

American Culinary Federation Harrisburg Chapter- PA181



MISE EN PLACE January 2022



President's Greeting

Good day to you all!

Thank you to all that joined us via zoom for our January meeting. It was great to gather in the new year and brainstorm together for our chapter's 2022 involvement! One such topic discussed, was education. Several members commented wanting to learn more with baking breads. 2 members immediately reached out with great opportunities for a Bread Baking Series over the next 2 months.

I look forward to seeing many of you **Monday, February 21st** as we gather for our monthly chapter meeting. Join us for a *prefermenting* half-hour as we mingle starting at 6:30pm at **Panera Bread, located at 4259 Union Deposit Rd, Harrisburg, 17111**. All are welcome! A huge thank you to Michael DeMarco for hosting us!

The meeting will start at 7pm with a live baking class focusing on sourdough by this month's presenter, Robert Tim Young, Multi Market Bakery Manager and his team. Following the presentation, we will continue with the business portion of our meeting. Bring your cash to take part in a raffle to benefit the student scholarship fund featuring sourdough starters and fresh sourdough loaves.

New and exciting things are happening within our chapter!

- ✂ A **new student recipe competition** is starting! Join us to find out more!
A **Ronald McDonald House dinner** is being planned. The date has been set. Do you want to get involved?
- ✂ **Members in the news and upcoming events.** [Share event info here](#)
- ✂ Interested in pursuing your **Certification**. Find out more about a general info session coming up.
- ✂ Our **summer Farm Series Tour** is being planned. What farms do you want to be included?
- ✂ Our **mentorship program** is rolling out. 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 February meeting at Panera Bread!

Be well, stay healthy and happy.

Chef Autumn Patti,

CAULIFLOWER

Cauliflower is one of several vegetables in the species *Brassica oleracea*. *Brassica oleracea* also includes broccoli, brussels sprouts, cabbage, collard greens, and kale. The cauliflower head is composed of tightly packed florets, often referred to as curds. These curds are connected by a thick core surrounded by oval leaves with pronounced mid-ribs and veins. The leaves and stem of cauliflower are both edible but typically only the head is eaten. Though usually white, cauliflower does come in other colors including green, purple, yellow, and orange. No matter the color, the taste is mild, slightly sweet and a little nutty.

Cauliflower has very little fat and carbohydrates, and it is a rich source of fiber. There are 3 grams of fiber in one cup of cauliflower, which is 10% of your daily need. Fiber is important because it feeds the healthy bacteria in your gut that help reduce inflammation and promote digestive health.

A Single Floret of cauliflower contains 10% of your daily recommended value of vitamin C. This makes it a better source for vitamin C than an orange. Vitamin C is an essential nutrient that's important for your immune system, eyes, cartilage, iron absorption and healthy skin, among other things.

Prolonged cooking can destroy most vitamins in cauliflower and is associated with bad, sulfur-like smell.

Selecting and Storing

- When you buy cauliflower, it should feel dense and heavy. The leaves should look fresh and green, and the florets should be tight and compact.
- Do not buy cauliflower with dark spots or mildew.
- Do not wash cauliflower until use.
- Cauliflower can be stored in perforated plastic bags in the refrigerator for about 5 days.
- Freezing cauliflower will preserve its flavor but tends to break down its texture. To prepare for freezing, trim off leaves and cut head into individual florets.

Culinary Uses

- Cauliflower is often consumed raw. Raw cauliflower florets are eaten as a snack with hummus, dips, or dressings.
- Cauliflower can also be prepared in a variety of ways, such as pickling, steaming, frying, roasting or sautéing. It makes an excellent side dish or can be combined with dishes like soups, salads, stir-fries and casseroles.
- Pulsed cauliflower can be used in nutritious alternatives for pizza crust, tortillas, or even mashed 'potatoes'.
- White or brown rice can be substituted with cauliflower that has been grated and then cooked.
- Be extra careful when choosing cookware for cooking cauliflower. The vegetable contains sulfur compounds, which will react with aluminum and iron resulting in a discolored cauliflower.

Fun Facts

- Cauliflower's name comes from the Latin words *caulis*, for cabbage, and *floris*, for flower.
- Cauliflower is an annual plant which means that it completes its life cycle in one year.
- Cauliflower is a descendant of the wild cabbage, *Brassica oleracea*, which is thought to be native to the Mediterranean region of Europe.
- China ranked the highest in production of cauliflower and broccoli followed by India and USA.



Presented by American Culinary Federation Education Foundation

To Take the Quiz-

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

Griddled Smoked Turkey & Stuffing Sandwich with Spicy Cranberry Sauce

Serves 6



This recipe was demonstrated on our **Thanksgiving with a Twist** edition of “Live from the Chef’s Apprentice” it is a unique way to present Turkey, Stuffing and Cranberry sauce



Ingredients

- 1 Loaf of bread stuffing bread (recipe follows)
- 3 oz melted butter for griddling
- 6 oz. Havarti cheese sliced (Optional)
- 1 lb. Thinly sliced smoked turkey
- 8 oz. Havarti cheese sliced (Optional)
- 1 cup of spicy cranberry sauce (recipe follows)

Directions:

Pre-heat gas or electric griddle to 350 degrees. Remove heel from bread stuffing bread. Slice 1/2 inch thick slices to build 6 sandwiches. Reserve remaining bread for another use. Using a pastry brush lightly brush one side of bread and place down on hot griddle. Brush remaining side. Grill for 2-3 minutes or until golden brown. Flip bread to reverse side and top each piece of bread with 1/2 of a 1 oz. slice of Havarti cheese. Slightly warm 6 -2.5 oz portions of smoked turkey on the griddle and place on top of 6 slices of bread. Top with the other half to make a sandwich. S

To Present:

Serve with the Spicy Cranberry Sauce as a side condiment or slice each sandwich into 3 equal pieces and serve as an appetizer as pictured.



Easy Bread Stuffing Loaves

Ingredients

- 1 - 4oz stick of margarine or butter
- 1 cup $\frac{1}{4}$ inch diced celery
- $\frac{3}{4}$ cup $\frac{1}{4}$ inch diced onion
- $\frac{1}{4}$ cup fresh chopped parsley leaves
- 1 Tbsp poultry seasoning
- $\frac{1}{2}$ tea ground white pepper
- 1 quart of chicken stock
- 8 cups of your choice of bread cubes.
- 3 eggs
- As needed food release spray

(I used bread that I knew wasn't going to survive and toasted the cubes at 225 degrees for about 20 minutes)

1. Melt butter or margarine in 4-quart saucepan.
2. Add celery and onions and sauté until translucent.
3. Add seasonings and chicken stock and bring to a boil
4. Place cubes in 8-quart mixing bowl. Add $\frac{3}{4}$ of the stock mixture to cubs and mix well. Add more if needed. Stuffing should be moist but not wet.
5. Crack eggs in bowl and mix with stuffing.
6. Pre heat oven to 350 degrees. Spray pans with food release and use parchment paper to line pan with paper to help remove finished loaf.
7. Load pan(s)with stuffing level to the top. Bake for 30 minutes or until 165 degrees in the middle

Spicy Cranberry Sauce

Yield 2 cups

Ingredients

- 1 12 oz bag - Fresh Cranberries
- 1 $\frac{1}{2}$ cups - orange juice
- 1 cup - sugar
- 2-3 Tbsp Garlic chili sauce (depending on how spicy you like it)

- 1 Bring orange juice and cranberries to a boil in a 2 qt saucepan until skins burst
2. Remove from heat and add sugar and garlic chili sauce.
3. Transfer sauce mixture to blender or food processor and puree.
4. Refrigerate until needed.



Minutes from January 17, 2022:

Meeting began at 6:31 pm –

- ❖ **President Chef Patti** requested the meeting be brought to order,
Motion: Chef Harants 2nd: Chef Gipe - Accepted by all, Motion passed
- ❖ **Chef Charlie Gipe** informed the membership that Meg Trout of Professional Chefs Assoc of New Jersey Chapter passed away and ask that we observe a moment of silence in her honor.
- ❖ **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, Renee J. Nasta and Rasheeda Carter.
- ❖ **Number of participants in attendance:** 21
- ❖ **Greeting:** President Chef Patti greeted the Chapter and welcomed everyone to the meeting including guests.

Secretary's Report-November Meeting Minutes

President Chef Patti requested a Motion to accept the November 2021 Minutes as presented in the November 2021 Mise en Place.

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

President's Message- President Chef Autumn Patti:

December Award meeting recap-

Thank you to John Gross & Co. for hosting our meeting and to Chef Harants for preparing the wonderful food for our event.

Also, thank you to Chris Ditlow for making the amazing awards for each of the winning recipients.

Thank you to Nick Webb for the hand carved meat mallet gift for John Gross & Co.

Annual Awards- 2021!

Chef of the Year: Chef John Reis, CFBE



Pastry Chef of the Year: Chef Julie Marolf, CC, CPC



Educator of the Year: Chef Claire Dacko



Student Chef of the Year: Terry Wright



Partner of the Year: Neil & Renee Nasta of NJ Nasta Inc.



Chef Ed Byrem Volunteer Award: Chef John Reis, CFBE



Chef Professionalism: Chef Cher Harris, CEPC



Chef Hermann Rusch Award: Chef Nicholas Arnold, CEC



ACF President's Award: Chef Michael Harants, CEC, CCE, AAC





FARM SHOW!



ACF NATIONAL PRESIDENT KIMBERLY BROCK BROWN & ANA SMITH AT THE PA PREFERRED CULINARY STAGE

HIGHLIGHTS!

- ✘ **President Chef Kimberly Brock Brown- White Chocolate bread pudding demonstration**
- ✘ **Patti Girls on stage- Veal Picatta Stuffed Mushrooms**
- ✘ **Kids Competition with Chef Barry Crumlich with Chef Kurt Wewer kids**
- ✘ **Student Cookoff- HACC students and Rob Hess from Bow Creek Farms**

Chef Michael Harants- Accreditation Commission Meeting update:

- ✘ New Marketing efforts to come in July 2022
- ✘ Scholarships toward certifications- to foster career development in students
- ✘ Improvement- combining fees in to one
- ✘ Update of Secondary Standards
- ✘ New States for secondary school expansion, Chef Peffley is involved in this initiative.
- ✘ Funding continues to operate in the black which allows for reinvestment.
- ✘ Secondary Evaluators needed! Reach out to Chef Harants

National Updates:

PRLA Central Chapter Officer Installation Monday 24th.

Chapters Supporting Chapters:

ACF Chapter Presidents Meet-Up

Monday, January 24 @ 5:30 p.m. EST

This quarter's topic:

How to Get Sponsors/Partners

hosted by Chef Jay Z, CEC

presented by Chef Nick Barrington, CEC

ACF MasterCraft Summit Series

ACF has developed a new series of educational summits to deliver a higher level of programming in 2022. The [ACF MasterCraft Summit Series](#) will feature presentations and demonstrations by top industry chefs, and the first of the single-day events, which will cover advanced culinary techniques, will be held at the Rosen College of Hospitality Management in Orlando, Florida, on March 10. [Details](#)

In addition to these in-person events held in select cities across the United States, the Culinary Leadership Bootcamp Summit will be held virtually online every Monday in April.

2022 National Award Nominations extended to February 1st.



ACF ChefsForum Webinar Series

The ACF ChefsForum Webinar Series continues February 7 with "Plated Desserts Skills - Spotlight on Panna Cotta." Chef Jessica Craig, executive pastry chef at Celestine in Brooklyn, will demonstrate her version of a plated Panna Cotta and share her insights on her role in pastry. Chef Jessica will discuss Panna Cotta production and composition and share how to garnish this dessert dish with seasonal items. This live presentation will also feature a Q&A session plus advice for young chefs who are considering a career in baking and pastry.

COMPETITIONS

March 2, 2022 - ACF Raleigh Durham/ Wake Tech Competition

Show Site: Wake Tech Community College- North Campus, Raleigh, NC 27616

Show Chair: Caralyn House - cmhouse@waketech.edu

Phone: 919-532-5969

Categories: A1-A6, B1-B4, C1-C5, D1-D4, SA, SB, SC, SD, SW- Pastry two tier cake

Lead Judge: Raimund Hofmeister CMC, AAC - hofmeisterrw4906@aol.com

🏠 March 18–19, 2022 - Michigan Chef de Cuisine Dorsey College

Show Site: Dorsey College, Roseville, MI 48066

Show Chair: Robert Gordon CEC - rgordon@dorsey.edu

Phone: 586-415-5090

Categories: A1-A6, B1-B4, C1-C5, D1-D4, F1-F5, FP1-FP2, KC, KP1-KP2, KG, SA, SB, SC, SD, SK1-SK9, SP1-SP2, SW, SWP

Lead Judge: Thomas Recinella CEC, AAC - thomas.recinella@baker.edu

📅 April 3, 2022 - ACF Columbus Steelite/Blue Ribbon Meats Culinary Classic

Show Site: Columbus State Community College, Columbus, OH 43215

Show Chair: L. Fernando Mojica CEC and Joel O'Donnell CEC

- lfernandomojicacec@gmail.com; ljmojica@csc.edu; jmocec@gmail.com

Phone: 773-704-7708/ 614-306-5082

Website: <https://acfcolumbus.org/meetinginfo.php>

Categories: A1-A6, B1-B4, C1-C5, D1-D4, E1-E4, F4, KC, KP1-KP2, SA, SB, SC, SD, SK1-SK9, SP1-SP2

Lead Judge: Sarah Deckert, CEC - smdeckert@gmail.com

📅 April 22–23, 2022 - Annual Roland E. Schaeffer Culinary Classic

Show Site: The Culinary Institute of Michigan-Port Huron, Port Huron, MI 48060

Show Chair: Thomas F. Recinella, CEC, AAC - trecin01@baker.edu

Phone: 810-357-0871

Categories: A1-A6, B1-B4, C1-C5, D1-D4, E1-E4, F1-F5, FP1-FP2, G, HD, KC, KP1-KP2, SA, SB, SC, SD, SK1-SK9, SP1-SP2, SW

Lead Judge: Frank C. Costantino, CEC, CCE, CCA, AAC - fcostantino@monroecollege.edu

📅 April 23–24, 2022 - Monte Dolce Classic

Show Site: Niagra Falls Culinary Institute, Niagra Falls, NY 14303

Show Chair: Scott Steiner CCE, AAC - ssteiner@niagaracc.suny.edu

Phone: 716-698-5909

Website: <http://ACFBuffalo.com>

Categories: A1-6, B1-4, C1-5, D1-4, HD, H1-3, KC, KP1-2, SA-SD, SK1-SK9, SP1-SP2, SH1-3

Lead Judge: Michael Stamets CEC - stametsmj@sunybroome.edu

Chef Tom Long:

February 11th LIVE! From the Chef's Apprentice- New Orleans Mardi Gras

Link to view recording: <https://youtu.be/Sv-Uqxf1hyE>

January 28th Winter Schwing Hummelstown Square: Ice Carving 7-10pm

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

President Patti opened the floor to discussion in regard to 2022 meeting locations and educational segment ideas. Various suggestions were given and will be followed up by the appropriate member/committee. Ideas included-

Local Cheesemakers, Organic Farms/CSA, Sugar work, local fish, Game Meats, Dairy farms, Flour Mills, Bread/Sourdough, Micro-Green farming, Butchery, fermented foods, student demonstrations, wedding cakes, Crostwater.

Committee Updates:

- ✂ **Chef Harants**- Certification: nothing new at this time. PA Blood bank- Please Give!
- ✂ **Faith Brenneman-Jr.** Membership: National Restaurant Assoc. opened up Scholarship applications for awards up to \$10,000. 7/15 notification date for Fall semester. Committee meeting week of 1/24/22.
- ✂ **Renee Nasta**-Social Meeting/Marketing: Website renewed, working on Social Media connections to our website. 2022 expansion and promotion of club committees and events.
- ✂ **Renee Nasta**-Mentorship: Plans to schedule a meeting to develop a plan for creating program page and database.

Motion to adjourn the meeting: Chef Gotshall; 2nd by Chef Harants - Accepted by all, motion passed.

The meeting adjourned at 7:38pm.





“From the Old Chef’s Office.”

This initiative will share treasures from member Chef’s culinary libraries which will be donated to raise funds towards our Scholarship Fund.

In Chef Gipe’s words, “take old Chef’s books and turn into a new Chef’s future!”

Raffle tickets will be sold to win the featured book(s) at each meeting.

Tickets: 1 for \$2, 3 for \$5, 7 for \$10 or the Gipe arm \$20 plus Holder ticket.

The Holder ticket will go into a bi-monthly drawing to win a \$50 gift card to Another Round.

Treasurer’s Report- Chef Cher Harris, CEPC:

No Report

\$\$\$ If you would like to donate, please make checks payable to Harrisburg ACF Chapter PA 181 and give to a member of the Board. \$\$\$

Scholarship Fund is set up to accept donations through Venmo- use Cher Harris/pastry-queen-14



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: https://youtu.be/nd_UydNJJWM</i> |
| 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 Bread Baking Series Part – Hands-on Challah braiding |
| April 18, 2022 | TBD |
| May 16, 2022 | TBD |
| June 20, 2022 | HERSHEYPARK!!! |
| July 18, 2022 | TBD |
| August 15, 2022 | TBD |
| September 19, 2022 | TBD |
| October 17, 2022 | TBD |
| November 21, 2022 | TBD |
| December 19, 2022 | TBD |

ACF Harrisburg Chapter PA 181

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

Vice President:

Chef Thomas J Long CEC AAC
Director of Dining Services
HACC, Central Pennsylvania's Community College
icechef257@aol.com

Secretary:

Renee Nasta
NJ Nasta, Inc.
Rj_nasta@yahoo.com

Treasurer:

Chef Cher Harris CEPC
Corporate Pastry Chef
Hershey Entertainment & Resorts
cdharris@hersheypa.com

Student Representative:

Rasheeda Carter
HACC Culinary, Baking & Pastry Arts student
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

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.