

American Culinary Federation

Harrisburg Chapter- PA 181



MISE EN PLACE

May 2020



President's Greeting

Good day to each of you,

Thank you to those that joining in at our May chapter meeting on Monday, May 18th. Our guest presenter, Shanna Shultz, RD, LDN, Lead Nutritionist for Giant Food Stores, presented our educational program. She provided a great overview of milk and milk alternative products, including her personal takes on dairy nutrition. Caputo Brothers has joined with Giant Food Stores and Troegs to produce specialty cheeses in addition to their fresh varieties available. She also demonstrated the new fad, Dalgona Coffee with a few variations for this whipped concoction. June is National Dairy Month, enjoy an ice cold glass of milk and support your local dairy farms by purchasing PA milk with #42 on the container.

Congratulations to all the 2020 Graduates on this phenomenal achievement! Post-secondary students graduated on May 14th, and secondary students graduating this first week of June. This is a huge accomplishment and opens the door to your next great chapter! A note of appreciation to all the educators as well for their tremendous efforts.

Congratulations to all the participants in the Apple Pie Bake Off and the winners! **Rasheeda Carter**, HACC Culinary and Baking & Pastry Arts student, won the first prize recognition "for her creative use of spices and custard in the pie and for the decorative finish of her pie." She entered an Amaretto Apple Pie with Spiced Custard. Special mentions and prizes are also awarded to **Claryn Groff** for "the most appetizing looking slice of pie," 12th grade Baking and Pastry Arts student at Lancaster County Career and Technology Center, the Mount Joy Campus. **Don Barch** for "the most unusual flavor combination and also for the very consistent finish of his pies," HACC Culinary Arts student. **Jordyn Mitchel** for "the most innovative dough design and decoration," 12th grade student from Lancaster County Career and Technology Center- Mount Joy and Warwick High School. And congratulations to the recipients of 2020 PRLA Scholarships: Alena Jenkins-Miranda, Larissa Ealy, Colin Bower, and Connor Woodburn.

I look forward to seeing you all at our June meeting via zoom on Monday, June 15th at 7pm. I am excited to see Chef Tom Long in action as he presents an Ice Carving Logo demonstration to the chapter. To join the meeting, click:

<https://hacc.zoom.us/j/95831756454?pwd=RDkwNW9uQzRvRVJocnpiRWovdTc2dz09>

Meeting ID: 958 3175 6454 Password: 569195 (If needing to call in instead: 1-301-715-8592)

Be well, stay healthy and happy.

Chef Autumn Patti
ACF Harrisburg Chapter President, Treasurer

Student Spotlight

Faith Brenneman, CC

In May 2019, Faith Brenneman graduated with highest honors earning her Culinary Arts Associates in Arts degree from HACC, Central PA's Community College. In May 2020, Faith earned a Baking & Pastry Arts Certificate and Culinary Arts Catering Certificate. She plans to continue her education with enrolling in the Brewery Science Program at HACC. She is an ACF Certified Culinarian and just applied for her Certified Pastry Culinarian. She is actively involved through her local ACF Harrisburg chapter, as Chair of the Student Outreach Committee and on the Ronald McDonald House Committee.



Prior to her college success she proudly attended York County School of Technology where she studied Culinary Arts for four years. Finishing top in her Culinary Arts class, receiving her ServSafe Certification, and college credits, she decided to continue her studies at HACC. She was a Virtual student for a year prior to attending in lab culinary classes. From being an online student, she was nominated and voted in by her peers as Communications Chair to the Virtual Learning Student Advisory Counsel, and a year later becoming Vice Chair to the organization. Upon traveling four days a week from home (Pleasureville, PA), to HACC (Harrisburg, PA), she became involved immediately with Phi Theta Kappa Honor Society, and served as the Vice President for the Culinary and Baking & Pastry Arts club.

Faith was part of the first ever HACC & Harrisburg ACF's team to compete in the Baron H. Galand Culinary Knowledge Bowl. She was an alternate the first time around, then was nominated for Team Captain for the 2019 Team. With the help of her teammates and Chef mentor, she helped lead the team to a victory in the Northeast Regional Competition in February 2019. The team advanced to compete nationally at the 2019 ACF National Convention in Orlando, placing 4th.

From her studies and furthering herself inside and outside the classroom she received numerous awards and honors including the HACC Toque Blanc Award in both Culinary Arts and Baking & Pastry Arts, and 2018 Student Chef of the Year through her local Harrisburg Chapter. She has trained for an ACF SK-1 competition, but most recently is focused on one competition: the Student of the Year Competition at the 2020 ACF National Convention in Orlando.

Along with these awards, she has several hundred volunteer hours to date. Highlights include being asked by Chef Barry Crumlich to create and prepare hors d'oeuvres for the Governor's Residence for the State Dinner, being featured in student competitions and demonstrations at the PA Preferred Culinary Connection Stage, prepared the charcuterie course for an ACFEF Accreditation Site Visit, mentoring a home chef in a HomeMade SuperChef competition, support chefs at Central PA Superchefs, and many more.

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

<https://hacc.zoom.us/j/95831756454?pwd=RDkwNW9uQzRvRVJocnpiRWovdTc2dz09>

Meeting ID: 958 3175 6454 Password: 569195 (If needing to call in instead: 1-301-715-8592)

July 20, 2020 Via Zoom Education TBD

August 17, 2020 Ever Grain Brewing Company, “Cooking with Beers”

September 21, 2020 The Hotel Hershey “Apprenticeship and Certification”

October 19, 2020 Hershey Country Club—Golf outing “Candy Making”(Chef Notter?)
Chapter award and board nominations

November 16, 2020 AgWorks at CCA “Aquaponics”
Chapter voting begins

December 21, 2020 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 the board members at acfharrisburg@gmail.com

Meeting Minutes from May 18, 2020:

Meeting began via zoom at 7:00pm – Motion Chef Reis, 2nd Chef Gipe, approved by all in attendance
Board in attendance: Present— Chef Autumn Patti, Chef Richard Blythe, Chef T. Durgey
Number of Members in attendance: 45

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

Pledge by: Chef Patti Prayer by: Chef Gipe

Secretary's Report:

April 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 are many resources and links included. She wants this monthly newsletter to be useful and something that is read. Brian noted that the website is getting viewed nationally.

Motion to approve the April 20, 2020 minutes as written and recorded in *April 2020 Mise en Place*:

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

Treasurer's Report:

Autumn presented the report.

March 2020 report- Total: \$9278.90

- Checking acct: \$2532.98 (no changes)
- Savings Acct: \$6745.92 (includes \$0.44 interest)
- Autumn noted that *no funds* were allocated to the ACF National Convention prior to the cancellation.

Motion to approve the Treasurer's Report: Chef T. Harris, 2nd Chef Long, accepted by all in attendance

Education

Autumn introduced the guest speaker, Shanna Shultz, RD, LDN, Cooking School Manager & Nutritionist for The GIANT Company (Phone: 717-724-1166; shanna.shultz1@giantmartins.com). Shana showed a presentation included below on Dairy products. Her key messages included nutritional guidelines for dairy products including milk and milk alternatives. She discussed the specialty cheeses available at local Giant Food Stores including Caputo Brothers products: the Troegenator Cheese, Fresh Mozzarella, Fresh Ricotta, curds, etc. <https://caputobrotherscreamery.com/>, <https://caputobrotherscreamery.com/products/troegenator-beer-cheese> She concluded with a demonstration of Dalgona Coffee, a new whipped coffee fad.

The presentation slides are as follows:

- Dairy Overview** (Shanna Shultz, RD, LDN)
- Key Messages**
 - Milk nutrition update
 - Milk alternatives
 - Specialty cheeses
 - Dalgona coffee trend
- Dairy**
 - Milk, cheese, yogurt
 - 3 servings per day
 - Vitamins and minerals
 - Calcium, Vitamin D, phosphorus, zinc, potassium
 - Protein
 - 8 g per 1 cup milk
 - 7 g per 1 ounce of cheese
- Cow's Milk**
 - Fat
 - Whole: 3-4% fat by weight
 - Most complex fat naturally occurring in food (400 fatty acid varieties)
 - Two-thirds saturated fat, one-third unsaturated
 - Saturated fat and cardiovascular disease
 - Carbohydrate
 - 12 g per 1 cup
- Milk Alternatives**
 - Nut
 - Rice
 - Oat
 - Pea
 - Banana
- Specialty Cheeses** (photo of various cheese packages)
- Specialty Cheeses** (photo of cheese wheels and blocks)
- Specialty Cheeses** (photo of cheese in a display case)
- Dalgona Coffee**
 - Whipped coffee
 - Basic recipe
 - 2 tablespoons instant coffee
 - 2 tablespoons sugar
 - 2 tablespoons water
- Upgrade**
 - Sugar
 - Stevia, honey
 - Additions
 - Nut butters, cocoa
 - Spices, extracts, oils/flats
 - Vanilla, cinnamon, vanilla
 - Base & Temp
 - Chai/tea, banana, hot, cold, alcohol
 - Whipped milk
 - 1 tablespoon cocoa
 - 1/2 cup whipping cream

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

To view the presentation, click on the recording and start the timer at 12:05:00 <https://youtu.be/dQL5cphxVTQ>

The direct link to the Giant Foods Nutritionist classes: www.thegiantcompanynutritionists.eventbrite.com

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. Anna encouraged suggestions for future meeting education concepts. For the June meeting, she will collaborate with Tom Long for an ice carving logo how-to presentation. All education presentations and meeting locations are found in the monthly Mise en Place on page 3 (above).

Michael is continuing to put together Food For Thought articles to include resources. He approached the chapter about including our website in future communication. The chapter agreed.

Competition Committee

Nutritious Cookie BAKE OFF

Susan Notter introduced a new competition and requirements: a creative cookie that includes cholesterol lowering ingredients. She answered student questions including baking ingredients that are cholesterol lowering. The deadline to enter is May 31st by 11:59pm. Entries can be emailed to acfharrisburg@gmail.com or entered on the ACF Harrisburg Facebook Event page. The invitation was sent out to all instructors on May 19th. To view the recording, start the timer at 1:00:10 <https://youtu.be/dQL5cphxVTQ>

ACF Student of the Year Competition

With the cancelation of the physical component of the ACF National Convention in Dallas, all competitions are cancelled. Faith Brenneman updated the membership that she received communication that she automatically advances to the 2021 ACF National Convention in Orlando, Florida.

Social Media Committee

Renee reported on social media. "Content, content, content" is her request. She needs pictures to share. Our photo bank is not well updated and she needs more. 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. She wants to build the page to represent what our chapter wants it to represent. Autumn thanked Renee for her efforts and all members that have been sharing the posts. Email her at rj_nasta@yahoo.com

Junior Membership/ Student Outreach

Faith Brenneman reported on the new cookie competition geared to engaging students and possible future competitions. She offered her guidance for any students that have questions. Autumn asked her to post her offer on the facebook event page for students.

A student member spotlight was suggested to include in the newsletter to engage more students.

Autumn asked for an update on the apprentices. Brian reported that he touched base with them to connect recently. They are moving forward with online instruction and will go from there.

Certification Committee

Michael Harants reported with the government restrictions, no certification testing is happening right now. There is nothing further to report.

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

Accreditation Committee

Brian Peffley reported there is a meeting on May 19th to discuss the backlog. There are 32 programs need to catch up on and another 40 programs due for evaluations in the fall. LCCTC was scheduled for their site visit and are waiting to reschedule.

ACFEF has extended all current accreditations. A new modified version including zoom and onsite, hoping to reduce the onsite visit to 1 day. The pilot program for this may be at LCCTC.

Community Outreach

Ronald McDonald House

Bob has communicated with the Ronald McDonald House and is staying in touch with them. They are fortunate to be covered with meals in June still.

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

Central PA Foodbank

The Central PA Foodbank is in need of volunteers if anyone is able and willing to volunteer their time. They are now working 24 hours a day, 3- 8 hour shifts. All 27 counties they support are doing well. They are receiving a lot of food products, yet produce is a little scarce right now. Proteins are well stocked in the freezer. They have added an additional packaging site as well. Please visit <https://www.centralpafoodbank.org/> to volunteer.

PA Flavors

Richard called and left a message with Heidi to touch base. The event has been rescheduled for August 22nd. Brian brought up a concern that students would not be in session yet. He offered to reach out to some alumni to see if they would be interested in working with Richard. Autumn added that post secondary schools won't be in session yet either and we will need to recruit student members across the chapter for participation. Autumn also suggested to connect with Faith for student outreach to put together a team.

Academy of Chefs

Nothing new to report at this time. No updates have been received.

Budget/Finance & Fundraising Committee

Nothing new to report at this time.

Other Old Business to report

2020 ACF National Convention *has been cancelled in the physical format, including all competitions. The conference is moving to a virtual platform with more information to come.*

Blood Bank. *Year to date, we sadly have 3 units donated. **Our blood bank number is 0775.** Get out there, roll out your sleeve, and give some blood!*

New Business

Choose PA Dairy “Breakfast on the Farm”

Event on August, 29, 2020 at Way-Har Farms in Bernville, Pa. Adults and children can enjoy a breakfast featuring local dairy products. Attendees will also be able to tour the multi-generational dairy farm, learn about modern dairy operations, and discover the nutritional benefits of milk. Organized by the Choose PA Dairy campaign, the event will feature interactive stations with hands-on activities for children to learn about food production. Children can participate in cow-feeding, cheese-making, butter-making, calf-petting, a scavenger hunt, and an educational milk experiment.

“Breakfast on the Farm” by the PA Center of Dairy Excellence. An update will be provided in June of any date changes, but August 29th is the date. Maria Hulitt introduced the event to the chapter to see if an interest to “cater” the breakfast as a fundraiser. If any chefs are interested in demonstrating cheese or butter making, she is looking more participants.

Autumn asked Maria for additional information. Planning on around 1000 people. No kitchen facilities available. Autumn mentioned water was a minimum need. Brian noted this might be an event for the apprentices.

Scholarship for CPAVTS

Cumberland Perry Area Vocational Technical School is presenting awards to graduating students. Bob approached the chapter to see if we would be willing to contribute towards this either monetary or knives. Discussion was held and Charlie recommended that we look at past practices and realize this isn't done for all school currently. He suggested this be brought to Heidi from the PRLA at the CPAVTS OAC meeting on May 19th. With the students' support for the Golf Outing, this might be a better fit.

The next meeting will held via zoom. Autumn will send out the link in future communication.

Motion to adjourn the meeting: Chef Peffley, 2nd: Chef Long. The meeting adjourned at 8:56 pm.

ACF Harrisburg Chapter PA 181

2019-2020 Officers

President & Treasurer:

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Program Director, Asst. Professor
Culinary Arts, Baking & Pastry Arts Programs
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Pastry Instructor
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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.