

American Culinary Federation

Harrisburg Chapter- PA 181



MISE EN PLACE

July 2020



President's Greeting

Good day to each of you,

I hope that you remain safe and well as this reaches you. I write this to you in the first week of August, where our education system structure is still unfolding for the fall, sadly several businesses have made the difficult decision to close due to the government mandates, many are still unemployed, and we are still in the midst of this pandemic effecting each one of us directly. Please continue to focus on your health, including your mental health.

This past month has also brought many brighter moments to share. Please join me in congratulating Chef Susan Notter on receiving the ACF 2020 President's Medallion! The announcement came at this year's ACF Virtual Awards Ceremony aired on Facebook. Well deserved Chef, congratulations! This year's ACF National Virtual Convention was a great opportunity to see many chefs in action from around the world, most demonstrating from their home kitchens. The live chat interactions with the chefs was awesome as well! Remember, these are available for you to view thru the month of August. I plan to put together an overview with some highlights for our next meeting.

Our August meeting is one to mark your calendars for! I look forward to hearing the announcement of the winning chili for our Chili Bowl competition. Thank you to the students that entered! Also, for our educational presentation, we will be joined by Chef Jay Varga, Executive Chef of JDK Catering Group. Chef Varga will discuss the current state of the Catering Industry and how their company is adapting. Note this is a change in our previous education plans, in which we are still working with Chef Beaver to develop a future education presentation. Also included on the agenda: a summary from the ACF Board of Governor's meeting, our next Student Cook-Off announcement, and much more to tune in for. As discussed at our last meeting, I will be posting this nationally for all to join in.

I look forward to seeing you all at our August meeting via zoom on Monday, August 17th at 7pm EST. To join the meeting, click: <https://hacc.zoom.us/j/94589523364?pwd=ZElcXVnWld2d1NIZjVDcmVma1dFZz09>
Meeting ID: 945 8952 3364, Passcode: 770594, Connect your audio via computer or join by phone: 1-646-876-9923

Be well, stay healthy and happy.

Chef Autumn Patti
ACF Harrisburg Chapter President, Treasurer

Student Spotlight

Shon Messick

Being top pastry student for 2020 at Lebanon CTC now has Shon charged, and ready to go for the CTC's culinary program in 2021. Shon is a second-year student who has completed the pastry arts program with honors. All along the way showing his instructors how dependable, dedicated, and driven he is. In order to be in both CTC programs Shon was tasked to complete several online classes. Nevertheless, he completed them allowing him to swiftly move forward as planned. Although with all the challenges tagged along with the pandemic and being a student Shon works two part-time jobs- one being The Hotel Hershey.

Shon has been recognized as an outstanding student who shows leadership in the pastry program, allowing him to achieve honor role and being the Skills USA secretary for the school. He then represented Lebanon CTC as their pastry student for Skills USA. No stranger to competition, Shon won 1st place in the Local Gingerbread House Competition at Lebanon CTC- He is pictured in the middle. Shon enjoys participating in local events such as Hershey Garden's Pumpkin Glow, and the Roaring 20's COC Fundraiser Downtown Lebanon.

Shon has set himself up well for his future in the industry! It is noted that he is only the 3rd student to participate in BOTH programs at Lebanon CTC! Moving ahead Shon is looking to enroll in Lebanon/Hershey Apprenticeship program.



Katlyn Nissley

Eager, professional, and strong work ethic are only a few words Katlyn's instructors use to describe her character. Katlyn has been working nonstop in the Lebanon CTC's and Hershey Pastry Apprentice Program, with her expected graduation next year in 2021. She graduated in 2019 from Lebanon's CTC Secondary Program as valedictorian. She has since then been volunteering numerous hours to the ACF and other local events including Hershey Garden's Pumpkin Glow.

Katlyn's dedication and hard work had landed her being inducted into the National Technical Honor Society, as well as receiving Excellence in Education for being in the top 5% in the county. Later to go and compete in Skills USA, rounding out with 4th place in the Nation for Baking! She is the second pastry apprentice in the program currently, and has her eye set on continuing her work at the Hershey Hotel in the Pastry department.

Continuing to learn all that she can, Katlyn has the urge to travel, and maybe one day start her own business.



Ingredient of the Month

July 2020 – Tarragon

From https://www.acfchefs.org/ACF/Partnerships/Chef_and_Child/Ingredients/ACF/Partnerships/CCF/Ingredients/

Tarragon is a species of perennial herb in the sunflower family. It is widespread in the wild across much of Europe, Asia, and North America. There are many variations of the plant. One subspecies, French tarragon (*Artemisia dracunculus varsativa*) is the most commonly used for culinary use because their leaves are most aromatic. Tarragon has an aroma that is similar to anise and vanilla. French tarragon leaves produces the same mouth-numbing sensation as with a Sichuan peppercorn. When purchasing tarragon, look for fresh leaves with no discoloration or wilting.



Tarragon is a spring and summer herb. Tarragon grows around three feet in height with many slender branches. The leaves are long, green and glossy. While other subspecies of tarragon can produce flowers, French tarragon, however, seldom produces any flowers or seeds.

Health Benefits

For the ancient Romans and Greeks, tarragon was used more for its pain killing abilities than for its culinary appeal. Today, it is also used as an appetite stimulant and digestive tonic. Tea made of tarragon is used in treatment of insomnia and hyperactivity. While a person will likely never eat enough tarragon in one sitting to have much of a nutritional impact, tarragon leaves are rich in iodine, mineral salts and vitamins A and C.

Culinary Uses

- Tarragon is the main flavoring component of Béarnaise sauce.
- Fresh sprigs of tarragon are steeped in vinegar to produce tarragon vinegar.
- Tarragon is used to flavor a carbonated soft drink, Tarkhuna. This drink is popular in countries such as, Armenia, Georgia, Azerbaijan and the Ukraine.
- Tarragon is one of the main ingredients in Chakapuli, a popular Georgian stew.
- In Slovenia, tarragon is used in a variation of the traditional sweet nut roll, called potica.
- In Persian cuisine, tarragon is part of the sabzi knordan, a platter of fresh vegetables and herbs that is served alongside meals.

Fun Facts

- The name tarragon in Arabic is “turkhum” which means dragon.
- The name is likely to have been attained from its serpentine shaped roots or because it was used to treat bites and stings of venomous animals.
- Tarragon is one of the four fine herbs of French cooking along with chives, chervil, parsley and thyme.
- There is a legend which states that if a flax seed is placed into a radish root or sea onion and then planted to the ground, tarragon will grow from it.

Complete the quiz by logging on to the [ACF online learning center](#), to earn one hour of continuing-education credits toward ACF certification.

2020 Meeting Locations & Education

All meetings start at 7:00 pm, unless noted and are also found on our website: www.acfharrisburg.org with addresses and any special directions.

January 20, 2020	Hilton Harrisburg – Chapter Awards “Wagyu Beef from Eleven Oaks”
February 17, 2020	Sysco of Central PA, “Lenten Meal Choices”
March 16, 2020	Via Zoom, recording: https://youtu.be/gaGhdx2O_k
April 20, 2020	Via Zoom, “Pies” recording: https://youtu.be/NshLAFeTDjA
May 18, 2020	Via Zoom, “Dairy trends, and nutritional cooking with local cheeses” Recording: https://youtu.be/dQL5cphxVTQ
June 15, 2020	Via Zoom “Ice Carving Logos” with Chef Tom Long Recording: https://youtu.be/VvEH3onm4SQ
July 20, 2020	Via Zoom “Beekeeping and Honey Harvesting” with Chef Barry Crumlich Recording: https://youtu.be/qj1fu0CsqC4
August 17, 2020	Via Zoom, “Catering Operations during COVID-19” with Chef Jay Varga, Executive Chef, JDK Catering Group Zoom Link: https://hacc.zoom.us/j/94589523364?pwd=ZElicXVnWld2d1NlZjVDcmVma1dFZz09 Meeting ID: 945 8952 3364, Passcode: 770594, Join by phone: 1-646-876-9923
September 21, 2020	TBC
October 19, 2020	TBC Hershey Country Club—Golf outing “Candy Making” with Chef Notter Chapter award and board nominations
November 16, 2020	TBC Chapter voting begins
December 21, 2020	TBC John Gross – Holiday Party Cookies for Ronald McDonald house

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 May 18, 2020:

Meeting began via zoom at 7:00pm – Motion Chef Long, 2nd Chef Padamonsky, approved by all in attendance
Board in attendance: Present— Chef Autumn Patti, Chef Richard Blythe, Chef T. Durgey
Number of participants in attendance: 30

Autumn greeted the Chapter and welcomed everyone to the meeting including guests. Members in attendance introduced themselves.

Pledge by: Chef Patti Prayer by Chef Gipe

Secretary's Report:

June Mise En Place can be found on the website, and was emailed out as both a pdf and word document. Autumn asked that members start to review this again. There is a new section included: Ingredient of the Month, in addition to the Student Spotlight presented last month, that will be included in each month. Motion to approve the June 2020 minutes as written and recorded in *June 2020 Mise en Place*:
Motion: Chef Peffley, 2nd Chef Long, accepted by all in attendance

Treasurer's Report:

Autumn presented the report.

May 2020 report- Total: \$8722.56

- Checking acct: \$1975.73 (changes: -\$600 insurance, +\$42.75 ACF Rebates)
- Savings Acct: \$6746.83 (includes \$0.45 interest)
- Autumn noted that she did pay the \$600 insurance bill and submitted it for reimbursement from PRLA. Also, a bill was received for website maintenance done on our chapter website back in February for \$82.50

Motion to approve the Treasurer's Report: Chef Corle, 2nd Chef Reis, accepted by all in attendance

President's Message

Autumn provided updates from the PRLA's "Clarifications & Insight on the July 15th Order" that reduced the occupancy limits of restaurants to 25%, indoor gatherings maxed at 25 people including staff, and outdoor events need to remain under 250 guests. She included information on the alcohol service regulations as well and updated the chapter on the new regulations that are applied statewide.

Autumn updated the chapter on ACF National President, Chef DeCambra's resignation and noted a Facebook video he posted to communicate with members. His resignation will now be effective July 21st.

Autumn summarized the information presented on the NE Regional Conference Call. The ACF Virtual Convention is happening August 3rd-5th with prerecorded videos rolling out live with the demonstrating chefs being active in the chat during the demos. All videos will be available to view after they conclude the live spot and will be available until the end of August. Only 575 members have registered so far, there are still plenty of registrations available for free access if the 24 CEHs are not needed. Autumn plans to attend the ACF Board of Governor's meeting on August 6th. The ACF Virtual Awards will be held Friday, August 7th at noon. The ACF Chef Connect in Nashville is still on for October 26th-28th. Pittsburgh is on the books for March 2021.

The ACF's Chef Table is performing better than anticipating in it's first few weeks. If you haven't checked it out yet, reference one of the emails Autumn sent out previously. As a member, you are automatically enrolled and just need to sign in to join the conversations. For now, there is an "Open Forum" for all members. Coming down the pike- ACF Chapter Presidents Forum, ACF Accreditation Forum, ACF Certification Forum, and soon individual Chapter Forums.

Memberships will soon be available to renew in monthly payment options, as well as the opportunity to enroll

in auto renewal. Of those memberships deferred until August 31st, the ACF has seen 25% already renewed.

Education

Autumn introduced Chef Barry Crumlich as the education presenter for the evening. Chef Crumlich spoke to the 9 years they have had bee hives at the Governor's Residence. Local beekeepers come in and work the hives, while the residence was able to educate and enjoy the benefits of the honey harvest. When asked what he did with the honey, he expressed he gives most of it away as gifts!

He focused on 3 aspects: How the hive works, the live cycle of the bees, and the harvesting aspect. Unfortunately the slide show did not properly show during the presentation. The powerpoint presentation Anna compiled with the pictures can be viewed on our website at www.acfharrisburg.org

To view the full presentation, click on the recording and start the timer at **00:20:00-00:53:53**

Education Committee

The Educator Approved Video Resources on the acfharrisburg.org website is updated weekly. Email arpatti@hacc.edu or acfharrisburg@gmail.com if you have resources to contribute to this.

Autumn thanked Anna Smith for taking the lead on sourcing and collecting the resources for our chapter's education page. The resources are being used!

Anna updated for the August meeting, she will be reaching out to Chef Ben Beaver regarding next month's presentation on "Fermentation and Cooking with Beer". She also has a lead on a presenter focusing on vinegars. All education presentations and meeting locations are found in the monthly Mise en Place on page 4 (above), yet are tentative based on our current environment changing weekly. Autumn noted that all meeting locations will be tentative at this point, but will be held via zoom until further notice.

Anna asked if any particular content is needed for the online resources. Autumn mentioned that the baking and pastry topics are lacking.

Competition Committee

Susan Notter was not available to attend the meeting. Autumn noted on the ACF NE Regional Conference Call, there was mention that ACF competitions were not being scheduled other than 2 or 3 sites nationally at this time.

Chef Charlie Gipe overviewed the Chili Bowl competition. The criteria included a title, description, their recipe, list of ingredients, include pictures of the process, and cost out the recipe for one serving. Dawson Flinchbaugh will be the co-judge for the competition. One of the awards for the winning chili is being featured on Flinchy's menu for a week. Plus a seat at the board for the National Chili Competition. Also, Laser Leaf is carving up something special. Even more, John Gross & Co. is donating a chili pot and \$25 towards ingredients for the winner to prepare a pot for a future chapter meeting. And one surprise prize as well. Chef Gipe reached out to the CTC instructors in the area, and other instructors. Autumn asked a student question regarding if it needs to be a classical chili or is it open? Chef Gipe responded that it is open and up to their imagination! The winner will be announced at the next meeting.

Social Media Committee

Renee was not in attendance to report. Autumn restated Renee's report that our Facebook page is getting a lot of attention. One post got over 1000 views! "Content, content, content" is her request. She needs pictures to share-share your pictures! She changes our cover picture often and is building interest. Please send any pictures to Renee to be able to upload. She is sharing members' posts and local things happening. She wants to build the page to represent what our chapter wants it to represent. She asks members to feed her content. She tries to see

what is going on, but she can't catch it all and is requesting help. Email her at rj_nasta@yahoo.com or text her pictures at 1-717-821-3531.

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

Junior Membership/ Student Outreach

Faith Brenneman highlighted the Student Spotlight section in the newsletter. She has received several responses to her questionnaire that was sent out. The current spotlight is a result of a personal interview, which she said she enjoyed every moment of it. She felt he really deserved this spotlight. His letter to the chapter is included in the June Mise en Place as well. Even leads and connections to students are appreciated!

Faith worked with Chef Gipe and Renee on the chili competition to roll out for students. If students have questions, she is available to help as well.

Autumn asked for an update on the apprentices. Bob reported they have been having class since the end of May. They got called back for about 2 weeks, but now it's back to no involvement at the properties again.

He did talk to the Chef Arnold today, and he is also concerned with the students getting their 4000 hours. There is an inquiry about the students getting grandfathered in to lessen the hour requirements. The properties are part of a union workforce, and there are still an additional 5-7 employees that need to return before the apprentices are able to get back into the kitchens to work. They have been doing virtual classes and assignments over the last few weeks.

Jarod did complete and pass the written test and earned his CSC Certification. It went really well and they are able to host anyone wanting to take the written test. Reach out to Chef Peffley or Chef Corle if you are interested. Summer hours are from 9-2 Monday thru Friday. When classes start in August, 3-6pm Mondays only. You have 90 minutes to complete the exam.

Certification Committee

Very little activity is happening with the government restrictions still in place. Most communication is with extending certifications and accreditations, needing to defer them for a timeframe. There are no local testing sites available, so no certification testing is happening.

Written exams are open if anyone is interested. All certifications from accredited schools are still being processed, send them in!

Charlie asked about Certification requirements due to the lack of trainings in the pandemic. Opportunities do not exist currently. Michael will speak for our chapter members to ask for an accommodations needed.

Accreditation Committee

Brian Peffley reported that Lebanon County CTC received their reaccreditation for 5 years for the both programs, at an Exemplary Program status. He discussed that the accreditation program could not be reviewed to be reaccredited at the same time. He discussed the new hybrid ACFEFAC Accreditation process and improvements still needed with documentation and customer service. They are being proactive to the high demand of accreditations coming, rather than reactive. Setting up this hybrid method, can allow more schools to go thru the process. There are 30+ schools that were furloughed, plus 40+ new accreditation visits to coordinate for the fall.

If anyone needs a strong contact at the National Office with accreditation and certification, contact Kivi Hermans. She will help with anything she can and is a great contact to have. Her email is khermans@acfcchefs.net

American Academy of Chefs

Bob was not able to connect with the meeting. Autumn restated his previous report that the Nashville Dinner is

progressing. It will be held on October 28th with Executive Chef Jake Strain at the Westin Nashville Hotel. Inductees for 2020 include 21 Inductees, 6 Honorary, and 6 Hall of Fame inductees including Chef Dan D'Angelo from the Delaware Valley Chapter. Autumn noted that this is the 65th anniversary, and 20% of the proceeds from the patches are going to the Fernandez-Metz Relief Fund. Charlie noted there will be an AAC meeting during the Virtual Conference as well.

Community Outreach

Ronald McDonald House

Bob was not able to connect with the meeting. His previous report stated there were no updates to provide at that time. Volunteers are always needed. Visit <https://www.rmhc-centralpa.org/volunteer/> for more information.

Central PA Foodbank

New update on volunteers: *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.*

Included on the website it notes:

CPFB Required COVID-19 Protocols for Volunteers

We moved our packing operation. Volunteerism is critical to the core mission of the Central Pennsylvania Food Bank and our partner agencies. All packing is now taking place at larger, offsite center to facilitate social distancing and safety in the Harrisburg area. Volunteers will be directed to this unpublicized location when they are assigned a shift. Volunteers must sign-up through the website. Our volunteer needs change often, so our team will reach out to schedule as needed. Volunteers must follow strict safety protocols.

Sholom House

They were expanding with a catering kitchen on the back. They still have the food truck. They did reopen and they run the cafeteria for the Dauphin County Courthouse. It's not back in full swing, but they are moving forward. In the future, our chapter wants to be more involved with this great organization. Unfortunately, they lost their funding and are doing the best they can right now.

October Golf Outing- October 19th

Charlie reported for Heidi Howard that the Golf Outing is still on the books at this time. A decision should be made with the PRLA chapter in the next few weeks and Charlie will report any news to Autumn to communicate with the chapter. Charlie noted he had 2 other chefs volunteer but understands that as a tentative event and he will have more commitment once/if it is a go. He offered a few alternative options to compensate for them paying for our insurance, such as Chef Tables.

PA Flavors

The event has been rescheduled for April 24, 2021. They have postponed it, and out of 360 tickets, they have only had to refund about 30 tickets. Nothing is needed on the part of vendor/booth participants if they wish to participate in April.

Budget/Finance & Fundraising Committee

Nothing new to report at this time.

Other Old Business to report

Blood Bank. *No new numbers to report. Our blood bank number is 0775. Get out there, roll out your sleeve, and give some blood! Make an appointment, they are taking appointments sparsely.*

New Business

Autumn reminded members to provide their feedback if they want a voice in our chapter's vote for the ACF National Committee Chairs for the Internal Audit Committee and the Ethics Committee. Autumn sent out 2

reminder emails extending the feedback window thru the week. Charlie asked that Autumn communicate who the chapter is voting for then.

Autumn approached the chapter about opening up our chapter meetings and promoting them nationally. Many chapters are seeking collaboration and she wanted to gain positive feedback from chapter members before posting future meeting information. All members appeared in strong agreement for this.

Bob reported that one of their recent graduates, Alena Jenkins, was notified that she received a \$5000 scholarship for the National Restaurant Association Education Foundation . Bob stressed the importance of taking the time to complete the applications to get the reward in the end. Alena will be continuing her education at Penn College in August. Congratulations Alena!

Brian added that he was invited to be part of a Q&A Webinar Education Panel for NRA/Prostart on July 29th. He plans to talk about our resources available, as well as Penn State Extension and other opportunities. He will send a link to Autumn to send out to the chapter.

The next meeting will be held August 17th at 7pm via zoom with more information to come.

Motion to adjourn the meeting: Chef Gipe, 2nd: Chef Peffley. The meeting adjourned at 9:00 pm.

ACF Harrisburg Chapter PA 181

2019-2020 Officers

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Chef Brian D. Peffley, CEPC CCE AAC
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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.