

American Culinary Federation

Harrisburg Chapter- PA 181



MISE EN PLACE

June 2020



President's Greeting

Good day to each of you,

I hope that you remain safe and well as this reached you. So much continues to change in our country, in our state, in our community, and in our industry. The anxieties and challenges that we are facing together are very real. Please continue to make your self-care a priority and rely on the resources available.

In this June edition of *Mise en Place*, I encourage you to read thru 2 new sections: our **Student Spotlight** and the **Ingredient of the Month** sections. I am proud of the great strides our chapter has made in reconnecting with our mission as stated in our bylaws:

- *To create an alliance where area professionals can unite with the purpose of furthering the Culinary Profession and the skills of the individual.*
- *To present a forum where the knowledge and experience of the region's chefs and apprentices can be shared.*
- *To develop a network of comrades who share our commitment to the craft.*
- *To further education in both regional and international cookery techniques.*
- *To assist in the pursuit of professional culinary certification.*
- *To enhance the fixture of the profession by participating as a mentor for those who will one day represent us.*
- *To break bread with friends.*

I look forward to seeing you all at our July meeting via zoom on Monday, July 20th at 7pm. I am excited to see Chef Barry Crumlich as he presents an overview of Bee Keeping and harvesting honey. To join the meeting, click: <https://hacc.zoom.us/j/96538758627?pwd=V0JiY3dVR0ZWWTk5WGNVN3gwYkh5QT09>
Meeting ID: 965 3875 8627, Password: 451559, Connect your audio via computer or join by phone: 1-301-715-8592

Be well, stay healthy and happy.

Chef Autumn Patti
ACF Harrisburg Chapter President, Treasurer

Student Spotlight

Jarrold Eltz, CSC

In September 2019, Jarrod Eltz graduated from the Lebanon's CTC Apprenticeship program with honors in Culinary Arts. Although he and his peers completed the 100 week, 4000 hour program last year, Jarrod had one more task at hand. He recently completed the second portion of the proctored exam of his certification to earn his CSC- Certified Sous Chef. After months of waiting Jarrod can finally add CSC behind his name. With many great accomplishments, dedication, and love for food, comes great rewards. Jarrod has accepted a position in Connecticut at The Patterson Club, working under Chef Geoffrey Lanez, CEC.



Jarrold knew early on he had something brewing in the culinary industry since working at Lisa's Café in Palmyra. Working his way up in the kitchen ranks from dishwasher at age 15, to line cook by 16. While still working and attending school at LCCTC, Jarrod has been recognized as a model student. In his path to leadership, Jarrod was voted President of his class, student body, and school chapter of the National Technical Honor Society (NTHS). Early in his culinary career, Jarrod had a strong urge to support, and participate in different opportunities within the community including; Très Bonne Année at Hilton Harrisburg, March of Dimes at Hollywood Casino, Ice Carving at Bologna Fest in Lebanon, and Pumpkin Carving at Hershey Gardens for Pumpkin Glow. Rounding out his Senior year by the local Rotary Club making him Student of the Month and graduating in the top 5% of his graduating class- earning him the Excellence in Education Award in Lebanon County.

Competing also played a part in Jarrod's success. Jarrod had chance to compete in Skills USA, where he had the opportunity to travel to Louisville Kentucky to compete on the Skills USA National platform. He competed for years in the Hershey Soup Cook-Off as both a student placing 1st, and in the Professional category where he consistently placed in the Top 3. His recent award Student of the Year for Chapter 181 led him to compete in Charlotte North Carolina. There he competed for the title of Northeast Student of the Year; Jarrod earned a bronze medal.

Jarrold knows for now his place in the resort setting, cooking on the line. His passion for plating, and pairing flavors together drive him to seek excellence. In his upcoming future Jarrod is hoping to continue to move up in the kitchen ranks and eventually apply for this CEC. A dream of his is even compete on the Culinary Olympic team.

Written by Faith Brenneman, CC

Jarrold has written a letter to include here to the Harrisburg Chapter members-

"Hello chapter members! Since being a 16 year old LCCTC student I have met some incredible people, been a part of a great family of chefs that have supported me and my fellow classmates all the way. To have been connected with you all these years, to the point of achieving CSC, I thank you all for your mentorship, hospitality at meetings, and even those that have judge and critiqued our competitions and exams. It's been an honor to be a part of this amazing chapter but the time has come for me to move on, as I have accepted a position at The Patterson Club in Fairfield CT. I truly am grateful for the friends and connections I have made and hope the chapter continues to grow and gain more student chefs that follow in our footsteps. You'll always be a part of my family!" -Jarrod

Ingredient of the Month

June 2020 – Peanut

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

In the U.S., peanuts and peanut butter are the most popular nut choice and comprise 67% of all nut consumption.

Peanuts are botanically classified as legumes. Legumes are edible seeds enclosed in pods. Peanuts grow underground, as opposed to nuts like walnuts, almonds, or other nuts that grow on trees. However, for culinary, research and nutritional purposes, peanuts are considered a nut. Peanut seeds, or kernels, grow into green oval-leaved plants about 18 inches tall, which develop delicate yellow flowers around the lower portion of the plants. From planting to harvesting, the growing cycle takes four to five months, depending on the type or variety.



The peanut plant is generally thought to have originated in South America. The production of peanuts in the U.S. started to rise around the early 1900s. This can be credited to the growing popularity of peanut butter, peanut-based candies, and other peanut products, a need for more plant oils during World War I, and the research of Dr. George Washington Carver. Dr. Carver is considered by many to be the father of the peanut industry. He began his peanut research in 1903. He suggested to farmers that they rotate their cotton plants and cultivate peanuts. While cotton depletes nitrogen from the soil, peanuts, as legumes, naturally add nitrogen back into the soil.

Peanut nutrition plays various roles in metabolism and health. A handful of peanuts is a good source of niacin and manganese and a good source of fiber, phosphorus, vitamin E, folate, copper, and magnesium. Since the protein in peanuts is plant-based, it carries with it additional components promoting positive health benefits like fiber and unique bioactives, unlike animal protein. Peanuts are high in arginine, an amino acid, which is one of the building blocks of protein. This amino acid is a precursor to nitric oxide, a compound that expands your blood vessels. It may help decrease blood pressure and reduce heart disease risk. Over a third of the carbohydrates in peanuts are fiber. Fiber is beneficial to many body functions including contributing to lower levels of total and "bad" LDL cholesterol and improving digestion.

The National Institute of Allergy and Infectious Disease (NIAID) estimates that only 0.6 - 1.0% of Americans has peanut allergy. However, the true prevalence of food allergies is unknown. Those with a family history of allergy, asthma, or eczema, may be at increased risk.

Interesting Facts:

- The current top three producers of peanuts are China, India, and the United States.
- In the U.S., peanuts and peanut butter are the most popular nut choice and comprise 67% of all nut consumption.
- It takes about 540 peanuts to make a 1 2-ounce jar of peanut butter.
- There are six cities in the U.S. named Peanut.
- It takes fewer than 5 gallons of water to produce 1 ounce of peanuts.

Read the full article at:

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

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 https://hacc.zoom.us/j/96538758627?pwd=V0JiY3dVR0ZWWTk5WGNVN3gwYkh5QT09 Meeting ID: 965 3875 8627, Password: 451559, Join by phone: 13017158592
August 17, 2020	TBC Ever Grain Brewing Company, “Cooking with Beers” TBC
September 21, 2020	TBC The Hotel Hershey “Apprenticeship and Certification” TBC
October 19, 2020	TBC Hershey Country Club—Golf outing “Candy Making” with Chef Notter Chapter award and board nominations
November 16, 2020	TBC AgWorks at CCA “Aquaponics” 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 Harants , 2nd Chef Blythe, approved by all in attendance
Board in attendance: Present— Chef Autumn Patti, Chef Richard Blythe, Chef T. Durgey
Number of participants in attendance: 41

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

Pledge by: Chef Patti

Secretary's Report:

May 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: a Student Spotlight that will be included in each month.

Motion to approve the May 18, 2020 minutes as written and recorded in *May 2020 Mise en Place*:

Motion: Chef Peffley, 2nd Chef Harants, accepted by all in attendance

Treasurer's Report:

Autumn presented the report.

May 2020 report- Total: \$9279.36

- Checking acct: \$2532.98 (no changes)
- Savings Acct: \$6746.38 (includes \$0.46 interest)
- Autumn noted that she did receive the insurance bill and will pay the \$600 due by July 1st. She will submit the invoice for reimbursement from PRLA.

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

President's Message

Autumn provided updates from attended many conferences and webinars in the last month.

In regards to education, HACC announced the campuses would remain closed thru December 2020 with the exception of hands-on components. Spring make-up classes will resume on July 13th to complete the hands-on components. In the fall, lecture classes will be held as Remote classes via zoom. Lecture/lab classes will be held remote/zoom, in lab on campus, and now include online components as a blended class. Other colleges announced opening full force with concerns. Penn State is opening in August and will close at Thanksgiving, shifting all classes remote/online for the last few weeks. Some postsecondary programs are cancelling hands-on classes and only offering lecture courses in the fall.

The ACF United Webinars have offered great panels of speakers on a variety of topics. The ACF Chef's Table is launching soon. It is social media community page for ACF members- look for emails about it's launch. It will be a single-sign on, meaning you use your same log-in info as the acfchefs.org site. The ACF Virtual convention is open for registration at 3 different levels. The Board of Governor's meeting will be held virtually on August 6th and Autumn plans to attend. The ACF National Virtual Awards Ceremony will be on August 7th. Ballots were sent out via email to all members for the Chef Professionalism award. She has submitted the chapter vote for the Hermann Rusch ballot.

Education

Autumn introduced Chef Tom Long as the education presenter for the evening. Chef Long started with his background and how he entered into Ice Carving. He started with buffet pieces, pushing himself to learn, carving ice each Saturday night for Sunday brunch, over 3 years. He continued to push himself, entering competitions over the next ten years. He enrolled in the Ice Masters program which gave him techniques, such as how to plan your design as a 3D piece and how to do snow-filled logos. He started his business in 1995, *Iceworks*. He hopes to inspire the next generation and keep this art alive!

To view the full presentation, click on the recording and start the timer at **00:15:19-01:05:28**

Chef Long's video demonstration can be viewed here: <https://youtu.be/4YeOYQ5zcU4>

The powerpoint presentation can be viewed on our website at www.acfharrisburg.org

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 July meeting, she will collaborating with Chef Barry Crumlich from the PA Governor's Residence on next month's presentation on "Bee Keeping and Honey Harvesting". August is hopefully still on track with "Cooking with Beers". All education presentations and meeting locations are found in the monthly Mise en Place on page 4 (above).

Competition Committee

Susan Notter thanked all the students that entered the Nutritious Cookie BAKE OFF. She announced the winner of the competition: Rasheeda Carter, HACC Culinary & Baking student! She felt she did a great job with the recipe, but also with the explanation of the ingredients. The competition required: a creative cookie that includes cholesterol lowering ingredients. She also gave mention to Isaiah Kennedy's Blueberry Oatmeal bars.

At this point, there are a few ACF competitions scheduled at this point, but nothing local yet. No news in regards to the ACF National team, as this is normally competed for at the ACF National Convention.

Susan referred attendees to the www.pastrysummit.com site that includes a series of about 60 pastry videos., international done. It will be launched at the end of June. There is a free, 4-day pass to view as many videos as you can. After that, you can purchase a subscription that also comes with a Pastry Arts Magazine. She has a view videos included, one of Ganache techniques and another on Tempering. "It's a Pastry Chef's Netflix, binge away!"

Faith suggested our next competition be a savory competition. Autumn asked if any members would be willing to establish the next competition. We are looking for a chef to lead the competition as a judge, setting the criteria and prizes. Chef Charlie Gipe expressed interest in a Chili competition.

Social Media Committee

Renee reported on 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. Autumn thanked Renee for her efforts and all members that have been sharing the posts. 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 Brennehan highlighted the Student Spotlight section in the newsletter. She is preparing a questionnaire to send out and asks instructors to highlight several students so we can build a bank.

Faith will work with Chef Gipe to work on the chili competition to roll out for students.

Autumn asked for an update on the apprentices. Bob reported that they are having an ACF site visit, the new hybrid approach, for the LCCTC the following day. He did talk to the properties, 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. They are also working with graduates from last year to complete their written exams for their certifications.

Certification Committee

Michael Harants overviewed the continuing education hour requirements for certifications. He directed members to the website to view specific requirements for the different certifications:

<https://www.acfchefs.org/ACF/Certify/Recertification/ACF/Certify/Recertification/default.aspx?section=certify&hkey=15d2d818-3258-477f-aff1-0b9247ffa8a4>

From Acfchefs.org website:

- CFC® and CFPC™ - 10 CEHs annually for certifications earned after 12/31/18
 - Certifications earned prior to 1/1/1919 - must have earned 48 CEHs in the past 3 years and will switch to annual recertification after upcoming recertification is completed.
- CMC® and CMPC® - 50 CEHs every 5 years
- All other levels - 80 CEHs every 5 years
- CMC® and CMPC® - 50 CEHs every 5 years
- **Food Safety and Sanitation** must be current (completed no more than five years ago) for every recertification. An 8-hour refresher, state issued sanitation card or ServSafe can be used to fulfill the requirement.
- **Nutrition and Supervisory Management** refreshers (8 hour minimum) are only submitted one time for recertification once original 30-hour courses are more than five years old.
- 25% of your CEH must come from volunteer, leadership, or competition activities effective January 1, 2020 for all levels except CFC, CFPC, CC, and CPC.

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.

Michael offered his direct assistance with any concerns with communication with the National Office.

All certifications from accredited schools are still being processed, send them in!

Accreditation Committee

Brian Peffley reported on some new developments within the accreditation team.

New “Digital Credentialing” is in the works. A digital badge is being developed, working with NOCTI.

The ACF Accreditation is expanding into Food and Beverage programs. Post secondary is finished and being tweaked. Now looking into secondary as well. If anyone is interested in becoming an accreditation evaluator, reach out to Brian.

He discussed the new hybrid ACFEFAC Accreditation process with LCCTC scheduled for their site visit the following day. There are no students currently in classes, but digital documentation is available and zoom interviews with students and the administration will occur. 70% of the report is already done with this hybrid model, just the validation process within the self-study will be done at the school. 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.

Academy of Chefs

Bob reported 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 it was mentioned that this the 65th anniversary, and 20% of the proceeds are going to the Fernandez-Metz Relief Fund.

Community Outreach

Ronald McDonald House

Bob reported there are no updates at this time.

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

Central PA Foodbank

Bob reported that no volunteer opportunities are available at this time. They are strictly using their staff to package, including at the Farm Show site.

PA Flavors

Richard reported he has not heard back on whether the event is still continuing as scheduled. He will communicate as soon as he hears from Heidi.

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!*

Choose PA Dairy “Breakfast on the Farm”

Autumn asked the membership if there was any interest in pursuing our involvement in this event. The general agreement is that this is not an event that we can participate in at this time due to the current restrictions and limited facilities to use. The chapter will not commit to this event. Autumn will communicate this with Maria.

October Golf Outing- October 19th

Charlie discussed the concern of being able to pull off the Golf Outing with the schools' limited ability. We need members to commit their participation. This is a great fundraiser for our chapter and a great opportunity for our students. Email him at chefcharlie@comcast.net if you are able to. We will be discussing this further at our next meeting as we see how conditions develop.

New Business

Brian reported to the chapter that he has decided to not compete for the ACF Chef Educator of the Year National Award. In accepting the award, it requires a lot of additional time and resources moving forward to complete nationally for an additional award. He instead is using his energy and efforts to benefiting our industry and programs rather than himself personally. He asked and thanked the chapter for support in this decision.

The next meeting will be held via zoom with Chef Barry Crumlich on Bee Keeping. Autumn will send out the link in future communication.

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

ACF Harrisburg Chapter PA 181

2019-2020 Officers

President & Treasurer:

Chef Autumn Patti
Program Director, Asst. Professor
Culinary Arts, Baking & Pastry Arts Programs
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Chef Brian D. Peffley, CEPC CCE AAC
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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.