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Daytona’s Costa Magoulas, CEC, CCE, CCA, AAC, MHA, Wins Riviana Foods’ Fried Rice Competition, Advances to Nationals

St. Augustine, Fla., February 24, 2012—Costa Magoulas, CEC, CCE, CCA, AAC, MHA, of Ormond Beach, Fla., won Riviana Foods’ What’s in your Wok? Fried Rice Competition, held during the 2012 American Culinary Federation (ACF) Southeast Regional Conference at the Winston-Salem Marriott, Winston-Salem, N.C., Feb. 20-22. Magoulas is dean of the School of Hospitality and Culinary Management at Daytona State College, Daytona Beach, Fla., and is a member of ACF Daytona Beach Chefs Association.

“I wanted to create a meatless, healthy dish with great flavor, so I chose brown rice and made a rice cake with cashew paste and chickpeas flavored with coriander, turmeric and salt,” said Magoulas. “The rice cake was shallow-fried and topped with sauteed red onions, red peppers, arugula and dates, and a fried quail egg. Lastly, I drizzled a lemon/olive oil/date juice dressing over the dish. The Moroccan aspect of my dish was a winner.”

In the regional competition, Magoulas and three other contestants had 20 minutes to create four servings of an original fried rice dish that featured Minute Rice, white or brown. They were judged on originality, clarity and format, ingredients and cooking methods, main-dish tableside cooking techniques and creative presentation. Magoulas won $250 for his dish. Now he will advance to the national finals taking place during the 2012 ACF National Convention in Orlando, Fla., in July for a shot at $1,000.

The 2012 ACF Southeast Regional Conference, hosted by ACF Triad Chapter Inc., brought hundreds of chefs, cooks and foodservice professionals to Winston-Salem. The conference provided attendees with opportunities to advance their professional development and enhance their culinary skills through business seminars, cooking demonstrations featuring the latest trends and techniques, cooking competitions and awards.

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About the American Culinary Federation
The American Culinary Federation, Inc., established in 1929, is the premier professional organization for culinarians in North America. With more than 20,000 members spanning more than 210 chapters nationwide, ACF is the culinary leader in offering educational resources, training, apprenticeship and programmatic accreditation. In addition, ACF operates the most comprehensive certification program for chefs in the United States, with the Certified Executive Chef® designation the only culinary credential accredited by the National Commission for Certifying Agencies. ACF is home to ACF Culinary Team USA, the official representative for the United States in major international culinary competitions, and to the Chef & Child Foundation, founded in 1989 to promote proper nutrition in children and to combat childhood obesity. For more information, visit www.acfchefs.org. Find ACF on Facebook at www.Facebook.com/ACFChefs and on Twitter @ACFChefs.

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