



MISE EN PLACE

November 2020



President's Greeting

Good day to each of you,

I hope that you remain safe and well as this reaches you. As more restaurants announce their closings, COVID cases continue to rise, and schools fluctuate from in-person to remote learning, we are now hearing of the unfortunate passing of a loved ones as this is circling closer to home for each of us. We are clearly not out of this pandemic and times continue to present challenges for each of us. I am proud of our chapter's unity and continued involvement in the community and with education. This past month we featured Sam Johnson as she provided an outstanding virtual tour of the aquaponics program of [Agworks at CCA](#) right here in Central PA. What a great facility that provides produce to many local restaurants, including many of our members. After that presentation, who doesn't want to sign up as a volunteer?!?!

Congratulations to this year's Chapter Award recipients! It was great to hear of how these nominees each represents our chapter and deserves this honor. Awards will be presented in January 2021! Thank you to the newly elected 2021-22 chapter officers for your willingness to serve on our chapter's board and continue to lead our chapter over the next 2 years. I look forward to getting started as a team in January!

For December, the chapter needs some fun and excitement during this time of year. Please join me Monday, December 21st at 7pm EST, as Chef Van French, Assistant Pastry Chef at the Hotel Hershey, will dazzle us with his gingerbread decorating talents! Grab your favorite mug filled with a warm beverage, hot cocoa, coffee, tea, or go a little further if you wish, but get cozy. Watch highlights from the Food Network's Holiday Gingerbread Showdown, see Chef French demonstrate decorating techniques for his gingerbread house, and ask your questions.



Bring along some pictures and memories of your gingerbread house experiences to share! I look forward to seeing you all at our **December Gingerbread Campfire via zoom on Monday, December 21st at 7pm EST!**
<https://hacc.zoom.us/j/97321587617?pwd=WkJlQjYvVkF1MDh3RjBIZW9RdUpQZz09>

Meeting ID: 973 2158 7617, Passcode: 775005, 1-312-626-6799

Be well, stay healthy and happy.

Chef Autumn Patti

ACF Harrisburg Chapter President, Treasurer

Student Spotlight

Student Accomplishment Report 2020

It can go without being said that 2020 has deserved to be put on the 86 list, effective immediately! 2020 has proven to be a difficult year again, and again. Acknowledging the struggles is the hard part, yet Chapter 181's Student Chefs, have adapted, overcame, and continue to resist the forces against them. It was almost impossible to think that school, lab classes, CO-OP's, let alone restaurant dining came to a steady halt just a few months ago. From learning the basics of stocks and sauces in a lecture room to watching a demo on how to properly shape a baguette in the kitchen, all went from in person to strictly online in a blink of an eye. Thankfully, in-person classes have started back up slowly, and our restaurants are operating on reduced capacities- as of today.

This Student Accomplishment Report is to highlight and reflect on all the achievements this year our Chapter Student Chef's have reached. These events may not necessarily have been considered accomplishments in past years, but there something to be proud of and worth mentioning. Whether in the kitchen or on a Zoom class call in pajamas sipping on some coffee, it's clear seeing the professional curiosity and willingness to learn and succeed is stronger than ever!

The following are in no particular order, and are only a handful of achievements-

- Ø Competing and medaling at Skills USA in Culinary Arts & Pastry Arts- LCCTC
- Ø Assisting with ice sculpting at Bologna Fest- LCCTC
- Ø Annual Pumpkin Carving Contest- LCCTC
- Ø First ever Curbside Culinary Gala- HACC
- Ø Establishing HACCreations at Ciao Bakery- September-November; menu created and prepared by HACC Baking Pastry Arts Students- HACC
- Ø Regional cuisine projects and menu tastings- HACC
- Ø Gingerbread House Displays- LCCTC
- Ø Virtual Student Competitions with multiple entries from all schools- Chapter Hosted Events
- Ø Multiple PRLA scholarship recipients- LCCTC & HACC

Ingredient of the Month

December 2020 – Rambutan

From <https://www.acfchefs.org/ACF/Partnerships/Chef and Child/Ingredients/ACF/Partnerships/CCF/Ingredients/>

Rambutan is a tropical tree in the family Sapinda. The name also refers to the edible fruit produced by this tree. The fruit grows in clusters (10-20 together) and the skin is reddish when ripe and covered with pliable spines or “hairs”. The fruit’s flesh is a translucent white similar in appearance to a lychee. Rambutans have a sweet, slightly acidic flavor reminiscent of grapes. The single seed is glossy brown and should be cooked before consuming. Rambutan is adapted to warm tropical climates (71-86 degrees Fahrenheit) It is thought to have originated in Southeast Asia where it is still widely grown.



Health Benefits

Like most fruits, rambutans are primarily composed of carbohydrates. However a portion of its total carbohydrates is attributed to natural sugars. Rambutan is higher in dietary fiber compared to similar fruits like lychee. The high fiber content of rambutan aids in food metabolism, preventing constipation.

Rambutan also has a high concentration of vitamins and minerals such as vitamin C and manganese.

Manganese is an essential nutrient that plays an important role in the normal functioning of the brain. It also helps activate enzymes needed for the body to use vitamin C. Vitamin c acts as an antioxidant and helps protect the body against stress and sickness.

Selecting and Storing

- To make sure rambutans are ripe, look at the color of its spikes. The redder they are, the riper the fruit will be. Don't buy rambutans that have turned black or have a lot of black “hairs,” as this indicates they are over-ripe.
- Rambutans are best stored at room temperature. Rambutans can be kept in the refrigerator but they will quickly lose their aroma.
- Don't peel them until just before you are going to serve them.
- Rambutans can be frozen peeled and whole but be aware that the texture of the flesh will change upon thawing.

Eating Rambutans

- The most common way to eat rambutans is fresh. To remove the skin, slice the middle of the outer skin with a knife, then squeeze from the opposite sides from the cut. The white fruit should pop free.
- Rambutans can be processed into jellies, jams or preserves.
- Add rambutans to fruit salads or smoothies.
- Rambutans work well in deserts such as sorbet, icecream, and pudding.
- Rambutan seeds can be consumed if roasted.

Fun Facts

- The name “rambutan” is derived from the Malay word rambut meaning “hair”.
- It is closely related to several other tropical fruits including the lychee, longan, and mamoncillo.
- The rambutan’s unmistakable appearance is often compared to that of a sea urchin.
- Rambutans have been used for hundreds of years as a traditional medicine for diabetes, nausea and headaches.

Presented by American Culinary Federation Education Foundation

Complete the quizzes 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/gaGhdtx2O_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/gj1fu0CsgC4>
- August 17, 2020 Via Zoom, “Catering Operations during COVID-19”
with Chef Jay Varga, Executive Chef, JDK Catering Group
Recording: <https://youtu.be/H-EutkPw2A0>
- September 21, 2020 Via Zoom: “Molded Chocolates” with Chef Racin
Recording of Demonstration: <https://youtu.be/GLsl4KRC84Q>
Recording of Meeting: <https://youtu.be/rWliEEIAUw>
- October 19, 2020 Hershey Country Club—Golf Outing
Via Zoom: “Not your Typical Halloween Candy” with Chef Notter
Recording of Meeting: https://youtu.be/RyHE_4zFHu8
- November 16, 2020 Via Zoom: AgWorks at CCA Virtual Tour & Presentation **at 6:30 pm EST**
Aqworks recording: https://commonwealthconnectionsacademy.sharepoint.com/:v:/g/personal/teller_ccaeducate_me/EXYjbad4CrFOnwZd90s0oYgBCMBhX36gaHLDRnEXehPnDw?e=dAjuSP
Meeting recording: <https://youtu.be/6umkvdyoiOA>
- December 21, 2020 Via Zoom – **December Gingerbread Campfire**
<https://hacc.zoom.us/j/97321587617?pwd=WkJlQjYvVkF1MDh3RjBIZW9RdUpQZz09>
Meeting ID: 973 2158 7617, Passcode: 775005, 1-312-626-6799

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 November 16, 2020:

Meeting began via zoom at 7:45pm – Motion Chef Gipe, 2nd Chef Reis, approved by all in attendance
Board in attendance: Present— Chef Autumn Patti, Chef Richard Blythe, Chef T. Durgey
Number of participants in attendance: 28 presentation, 18 meeting

Autumn greeted the Chapter and welcomed everyone to the meeting including guests. She thanked those attending, noting by listing all meeting participants' names. She commented on the great demonstration provided just prior by Samantha Johnson, the director of the aquaponics program at the Commonwealth Charter Academy (CCA). Really a well done tour and amazing products to hear they are growing.

Pledge by: Chef Patti Prayer by Chef Gipe

Secretary's Report:

October Mise En Place can be found on the website, and was emailed out as both a pdf and word document..
Motion to approve the October 2020 minutes as written and recorded in *October 2020 Mise en Place*:
Motion: Chef Long, 2nd Chef Harants, accepted by all in attendance

Treasurer's Report:

Autumn presented the November 2020 report.

November 2020 report- Total: \$9467.39

- Checking acct: \$2119.23 (changes: -\$10 service fee)
- Savings Acct: \$7348.16 (includes +\$0.31 interest)

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

President's Message

Autumn briefly summarized the NE Regional Conference Call and several industry updates. However, she expressed wanting to hear from members rather than providing more updates of the same news. Each member took a few minutes to talk about what they have going on in their world. Some at work during the meeting tuning in, others on an extended vacation, some newly retired taking on new ventures already, but most anxious to meet in person again and get back to interacting with the community. Charlie Gipe said it well, "everything I do is not happening right now." Autumn thanked each for joining and sharing. The full narrative of each member's update can be viewed on the recording found here: <https://youtu.be/6umkvdyoiOA>

Board of Governor's Meeting

Michael attended with the chapter's proxy in Autumn's absence. He reported that ultimately a budget was presented and approved for next year. There were many discussions and requests for future plans that went unanswered.

Education Committee

Anna secured January's presentation on local shared community kitchen. While they are not operating currently during the pandemic, she is hoping to get a tour as well.

All education presentations and meeting locations are found in the monthly *Mise en Place* (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.

Competition Committee

Nothing new to report.

Social Media Committee

Email Renee content to post on our Chapter's facebook page 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

If you would like to nominate a student to be featured in the Student Spotlight section of our Mise en Place, please complete the following form:

https://docs.google.com/forms/d/1aUB_PT_gwQ8tGCQXakkEgbf9GByja5QMA7j2DJDzckY/viewform?edit_requested=true

The apprentices were currently taking the written certification exams this evening. 4 working on the culinary certification and 1 working on the baking and pastry certification.

Certification Committee

Nothing new to report.

Accreditation Committee

Nothing new to report.

American Academy of Chefs

Note the Academy Dinner will be held at the Southern Regional Chef Connect in Nashville at the Westin with Chef Rico on April 11, 2021. As of now, this is still the plan moving forward.

Community Outreach

Ronald McDonald House

Nothing new to report.

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

Central PA Foodbank

Nothing new to report.

*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.*

Budget/Finance & Fundraising Committee

Nothing new to report at this time.

2020 Chapter Awards

Congratulations to the 2020 Chapter Award Recipients:

- Chef of the Year: Chef Nicholas Arnold, CEC
- Pastry Chef of the Year: Chef Susan Notter, CEPC
- Educator of the Year: Chef Autumn Patti
- Student Chef of the Year: Rasheeda Carter, HACC Culinary and Baking student
- Chapter Partner of the Year: PRLA Central Chapter
- Ed Byrem Volunteer Award: Renee Nasta
- Chef Professionalism: Chef Anna Smith, CC
- Hermann Rusch Award: Chef John Reis, CFBE
- President's Award/Chapter Award: Chef Autumn Patti

2021-2022 Officer Elections

Chapter President: Chef Autumn Patti

Chapter Vice President: Chef Tom Long

Chapter Secretary: Renee Nasta

Chapter Treasurer: Chef Cher Harris

Chapter Student Representative: Rasheeda Carter

Autumn thanked all the new officers for their willingness to provide the leadership for the chapter over the next 2 years.

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.

ONLY 6 PINTS WERE DONATED SO FAR THIS YEAR!!

New Business

Chef Lloyd Robert “Bob” Hudson’s Passing

Charlie shared the sad news of Chef Hudson’s passing with the chapter. You can view the obituary [here](#).

He was a member of the Central Penn chapter for years, and a member of the Academy. He was the Exec Chef at Holy Spirit for 20 some years in the late 60's to late 80's. Ran a tight ship, but very talented. World class duck decoy carver. I still can picture a tallow display he did at one of our shows with a mother duck and 4 baby ducklings on a mirror. Each feather was made using a spoon to give shape. He would come into Holy once a year to say hi when I was there. I can still remember telling him I was going into the Academy and he spoke. "When you have that behind your name you must never do less than your best. People will expect that of you." RIP Mr. Hudson.

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

ACF Harrisburg Chapter PA 181

2019-2020 Officers

President & Treasurer:

**Chef Autumn Patti
Program Director, Asst. Professor
Culinary Arts, Baking & Pastry Arts Programs
HACC, Central Pennsylvania's Community
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arpatti@hacc.edu

Vice President:

**Chef Richard Blythe Jr.
Sysco Central Pennsylvania
717-561-4000 Ext 4574**

blythe.richard@centralpa.sysco.com

Secretary:

**Chef T. Durgey
HERCO—Entertainment Complex
717-508-1560**

tdurgey@hersheypa.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.