



FEBRUARY 2012



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President's Letter

Dear Culinary Colleagues,

It gives me great pleasure to introduce the first ever WCPC *The Windy City Chefs* newsletter publication. This monthly publication will bring information to you from educational, freelance and vendor contributors, food links and food blogs. We will also share editorial content and information with the Michigan Chefs de Cuisine. There will be chapter specific information regarding chapter activities and events, certification schedule, seminars, classes and competitions.

The newsletter will evolve to be a great wealth of chapter and associate member information. **Brian Lorge**, our new Executive Director of Windy City, is making this newsletter a priority for communicating with you, our members. Brian, I look forward to seeing the first issue. Thank you. Also, Members, if there is something you would like to share with the organization and the membership, a recipe or story, please send it to Brian at bfloge@comcast.net.



I would like to thank everyone involved in the "Cocktails and Connections" event: **The French Pastry School, Franco Pacini, Anne Kauffmann** and the entire staff and students for providing the location for the venue for the evening's event along with the appetizers and the always wonderful desserts. Thanks also out to **Irinox USA, Ira Kaplan** and **Christine Poland** for providing the "Cocktails" part of the evening. We welcomed **Chef Jenny Lewis** who was there to showcase her recently released book, *Midwest Sweet Baking History: Delectable Classics Around Lake Michigan* as well as **The ACF National Culinary Olympic Team**. And finally, a big thanks to all the Sponsors and Participants that came to make connections with you.

Here are a few reminders regarding upcoming events, the final touches are being made for our **Annual Dinner**. This is always a great event to enjoy each others company and a great evening out. Watch for details. April 13 to 16, 2012 are the dates of the **Central Region Conference** in Detroit at the **MotorCity Casino Hotel**, a new and exciting property featuring **Executive Chef Don Yamauchi**, a graduate of Kendall College. Chef Don worked at several outstanding restaurants here in Chicago before moving to the Detroit where he expanded his experience at the top restaurants in the metro area before taking over at MotorCity Casino Hotel. The opening night reception at Comerica Park, home of the Detroit Tigers, will have surprises for all to enjoy.

The Academy of Chefs Dinner will be held at the **Detroit Athletic Club** where **Executive Chef Kevin Brennan, CEC, AAC** will put his spin on a great evening. The MCCA will also be hosting a chapter event on the 72nd floor of the Renaissance

President's Letter

(Continued from page 1)

Center, the General Motors world headquarters, in the exquisite **Coach Insignia Restaurant**, presented by celebrity **Chef Matt Prentice**.

A new membership initiative is in the planning stages called Membership "Plus One." If every member brings just one guest to a meeting it will have a huge positive lasting impact on our group as a whole and greatly help further the growth of our profession. Ultimately the positive impact will benefit all of us. Please think about who know that you can bring to the next meeting as your guest.

The WCPC wants to earn your membership, loyalty, commitment and participation. We will serve you with strong core values, operating philosophies, professionalism, mission and vision. We are all about serving our members by promoting and advancing our profession, providing excellent continuing educational

opportunities for all members, networking, certification, culinary competitions, as well as other types of professional development, social interaction and strong communication.

All the best.

Michael Garbin, CEC, AAC, ACE, HOGT
Chairman of the Board and President
ACF Windy City Professional Culinarians, Inc.
Executive Chef, Union League Club of Chicago
mgarbin@ulcc.org
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Attention Windy City Professional Culinarians: **February Chapter Meeting**

Monday, February 27, 2012



LOCATION: Fortune Fish Company, 1068 Thorndale, Avenue, Bensenville, IL 60106, 630-860-7324. For map and driving directions, click **HERE**.

TIME: Tours start at 5:30 p.m.; Educational seminar at 6:00 p.m.; meeting at 7:15 p.m.; networking at 7:45 p.m.

HOST: Mark Palicki, Vice President of Marketing, 630-860-7324 **phone**, 630-303-8391 **cell**, markp@fortunefishco.net **email**

TOPIC: Sustainability, the Future of Seafood and Using Lesser-Known Species

DRESS: Business casual, but wear a warm coat and closed-toe shoes with flat soles for the tour.

INCLUDES: Tours of the Fortune Fish facility. Light seafood hors d'oeuvres and beverages will be served.

Fortune Fish Company was formed in June of 2001 By Sean O'Scannlain and Mark Gorogianis . O'Scannlain and Gorogianis have more than 35 years of combined experience in the seafood processing and distribution business. The founders were joined by several key associates, the top six of whom have more than 100 years of experience.

**FORTUNE
FISH COMPANY**

THE SEAFOOD SPECIALISTS 

The Company operates out of a 40,000 square foot facility that includes freezer space, 2 refrigerated coolers, a refrigerated production room, dry storage and office space. The building was erected in 1981 by Kraft Foods for its Sage Foods division.

The supplier base consists of approximately 200 companies located throughout the world. They range in size from a single fisherman with a single vessel to large multi-national aquaculture firms, all HACCP approved. Relationships with key suppliers are essential to the success of Fortune Fish Company. The founders and the senior staff of the Company have developed and solidified these relationships during each of their long tenures in the industry.

The customer base consists of more than 1,500 white-tablecloth restaurants, upscale hotels, private clubs and independent gourmet retail stores. Examples include Shaw's Crabhouse, Nine, Gibson's Steakhouse, the Peninsula Hotel, the Drake Hotel, Olympia Fields Country Club, East Bank Club, Whole Foods, and Fox & Obel Gourmet Market. All served directly by the company's fleet of 33 refrigerated vehicles. Customers across the nation are serviced by our Flying Fish Program that utilizes FedEx and UPS to direct ship our products to your back door.

www.fortunefishco.net • (630) 860-7100 phone • (630) 860-7400 fax • info@fortunefishco.net

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Nick Martin

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Chapter News & Events

Le Cordon Bleu Chicago Names ACF Student Hot Foods Team

The Windy City Professional Culinarians are proud to announce this year's ACF Student Hot Foods Team from Le Cordon Bleu College of Culinary Arts Chicago. This is the 20th Anniversary of the ACF Student Team Competition and Le Cordon Bleu's second run under Culinary Instructor and Coach Austin Yancey. Coming back for another year and acting as Team Captain, Patrick Capurro (30) will lead his team at Joliet Junior College in the State finals on March 3rd. Also returning to this year's team is Shaina Israel (24), having tasked herself with the Escoffier classical dish, arguably the most important and integral part of the routine. Three new young and talented students also join the team and competition this year, Geoffrei Taylor (19), Stephen Kim (27), and Emilee Oliver (18). The five will be competing at the state level for a chance to move on to the regional level in April and have spent many hours of hard work and dedication in preparation for this event. The Windy City Professionals would like to wish them the best of luck and offer their full support in this endeavor.

For more information on this year's team or for ways to volunteer your assistance to the team, please contact Chef Austin Yancey at ayancey@chicago.chefs.edu.

ACF Practical Certification Exam

The ACF Louis Joliet Chapter, Inc. will be hosting another ACF Practical Certification exam day on Saturday February 25, 2012 at Joliet Junior College.

The exams will take place in the old cafeteria rooms J-0016 and J-0037 starting at 7:00 PM. All interested candidates must first fill out and submit a candidate practical exam application to the ACF along with the required fees. http://www.acfchefs.org/download/documents/certify/certification/practical_exam_candidate.pdf

Next please send a notice to test along with 2 checks to:
ACF Louis Joliet Chapter, Inc.
3713 Hennepin Drive
Joliet IL 60431

The first check is for \$100.00. It is a deposit check that will be returned to you after you complete your exam. The second check (\$50.00 for ACFLJ Chapter members and \$100.00 for non-members) is to cover all costs related to conducting the exam.

Space is limited so please submit your applications as soon as possible.

Please make sure that you read the current ACF guidelines for the level you are planning to test for and to practice, practice, practice!

Thank you!

Thanks to **Carl Boutilier of Mirkovitch & Associates, Inc.**, for his donation of \$150.00 to the Michael Garbin Scholarship Fund. Please visit <http://www.mirkovich.com/>

House-Cured & Smoked Bacon

Recipe courtesy of **Chef Don Zajac**, GM/Executive Chef, Harborside International Golf Center.

Pork belly, skinned	5 lbs
Kosher salt	1/4 cup
Maple sugar	1/4 cup
Cracked black pepper	1/4 cup
Bay leaves, whole,crushed	4 each
Garlic cloves, minced fine	5 each
Prague Powder No. 1, pink curing salt	2 tsp.
Fresh thyme	5 sprigs

Mix all the cure ingredients and rub the cure on all sides of the pork belly. Place pork in a 2 gallon sized zip top plastic bag and put in the fridge for seven days. Flip the bag daily to make sure liquid that's drawn out is evenly distributed, the cure will also act as a marinade.

After 7 days, preheat the smoker to 200 F and remove cured pork from fridge. Rinse all the cure off the meat and pat dry. Place the pork in a smoker.

Smoke for 90 minutes or until internal temperature reaches 150 F.

NOTES: Use applewood, maple or hickory.

Over 100 Pastry Professionals Enter the Workforce

The French Pastry School of Kennedy-King College of City Colleges of Chicago celebrated the graduation of 105 students of their full-time programs, L'Art de la Pâtisserie and L'Art du Gâteau, on Friday, December 16, 2011 at the historic Union League Club of Chicago.

During the ceremony hosted by the co-founders of The French Pastry School, Chefs Jacquy Pfeiffer and Sébastien Canonne, M.O.F., students received their well-earned certificates after four or six months of hands-on training in the baking and pastry arts. The students were joined by their guests, including family, friends, sponsors of The French Pastry School and their commencement speakers, French Consul General, Graham Paul, and food-writing icon, Barbara Fairchild. The ceremony, which highlighted the importance of a continued search for excellence in pastry and cake decorating, was followed by a reception at The French Pastry School. The impressive and delicious grand buffet showcased all that the newly-minted pastry professionals had learned throughout their experience in the full-time programs. The class of December 2011 will follow in the footsteps of other alumni by beginning their careers in pastry kitchens around the world and gaining the experience they need to one day lead kitchens and open their own businesses.

Whether studying Baking and Pastry Arts for six months in L'Art de la Pâtisserie or specializing in Cake Baking and Decorating for four months in L'Art du Gâteau with the award-winning chef instructors, the graduates have followed a rigorous schedule to gain hands-on experience both in and out of the classroom. Apart from the six hours of class a day, many students maintained part-time jobs, staged consistently or completed internships to experience professional kitchen environments. This term, Rosalina Villaseñor was the first student to take both programs simultaneously and, after several months of 13 hour days, she graduated with honors. The ceremony was especially exciting for the career changers that made up more than 75% of the graduating class; their commencement marked the beginning of their new life in pastry.



Chef Sébastien Canonne, M.O.F., Barbara Fairchild, and Chef Jacquy Pfeiffer celebrate graduates.

Barbara Fairchild, the former longtime Editor-in-Chief of Bon Appétit magazine who recently announced her new post as Editor of the digital magazine, Real Eats, commended those who, like herself, were in the process of an important transition. "I think that's terrific...I applaud you and want you to know how impressed I am. All of you have followed your passion—no matter what your age is or your previous experience in the world. Embrace your decision, especially today, and know that today signifies a wonderful turning point in the road."

A similar sentiment and call to action was echoed throughout graduation speeches and discussion at the reception. As French Consul General, Graham Paul noted in his introductory address, "You have been instilled with passion, creativity, love of work well done, and dedication to detail. You will now be ambassadors of this delicious discipline in Chicago and beyond."

The grand buffet, hosted at The French Pastry School, spanned throughout the entire, newly renovated, second floor of the building. It was a lavish spread of

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Over 100 Pastry Professionals Enter the Workforce

(Continued from page 6)

jewel-like plated desserts and petit gâteaux; inviting displays of dark chocolate candies and sparkling sugar confections; and dozens of decorated cakes displaying their gumpaste, sugar, and royal icing accents. Though a culmination of their accomplishments, the students realized that graduation was just the beginning of a lifelong career of learning.

Christina Pejoro, a new graduate of L'Art de la Pâtisserie, explained, "We try to do better each day. Every moment - whether in school, at work, or life in general - is a chance for us to be better, to do the right thing, to work cleaner, to be more efficient, to be more thoughtful or patient or aware. We may not get everything right. But we never feel like we can fail. Because next time, we know we'll do better."

Many graduates have already accepted pastry positions at some of the best establishments in Chicago and around the country. They include Assistant Pastry Chef at BOKA Restaurant, Pastry Cook at NAHA Restaurant, Baker at Panna Dolce, Pastry Assistant at EPIC Restaurant, and many more. Several students, like Erin Silva-Winston of the much-anticipated Restaurant, Hota, in Evanston, are building upon former experience in the food industry by concentrating on opening their own businesses. Others still are moving back to Mexico, Colombia, The Philippines, and Switzerland to begin their careers abroad.

Over the years, graduates of The French Pastry School have proven, through their continued success as small business owners and leaders of pastry kitchens, that to be a well-trained pastry professional with a passion for what you do makes you not only exceptionally employable but also incredibly fulfilled. Barbara Fairchild encouraged the students who have now found their true vocation with these words: "Your audience awaits and they are eager, appreciative, welcoming, and hungry. Feed them. It's what you were born to do."

The next cohort of L'Art de la Pâtisserie and L'Art du Gâteau students will begin their own pastry journey at The French Pastry School on January 2, 2012. The school is still accepting applications for both programs. For more information, please contact info@frenchpastryschool.com or call 312.726.2419.

About The French Pastry School

The French Pastry School of Kennedy-King Colleges at City Colleges of Chicago is a premier international institution of pastry arts education. Superb instruction, superior equipment, and top quality ingredients enable the co-founders and Academic Deans, Chefs Jacquy Pfeiffer and Sébastien Canonne, M.O.F., to uphold an exceptional educational facility for pastry and baking. The French Pastry School's team of award-winning instructors has grown to a faculty of many renowned chefs, including Jonathan Dendauw, World Pastry Champion Dimitri Fayard, Della Gossett, Scott Green, World Pastry Champion En-Ming Hsu, Joshua Johnson, Master Cake Artist Nicholas Lodge, Kristen Ryan, Master Cake Artist Mark Seaman, and World Baking Champion Pierre Zimmermann.



The French Pastry School offers the rare opportunity for students to learn the art of pastry in an intimate setting, being personally mentored by masters in their field. Students' skills are finely honed through hands-on practice and repeated exposure to the best pastry techniques, tools, and ingredients. Our programs are ideal for anyone from the career changer to the professional to the novice. Programs offered include L'Art de la Pâtisserie, the 24-week Professional Pastry and Baking Program; L'Art du Gâteau, the 16-week Professional Cake Decorating and Baking Program; L'Art de la Boulangerie, the 8-week Artisanal Bread Baking Course; and Continuing Education Courses for professionals as well as food enthusiasts. For more information on The French Pastry School, please visit www.frenchpastryschool.com.

About City Colleges of Chicago

City Colleges of Chicago (CCC) is one of the largest community college systems in the nation, with 5,800 faculty and staff serving to 120,000 students annually at seven campuses and thirteen satellite sites. Programs include associate degrees, transfer-track, occupational certificates, continuing education and adult education. CCC is also home to The French Pastry School, the Washburne Culinary Institute and two restaurants. For more information, call (773) COLLEGE or visit www.ccc.edu.

Notes from the Foley Fishmonger

What's in a Name?



In 1683, 25 year old French explorer Antoine Laumet de La Mothe, sieur de Cadillac arrived in the French controlled part of the Western Hemisphere called Acadia.

In 1683, 25 year old French explorer Antoine Laumet de La Mothe, sieur de Cadillac arrived in the French controlled part of the Western Hemisphere called Acadia. Monsieur Cadillac helped colonize the area. "Acadia" is loosely defined and the area including coastal Maine, New Brunswick, Nova Scotia and Prince Edward Island.

Cadillac explored up the St. Lawrence River eventually founding a trading post on the straights between lakes Erie and Huron. (The French word for straights is 'le detroit'). Cadillac found his way to Louisiana up the Mississippi and eventually back to France where he was imprisoned in the Bastille, released, exonerated and decorated with the "Cross of St. Louis" for thirty years of loyal service.

The French settlers of Acadia were later defeated by the British and forced out of the area. Acadians were deported to many of the thirteen colonies and back to France but many refused to stay where they were sent. Thousands

made their way to Louisiana mingling with the Spanish Colony there taking advantage of the friendly relationship between Spain and France and their shared Catholic faith. The Acadians became the Cajuns. Cadillac's fur trading post became Detroit.

Now fast forward to modern day for a more modest naming event. Fisheries scientists determined that Ocean Perch, *Sebastes marinus*, a species that appeared to stretch from the Gulf of Maine all the way to Labrador was actually two separate species. The eastern component would remain Ocean Perch, the western component, inhabiting the Gulf of Maine, would get new scientific and common names. First the scientific: *Sebastes fasciatus*. And the common, legal name: Acadian Redfish.

Acadian Redfish are schooling fish that travel in very large numbers and are very long lived. They live in the deep water in the Gulf of Maine. The Acadian Redfish stocks are in very good shape and sustainably harvested. Being rather small they produce fillets in the 2-4 ounce range. They have a pretty pinkish red skin and a mild flavor. Given the large numbers, redfish pricing is usually stable. You can buy whole dressed, fillets and tail-on fillets. Enjoy!





Marvelous Malbec

By Michael Schafer, Esq., Sommelier, CSW
(Certified Specialist of Wine)

Malbec is the hottest grape in the United States. No, not hot in terms of terroir (tear wahr) i.e. where the grapes are grown, but in sales volume. Malbecs are racking up sales like your entrée specials on a smokin' Saturday night.

A bit of history. Originally popular in southwestern France, where it's known as Cot, it was a major blending grape in 19th century Bordeaux. After a devastating frost in 1956, it lost favor to other red varietals in Bordeaux. It's still one of the six varietals allowed in red Bordeaux wines. (Red Bordeaux wines are usually blends of grapes)

Malbec has found a home in Argentina. It's virtually the national grape there. In 2002 Argentina exported 1.3 million cases of wine to the USA. In 2010 we imported more than 4 million cases of Malbec alone from our southern neighbors. So, your guests are drinking a sea of Malbec. If you don't have this red-hot red wine on your list a revision is order, on the fly!

Why is this inky purple wine so popular? Three reasons. One, it's fruit-forward, full-bodied and tastes great all by itself. Secondly, many Malbecs are priced in that retail sweet spot of ten to fifteen dollars. There are numerous examples at lower prices and some extraordinary wines at higher prices as well. Lastly, and perhaps most important, Americans can pronounce the name of the wine! If you don't

think this is important, ask yourself how much Gewurztraminer (guh-VOORTS-truh-MEE-nur) you're selling.

Malbecs are easy to enjoy. They have the big fruity aromas most Americans like in their wines. A typical Malbec smells of dark berries, plums and cherries. Many Malbecs also have bouquets of mocha, violets and spices. If oak is used in making the wine, vanilla and smoke may join the mélange of smells.

Softer and rounder than Cabernet Sauvignon, lush and velvety, these wines have moderate acidity with supple and satiny tannins. Big flavors follow those big aromas. Berry flavors abound, blueberry, boysenberry and blackberry are all typical



of this grape. These are "fruit-juicy" wines. Chocolate, black pepper and meaty are all used to describe the taste of this crowd-pleaser.

As with most wines, the wine's finish is frequently proportionate to the price. The longer the finish on your palate, the more expensive the wine. It's an accurate rule of thumb in gauging the quality of the fermented juice of the grape.

So what foods pair well with Malbec? Good news- a wide variety of dishes fare well with this rising star of the wine world. Yet another reason this wine is so popular.

First and foremost is beef. Grilled steaks and chops are mainstays of the Argentinean diet. They love beef and they love Malbec. Especially together.

Roasting, barbequing and smoking are all methods that work well with most Malbecs. The ingredient of the moment, bacon, is a great match with Malbecs. Pork chops, ribs, tenderloin all pair well with this flexible wine.

Mexican cuisine, frequently a wine pairing challenge, goes well with this spicy wine. Fajitas, tacos, burritos, let your creative juices flow.

For your vegetarian guests, dishes focusing on mushrooms bridge nicely with the earthiness of the wine.

Malbec really is a marvelous wine. It's affordable, tasty, very flexible with your menu, and easy to order from your wine list.

A Legacy of Greatness

By Annette Kingsbury
Photographs By Lisa Dunlap



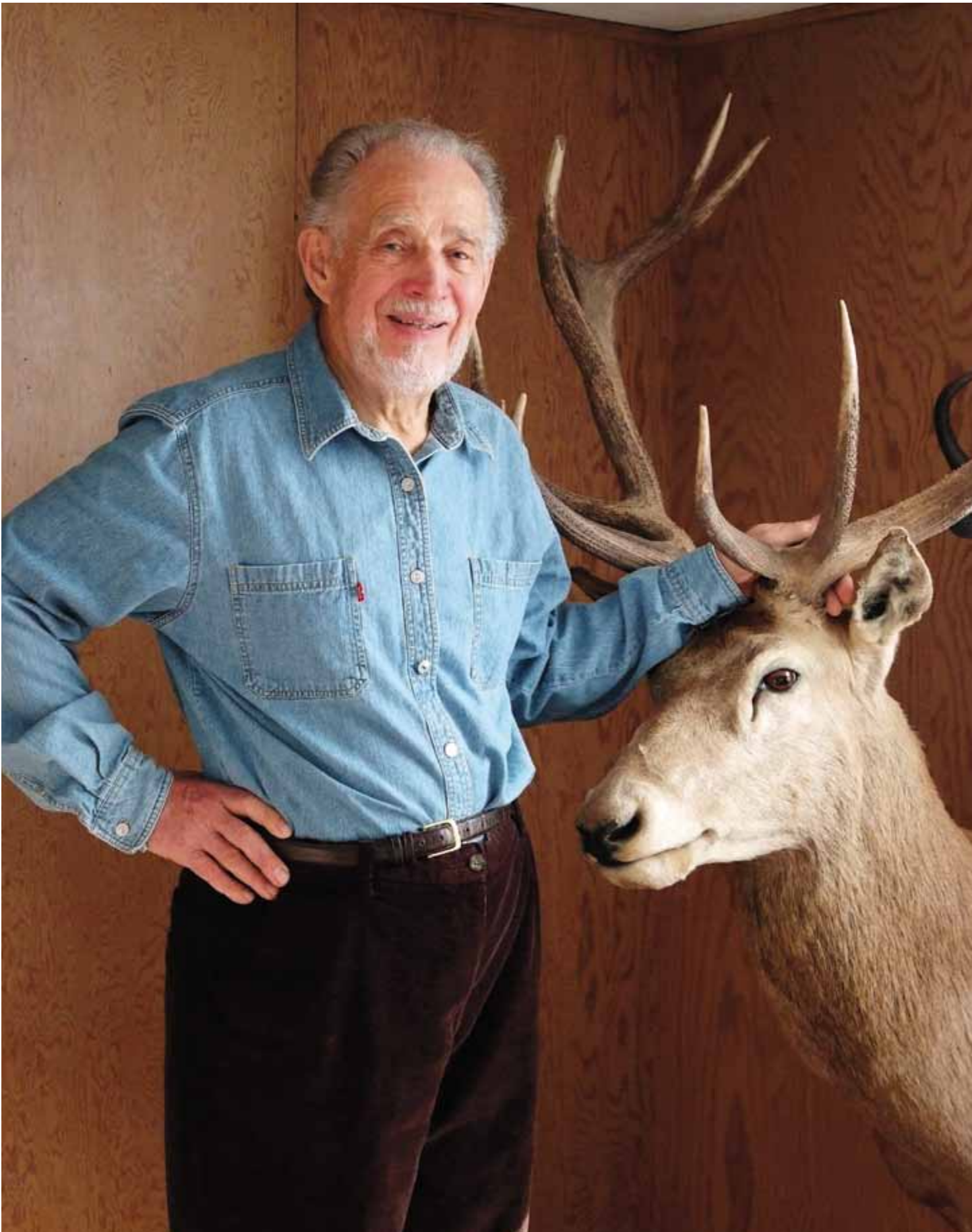
Chef Milos Cihelka's name is synonymous with the finest dining in Southeastern Michigan. As longtime chef at the dearly departed Golden Mushroom, Cihelka introduced local gourmands to upscale Continental food, all made from scratch. But Cihelka is equally famous for the number of chefs he trained, and the rigor with which he trained them. He admits he was "very demanding." As a result, many of the chefs now lead their own kitchens; some of them are even training future chefs via college culinary programs.

Born in Prague in 1930, Cihelka had earned journeyman

diplomas in pastry and cooking by the age of 19. He fled communism in 1950, moving briefly to West Germany and then to Canada, where he met his wife,

Claudette. Her Canadian citizenship made a move to the United States possible, and in 1958 they emigrated after he secured a job in New Jersey.

A childhood friend who lived in Detroit urged the Cihelkas to move to Detroit. After Cihelka found a job at the Roostertail, the couple made the move to Michigan. At 28 he was thought to be too young for head chef, so he took a lesser position at half his previous pay. "My wife thought I was crazy, but it was not the first time," he says. "I thought, 'I will show them what I can do.'" Nine months



“No culinary school in the world will make a cook of someone without on-the-job training.”

later, he was head chef. He later worked at the Detroit Athletic Club and London Chop House before arriving at the Golden Mushroom in 1976.

A hunter from a very young age, Cihelka wanted to put wild game on the menu. His first attempt, a New Year’s Eve venison roast, wasn’t well received. “I got a venison from the West Coast somewhere. It was not a great piece,” he recalls. “I just about swore I will never, ever try to serve wild game to customers.”

He kept trying and chose pheasant next. “I didn’t want to serve the ordinary pheasant that was available on the market, processed pheasant that looked sort of like a chicken,” he says. Through his own hunting, he found someone who could provide what he wanted. “I said, ‘I want them whole, just dead.’ He said, ‘How do I kill them?’ I had to show him how.” Cihelka aged the birds like he had learned to do back home. Little by little, diners tried them, and eventually he added other game to the menu. “People would buy it. And our reputation was such that they looked forward to it.”

If suppliers were learning from him, so were his colleagues in the kitchen. “I had developed a reputation, I guess by then, that people were seeking to come and work there and learn, even though I was considered a taskmaster,” he says. A new person in the kitchen, no matter what their experience, started out washing lettuce and then worked their way through the various cooking stations.


“No culinary school in the world will make a cook of someone without on-the-job training. Because the pressure of working in a restaurant is different than in a classroom,” he explains. “It has to be right the first time. I have had graduates of the Culinary Institute of America who couldn’t handle a sandwich station. I have had others, like Steve [Allen] from Steve and Rocky’s, who from day one showed exceptional ability.”

As the reputation of his program spread, Cihelka was asked to start a chapter of the American Culinary Federation in Detroit. The accolades continued to build, both for him and for the

competitive culinary teams he put together. Enjoyment in teaching came gradually. “It is satisfying for me to see a young person succeed later on from what I have taught them. And they will all tell you that learning under me was not a piece of cake,” he says. Even now, he teaches at the Dorsey Culinary Academy in Pontiac, a one-year intensive program. He explains that it gives him something to do.

Allen says his mentor has softened a bit as he’s gotten older. “We talk all the time,” Allen explains. “He gives me a critique about everything: personal, professional, everything—and always in a good way. He is a true professional, a true gentleman.” Allen remembers that Cihelka wanted nothing but the best in his kitchen. “The person who wants the most is going to work the most for it. He always wanted the person who wanted the most. He went through a lot of employees. But the employees he retained were the best.”

“He never was threatened by the skill of the people around him,” says chef Kevin Enright, who worked with Cihelka for two years and now teaches at Oakland Community College. “All the food was checked by him or a sous-chef every day, all the time,” Enright says. “We always had a great attention to exactness of detail.” Enright continues this tradition with his own students. “All of us who worked for Chef Milos think it was a great training ground and we need to pass it on,” he explains. “There are a lot of people who are pretty good, but it takes a lot more to be really good.”

These days, fit and trim at the age of 81, Cihelka follows a strict ultra-low-fat diet that helps him deal with arthritis. His diet includes wild game (which he still hunts), raw vegetables and many meatless meals. His wife, Claudette, does most of the cooking and they rarely eat out. “We eat very simple foods, oriented toward healthy food,” he says. “Everything tastes just as good as it did before.” 

Annette Kingsbury is a freelance writer in Oakland County.



GALBANI® MOZZARELLA CAPRESE CHALLENGE

Sponsored by Lactalis Foodservice and Galbani®
Mozzarella for the American Culinary Federation



This classic salad, made traditionally with sliced buffalo mozzarella, fresh tomato & basil, olive oil, and a sprinkle of sea salt is believed to originate from the Campania region in Southern Italy. This year the challenge is to create your own version of the Classic Caprese Salad **WITHOUT THE USE OF FRESH TOMATOES**. Submit your original recipes for a chance to win the grand prize

A \$7500 KITCHEN EQUIPMENT PACKAGE.



PRIZE INFORMATION

(please visit CapreseChallenge.com for complete rules and regulations)

National Grand Prize

\$7500 Gift Certificate toward new Kitchen Equipment

National Second Place Prize

Cheese Making Course with "Three Shepherds Farm" at the "Inn at Round Barn" in Vermont's Mad River Valley.



REGIONAL PRIZE PACKAGES

1st Place \$750 and a trip to the 2012 ACF National Convention. Airfare, Hotel & Registration Only.

2nd Place \$500

3rd Place \$250

4th Place \$100



REGIONAL ENTRY DEADLINES

Southeast - January 27

Western - February 17

Central - March 16

Northeast - March 23

CREATE YOUR RECIPE for a Caprese Salad just remember to incorporate Galbani® Mozzarella. All recipes must be applicable to tableside-style preparation and cooking techniques.

- **SUBMIT** entries in standard recipe format and include all ingredients and method of preparation to CapreseChallenge.com. Cooking times cannot exceed 20 minutes.
- **ALL ENTRIES** must include a high resolution color photo of your Caprese creation in either jpeg or PDF format. Photographs must be of the finished dish, presented on a serving dish.
- **RECIPES ARE JUDGED** by Lactalis Foodservice on originality, clarity and format, ingredients and cooking methods, main-dish tableside cooking techniques and creative presentation.

SUBMIT all recipes, photographs and competitor information to: CapreseChallenge.com.

From the regional recipe submissions, up to eight chef competitors from each ACF region are selected to compete at their respective 2012 ACF Regional Conference. Each selected chef will receive a complimentary program badge (meals not included) to attend the conference.

COMPETITION GUIDELINES :

(please visit CapreseChallenge.com for complete rules and regulations)

- a. All Contestants are required to attend a pre- and post-competition briefing, at dates and times determined by the Contest committee.
- b. Contestants will create a total of 4 portions of their Recipe. Three to be served to the judges and one portion is for display and photography.
- c. Contestants will have a maximum of 20 minutes to recreate four portions of their Caprese Recipe at a tableside-style cooking station using a provided 10" induction sauté pan and 3.5qt induction sauce pan with lid, and one countertop toaster oven.
- d. Contestants must provide their own knives, small wares, additional cookware, preparatory bowls, plates, utensils and/or small appliances. All cookware must be induction burner compatible.
- e. Excluding the Galbani® Mozzarella, there is a limit of 15 ingredients. Stocks count as an ingredient. The mozzarella will be provided on-site. All other Recipe ingredients are the responsibility of the Contestant. All ingredients will be proctored and only those ingredients listed on the Contestant's Recipe will be allowed for use.
- f. All materials, including ingredients and cooking tools, must be brought by Contestant in generic packaging which does not contain the trademarks, logos, or names of any third parties, without the permission of such third parties.
- g. Contestants will arrive at the cooking stations with all recipe ingredients, mise en place, to include raw and prepared ingredients, and be ready to cook. No peeling, cutting, chopping, etc will be allowed.
- h. Some advance preparation is allowable. At the event, each Contestant will be allowed up to forty-five (45) minutes prep time prior to the competition. Five (5) minutes will be allotted for clean up. Contestants will need to schedule kitchen time with ACF Events, please contact Lana Manning , lmanning@acfchefs.net to coordinate times.
- i. Contestants may bring proteins pre-marinated.
- j. Contestants are allowed to bring in only the whole and raw materials in an unprepared state in the amount stated in their Recipes; however, the judges may allow variances in amounts for products that require further preparation, in their sole discretion.
- k. No finished sauces are allowed; however, basic stocks may be brought in as necessary for the assignment.
- l. Contestants will work unassisted.

JUDGING CRITERIA

Scoring is based on a 100-point system.

- Recipe format and clarity - 10 points
- Mise-en-place/Composition - 10 points
- Cooking techniques and interaction - 10 points
- Creative use of ingredients - 30 points
- Taste, texture and temperature - 40 points

Failure to follow competition rules will result in disqualification of entry. Award decisions are at the sole discretion of the judges, sponsors and the American Culinary Federation, and are final.

PRIZES

(please visit CapreseChallenge.com for complete rules and regulations)

National Grand Prize

\$7500 Gift Certificate toward new Kitchen Equipment

National Second Place Prize

Cheese Making Course with "Three Shepherds Farm" at the "Inn at Round Barn" in Vermont's Mad River Valley.

Regional Prize Packages

- **1st Place** \$750 and a trip to the 2012 ACF National Convention. Airfare, Hotel & Registration Only.
- **2nd Place** \$500
- **3rd Place** \$250
- **4th Place** \$100

COMPETITOR APPLICATION (Complete this application online at CapreseChallenge.com)

Name _____

ACF Member ID (optional) _____ ACF Chapter (optional) _____

Place of Employment _____

Title _____

Mailing Address _____

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How did you hear about the Galbani® Mozzarella Caprese Challenge?

I hereby certify that this information is correct. Furthermore, I grant permission to the American Culinary Federation, its subsidiaries and the sponsor to use the information included in my application in print and electronically for promotional purposes. I understand that I will not be compensated and that I may not be notified of each use.

Competitor Signature _____ Date _____

Submit all recipes, photographs and competitor information to: CapreseChallenge.com.

Winter Culinary Salon 2012 Recap

January 23, 2012

What an exciting weekend at Dorsey Culinary Academy! Chefs from around the Midwest and East Coast traveled on a snowy Friday evening to participate in the Winter Culinary Salon hosted by Dorsey Culinary Academy in conjunction with the Michigan Chefs de Cuisine Association! This amazing ACF sanctioned event would not have been possible without the help of many dedicated chefs and students. Many sincere "Thank You's" go out to the Chefs and students at Dorsey Culinary Academy.

A special thank you to our sponsors who made the weekend even more exciting! Sysco Food Service donated lots of food as well as sponsoring the Wild Card category which was a modified mystery basket and offered up cash prizes. Mercer knives donated a three piece knife kit, a 7" santoku knife and a garnishing kit for the top scores in the Professional F-1 category and People's Restaurant Supply was gracious enough to supply all of our volunteers with a special culinary gift.

Overall, 17 competitors ended up competing in 9 different categories ranging from contemporary (K1-9) to pastry mystery baskets (F/5). We even had showpieces brought in from as far away as Kentucky. Over 25 students volunteered their time to make the event run smoothly. The judging panel included Chef John Kinsella CMC from Cincinnati Ohio, Chef Donald Miller CEC, CCE from South Bend Indiana and Michigan's very own Chef Milos Cihelka CMC, Chef Kevin Growski CMC and Chef Randy Emert CEC, CCA.

Eleven medals were awarded consisting of 3 gold, 4 silvers and 4 bronzes. Congratulations to:

- Shawn Loving (MI)–Gold Medal –F/1, Professional Mystery Basket–Highest score and 3 piece knife set
- Kelsee Newman (OH)– Gold Medal – D, Student Showpiece
- Halie Raymer (KY)- Gold Medal – D, Student Showpiece
- John Adamski (MI)– Silver Medal – F/1, Professional Mystery Basket – Second highest score and Santoku
- Scott Ryan (OH) – Silver Medal – K/9, Contemporary
- David Daniot(MI) – Silver Medal – K/4, Contemporary – Third highest score in F/1 and garnishing kit
- John Miller (MI) – Silver Medal – A, Cold Platter
- Kelly Wolfe (OH) – Bronze – D, Professional Showpiece
- Sarah Rougeau (MI) – Bronze – W, Modified Mystery Basket – Top score and \$400
- Matt Schellig (MI) – Bronze - W, Modified Mystery Basket – Second highest score and \$200
- Jessica Storrs (NY) - Bronze - W, Modified Mystery Basket – Third highest score and \$100

A final thank you goes to all the competitors. Every time a chef competes it presents the opportunity for everyone around them to learn. Without you, it couldn't have happened. The event was a truly exciting opportunity to see chef's show off their talent and the judges were impressed by what they saw. We look forward to seeing you again.



Ask the Master Chef:

Tableside Cookery: Fondues and Flambés

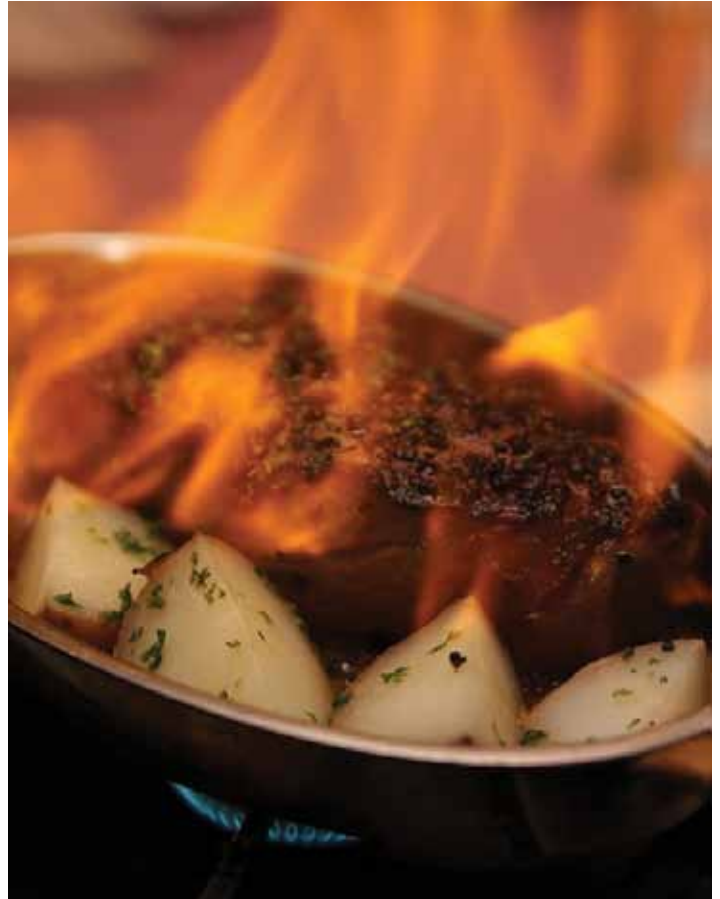
By Leopold K. Schaeli, C.M.C. (Reprinted with permission from *Cooking For Profit*)

Guéridon service has always been associated with exclusive white-tablecloth dining and catering establishments offering an extensive à la carte menu.

The French word guéridon (g r -d n, g -r -dô) means table on wheels, from which food is prepared, cooked, flamed, boned, carved and served.

Guéridon service has advantages and disadvantages:

- The customer receives a more personalized style of service with individual attention.
- The customer enjoys the benefit of a more varied menu.
- Food is freshly prepared, often cooked to order, and served hot.
- The standard of hygiene is high because of the close proximity of the waitperson to the customer.
- The quality of food has to match the quality of service.
- The customer has the opportunity to state any preferences in the preparation of a particular dish.
- Pleasant, enticing aromas will be emitted during the preparation of many dishes and preparation can also be entertaining.
- Service is carried out a more leisurely pace giving the customer time to fully enjoy the custom meal experience.
- Customers are pampered through this style of service, with more quality than quantity.
- This style of service helps an establishment to promote itself, therefore maximizing sales.
- Staff achieve job satisfaction, improving motivation and reducing staff turnover.
- Guéridon service has a definitive influence on the establishment's reputation.
- The initial cost of buying special equipment, supplies, tools, carts, rechauds, flambé pans, cooking units and fuel for this style of service can be high, but good profit margins can be obtained by the skilled restaurateur or maitre d'hotel.
- Acquiring suitably skilled staff to carry out this style of service can be challenging. Special training is essential.
- Increased labor costs can be offset by the extra income generated by their skills.



In recent years, the presentation of food for service has been affected by the introduction of nouvelle cuisine. This involves delicate plate presentation featuring intricate designs with heavy emphasis on color, texture and taste.

(Continued on page 18)

Most recently, cuisine naturelle has evolved through increased awareness of the benefits of healthy eating. Foods are cooked with a minimum of cream, butter, etc., allowing the natural flavors of the ingredients to complement one another.

Although many chefs and establishments have adopted these newer styles of food preparation and service, there are still many hotels and restaurants using the classical guéridon service.

In order to achieve and maintain an exceptional standard of service, the station-waiter should always prepare the guéridon for service as part of the mise-en-place. The guéridon should be covered with a clean tablecloth and appropriately stocked with such items as cutting board, flambé pan, serving spoons and forks, rechaud, carving knife and plates or other table service.

The guéridon should always be pushed, never pulled, to avoid collision, and should be positioned as near to the customer's table as is safely possible in order to give the guests a clear view of the performance. The waiter should always face the guests while working.

All dishes requiring boning or carving should be presented to the customer beforehand, which also ensures that the correct dish is being served.

The plate with the food on it should be hot and clean with an aesthetically pleasing food arrangement.

About Cheese Fondue

In Switzerland, fondue is usually prepared by the head of the household.

Regardless of how simple or complex a version you choose to make, a heavy pot and a rechaud to control the heat, high to low, are essential.

The cheese or combination of cheeses to be used should be grated and measured. The wine is usually a dry white from the local area. Although Kirsch is traditionally used, you may substitute applejack, calvados, cognac, brandy or slivovitz. Gather and measure all ingredients and have them ready. Never prepare the fondue in advance. Have ready a basket or bowl filled with crusty French baguettes cut into 1-inch cubes with crust on one side of each piece.

Using heatproof, long-handled fondue forks, bread cubes are speared from the soft side. Each diner dips the bread into the

creamy, warm cheese mixture. Custom holds that whoever loses the bread in the pot must buy a bottle of wine.

Whole, small shallots and garlic cloves are often served with the fondue, or a tomato coulis. Small cooked spring potatoes may be served instead of the crusty bread cubes.



Traditional Cheese Fondue

Yield: 4 Servings

Garlic cloves	2
Dry white wine	2 cups
Emmenthaler cheese, grated	8 oz.
Gruyere cheese, grated	8 oz.
Kirsch	3 Tbsp.
Cornstarch	1 Tbsp.
Pepper	To taste
Nutmeg	To taste

Rub inside of earthenware fondue dish or pot (Caquelon) with the garlic; discard garlic. Add wine; bring to near-boil. Add cheeses, stirring with wooden spoon, to near-boil again. Blend cornstarch with Kirsch; add to cheese mixture, stirring constantly until smooth. Add freshly ground pepper and a little grated nutmeg. Do not boil cheese fondue.

Transfer fondue pot to spirit burner with temperature control; keep warm over very low heat. Place in center of table. Serve basket of bread cubes for dipping.

Bon Appétit

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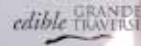
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\$75.00.....	Junior Culinarian	Age 16–18, High School Student

Visit http://www.acfchefs.org/AM/Template.cfm?Section=Membership_Types&Template=/CM/HTMLDisplay.cfm&ContentID=21095 for additional information about the membership categories.

Hopefully, you have taken advantage of the abundant ways your WCPC membership can help you advance your career. If not, there's still time to reap the rewards of an investment in your future. Membership dues help support the Chapter's standards activities and educational goals. As a WCPC member, you receive the following support from our National office;

The Latest in Industry Trends

We keep our chefs abreast of culinary trends through: Seminars and workshops at local, regional and national events, our flagship magazine, *The National Culinary Review*, and our bi-weekly eNewsletter, *The Culinary Insider*

Career Recognition

Our certification program, competitions and awards will prove your skills as a professional Culinarian and enhance your career opportunities.

Accreditation for Culinary Education

When it comes to educational culinary programs, ACF is the national accrediting commission for culinary and pastry education programs at post-secondary institutions and secondary programs.

An Honor Society

The America Academy of Chefs (AAC) promotes high standards and professionalism for the culinary arts. AAC ensure the future of the culinary industry through mentoring and scholarship programs.

Representation in International Competitions

ACF Culinary Team USA represents the United States in multiple national and international competitions. Team USA exemplifies professionalism and creativity and has a long history of gold medals and world titles.

Access to a Million-Member Intercontinental Society

World Association of Chefs Society (WACS) is a global network comprised of 75 official chefs associations. Every ACF member is simultaneously enrolled in WACS.

A Fight Against Childhood Hunger and Obesity

As a leading voice in the fight against childhood hunger and obesity, the Chef & Child Foundation provides education and assistance to promote the understanding of proper nutrition.

Product Quality Assurance

Unlike other culinary product assurance programs, ACF's Seal of Approval program tests for more than just taste. ACF's Seal represents quality in an entire product, including application and ease of use, physical properties and performance.

A National Apprenticeship Program

To become a skilled culinary professional, hands-on experience is a must. American Culinary Federation (ACF) operates two and three year apprenticeship programs that combine on-the-job training with technical classroom instruction.

Visit <http://acfwindycitychefs.org/join.php> for additional information.



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Four competitors will be selected to compete at each ACF regional conference with the winners receiving \$250 and the opportunity to compete at ACF's National convention for the grand prize of \$1,000. Read the rules and apply by March 16.

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With thousands of chefs competing in the job market, it is essential to prove your culinary competency. Certification through the American Culinary Federation demonstrates skill, knowledge and professionalism to the food service industry. **MORE**

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Northeast Discount Deadline: March 16

AAC Culinary Student Team Grants

The American Academy of Chefs is offering grants to culinary student teams that have won their state competition and are registered to compete at an ACF regional conference. **APPLY.**

Hottest Restaurant Menus Trends

The National Restaurant Association's "What's Hot in 2012" survey of nearly 1,800 ACF chefs reveals that children's nutrition and local sourcing will be the hottest trends on restaurant menus this year. **MORE.**

Sign Up for Lunch Break for Schools

Sign up by Jan. 27 to join Cat Cora in the Love Your Veggies™ Lunch Break for Schools fundraiser Feb. 27–March 2, to promote proper nutrition in schools. **MORE.**



Helping Customers Cut Calories in the New Year

By Eric Stein, MS RD

During the first few weeks, and even months, of the New Year, consumers put extra emphasis on weight loss and healthy diet. A healthy diet should be based upon whole grains, fruits, and vegetables, but unfortunately, most restaurant dishes emphasize animal protein as the center of the plate.

The balance of calories in versus calories out is one of the ultimate factors in maintaining a person's weight. Many people have diets that are far more abundant in calories than their bodies need, and this excess in calories can eventually lead to weight gain. This month's article is geared towards helping restaurant guests balance their diets with reduced calorie offerings. Consumers who are conscious about their weight are always looking for ways to cut calories when they dine out. For chefs, the key to cutting the calories in menu items is to identify the elements that contribute unnecessary calories, as well as finding ways to incorporate more nutrient rich choices. It is also important to consider the preparation techniques of a dish and how they can greatly increase calories. Meals consumed in restaurants are often three to four times higher in calories than meals eaten in the home. This is due to the rich preparations used, as well as the increased portion sizes of restaurant meals.

Overall when trying to reduce calories, it is important to remember to keep flavors abundant. A simple way to cut back on overall calories is to cut back on the portion sizes of high calorie items. This still allows guests to enjoy rich, flavorful foods, just in smaller amounts. Accenting calorie rich items with nutrient rich items is also a great way to go. For example garnishing Braised Veal Cheeks and Creamy Polenta with a Salad of Shaved Fennel, Arugula, and Radishes.

As mentioned earlier, dishes are often built around the animal proteins that are being served. Depending on the cut of meat and the cooking method used, dishes can really range in their calorie content. Providing a smaller portion of protein on the plate is a good start to cutting calories, but there is still work to be done. Most Americans do not get enough vegetables regularly in their diets, and those who consume a greater proportion of meals which have been prepared outside of the home are at an even greater risk. Bulking up the serving of vegetables is a great way to fill up the space from the smaller protein. Vegetables are naturally rich in flavor, but very low in total calories.

Unfortunately, vegetables are often prepared in ways that add high amounts of fat and calories. By making a conscious effort to offer low calorie vegetable preparations chefs can really impact the calorie levels of their dishes. Commonly, vegetables are served creamed or deep-fried. This often results in an overcooked vegetable that has lost most of its vitamins

and minerals. In order to maintain the nutrients in your vegetables, try lightly blanching them to get the desired texture and then toss them simply with olive oil and fresh herbs.

Just like preparing vegetables with high amounts of butter and cream can increase the total calories of a meal, serving sauces that are loaded with cream and butter can also elevate calories very quickly. Generally, sauces are served in two ounce portions. When you consider that a one ounce of heavy cream is over 100 calories, cream sauces can easily add additional calories to the diet. As an alternative, try serving sauces that are based with chicken stock or even pureed roasted vegetables, such as Roasted Tomato Coulis. This will help cut back on calories, and also add color to the dish, as well as a complexity of flavors.

An expert in the field of food and nutrition, Wellness Chef Eric Stein, MS RD is the owner of Enlightened Flavors, LLC, a food and nutrition consulting company that brings together the combination of culinary arts and nutrition expertise. Wellness Chef Eric Stein applies the use of global flavors, seasonal ingredients, and nutrient rich foods to spread the awareness that food can be both delicious and nourishing. Chef Stein's mission is to help others in the food, nutrition, and wellness industries bridge the components of a healthy lifestyle. Please visit www.wellnesschef.com or email him at estein@wellnesschef.com to learn more.

Eric Stein, MS RD
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