



American Culinary Federation
Harrisburg Chapter

MISE EN PLACE

July 2017

President's Greeting:

Hello Fellow Culinarians,

I want to first thank all of you for allowing me to represent you at Cook Craft Create this year. It was an incredible experience, and I can not wait until I am able to go again. The education and partnerships that can take place at an event like this are outstanding. I suggest that all of you try to get to one of the regional or national ACF conventions. My few words about it do not give you the full picture of how awesome of an opportunity this is.

I want to take a moment to thank Kegel's produce for hosting our last meeting. We really had a lot of great food as well. Thank you to everyone that brought a dish. Thank you to Steve Frecon from Frecon Family farms for providing the education for us and for the samples of your cider. Also thank you to Carol and your team from Full Spirited Flavours for providing the dessert for us.

Chef Jason Clark and Chef Paul Deiana-Molnar have a great meeting set up for us for August 21st. This is a fun one so check out Chef Clark's message to find out more. Please remember that our meeting on August 21st will start at 6:00pm at FNB Field on City Island in the Field Clubhouse.

I hope that you all are enjoying your summer, and look forward to seeing you soon.

Chef David T. Mills III
dtmills@hacc.edu
Harrisburg Chapter President,
American Culinary Federation, PA 181
acfharrisburg.org

Next Meeting:

Monday: August 21st

FNB Field Clubhouse

245 Championship Way

Harrisburg, PA 17101

6:00 PM

VP Corner

August 2, 2017

Chefs, Students and Guests

I wanted to thank everyone at Kegels produce and Carol from Full Spirited Flavours for coming to last month's meeting.

I am excited about our next meeting at City Island with Chef Paul Deiana-Molnar, and his staff t will be creating an amazing menu for us to enjoy. This month's educational piece will be on Food Trucks and Street Foods, as this has been a very popular style of food being served in America specially with the younger generation of people looking for fast casual affordable food. Jess from Mad Dash Artisan Grill Cheese Food Truck and Joseph Devor from Joey's Chicken Shack Food Truck will be joining us. These are to very successful food truck companies that will be driving their kitchen right up to us at city island and giving us a tour and insight on the life of food truck business and all its challenges.

The rest of the year meetings have some exciting educational pieces, here is some of the following topics. The Next Generation of Cooks, ACF Culinary Competitions and Certifications, Art of Fermentation, Whole Beef Butchering, Sous-vide Cooking. I am always interested to hear other ideas if someone thinks we are missing something important to talk about this year in the food industry. Please email me at Jason.clark@pngaming.com.

Our ingredient of the month Beet Root

Usually the deep purple roots of beetroot are eaten boiled, roasted or raw, and either alone or combined with any salad vegetable. A large proportion of the commercial production is processed into boiled and sterilized beets or into pickles. In Eastern Europe beet soup, such as borscht is a popular dish. In Indian Cuisine chopped, cooked, spiced beet is a common side dish. Yellow-colored beetroots are grown on a very small scale for home consumption.

Also, traditional Pennsylvania Dutch dish pickled eggs. Hard-boiled eggs are refrigerated in the liquid left over from pickling beets and allowed to marinate until the eggs turn a deep pink-red color.

Thank you,

Chef Jason Clark

Check out the next page for a recipe I used in my restaurant a few years back. Great Salad!

Roasted Beet & Goat Cheese Salad

Roasted Beets

4# large red beets

4# Chioggia beets

4# golden beets

1 cup olive oil

½ cup salt

5 sprigs fresh thyme

8 tablespoons sugar

6 cups red wine vinegar

Directions:

Preheat the oven to 400F, wash the beets, thoroughly under running water. Trim off the top and bottom of each beet. Toss in the olive oil, salt, and sugar. Coating evenly. Separate the beets by color and place them in 3 individual roasting pans. Pouring 2 cups red wine vinegar and 2 cups water in each pan. Cover the pans with aluminum foil and roast for 30 minutes. Remove the beets from the oven, uncover, and, using tongs, turn them over in their liquid. Cover them again and continue roasting for another 30 minutes or until the beets are tender when pierced with a knife. Once the beets are done, uncover them and cool them in their cooking liquid. Peel the beets and cut into large chunks.

Horseradish Crème Fraiche

2 cup Sour Cream

4 ½ teaspoons prepared horseradish

1 ½ teaspoons lemon juice

1 ½ teaspoons salt

Directions:

Place all the ingredients into the bowl of a stand mixer: using a whisk attachment, beat on high until medium peaks form.

Roasted Beet & Goat Cheese Salad - Continued

Walnut Pesto

4 cups walnuts

1 teaspoon chopped garlic

2 cups walnut oil

2 teaspoons salt

Directions:

Preheat the oven to 350F, lay the walnuts on a sheet pan and bake in the oven for 8 minutes, or until lightly browned and fragrant. Place the garlic in food processor and turn into a fine paste with the walnut oil. Add the walnuts and salt, continuing to grind until mixture resembles a coarse paste.

Beet Vinaigrette

8 cups red beet juice

2 cups white balsamic vinegar

4 tablespoons caraway seeds

4 teaspoons black peppercorns

4 cups raspberries

4 teaspoons salt

2 teaspoon xanthan gum

8 tablespoon olive oil

Directions:

In a small saucepan over low heat, reduce the beet juice to 5 cups. In another small saucepan, bring the vinegar to a boil, remove from the heat, and add the caraway seeds and black peppercorns. Steep in the vinegar for 20 minutes and strain. Add the raspberries to the reduced beet juice and muddle them with the back of a spoon. Steep for 10 minutes and strain.

Whisk together the vinegar mixture, reduced beet juice, salt and xanthan gum, whisking until the xanthan gum is completely dissolved. Refrigerate until ready to use. Add the olive oil before serving to break the vinaigrette.

2017 MEETING LOCATIONS

Please mark your calendars

2017 Meeting Schedule

All meetings start at 7:00 pm **(Unless Noted!)** and are also found on our website: www.acfharrisburg.org If you would like to host let Chef David Mills know and we will put you on the schedule.

January 16th, Hilton Hotel

February 20th, Sysco of Central Pa

March 20th, YTI

April 17th at KTI

May 15th, Cumberland Perry Area Vo Tech

June- 19th to be announced

July 17th at Kegel's Produce

August 21st at City Island Harrisburg

September 18th at HACC

October 16th at the Hotel Hershey



MEETING MINUTES FROM JULY 17TH 2017:

7:01pm- – Board in attendance: Chef Mills and Chef McGrath

7:05pm– — Chef Mills Greeted Chapter and Guests Steve Frecon from Frecon Family Farms and Carol from Full Spirited Desserts and Kathy Fuller from Kegels Produce

7:11Pledge By Chef Mills, and Prayer by Chef Gipe

7:15 pm Introduced our host for the evening— Chef Mills introduced and thanked Kathy Fuller from Kegels Produce and introduced our guest speaker Steve Frecon from Frecon Family Farms. We enjoyed a pot luck picnic meal from our members desserts were provided by Carol from Full Spirited Desserts they were delicious!

8:07pm– Chef Mills brought the meeting back to order after Steve's presentation on the Frecon Family Farm and Carol discussed the different offerings and types of desserts from Full Spirited Desserts which they then sautéed and served to us warm! Steve served offerings of their hard cider as well.

Treasures Report: June 1st to July 1st 2017 Chef Autumn Patti

Checking Account currently has \$759.99

Checks written include:

\$415.92—G+L Trophies

\$2,500.00—LEAF Project

\$550.00—Insurance

\$1.99—service fees

Savings Account currently has \$14,219.24

Includes \$1.23 in interest

Presidents Report: Chef David Mills—

5 Members were present for Cook Craft Create in Orlando.

Chef Cher Harris was competing in a North and South America WACS Pastry competition. Chef Cher Won the competition and will be representing the Americas in the Finals which will be held in Malaysia.

Chef Charlie Gipe won a President's Award. Chef Tom Macrina (Immediate Past National President) will be joining us at our meeting in August or September to present Chef Gipe with his award.

The first CMC Exam since 2014 will be held this year.

Correspondence:

Chef McGrath -I spoke with Heidi Howard in regards to the upcoming Golf Outing in October at the PRLA they had a meeting at the ABC Brewery in Harrisburg to discuss product sponsors and logistics thank you Chef Gipe for attending in my absence.

COMMITTEES

Certification: Chairperson: Chef Harris CEC

ACF is hosting a CMC Exam at the Schoolcraft College of Livonia Michigan this year. Individuals interested in pursuing ACF certification reach out to Chef Tim Harris CEC

Education: chair: Chef Gipe CEC, AAC Chef Jason Clark –upcoming education components are Food Trucks and Street Foods

Newsletter: Chairperson Chef Tim McGrath Co-Chair: Chef Campbell

Please contact Tim or David if you would like any information posted (Upcoming events, recipes, job postings etc.) tmcgrath@cpavts.org or dtmills@HACC.edu

We are working on a total transition of the newsletter to be viewed from our web-site only and not sent out individually. **600 newsletters are sent out monthly!!**

Postsecondary students need to update emails in order to receive the newsletter electronically. If graduated a personal email is needed to ensure you receive the newsletter.

Social Media and Website: Chair: Chef Campbell

Chef Campbell has been consistently updating our web-site so please keep checking it out for new information. We are going to expand our reach with Instagram and more twitter information.

Please forward any ideas to Chef Campbell @ www.acfharrisburg.org

Be sure to like and share anything that it is posted on Facebook!!! In this way more people can share in what our chapter is doing.

Academy of Chefs: Chef Bob Roebuck CEC, AAC

If anyone is interested in becoming an AAC Member please see Chef Roebuck or Chef Gipe.



Lifetime Achievement Award Dinner for Jess Barbosa CEC AAC will be held Sunday September 24th, 2017 downtown Kansas City Marriot details to follow

AAC Scholarship & Grants for the Student Team ACF Cooks & Chefs of the Catskills Mountains donated \$1,000. from the Northeast Region

Effective Jan. 1st 2017 deadline for applications for induction to AAC will be 12/1/2017 for Induction in 2018

Ronald McDonald House: : Thank You to Chef Dave Gurtis CEC Pinnacle Health Systems for the July donation to the Ronald McDonald House. We are looking for an August volunteer if interested contact Chef Bob Roebuck CEC AAC

Taste: Chef Reis– no news yet.

Blood bank: Chairperson: Chef Harants

If you are planning on donating blood and you do not have a specific individual you would like to donate it to. Donate to ACF PA 181.

Encourage your family's to donate even if they live in another state!!!

Our goal is 16 pints per year.

Golf Outing: Chairperson: Chef Tim McGrath-

I talked with the PRLA Heidi Howard, we are gathering sponsors and products, encourage friends to get a four person team together the proceeds benefit Camp Cadet, our Chapter and the PRLA

PA Flavors: : Chef Charlie Gipe CEC AAC nothing to report at this time

Food Bank: Chef Roebuck -see Bob if you are interested

Chef Roebuck is need of help, please see the dates that are Listed on the ACF Website under the calendar as "food bank assistance" Look for August Opportunity's , Chef also mentioned that Megan Abbot is in charge of the Food Bank

OLD BUSINESS: Chef Peffley CEPC AAC CCE took students to the Skills USA National in July , we look forward to hearing how everything went.

NEW BUSINESS: CHEF DAVE GURTIS CEC MADE A MOTION TO DONATE \$1,000 IN BENJAMIN OLEWINE'S NAME TO THE PINNACLE HEALTH FOUNDATION CHEF GIPE CEC AAC SECONDED THE MOTION , MOTION PASSED. ALSO CHEF GURTIS WILL BE WORKING WITH DREAM BUILDERS FROM THE SHALOM HOUSE IN ALLISON HILL TO TEACH YOUNG KIDS ABOUT COOKING, AGRICULTURE AND LIFE GOOD JOB DAVE!

CHEF GIPE WILL BE FEEDING BREAKFAST TO BBQ COMPETITION TEAMS AT THE SMOKE IN THE PARK SEPTEMBER 22ND AND 23RD IN THE LEMOYNE BOROUGH PARK (BACK BY THE SWIMMING POOL) AND IS IN NEED OF BREAKFAST VOLUNTEERS.

MOTION TO CLOSE MEETING: — Meeting Adjournment: 8:24m Motion by Chef Charlie Gipe CEC, 2nd by Chef Dave Gurtis CEC

ACF Harrisburg Chapter PA 181

2017 Officers

President:

Chef David T. Mills III

Chef Instructor, Culinary Arts

HACC, Central Pennsylvania's Community College

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Chairman of the Board:

Brian Peffley CEPC, CCE, AAC

Pastry Instructor

Lebanon CTC

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.



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