



American Culinary Federation
Harrisburg Chapter

MISE EN PLACE

October 2017

President's Greeting:

Hello Chefs, Culinarians and Friends of the Chapter,

We had an outstanding meeting in October. I would like to first thank Chef Ken Gladysz, Chef Cher Harris, The Apprentices, and The Hotel Hershey for providing us with such an outstanding meal, and reception. I would also like to thank Chef Susan Notter and Chef Tim Harris for their presentation about student competitions.

If any of our secondary or post secondary programs have student interested in a "mock" competition within our chapter, YTI will be hosting a competition on December 16th. Instructors, please reach out to Chef Harris Directly with the number of students interested in competing in an SK category and how many students are interested in competing in the pastry category. Space is limited and there may be a limit to how many students from each school may participate. Chef Harris' email address is timothy.harris@tyi.edu

I hope that you are as excited as I am for the November meeting. It will be at Hollywood Casino on November 20th. The education will be on vacuum sealing and sous vide cooking. I really hope to see you there!

Next Meeting:

Monday: November 20th

Hollywood Casino

777 Hollywood Blvd.

Grantville, Pa

17028

7:00pm

VP Corner

November 4, 2017

Chefs, Students and Guests

I wanted to say thank you to Chef Tim Harris and Susan Notter for their presentation ACF Cooking Competitions, Chef Ken Gladysz for hosting the meeting and the apprentices for the delicious food that was offered

I am looking forward to the next meeting at Hollywood Casino. We will have a demonstration done by Ary.Inc and the Vac master program about Reduced Oxygen packaging and sous-side cooking and the benefits these can have in your establishment. If you are breaking down meats from primal and cutting your own steaks and then packaging them yourself you can have tremendous cost savings. This process will also extend the shelf life of your product by weeks.

Sous-vide cooking also has great cost savings and great accuracy of cooking product. This can be used to braised meats with sous-vide we can cook these meats at temperatures below the point at which the muscle fibers contract, but long enough for the connective tissue to melt into gelatin. The result is braised meat of extraordinary tenderness and juiciness. Confiting meat sous-vide is also easier, more efficient and less costly. You need far less fat, the aromatics have more powerful effect, and the gentle heat ensures a perfect texture every time. The sous-vide technique also works well with cuts of meat that are naturally tender and don't require long cooking times. Sous-vide can bring a steak to a perfect medium-rare, and it will be uniformly cooked from the edges to the center-again, something impossible to achieve in any other way. Whether long cooking for tough cuts and confits, or short cooking for tender cuts, sous vide techniques are extraordinary on many levels.

Going into next year meetings have some exciting educational pieces, here is some of the following topics. Culinary Nutrition, Art of Fermentation, Next Generation of Cooks, Nose to Tail Cooking, Science of Cooking, Kitchen Creativity, Modern Vegetarian Cooking, ACF Certifications. 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 is Duck

Joe Jurgielewicz & Son Sous-Vide Duck Leg Confit

Duck Confit

4 duck legs (1.86kg)

1.33 kg kosher salt

3 bay leaves

6 thyme leaves

6 garlic cloves

400g rendered Duck Fat

Directions:

Duck legs are first salted overnight in a 1.3 kg bed of kosher salt mixed with garlic and herbs

You are basically curing the meat in the refrigerator for 6 hours. The beauty of this method is that, once the meat is cured, it will last a VERY LONG TIME in the refrigerator. Salt is a natural preservative!

After six hours, the legs will lose some water content, become a bit more firm, and, of course, be pretty salty. That's why you have to be sure to rinse the legs really well. Otherwise, it will be WAY too salty.

Place the duck legs in a bag with duck fat and an herb sachet full of garlic, thyme, and peppercorns.

Seal it up and cook at 180 degrees for 8 hours

Take out the legs, dry them, and then pan sear for service. You can also shred up the meat and serve it in the salad without bones, like a traditional duck confit salad

Thank you

Chef Jason Clark

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 OCTOBER 16TH 2017:

7:02pm- – Board in attendance: Chef Mills, Chef Clark, Chef Patti and Chef McGrath

7:04pm – — Chef Mills Greeted Chapter and Guests that came to the Hotel Hershey

7:45pm meeting called to order Chef Mills thanked Chef Ken Gladysz CEC and the Apprentices and Wait Staff at the Hershey Hotel.

7:47pm Introduced — Chef Mills introduced Chef Susan Notter CEPC and Chef Tim Harris CEC for the Educational Component on competition in the ACF. Chef Notter spoke about her experiences on the American Team at the IKA Culinary Olympics. Chef Harris discussed mise en place for competing.

8:30pm– Chef Gipe CEC AAC motioned to accept the minutes from last month Chef Reis CFB seconded the motion.

Thank You to Chris Ditlow from Laser Leaf for his presentation to Chef Ken Gladysz CEC.

Treasures Report: September 1st to October 1st 2017 Chef Autumn Patti

Beginning balance: checking account \$4,712.76 (includes \$85.00 in rebates + \$5.00 Service Charge)

Beginning balance: savings account balance \$13,222.64 + (\$1.09 interest)

The New Rate for Professional Membership to ACF is \$190.00

Associate Member fee is now \$226.00

”

Motion: Chef John Reis CFB Second: Chef Bob Roebuck CEC AAC
all in Favor

Presidents Report: Chef David Mills—

Correspondence:

Chef McGrath –

The 16th Annual Moonlight Gala at the Hershey Lodge on Saturday November 11th, 2017 will be held to benefit the Ronald McDonald House Charities of Central Pa there will be a Cocktail Hour & Silent Auction to begin at 5:30pm Dinner will be served at 7:00pm. If you have any questions regarding this event please contact Amy Leonard at 717-533-4001 ext. 156 or email @ aleonard@rmhc-centralpa.org

Certification: Chairperson: Chef Harris CEC

Nothing to report at this time

Education: Chef Jason Clark said we would hear about/learn about Sous Vide Cooking and Reduced Oxygen Packaging(the Vac Master) at the Hollywood Casino at the November meeting.

Newsletter: Chairperson Chef McGrath Co-Chair: Chef Campbell Nothing to report at this time.

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

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

Chef Roebuck CEC ACC –New Hall of Fame Wolfgang Gechler CEC AAC HOF former member was Louis Perrotte CEC AAC HOF.



Congratulations to Chef Jess Barbosa CEC AAC HHOF as an AAC Lifetime Achievement Award winner.

Faith Rose AAC Administrator served for 2 years resigned on Sept. 29, 2017.

Check out Chef Connect in Charlotte North Carolina the AAC Dinner is Monday Feb. 26th. 2018 at the Myers Park Country Club.

Ronald McDonald House: : Thank You Cumberland Perry Vo Tech for the October Meals.

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-

October 16th was our Golf Outing, thank you to ALL of You who helped with this event! Thank You students from Cumberland Perry Area Vocational Technical School and Lebanon County Career and Technical Center. Thank You to Chef Gipe CEC AAC, Chef Roebuck CEC AAC, Chef Byrem and Barbara Byrem and of course Heidi Howard.

PA Flavors: : Nothing new to add

Food Bank: Chef Roebuck CEC AAC- 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"

CHEFS MOVE TO SCHOOL: CHEF ROEBUCK & CHEF BYREM HAVE NOTHING TO REPORT AT THIS TIME

OLD BUSINESS: Nothing at this time

NEW BUSINESS: CHEF JOHN REIS CFB WANTED TO THANK EVERYONE STUDENTS, STAFF, HELPERS WHO HELPED WITH TRES BONNE ANNEE THE FUNDRAISER FOR THE WHITAKER CENTER. GREAT JOB EVERYONE!

MOTION TO CLOSE MEETING: – 8:51 PM Chef Gipe CEC AAC made a motion to adjourn the meeting. Chef Reis 2nd the motion

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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Telephone: 717-221-1737

Vice President:

Jason Clark

Sous Chef ,Hollywood Casino

Jason.clark@pngaming.org

Treasurer:

Chef Autumn Patti

Program Director, Chef Instructor

Culinary Arts and Baking & Pastry Arts Programs

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arpatti@hacc.edu

Secretary:

Chef Tim McGrath CCC

tmcgrath@cpavts.org

1-717-697-0354 ext. 170

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Chairman of the Board:

Brian Pfeffley 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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