

American Culinary Federation Harrisburg Chapter- PA181



MISE EN PLACE July 2022



President's Greeting

Good day to you all!

It was great to see some of you at our July Chapter gathering at HACC! Our next meeting is sure to be a great one. I hope many of you plan to attend on **Monday, August 15th at 7pm at Cork & Fork Osteria**. *Thank you to Eric Lasek CC* for coordinating our meeting to be held there! Chef Lance Smith will be presenting to our members about all things Pizza. It is sure to be a great meeting!

With most schools starting August 29th, I encourage you to spread the word about the ACF and our local chapter with new and returning students. I will be reaching out to each school to help get students signed up for their memberships and welcoming them into our chapter! Remember, as of January, all students (secondary and post-secondary) will receive free memberships and certifications! For all the students and educators~ I wish you all the best as you start a fresh school year!

Throughout this newsletter, please enjoy the vast pictures from our full Summer Farm Tour. Thank you to all that were able to join in with this amazing experience this summer! A huge thank you to all the farmers that took their time to educate us on PA agriculture!

I look forward to sharing the highlights from the ACF National Convention in Las Vegas with you all. There were many great presentations, guest speakers, and connections made!

Be well, stay healthy and happy.

Chef Autumn Patti, ACF Harrisburg Chapter President



Ingredient of the Month: July 2022

Overview and Flavor

Capers are the un-ripened flower buds of the caper bush, also known as Flinders rose. Capers are small, oval and an olive-green color. They're not to be confused with caper berries—the ripe fruit of the caper plant which is also commonly consumed. While capers are edible, they are very bitter. To make them palatable, the immature buds are either cured in salt or pickled in brine. Capers have a trademark savory flavor that is often described as being similar to black pepper or mustard.

Capparis spinosa, or caper bush, is a perennial plant that bears rounded, fleshy leaves and large white to pinkish-white flowers. The flower buds are harvested before the flower blooms. Caper blooms from May to August and the bush starts to produce flowers 3 years after planting. Flowers emit sweet aroma which attracts insects responsible for the pollination.

Capers are native to almost all the Mediterranean countries. The caper bush is well-adapted to the poor soil and harsh heat but it is sensitive to overly humid or cold climates.

It is believed capers originated from the arid regions in western and central Asia where they have been used for thousands of years. Capers are mentioned in the Gilgamesh, found on ancient Sumerian clay tablets, dating back to 2700 B.C. There are also writings of Dioscorides, a surgeon in Nero's army, which confirms that the plant was used by the ancient Greeks as an ingredient in cooking as well as for medicinal purposes.

Healthy Ingredient Contribution

Capers are considered a low-calorie food and contain nutrients such as vitamins A, E and K and are a source of copper, iron and magnesium. However, since they aren't eaten in large quantities, they don't offer significant nutritional value. As well, capers are brined or cured, and contain a high quantity of sodium which is associated with high blood pressure.

Types and Varieties

Caper buds are categorized based on their size. The flower buds can reach sizes of about 14 mm before they are picked. The buds are picked by hand and are sorted into different sizes before they bloom into flowers.

The two most commonly sold varieties are capote capers and nonpareil capers. The smallest buds picked from the caper bush are packaged as nonpareil capers and they are under 7 mm in size. These smaller capers are the most desirable as they have a more subdued flavor and are firmer in texture. Capote capers are between 7 mm to 11 mm and closer to blooming than nonpareil capers. The capote capers also have a softer texture and more intense flavor.

Other readily available caper varieties include surfines, capucines and fines. Grusas, which measure over 14mm in diameter, are less common. Larger capers tend to be more acidic and pickling recipes need to be adjusted accordingly.

* If the caper isn't harvested as an immature bud, it grows into a caperberry. A caperberry is about the same size as a small olive, has a long stem and small seeds inside. Their larger size makes them softer in texture than capers. Caperberries do not have the same sharp flavor as capers so they should not be used interchangeably in recipes.



Selecting and Storing

BRINED CAPERS

These commonly found capers are stored in glass bottles and covered with a salt water brine. The brine, which almost always includes vinegar, preserves the capers almost indefinitely, making them the ultimate shelf-stable flavor booster. However, the sharper vinegar notes can sometimes dominate the caper's delicate flavor.

SALT-CURED CAPERS

These capers are packaged in nothing but sea salt. The salt accentuates the capers' flavor without overpowering it, but the capers will dry out over time. In the store, look for salt-cured capers that are plump rather than shriveled and with salt that is white rather than tinted yellow, which is a sign they have been sitting on the shelf for a while.

OIL-PACKED CAPERS

Capers are sometimes jarred with nothing more than extra-virgin olive oil. The oil helps preserve the capers while maintaining their fresh taste and crunch. This variety is not as commonly found in stores.

DEHYDRATED CAPERS

Dehydrated capers, sometimes called dry capers, are typically salted for about a month until they undergo lacto-fermentation. The salt then gets washed away and the capers are dehydrated until crisp. Dehydrated capers are the least commonly found and tend to be more expensive than other varieties.

Culinary

In cooked dishes, it's best to add capers toward the end of cooking, which allows the buds to keep their shape, color and taste. This also prevents capers from becoming bitter if they're simmered too long.

Capers are commonly used in Mediterranean cuisine. They are a staple in many seafood dishes, pasta sauces such as puttanesca sauce and signature recipes like vitello tonnato.

Capers complement lemons and they often appear together in recipes like chicken piccata.

In the U.S. capers are served with cold smoked salmon or cured salmon dishes, especially lox and cream cheese. Capers are sometimes added to chicken salad, pasta salad, potato salad, and deviled eggs.

When they're finely chopped, capers provide a bright, briny backbone to tapenade, dressings, compound butters and condiments like tartar sauce.

Capers and caper berries are sometimes substituted for olives to garnish martinis.

Interesting Facts

Caper is used in the cosmetic industry for the manufacture of various creams and hair care products.

Capers should not be mistaken with the caper spurge. Caper Spurge takes its name from the seed pods which look like capers but are very poisonous. All parts of the plant, including the seeds and roots are poisonous. Handling may also cause skin irritation as the plant produces latex.

Dried caper leaves are also used as a substitute for rennet in the manufacturing of high-quality cheese.

Presented by American Culinary Federation Education Foundation

Recipe of the Month

From the Kitchen of your Vice President
Chef Thomas J Long CEC AAC



Fresh Flounder Piccata

This is a quick and easy preparation technique that can be used to prepare flat boneless fish fillets, boneless chicken breast, veal & pork cutlets.

Yield- 2 portions



Ingredients

½ cup all-purpose flour
½ tsp kosher salt
¼ tsp cracked black pepper
4 two-ounce skinless flounder fillets
2 large eggs
3 tbsp drawn butter
¼ cup white wine
2 tsp capers drained
Juice of ½ lemon (reserve second half for garnish)
2 tbsp fresh chopped parsley

Directions:

Season flour with salt and pepper and place in a pie tin or plate to be able to coat flounder. In a 1-quart bowl crack eggs and mix well with a wire whip. Place flour coated flounder into egg mixture. In a 12-inch nonstick skillet heat over medium-high heat add butter. One at a time place flounder bone side down into hot skillet. Do not overlap fillets. Cook on one side for 1-2 minutes and gently turn over to cook on skin side for an additional 1-2 minutes. Add white wine, lemon juice and capers to pan and simmer for 1 minute. Remove from heat and plate up flounder with two portions per plate. Pour pan sauce over fish and garnish with lemon twists and chopped parsley.

Minutes from July 18, 2022:

- ❖ **President Chef Patti** requested the meeting be brought to order at 7:02pm. Motion: Micah Solomon, 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 to all!
- ❖ **Pledge of Allegiance:** Chef Tom Long led the membership in the Pledge of Allegiance.
- ❖ **Culinarian Code:** Bachir Harou Oumarou read the Culinarian Code.
- ❖ **Board in attendance:**
Present— Chef Autumn Patti, Chef Thomas J Long, Chef Cher Harris & Renee J Nasta
- ❖ **Number of participants in attendance:** 21

Education

Taste of PA's Bounty - President Chef Patti and VP Chef Tom Long presented demonstrations featuring fresh summer produce from farms located in Central PA. Many of the items used were grown at the farms we visited in our Farm Tour Series.

Chef Patti demonstrated a Kale, Apple and Fennel slaw to pair with the pulled pork or Bow Creek sliders in our meal. A Green Goddess dressing was made using a plethora of fresh herbs from the farms to highlight a bountiful salad full of fresh vegetables.

VP Chef Long made us a White Peach Shortcake with Vanilla whipped crème filling. Fresh white peaches were used from Strite's orchard, and he made a Spiced Rum and Peach syrup to round out this delicious desert!

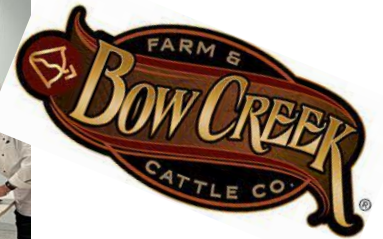


Summer 2022 Farm Tour





This evening's menu inspired by our Farm Series~



Summer Farm Tour Presentation:

Micah Solomon spoke about the great visit to Bow Creek Farm at the meeting.



BEEF SHOP HOURS
 Thursdays: 1 pm to 6 pm • Saturdays: 9 am to 1 pm
Taste the Difference of Dry-Aged Beef
CONTACT THE BEEF SHOP
 Phone: (717) 885-9700
 Email: bowcreekbeef@gmail.com



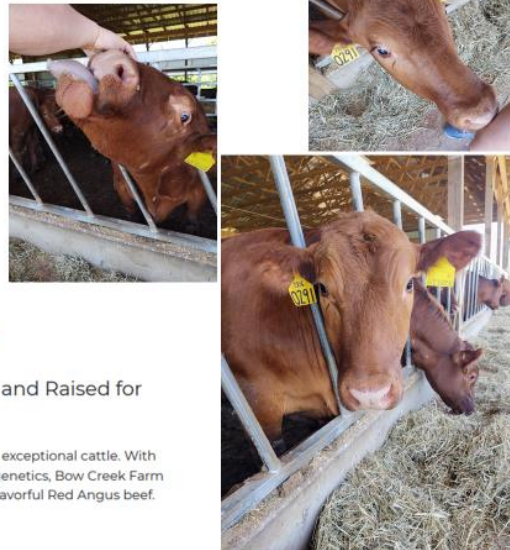
SHIP BEEF TO YOUR HOME WHOLESALE BUTCHERED BEEF PRODUCTS PLACE A PICKUP ORDER



OUR CRAFT

Beef Perfectly Bred and Raised for Excellence.

Exceptional beef comes from exceptional cattle. With industry leading Red Angus genetics, Bow Creek Farm brings you the most tender, flavorful Red Angus beef.



QUALITY STARTS HERE

WELCOME TO BOW CREEK FARM HERSHEY, PA

Beef Perfectly Bred and Raised for Excellence.

Bow Creek Farm sets a goal to provide the most discriminating Pennsylvania grown beef product available. Superior cattle, lush green pastures, and hay & grains grown on the farm makes our Premium Red Angus beef the finest on the market. A little dry-aging ensures that you will have a superior eating experience. Every bite. Every time.



John Reis discussed the awesome visit to Spiral Path Farm at the meeting.



Welcome to Spiral Path Farm

Our farm is located in South Central Pennsylvania, in scenic western Perry County, between the Tuscarora and Blue Mountain ranges. Near the town of Loysville, Spiral Path Farm is home to the Brownback family since 1978. We farm all of the 300 acres organically and have been USDA certified organic since 1994.

OUR MISSION

We are committed to building the fertility of our soils and health of our farm and surrounding woodlands. We strive to provide wonderful tasting, fresh produce to our customers, loaded with nutritional value.

OUR PRODUCE

We serve our CSA members in Central Pennsylvania and at our Farmer's Market locations in Bethesda and Silver Spring, MD. We also grow, pack, and ship certified organic produce wholesale for Wegmans.



Where it all started.





WANT TO SUPPORT AND COMMIT TO LOCAL AGRICULTURE?

Now is the time to join and lock in your produce source with a **Community Supported Agriculture membership!**

Each week you will receive a share of delicious produce picked and packed at its peak ripeness, flavor, and nutritional content.



Tom Long spoke to the membership about the amazing tour of Strites' Orchard.





And Autumn Patti spoke about the fantastic tour of the LEAF Project Farm, as well as her experience volunteering with the Youth Program this summerr.



LEAF | LEADERSHIP
AND EDUCATION
AND FARMING

Cultivating youth leaders from diverse backgrounds through meaningful work in the food system





FARM TO TABLE
STUDENT RECIPE COMPETITION
JUDGED BY CHEF JOHN REIS, CFBE

- 4 STUDENTS **MUST** FEATURE PA FARM FRESH INGREDIENTS IN THEIR DISH
 - 4 LIMITED NON-FRESH ITEMS MAY BE USED
 - 4 CRITERIA:
 - STUDENT NAME, SCHOOL & GRADE
 - NAME OF PA FARM PRODUCT CHOSEN AND WHY
 - RECIPE
 - PICTURE OF COMPLETED DISH
- 4 SUBMIT ENTRIES TO ACF.HARRISBURG@GMAIL.COM BY JULY 8TH
WINNERS WILL BE ANNOUNCED JULY 18TH
- 4 PRIZE: LEAF CSA FULL SHARE FOR 2 WEEKS IN JULY.



Student Entries

***And the winning
recipe is....***



Congratulations!

Rasheeda Carter CC

with her Blackberry Chia Tart!



Thank you to **Chef John Reis** for
judging all of our entries!

And thank you to **Chris Ditlow**
from **Laser Leaf** for the beautiful
plaque!

Secretary's Report- Summer Mise en Place

President Chef Patti requested a Motion to accept the May 18th Minutes as presented in the Summer 2022 Mise en Place. ❖ Motion made by Chef Harants, 2nd by Chef Gipe- Accepted by all, Motion passed.

Treasurer's Report-July 2022

Checking account: \$688.14

Saving account \$7857.77

Scholarship Acct \$2506.86

TOTAL \$11,052.77

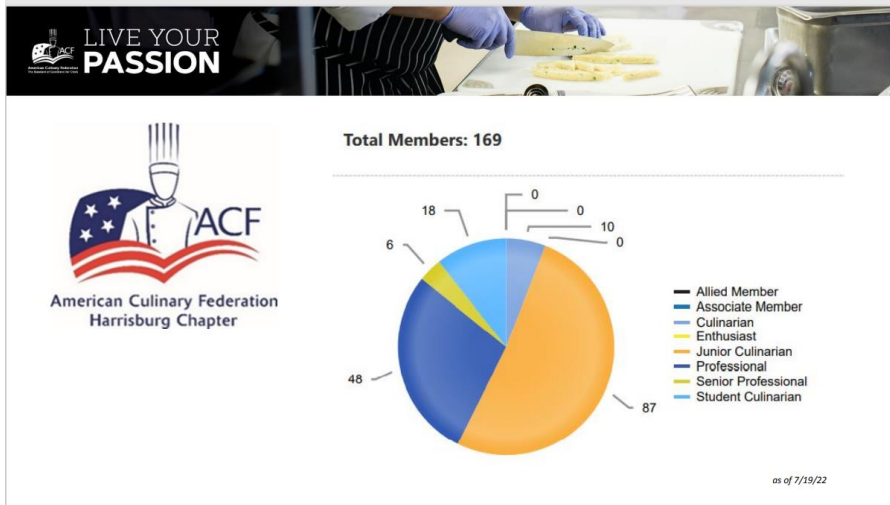
- ❖ No Scholarship Applications were received so the window will close. We will reopen in the Spring in time for Fall semester planning.
- ❖ **If you would like to donate to our student scholarship fund**, please make checks payable to Harrisburg ACF Chapter PA 181 and give to a member of the Board or through Venmo- use Cher Harris/pastry-queen-14
- ❖ Motion to approve made by Chef Gipe, 2nd by Micah Solomon- Accepted by all, Motion passed.

Membership in the Community

- ❖ *Share events you are involved in with this form: [Click here](#)*
- ❖ Congratulations to the 2022 National SkillsUSA Baking Champion from Lebanon Co. CTC Gracie Adams. *Way to get that GOLD!! Congratulations to all the students that competed.*
- ❖ Congratulations to the members receiving new Certified Culinarian, CC Certifications!
- ❖ As a reminder, the 1st Week in August a local campaign is asking Chefs to feature 1 Local Ingredient in 1 Dish, for 1 Week in August. Thank you for your support!

National Updates

Autumn reviewed her plans to attend the National Convention in Las Vegas. She reviewed her presentation for the Chapters Supporting Chapters Presentation at the National Convention with the members present for feedback.



LIVE YOUR PASSION

ACFEF ACCREDITED SCHOOLS

<p><u>SECONDARY</u> (High School, VoTech) 114 Schools, 136 programs</p>	<p><u>JUNIOR CULINARIANS</u> FREE ACF Membership \$50 for CFC/CFPC certification</p>
<p><u>POST-SECONDARY</u> (College, Apprenticeship) 208 Schools, 423 Programs</p>	<p><u>STUDENT CULINARIANS</u> \$50 ACF Membership FREE CC/CPC certification</p>

322 SCHOOLS
559 PROGRAMS

LIVE YOUR PASSION

AS OF JANUARY 2013....

FREE!

MEMBERSHIP

LIVE YOUR PASSION

INVEST

- > CREATE AWARENESS
- > KNOW YOUR AUDIENCE
- > JOIN THEIR FAN CLUB
- > SUPPORT AND MENTOR
- > PROVIDE THE JUICE
- > CHIUWATUA TO THE FINISH LINE

LIVE YOUR PASSION

WHO? WHAT? WHERE?

Home > Education > Find a Program

Find a Program

ACFEP-Accredited Programs

Accreditation is the primary public symbol of legitimate higher education and that standards of the highest quality are being met. Attending a culinary program that is accredited by the American Culinary Federation Education assures that the program is meeting standards for faculty, curriculum and student services and that students are learning and obtaining relevant industry skill competencies.

- Find Postsecondary Programs
- Find Secondary Programs

PICK UP THE PHONE AND MAKE SOMETHING HAPPEN

Culinary Schools | Home > Here >

Community Culinary Schools Of Charlot...
43 (80) Culinary school
77 2010's Business 101's Business 101's B...
Class! Open 24/7 For
Class session

Google | culinary schools in charlotte nc

LIVE YOUR PASSION

LIVE VIDEO DEC 9 6 PM

CHOPPED CHALLENGE

BASKET INGREDIENTS:
BEEF SIRLOIN • SWEET POTATO • CHOCOLATE • DAIRON

CONTESTANTS:

- RASHEEDA CARTER
BACD CULINARY & BAKING STUDENT, CCFI HARRISBURG
- CHEF CLAIRE DACKO
CULINARY INSTRUCTOR, DUNHAM CC YORK, PENNSYLVANIA
- CHEF JOHN FABIAN
HCCO CHEF, HCCO HARRISBURG
- BRANDON MULLINS
COOK, THE HOTEL HERSEY

LIVE YOUR PASSION

FINAL PLATES

Rasheeda Carter Chef John Fabian Chef Claire Dacko Brandon Mullins

LIVE YOUR PASSION

Chef Susan Metter, CCEC at the Harrisburg ACF Chapter invites ALL Central PA STUDENTS to

SHOW US HOW YOU BAKE OFF!

Make your BEST APPLE PIE! Click the link below to find out more from Chef Metter: <https://www.facebook.com/centralpaacf>

Deadline to enter is 4:00 PM on April 30, 2020. Submit your entry to our Facebook Event page: <https://www.facebook.com/centralpaacf>

*Entries must include ingredients, name, photo and photo, recipe and description!

If you are unable to access the Facebook event, please email your entry to: centralpaacf@centralpaacf.com

Show us how you BAKE OFF!! COOKIE CHALLENGE

Create a COOKIE that is Cholesterol Lowering & Nutritious!

- Include your recipe
- Explain your ingredients and nutritional value
- Picture of 6 cookies with 2 cut in HALF to show the INSIDE
- Enter by Posting your pics on our FB Event page.

*DEADLINE FOR ENTRIES MAY 31st at 11:59pm

RECIPE CONTESTS

LIVE YOUR PASSION

ENGAGE

WELCOME
ACKNOWLEDGE
LIVE
PERSONAL ASK
GET INVOLVED

Student Spotlight
Faith Brannon, CC

In May 2019, Faith Brannon graduated with highest honors from Culinary Arts Institute in Harrisburg, Pennsylvania. She is currently working for the Harrisburg Marriott Hotel in Harrisburg, Pennsylvania. Faith is a member of the Harrisburg ACF Chapter and is currently serving as the Harrisburg ACF Chapter's Student Representative.

The Culinary's Code

LIVE YOUR PASSION

CHIEF BOSS!
Colling ALL students & 2020 Grad!
Create your BEST CHEF resume to WIN!

Culinary Cook Off!

Let's Celebrate Diversity!
Student Recipe Competition

The Arab world Arab Nation

LIVE FROM THE CHEF'S APPRENTICE

INVOLVE ALL MEMBERS

Chapter Updates

- ❖ **Alex's Chili Cookoff for a Cause** will be held on Sunday, Sept. 25th at Greystone Public House. Thank you to Charlie Gipe for volunteering to head up the chili production!
- ❖ **Savor at the LEAF Farm, Sept 17th**- Chapter members agreed to commit to offering a Chef dinner for the Silent Auction.
- ❖ **PRLA Hospitality Boot Camp – Nov. 9th** at the Holiday Inn Grantville. Chefs Patti, Reis, and Harris will be participating in the hands-on sections. This event is intended to attract students to our industry that are not currently in a hospitality program.

Mentorship

Our chapter is committed to the growth of all Culinarians through Mentorship. Our primary directive is to *Welcome-Engage-Empower-Promote* through Mentorship. Visit our website to sign up to be a mentor or express your desire for mentorship!

Motion to adjourn the meeting: Chef Marolf; 2nd by Chef Padamonsky- Accepted by all, Motion passed. The meeting adjourned at 9:05pm.

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	Held Via Zoom: 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 Executive Chef Jay Varga, “State of the Catering Industry 2022”
May 16, 2022	Dodge City Steakhouse, Executive Chef Doug Krick Member Chef Sian Rose <i>with Taste the Caribbean</i>
June 20, 2022	HERSHEYPARK!
July 18, 2022	HACC, <i>Summer Farm Tour Presentation</i>
August 15, 2022	Cork & Fork Osteria, <i>Pizzas</i>
September 19, 2022	Dauphin County Technical School- <i>Smithfield Pork</i>
October 17, 2022	Hershey Country Club
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 PA181

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*
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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.