobs.com/>

Community Events to check out!

Rasheeda shared her community Food Truck nights encouraging us all to support one another during these unusual times- Food, Fun and Fellowship!

* FOOD TRUCKS**

All events are located at **705 Drexel Road Harrisburg, PA 17109 in Devon Manor.**

Wednesday from 5-7 pm in April-May booked except for May 5. That week, it will be on Tuesday May 4 from 4:30-6:30 pm.

April 7: Stocks on Second and Farm Show Milkshakes

April 14: The Kitchen Table

April 21: 717 Taco and J and P Winery

April 28: Blazing Swine BBQ

May 4: Lucky Penny Burger Co.

May 12: The Kitchen Table and The Cupcake Truck

May 19: Philadelphia Hoagie Co.

May 26: Uncle Paul

June 2: Mad Dash Concessions

June 9: The Italian Job

June 16: 717 Taco

June 23: Blazing Swine BBQ

June 30: Chef de Crepe

July 7: Lucky Penny Burger Co. 4:30-6:30 and The Cupcake Truck

July 14: Philadelphia Hoagie Co.

July 21st: The Vineyard and Brewery at Hershey and The Potato Coop



Chef Thomas J. Long CEC AAC

Chef's Apprentice Cookbook

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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Treasurer:

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Rasheeda Carter
HACC Culinary, Baking & Pastry Arts student
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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.