

# sizzle

WINTER  
2011

THE AMERICAN CULINARY FEDERATION QUARTERLY FOR STUDENTS OF COOKING

recipes for  
choucroute  
garnie

finding a job

going  
whole-hog



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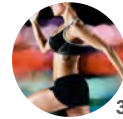
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# president's message

## Winter Break Challenge

By Michael Ty, CEC, AAC

Rarely do opportunity and timing come together as well as they do during the winter break from school. It is during the holiday season that students can put into practice the skills they have learned by working in a restaurant, with a caterer or in another culinary venue. And, in addition to gaining skills and real-world experience, students will earn extra money.

If you rise to the challenge of finding a culinary job during your break, you will learn many valuable lessons, such as identifying areas where you may need to hone your skills. Through careful observation, you can anticipate the expectations future employers will have of those who join their

teams. You will be exposed to senior chefs and cooks whose techniques may be different from yours or those of your instructors. This will give you a deeper understanding of the industry.

Once you complete your temporary holiday work (or perhaps you will continue working), I urge you to be proactive at gathering all the knowledge you have gained so that you can add it to your résumé.

When you complete your studies, don't simply settle for any job—pursue a fulfilling career from the start. Begin by identifying the abilities you possess that employers will want and articulate those on your résumé and in

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interviews. Demonstrate why you are the best candidate for the position you desire. Avoid showing any hint of arrogance, but do not sacrifice your confidence or positive image in the process.

Seek help from school counselors, instructors, mentors and your local American Culinary Federation chapter. All these outlets can help you as you prepare to enter the workforce full time and can provide valuable connections to potential employers. And when the time comes, launch your career with gusto. You can learn more about how to find your dream job in this month's article, "Job Hunting."

Before you begin the job search, it is important to research the many diverse opportunities available in the foodservice industry. Careers are varied, from working in a restaurant kitchen to working in research and development. Read about one specialized area of culinary arts, cooking for athletes, in "Culinary Game Plan."

Those who love sports and have a passion for nutrition may find this to be a perfect career fit.

One skill you can learn more about while still in school that will help you in the future is utilizing the whole animal. You don't have to become an able-bodied worker in a slaughterhouse, but understanding how to use the entire carcass is a desired skill set in many establishments. Numerous educators and administrators are exploring how to integrate butchering in culinary programs, a clear sign that schools should expand their instruction on this topic. Knowing how to fabricate small animals such as chickens, ducks, hares and turkeys is surely beneficial, but in tomorrow's culinary world, chefs will need to know how to break down larger animals, such as a steer.

You can learn more about utilizing the whole animal and find out why so many chefs and restaurants are doing this in "Going Whole-Hog." The old



saying that with a pig you can use everything but the oink may hold a vital key to your future.

There are so many opportunities for culinary students who are eager to learn more skills and who are willing to work hard. Make the most of your holiday break by being diligent in trying to find a culinary job. Record all that you learn from your experience. Then, define your skills, identify what areas you need to further develop and outline your future goals so that you can pursue them with vigor. ■

Season's Greetings,

Michael Ty, CEC, AAC  
National President  
American Culinary Federation

**above:** Michael Ty, fourth from left, welcomes new ACF student members Nicholas Janeczko, third from left, and Kevin Hudon, fourth from right, at ACF Professional Chefs of New Hampshire's monthly meeting at Nashua Country Club, Nashua, N.H., Sept. 26. They are joined by Ed Micu, far left, Rhonda Janeczko, second from left, Judy Unsworth, third from right, Alan Archer, CEC, second from right, and Sarah Samaras.

# amuse-bouche

## News & Opportunities



### new reads!

Do you want to learn more about the cold kitchen? If so, check out the American Culinary Federation's latest book, *Garde Manger: Cold Kitchen Fundamentals* (Prentice Hall, 2012, \$104) by Edward Leonard, CMC, WGMC, AAC; Brenda Carlos; and Tina Powers, CEC, CEPC, CCE, CMB. The 912-page book is a comprehensive cold-kitchen guide for new and advanced students, as well as culinary salon competitors. The book includes a historical overview, outline of equipment and tools, tips from chefs and more than 400 recipes.



The latest edition of *The Professional Chef* (Wiley Hardcover, 2011, \$75) features a new design, nearly 800 recipes and new sections on seasonality and sustainability, barbecuing, sous-vide cooking and plated desserts. The ninth edition also has a greater global perspective, plus a "method-at-a-glance" section that helps clarify key techniques. Also, starting in November, an interactive edition will be available for the iPad (\$49.99).

*The Art of Beef Cutting: A Meat Professional's Guide to Butchering and Merchandising* (Wiley, 2011, \$50), by third-generation butcher Kari Underly, covers all the fundamentals of butchery, and includes 450 full-color photos of every cut, information on international beef cuts and cooking styles, and tips on merchandising and cutting for profit, as well as expert advice on the best beef-cutting tools. The book also includes charts, Latin American cut names and cooking methods, and cooking tips.

### sullivan university students earn gold

**Congratulations to Kenna Nelson and Kelsee Newman**, students at Sullivan University's National Center for Hospitality Studies, Louisville, Ky. Nelson and Newman took home gold medals at ACF Middle Tennessee Chapter's 2011 Music City Challenge, held at The Art Institute of Tennessee – Nashville, Sept. 26-27. They earned recognition for a petits fours display and an Alice in Wonderland sculpture produced from fat.



top: Reilly Meehan  
bottom: Kenna Nelson,  
left, and Kelsee Newman

## did you know?

According to the American Diabetes Association, there are nearly 26 million children and adults living with diabetes in America, and another 79 million at high risk for developing type 2 diabetes.

Recognize **American Diabetes Month** by creating healthier recipes that can help those living with the disease. Visit [www.diabetes.org/food-and-fitness](http://www.diabetes.org/food-and-fitness) for diabetes information, recipes and food tips.

## oregon student wins global competition

**Congratulations to Reilly Meehan**, a recent graduate of Oregon Coast Culinary Institute, Coos Bay, Ore., and member of ACF Culinary Youth Team USA, for winning the 35th annual Chaîne des Rôtisseurs Jeunes Commis Competition that took place in Istanbul, Turkey, Sept. 9. Meehan won the right to compete globally after winning the U.S. title. In Turkey, he competed against representatives from 20 other countries. He is the first American to win the title and, at age 20, the youngest ever to be awarded the winning gold medal.

## recipe contests

Are you a culinary student who loves avocados? If so, show off your creativity in Chilean Avocado Importers Association's annual **avocado student recipe contest** for a chance to win \$1,000. Two runners-up will each receive \$250. Enter your

recipe for any section of the menu by Dec. 15 for a chance to win. Entries will be judged on originality, taste and ease of preparation. Complete details at [www.chileanavocados.org/foodservice/culinary-student-recipe-contest](http://www.chileanavocados.org/foodservice/culinary-student-recipe-contest).

Culinary students 18 years or older are invited to enter the **Southern Peanut Growers 2011 Foodservice Recipe Contest** now through Dec. 31. One grand-prize winner will receive \$2,500; \$1,000 will be awarded to four first-prize winners (one for each category: appetizer/snack, main dish, salad/side dish and dessert). Recipes must contain 1/3 cup peanuts and/or peanut butter, and they will be judged on taste/texture, visual presentation and originality. Learn more at [peanutbutterlovers.com/annual-contest](http://peanutbutterlovers.com/annual-contest).

Culinary students are invited to enter their original albacore tuna recipes (entree, appetizer or international/ethnic) by Feb. 15, 2012, for a chance to win cash prizes in the **2nd International Albacore Tuna Recipe Competition**, hosted by the Canadian Highly Migratory Species Foundation. To enter, visit [www.canadianalbacoretuna.com](http://www.canadianalbacoretuna.com).

## eat out for a good cause

Save the date! Restaurants all across the country will host **Love Your Veggies™ Lunch Break for Schools**, a national fundraiser to benefit the

American Culinary Federation's Chef & Child Foundation (CCF), in support of the Chefs Move to Schools program, Feb. 27-March 2, 2012. Chefs will sell nutritious lunches. Proceeds will help raise childhood obesity awareness and the importance of proper childhood nutrition. emails at [www.acfchefs.org/loveyourveggies](http://www.acfchefs.org/loveyourveggies).

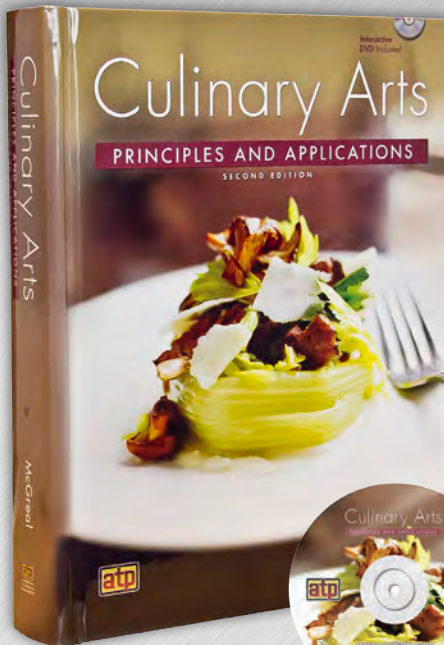
## scholarship alert

Looking for college scholarships? The American Academy of Chefs (AAC), the honor society of the American Culinary Federation (ACF), wants

to help. AAC offers educational scholarships throughout the year. The number of scholarships it awards changes annually depending on available funds, but applications are always welcome. Visit [www.acfchefs.org/scholarship-recipient](http://www.acfchefs.org/scholarship-recipient) for more information, call (800) 624-9458 or email [academy@acfchefs.net](mailto:academy@acfchefs.net).

## send us your news

Do you want to appear in our next issue? If so, we want to hear from you. Send recipe contests, student accomplishments and school announcements to [sizzle@acfchefs.net](mailto:sizzle@acfchefs.net).



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# slice of life

## Jewell Cruikshank



### age

20

### education

Student, Culinary Arts, UAF  
Community and Technical  
College, Fairbanks, Alaska

### why there?

I was born and raised in Fairbanks and decided to stay here for college. I learned so much my first year. I can't wait for this year.

### externship

Prep cook, Fairbanks Princess  
Riverside Lodge

### things I learned that I didn't know in culinary school

My job is fast-paced and high-stress. You always have to think ahead. Now, after a few weeks of working, I feel like I get the most out of each day.

### career plans

I hope to one day own my own restaurant with my sister, focusing on breakfast and baked goods. To get there, I plan to work in kitchens and continue my education in culinary-arts and business.

4 am

5 am

4:55 a.m.

The kitchen is quiet, with just me, two cooks and my partner Bernie, silently prepping for the day. The silence won't last long, though. There are 230 tourists leaving by 8:00 a.m. and another 150 guests leaving in the afternoon.

With only an hour before opening, it's time to get to work. I fill chafing units with water and place serving utensils. The smell of lit ethanol sterno fills the air. Next, I fill units with hot breakfast foods, including eggs, raspberry crêpes and our famous reindeer sausage. Two other tables are set with pastries, juices and a colorful fruit tray. It all comes together nicely.



### 5:50 a.m.

Having everything ready by 6 a.m. is always a challenge. If you are not power walking through the kitchen, you are not working fast enough. Wait staff and cooks pause in anticipation of a busy day. Outside, the sun is rising above the hills and the clear blue sky reflects off the steady Chena River.

### 8:45 a.m.

When it seems like I can no longer run the race, the restaurant quiets and the booming chatter of guests dies down to a murmur. This is where the real catching-up begins. The buffet is trashed from the hurricane of people.



Utensils need to be changed, tables need to be cleaned and we must replenish the food. It is important to keep the buffet looking just as nice for latecomers.

### 10:30 a.m.

The doors shut, and it's time to tear down the buffet. This is the most labor-intensive part of the day. Chafing dishes are heavy, and each one needs to be moved in order to change linens. The cereal dispensers are equally as heavy. Once all the new linen is placed, everything gets put back in its spot. Polishing chafing dishes is the last detail to finish in the dining room.

## 6 am 7 am 8 am 9 am 10 am 11 am 12 pm

### 6:00 a.m.

Just like that, the quiet is over. The doors open, and a line of hungry, anxious guests are waiting. Within 10 minutes, stock at the buffet tables is running low. I rapidly push my cart to the kitchen and fill up on the most popular items—potatoes, bacon and crêpes. By the time I replenish that, my fruit tray is bare and the milk is almost out. I decide to stock up on juice while I have the chance.



### 7:00 a.m.

I juggle restocking the hot and cold foods, and whenever there is a spare moment, I restock the plates. This is the pattern for the next few hours. It is madness. I am always playing catch-up.

### 9:00 a.m.

I give Bernie a break from the omelet station, where he has been working all morning. Traffic stays slow. I flip a few omelets and make small talk with customers. They love to hear that I was born and raised in Alaska, and they always have questions about the cold and long hours of sunlight.



### 12:00 p.m.

Back in the kitchen, the final task is to prep for tomorrow morning. I dice vegetables, slice fruit and construct Danish trays. I consider this my "me time," when the rush is over and all there is left to do is chop.

At the cutting board, I can let my thoughts wander or just keep my mind empty—a peaceful option after a chaotic morning. From my station, I have a perfect view of the back door, which is wide open to show the river and sunny blue skies. This is the perfect ending to a long, hectic day.

# classical v. modern



## CORRECTION

El Camino Hospital is located in Mountain View, Calif., not El Camino, Calif., as was noted in the fall issue of *Sizzle*.

top: Nicholas Calias, CEC  
bottom: Danielle Dorcil

“Nothing says winter like a dish of smoked pork, frankfurters and cabbage,” says Nicholas Calias, CEC, director of food and beverage operations/corporate executive chef at The Colonnade Hotel and it’s Brasserie JO, Boston. “That’s French comfort food at its finest.”

Tasked to prepare a timely classical dish, Calias and Danielle Dorcil, lead banquet cook at the hotel and student at Johnson & Wales University (JWU), Providence, R.I., settled on choucroute garnie, a hearty dish of sauerkraut, potatoes and a variety of meats.

“This French word for ‘sauerkraut’ [choucroute] describes when cooked with goose fat, onions, juniper berries or caraway

seeds and white wine,” writes Sharon Tyler Herbst and Ron Herbst in *The New Food Lover’s Companion* (Barron’s Educational Series, 2007).

According to Calias, choucroute garnie has been a mainstay in France since it was first introduced to chefs following the French annexation of Alsace and Lorraine during the Thirty Years’ War, which ended in 1648.

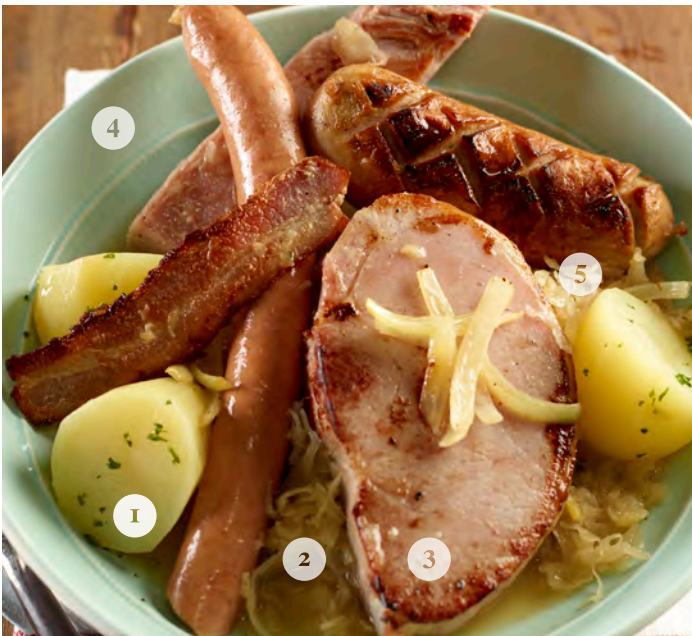
For the classical version featured here, Dorcil prepares world-renowned chef Jean Joho’s recipe. Joho, who hails from Alsace, is proprietor of Brasserie JO and owns Everest, Chicago, and Las Vegas’ Eiffel Tower Restaurant.

Brasserie JO’s traditional French offerings include

pommes frites, coq au vin, creme brulee and choucroute garnie. The modern version featured here, which introduces newer cooking methods while staying true to the dish’s fundamental aspects, will be used at a wine dinner in February 2012, Calias says.

Choucroute garnie can be enjoyed at restaurants across the country, and while the meats may vary, the overall composition of the dish is likely to remain the same. Students who take the time to perfect the classic version of this dish can advance to Calias’ modern interpretation.

Time management and planning is needed more for the modern recipe, but Calias and Dorcil agree: Mise en place is the key to success for both dishes.



## classical

**BASIC CHOUCROUTE 1.** In the classical version, potatoes are boiled and served whole or halved. **2.** Choucroute garnie, French for "dressed sauerkraut," features sauerkraut braised with onion, duck fat, sachet and blanched pork shoulder and bacon. **3.** Although the type of meats varies slightly—knockwurst, pork loin, bacon and a frankfurter are used here—the typical interpretation of this dish remains the same in most restaurants. **4.** Choucroute garnie is commonly served in a bowl with sauerkraut at the bottom and meats and potatoes on top. **5.** A sachet of garlic, caraway, thyme, coriander, juniper, peppercorns and bay leaves adds flavor to the sauerkraut during the braising process.



## modern

**CHOUCROUTE GARNIE 1.** Confit potatoes and choucroute dauphine potatoes replace boiled potatoes and bring new flavors and textures to the plate. **2.** Although used in different ways, choucroute is prepared the same for the modern version as for the classical. **3.** The modern recipe features new takes on meat, including this house-made frankfurter. **4.** This style of plating brings in plenty of colors and allows each element to shine, from the leek-wrapped pork tenderloin in the center to the gremolata and mustard coulis dotted throughout. **5.** Sous vide pork belly and pork cheek introduces a newer cooking method to the dish.

## classical

Braising, sauteing, searing and basic knife skills are some of the skills students will strengthen when preparing the classical version of choucroute garnie, says 28-year-old Dorcil, who first prepared the recipe while working at Brasserie JO with Calias. She says she likes the cold-weather dish for its delicious use of pork.

Dorcil, a JWU student, has worked at The Colonnade Hotel for two years. A native of Boston, she credits her mother, many books and TV chefs such as Jacques Pépin for inspiring her to pursue a career in culinary arts.

"I love coming up with new ideas and reading books that provide me with more innovative cooking ideas and techniques," she says.

At The Colonnade, Dorcil gets her share of ideas working as lead banquet cook and helping Calias prepare menus for the hotel's events, from corporate functions

to weddings. She is motivated by how much work a chef does throughout the day to keep the kitchen going. Dorcil hopes to work her way up to banquet chef and one day own her own catering company.

"Classical dishes supply the basic fundamentals of cooking," Dorcil says. "New trends come and go, but a classical dish, such as those of Auguste Escoffier and Julia Child, can always be looked on for generations to come."

Dorcil says that choucroute garnie is fairly simple to prepare, as long as students have their *mise en place* in order.

"I practiced this dish a few times to fine-tune it, and I tasted it until I got it right," Dorcil says. "My main tip is *mis en place*, *mise en place*, *mise en place*. As Alton Brown says, 'The most underused tool in the kitchen is the brain.' Start by thinking things through." ■

## basic choucroute

Yield: 1 serving

**Danielle Dorcil**  
**Banquet Cook**  
**The Colonnade Hotel**  
**Boston**

### Ingredients:

2 lbs. marinated **sauerkraut**  
0.25 oz. **garlic**  
0.25 oz. **caraway seeds**  
0.5 oz. fresh **thyme**  
0.5 oz. **coriander seeds**  
0.5 oz. **juniper seeds**  
0.25 oz. **white peppercorns**

2 **bay leaves**  
6 oz. smoked **pork shoulder**  
3 oz. **bacon**, rough chopped  
8 oz. **onion**  
2 oz. **duck fat**

1 cup **white wine**  
**Salt and pepper**, to taste

1 **knockwurst**  
1 smoked **pork loin**  
3 oz. smoked **bacon**  
4 **red potatoes**, boiled in chicken stock until tender  
1 **frankfurter**

1. In clean sink, rinse sauerkraut in cold water for 2-4 hours.
2. In sachet, wrap garlic, caraway, thyme, coriander, juniper, peppercorns and bay leaves. Cut pork shoulder and

bacon in 4-inch chunks. Put pork shoulder and bacon in saucepot; fill with cold water. Bring to a boil; blanch meats. Cool with cold water.

3. Once vinegar is rinsed from sauerkraut, strain; squeeze out excess water with hands.
4. Julienne onion. In brazier pan, melt duck fat; sweat onion. Add sachet, sauerkraut and blanched meats. Stir thoroughly. Add wine; cover with parchment paper. Put cast-iron lid on top. Braise in 350°F oven for 1½-2 hours. Remove sachet. Season sauerkraut and blanched meats with salt and pepper.
5. Heat knockwurst. Sear smoked bacon and pork loin until crispy. Add frankfurter to potatoes in chicken stock; heat.
6. **To plate:** Place choucroute in center of bowl. Layer pork loin, knockwurst, smoked bacon and frankfurter around choucroute. Add potatoes; serve.



## modern

When Bostonians seek casual French dining, they go to Brasserie JO, located in The Colonnade Hotel. And at the helm is Calias, who first learned French cooking techniques as a child in his parent's restaurant (although it didn't serve French fare). Calias graduated from Newbury College in Boston and went on to work for classically trained chef Karim Lakhani. Today, he modernizes French foods for The Colonnade Hotel and Brasserie JO. So who better to ask to put a new spin on choucroute garnie?

When first approaching the dish, Calias says his primary focus

was to keep its integrity. After toying with the idea of creating a choucroute sphere with pressed choucroute juice, xanthan gum, calcium and alginate—a concept he is still working on—he decided to keep the preparation method for choucroute the same and bring in variation with the pork.

“I tried to use multiple areas of the pig, from the belly to cheeks,” he says. “With that, I also wanted to incorporate newer cooking methods, so I used sous vide. I wanted to convey that you didn't have to just use the typical frankfurters, pork loin and bacon.”

Calias didn't stop there. He decided to confit potatoes rather than boil them, and serve uniquely flavored choucroute dauphine potatoes. Lastly, he added parsnip purée to the plate for a creamy sweetness.

For the presentation, he used a 16-inch plate so the products had room to shine. “In a traditional choucroute, everything is on top of each other in a big bowl,” he says. “I wanted to expand the plate and show off the food.”

While students may be intimidated by how time-consuming the recipe is, Calias advises them to approach

it methodically by writing a production sheet and timeline first.

“The pork belly can hold in the cooler for a couple of days, so do the things that you can hold and then prepare the items you need to make the day of, such as the dauphine potatoes.”

Most importantly, have fun while cooking. “Food is an adventure,” Calias says. “Explore it. Live it. Feel it. We had a great time developing these dishes, but we took time to make sure it was correct, and the end result was something to be proud of.” ■

## Choucroute Garnie

Yield: 1 serving

**Nicholas Calias, CEC**  
**Director of Food and Beverage Operations/**  
**Corporate Executive Chef**  
**The Colonnade Hotel and Brasserie JO**  
**Boston**

### Ingredients:

- 2 (2-oz.) portions **pork belly** (recipe follows)
- 2 (2-oz.) portions **pork cheeks** (recipe follows)
- 4 oz. **choucroute** (recipe follows)
- 1 house-made **hot dog** (recipe follows)
- 3 oz. **pork tenderloin wrapped in leek** (recipe follows)
- 4 **choucroute dauphine potatoes** (recipe follows)
- 4 (1-oz. square) **confit potatoes** (recipe follows)
- 3 oz. **parsnip purée** (recipe follows)
- 1 T. **gremolata** (recipe follows)
- 2 oz. **mustard gelee** (recipe follows)
- 2 oz. **mustard coulis** (recipe follows)
- 2 **watercress sprigs**, for garnish

Prepare all recipes as instructed.

**To plate:** Place parsnip purée in horizontal line in middle of plate. Place pork tenderloin in center, on top of purée. Place two portions of pork belly on each side of tenderloin. Place small amounts of choucroute next to tenderloin, on top of purée. Place two portions of pork cheek toward outside of plate at 3 o'clock and 9 o'clock. Place hot choucroute on top. Place four choucroute dauphine potatoes on diagonal on each side of pork cheek. Place two pieces of hot dog (leaning one on top of the other) toward center of plate at 12 o'clock and 6 o'clock, next to tenderloin. Place four confit potatoes parallel on outside of plate in remaining open areas. Put choucroute on top. Place small amounts of gremolata evenly throughout, next to outer layer. Place three dollops mustard gelee on outer layer at 1 o'clock, 6 o'clock and 11 o'clock. Finish with small amounts of mustard coulis on outside of plate, filling in empty areas. Garnish with two watercress sprigs near each pork cheek.

### Pork belly

- 1 gallon **water**
- ½ cup **salt**
- 4 oz. **sugar**
- 1 oz. **juniper berries**
- 5 **bay leaves**
- 1 oz. whole **cloves**
- 1 T. **pink salt**
- 1 lb. **pork belly**
- Salt and pepper**, to taste
- ½ cup **veal demi**
- 2 oz. **soy sauce**
- 2 oz. **maple syrup**
- 3 oz. **Banyuls vinegar**

1. Create brine by combining water, salt, sugar, juniper berries, bay leaves, cloves and salt. Brine pork belly for at least 8 hours.
2. Remove from brine; dry. Season pork belly with salt and pepper. Sear pork on all sides. Place pork in bag; cryovac. Sous vide pork for 10 hours at 82.2°C.
3. Shock pork in ice water; set aside.
4. Prepare glaze: Mix demi, soy sauce, syrup and vinegar; reduce by half. Season with salt and pepper; set aside.

5. Portion into 2 oz. pieces. Before service, fry in 375°F oil until crisp. Toss in glaze.

### Pork Cheeks

- Oil**, as needed
  - 2 lbs. **pork cheeks**
  - Salt and pepper**, to taste
  - 1 **carrot**, rough chopped
  - 1 **white onion**, rough chopped
  - 1 **celery stalk**, rough chopped
  - 2 **garlic cloves**, smashed
  - 3 sprigs fresh **thyme**
  - 3 cups **beef stock** (if braising pork cheeks)
  - 2 cups **duck fat** (if sous viding pork cheeks)
1. In pan, heat oil. Season pork cheeks with salt and pepper; sear on all sides. Add carrot, onion, celery, garlic and thyme.

### RECIPE ONLINE

Click here to download Nicholas Calias' complete **Choucroute Garnie** recipe.



# Jobs

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EMPLOYMENT

PROFESSIONAL

The Daily Times — Sunday, June 29, 2009

# job HUNTING

Trying to navigate the crowded culinary marketplace? Here's a roadmap to landing your dream job.

By Rob Benes

Experience



If you're a recent culinary school graduate preparing for the job hunt, you've likely heard the gloomy statistics. The national unemployment rate remains above 9 percent, with forecasts from the Congressional Budget Office stating that unemployment should hover around 8 percent through 2012. But take heart, the hospitality industry continues to see growth and remains a major source of job creation.

"We have the potential to lead other industries as we put every American back to work," says Lynette McKee, CFE, executive director of the Chicago-based National Restaurant Association Educational Foundation. "Over the last several months, our industry has continued to hire new workers at twice the rate of the overall economy. The future looks bright, and that is good news for American restaurants

and graduates who will be looking for work."

The bad news is that consumer confidence and discretionary income is at an all-time low.

"Restaurateurs are being cautious with the current economic uncertainty before entering into new ventures, launching new concepts or expanding beyond their current footprint," McKee says. "So right now it is a competitive marketplace for culinary students. The most determined ones will break through to find their dream job."

## build your network

The competitive atmosphere and influx of culinary school graduates makes it even more important for students to develop their networks early



Students, above and opposite, cook for chefs and their peers at the 2011 Student Culinarian Invitational, a mentoring event, in Dallas in July. **above:** Katie Arant, left, and Chase Grove, right, with Metropolitan Community College instructor Brian O'Malley

on, says Irena Chalmers, author of *Food Jobs: 150 Great Jobs for Culinary Students, Career Changers and Food Lovers* (Beaufort Books, 2008) and faculty member at The Culinary Institute of America, Hyde Park, N.Y. “Start by making an appointment with teachers who are willing to spend time sharing their knowledge. Also, volunteering is just as important as going to school. You may not be paid in dollars, but the experience you gain and the contacts you make will be invaluable.”

David Kramer, chef-instructor at the College of DuPage, Glen Ellyn, Ill., sees networking as part of the educational process. He suggests joining professional organizations such as the American Culinary Federation,

Multicultural Foodservice & Hospitality Alliance, National Restaurant Association, Research Chefs Association and Women, Chefs & Restaurateurs.

Along with building one’s network, Kramer says students need to make sure they are building their skills. “Knowing a subject inside and out is OK, but being able to perform a task, such as sauteing chicken perfectly, when asked, is the true test,” he says.

## find your niche

The culinary industry has seen monumental changes during the last 40 years. A career that once meant working in a restaurant now offers infinite choices, Chalmers says. “The hard part is simply figuring out what you want—and then asking for it. If you don’t ask, the possibility of having a job handed to you is, literally and figuratively, zero. Begin by thinking about the future now. As the saying goes, ‘Don’t wait for the storm to come to start repairing the roof.’”

Despite the unemployment numbers making headlines each day, Chalmers believes there are unlimited opportunities for culinary graduates in more fields than in the past, including

media, publicity, nutrition, science, retail, food security and famine relief. “Within each of these different disciplines, there are hundreds of opportunities for every student,” she says.

## keep an open mind

Ulrich Koberstein, director of culinary at Sargento Foods Inc., Plymouth, Wis., knows that careers in hospitality and tourism management go beyond working in a kitchen or behind a front desk in a hotel. His career path has been winding. He started in the business world in accounting, but always had an interest in the culinary field. He attended culinary school and then worked in a Michelin 3-star restaurant in London. “I put my time in and spent three very difficult years with the same chef,” he says. “This helped me in my next position at The Ritz-Carlton. I stayed with the company for nine years before I was able to make the right move for me and my family to a 5-star resort in the Midwest.”

At the resort, Koberstein’s business/accounting acumen allowed him to transition from executive chef to chef/food-and-beverage director. Now, at Sargento, he is expanding his knowledge of ingredients, food science and service.

“The future looks bright, and that is good news for American restaurants and graduates who will be looking for work.”

—Lynette McKee, CFE



When it comes to job performance, Koberstein says it is important to be flexible and open-minded. “Always work above your pay grade toward your next position/promotion,” he says. “Have a roadmap of where you want to go and know how you are going to get there, but don’t be in too much of a hurry to become a ‘chef.’ Most chefs or food-and-beverage managers will tell you that what they miss most is cooking on a line that really clicks and works well together.”

In addition to keeping an open mind about where your career may take you, Chalmers suggests students research emerging opportunities. “I just discovered that Cirque du Soleil employs teams of chefs who prepare food

**above left:** Johnson County Community College student Jordan Rainbolt

**above right:** Canadian students Sophie Doria, left, and Sarah Luross



to keep its acrobats slim and trim,” she says. “The healthy food and wellness arena is expanding.”

The reputation of foodservice in other areas, such as colleges, hospitals, companies and sports facilities, also is improving. “Darden has opened a Red Lobster in Dubai,” Chalmers says. “Who would have guessed the road to the United Arab Emirates was via a shellfish from Maine? Anyone who wants to travel can investigate not only international food companies as places for employment, but also large cruise ships, small private yachts and embassies located in every major city in the world. The job possibilities are endless here and abroad.”

## write the right résumé

Constructing a good résumé that gives potential employers insight about who you are is the first step in the job hunt. “The

résumé is just a piece of paper, so keep it simple, on one page, using bullet points without elaborating too much,” suggests Walter Pisano, executive chef at Tulio Ristorante, Seattle.

Pisano reviews résumés for a few key areas, including where an applicant has worked, quality of those venues and length of employment. He also looks for red flags. “If people play up the fact that they were a lead cook or a head of a station, I’m not sure I want to interview them,” Pisano says. “I don’t want anyone to come into our kitchen with a preconceived notion that they’re going to be in charge. Employees need to be ready and willing to work anywhere we need them.”

Other red flags include having had too many jobs or a bad reference, says Deborah Pittorino, executive chef at Cuvée Bistro & Bar at The Greenporter Hotel, Greenport, N.Y.

Once your résumé is up-to-date, it’s time to start the job search. While the newspaper employment section and online job posting sites can offer leads, networking is the most surefire way to secure an interview.

“The best way for me to find people to fill open positions is to ask current staff if they know people in the industry wanting

to move on or move up from other jobs,” says Pisano, who offers an incentive program for staff referrals.

## ace the interview

Before going on an interview, do your homework. Anticipate interview questions and practice your responses, and take time to research the business.

“Don’t just read information about a company from what is found online. Track down the company’s annual report,” suggests Chalmers. “It will provide you with information about the past, present and future, and demonstrate your initiative.”

During the interview, be humble. “For example, when I ask someone about kitchen stations, I don’t want to hear, ‘I want to be the lead at the saute station,’” says Pisano. “I want someone who understands the continuity of a kitchen and knows that each station is just as important as the next one.”

Remember to dress appropriately and avoid unprofessional or revealing clothing. Also, maintain a well-groomed image. Make sure you are clean-shaven, have clean nails, wear a pressed shirt

or whites, have clean hair and no visible piercings or tattoos, advises Pittorino.

“It’s not that I disapprove of piercings or tattoos, but in a business where hygiene is the cornerstone, customers perceive certain things as unhygienic,” she says. “That also goes for cigarette smoke. Customers do not want to think that someone handling their food is handling a cigarette.”

Pittorino has seen applicants repeat many common errors during interviews. “Bad-mouthing a previous employer and not being able to express or demonstrate experience listed on a résumé are the two biggest no-nos,” she says.

Not knowing the classics well enough to execute them is another reason why offers aren’t extended.

“Don’t be surprised if you’re asked to make a plain omelet, a bearnaise or a pot of white rice on the spot,” Pittorino says. “And make it taste good. If you can’t do this, I don’t want to hear about your macrobiotic yeast cakes.” ■

Rob Benes, a Chicago-based journalist, was previously editor of *Chef* and *Chef Educator Today*. He has more than nine years of experience writing about chefs, food, wine and spirits for trade and educational publications.

### get started now

Still in school? It’s never too early to jump-start your career:

- Learn real-world skills by getting a job in a restaurant.
- Network with classmates, teachers and industry professionals.
- Research unique culinary jobs.
- Volunteer to gain experience and make connections.
- Read trade magazines to keep up on trends.

### make a lasting impression

Take these steps and you’re sure to stand out during an interview:

- 1 Learn as much as you can about the company beforehand.
- 2 Dress appropriately and have a well-groomed appearance.
- 3 Practice typical interview questions.
- 4 Be prepared to cook the basics.
- 5 Stay humble.



# GOING whole-hog

Chefs choose nose-to-tail cooking  
for quality, profit and fun.

By Karen Weisberg



Stev Gro  
Ex tivo

Steven Grostick with Porcetta,  
one of four Duroc hogs that  
are being raised for him.



National Pork Board

Sure, utilizing the whole animal is cost-effective, as long as you use all the parts, and it keeps the menu interesting for guests, but talk to most any chef and you'll learn that it's also downright fun. It keeps them engaged in doing something new and creative every time a whole animal is delivered to the back door.

Local sourcing, which is good for the environment and allows chefs to establish relationships with area farmers, has been a growing trend for many years. But going whole-hog is not necessarily the route for everyone. You need a large enough operation—volume, as well as kitchen/storage size.

Panzano, a 220-seat restaurant in Denver that offers contemporary Northern Italian cuisine with a focus on sustainable, local,

seasonal and organic ingredients, reports annual sales of approximately \$6.5 million. “The business we do is big,” says executive chef Elise Wiggins. “A smaller, 60-seat restaurant with a \$1 million business might have a hard time taking the whole animal.” To get around that, she suggests working with other restaurants or burger places, to split a steer, for example.

Wiggins typically purchases one steer per week (one every other week during the slower summer months). But these aren't just any old steers. After moving to Denver, it took Wiggins the better part of three years to locate a rancher who would raise beef to her criteria.

Because steers often reach 1,700 pounds, Wiggins wants them when they are still young.

“I decided to go nose to tail because there's a lot of waste if you're using fillet only—that's about eight pounds from a 1,700 pound steer. Then, the rest is sent elsewhere, sometimes across the country or overseas.”

## anatomy 101

It goes without saying that chefs need to know the anatomy of the animal so it can be broken down to useable parts. “At the processor, they remove the head—you can't get it, for fear of mad cow disease—but we get to keep the liver, heart, kidneys and oxtail,” Wiggins says.

Typically, she menus a cut of the day. Wiggins realizes that the wait staff is often concerned that guests expecting fillet, for example, will be disappointed if it's not available. “However, if you sell it the right way, it will go,” she says. “I'm Italian, and the Tuscany region is known for steak, but I'm able to sell it all. There's a lot of intramuscular connective tissue in a steer, and I grind it up for my burgers. I also sell a lot of Bolognese.”

## know your rancher

When Wiggins finally procured a beef source, Bear Mountain Ranch, Kremmling, Colo., she discovered she'd found an artisan who not only prides himself on

perfecting the flavor of the meat, but also one who is concerned about the quality of water his cattle drink. A water filtration system provides fresh water throughout the 400-acre spread.

“At Triple M Bar Ranch in Manzanola, Colo., lambs are allowed to graze in a neighboring farmer’s fields after the crop has been harvested,” says Wiggins, who purchases six 35- to 70-pound lambs each week. “These lambs eat melons, beets, onions and chilies. Their’s [Triple M Bar Ranch’s] was the best lamb, with very complex flavor. And, like the beef, lambs are raised according to the USDA’s Never Ever 3 parameters (no antibiotics, growth hormones or animal byproducts in the feed).”

Sliders and burgers of all kinds, from lamb to elk to bison, are a hot trend, Wiggins says. “For Happy Hour, I rotate the menu every three months, with beef sliders on now, after having served lamb the last three months.” Wiggins urges chefs to use lamb the best way they know to make money. Purchasing a whole lamb is cheaper, even if it’s just for burgers, she says.

## right on schedule

At The Publican, a beer-focused, 120-seat restaurant in Chicago,

the menu’s primary focus is pork—all certified organic—as well as fresh-as-you-can-get fish. With combined Friday, Saturday and Sunday covers averaging 1,300 to 1,400, there are certainly enough customers to warrant the whole hogs (one per week, plus two suckling pigs and 300 pounds of pork already cut), steer (about a quarter per week), lambs and goats that steadily arrive on an established schedule. For example, staff and guests know there’s “Pork Belly Friday” and suckling pig is available Monday.

In this made-to-order, à la minute kitchen, with only one tiny cooler on-site, everyone moves fast. Some staff immediately break down animals for service or for braising, curing, marinating, etc. Relatively small containers fit neatly together like a jigsaw puzzle in the cooler.

According to sous chef Erling Wu-Bower, variety is the reason patrons return to The Publican. “With fish, we serve it the day it’s received, and we get huge whole fish—beautiful salmon, 35 to 40 pounds, 30-pound striped bass, and whole bluefin tuna that’s 75 pounds and up. With steer, some is served on the day it’s received, some from the steer prior to that. When you’re dealing with hogs, steer, lamb and goat, freshness has to do with



### defining “offal”

“Called ‘offal’ in Great Britain, variety meats are animal innards and extremities that can be used in cooking or in production of foods such as sausage. The category includes brains, cheeks, intestines, feet and ankles, heart, kidney, lungs, liver, marrowbone, spleen, stomach, tail, testicles, thymus and pancreas and tongue.”

—Sharon Tyler Herbst and Ron Herbst in *The New Food Lover’s Companion* (Barron’s Educational Series, 2007)

**opposite:** The Publican’s “ham chop,” or smoked porterhouse chop.

**above:** At Panzano, Elise Wiggins uses six lambs every two weeks to create dishes such as lamb rib chops.



**top:** Elise Wiggins roasts Triple M Bar Ranch lamb for Panzano.  
**bottom:** Lamb heart from Panzano.

knowing how to cure the animal and how to treat it.”

## function first

Wu-Bower is unabashedly a fan of utilizing the whole animal. He sees it as a great education for chefs and cooks. “You get the all-around big picture of where the cuts come from, and if you understand the function of the part, you’re going to understand how to cook it better.” Plus, more money is made, because you have the option of using scraps. Extra parts from a steer can be made into pasta sauce, and scrap meat can be ground for pasta meat sauce.

For those who have learned the cuts and perfected their knife skills, Wu-Bower suggests getting into a setting where you can work with whole animals. “I could look at charts and have no idea. Repetition is key.”

## a team effort

Utilizing local Michigan products lies at the core of Steven Grostick’s reputation, earned during his 17 years of cooking in the Detroit area. Since the 160-seat Toasted Oak Grill & Market opened in Novi, Mich., in April 2010, Grostick has been busy with the usual tasks of an executive chef, as well as producing charcuterie items, mainly from hogs.

Each month, he gets a hog or two, usually heritage breeds, with Duroc being among his favorites. Currently, four are being raised for him. “We buy the whole hogs, 230-250 pounds cut weight [weight of the animal once the blood is drained and the organs have been removed]. I get the organs, and sometimes the blood for blood sausage.”

On average, pigs gain about a pound a day, he says. In addition to the all-organic feed the pigs receive on the farm, Grostick keeps a slop bucket in the kitchen for vegetable peels to take to the farm. “There’s no meat or candy in there,” he says. “Sometimes, there’s cornbread. During the last month, we’ll finish the hogs with Parmesan, manchego and Gruyere rinds to fatten them up and boost the flavor.”

Although Grostick can butcher the hogs himself, his cooks love “Hog Day,” and he’s never surprised when unscheduled employees show up to participate. “I try to run the kitchen as a teaching kitchen,” he says. “I man the bone saw and cut the hog into usable pieces. For example, for bacon, I’ll make the bellies nice and thick. I’ll cut pork shoulders for fresh sausage, ham, etc., and the cooks trim the fat.”

After the meat is fabricated, a cook prepares the brine. Then the hams are injected with the brine and submerged in it. After curing, usually seven to 14 days, Grostick smokes the meat. Meanwhile, another cook takes the bellies to make bacon and/or pancetta.

## a matter of pride

Why do it? Admittedly, it's a cost savings when hams can run \$6-\$8 per pound, versus \$2-\$5 for those produced in-house. And, yes, Grostick still needs to purchase some hams to keep up with demand and to add variety to his menu. But he thinks it also has to do with pride. "A cook will think, 'I took 14 days to make that ham,' and 'wow, chef is putting it on the menu.'"

For those chefs still honing their butchery skills, Grostick suggests procuring smaller cuts to learn bone structure.

"For example, order a ham (back leg) or a whole loin (i.e., an 18-bone rack), then go for it, book in hand," he says. "I learned from John Mettler's *Basic Butchering of Livestock & Game* (Storey Publishing, 1986)—I still have it in my bookcase."

Since 1989, Bradley Ogden has opened 14 restaurants emphasizing farm-to-table

sourcing. In addition to the many other reasons to utilize the whole animal, he points out a public relations aspect.

"It's a great multimedia blitz opportunity for press releases," he says. "For example, every month do a whole-boar night. You might turn hind quarters into boar/cherry sausage for your tasting menu."

Chefs seeking local products must visit farmers and ranchers at the source, Ogden says. "Know what you're looking for. Know more than the suppliers. It's like buying a car—know so you're able to negotiate. Also, there may be a certain variety or breed that's better at a certain weight.

"For some of them [farmers and ranchers], it's a boutique, artisanal way of life, and you want to encourage that. What you put into this effort is what you'll get out." ■

New York-based award-winning journalist Karen Weisberg has covered the issues and luminaries of the food-and-beverage world—both commercial and noncommercial—for more than 25 years.



## for your reference

Learn more with these helpful books and resources:

- *Basic Butchering of Livestock & Game* (Storey Publishing, 1986) by John Mettler
- *Making the Most of Your Deer* (Stackpole Books, 2004) by Dennis Walrod
- *Meat Technology: A Practical Textbook for Student and Butcher* (Northwood Publications, 1977) by Frank Gerrard
- *The Whole Beast: Nose to Tail Eating* (HarperCollins, 2004) by Fergus Henderson

## chef's picks

Erling Wu-Bower from The Publican in Chicago and Steven Grostick of Toasted Oak Grill & Market, Novi, Mich., share their favorite cuts of meat:

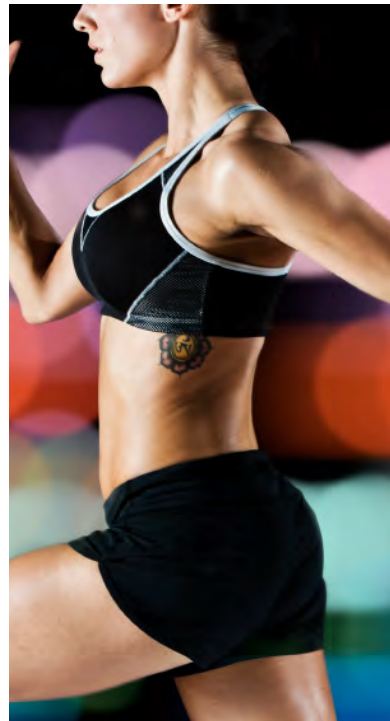
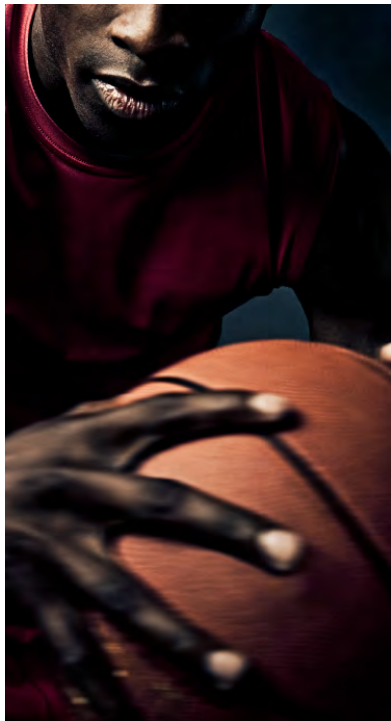
- **Steer:** "Flap steak, just below the sirloin, is on the hind quarter and is like a really thick, highly marbled skirt steak. From the front quarter, I like the flatiron (inside of the shoulder blade)." —Wu-Bower
- **Pork:** "Belly steak is the boneless loin while still attached to the belly. I've been making forcemeat and rolling it between the belly and loin, producing a big, round steak. When the fat renders down, it's delicious." —Grostick

# CULINARY game plan

Chefs combine culinary experience and nutrition knowledge to keep athletes fueled for success.

By Jody Shee





If you can't decide which you love more—the thrill of mastering a culinary technique or the atmosphere on game day—why not combine the two in a career cooking for athletes?

Luck, networking and following your culinary passion all play a part in getting you to that dream job. No matter your area of specialization, chances are there's an opportunity in the world of sports. Athletes have to eat, whether at home, at training camp or on the college campus where they are preparing for professional sports. Cooking for athletes is a special niche requiring a fine-tuned approach and knowledge you can acquire while in school.

Aran Essig, CEC, CCA, executive chef at the University of Northern Colorado, Greeley, Colo., recalls his early experience cooking for the Denver Broncos back in the days of John Elway when the university was home to the team's training camp. "I remember preparing turkey roulades for one of my first meals," Essig says. "I watched as the first person through the line took four servings. My reaction was to go to Plan B, thinking we were going to run out. But the players' tastes varied, and having a variety of proteins satisfied their diverse preferences. Athletes come from all over the country, so by serving dishes that reminded them of home, we won their favor."

## university inroads

Greg Larson, CC, cooks for athletes as the unit chef for one of two dining halls at the University of Notre Dame, Notre Dame, Ind. While he cooks for students and for the school's \$6 million catering business, he's also in charge of the football and basketball training tables and the all-sports training tables (tennis, baseball, soccer, lacrosse, swimming and women's basketball). "It's exciting. I see student athletes who make it to the NFL and Major League Baseball while they are still developing," Larson says. "I take a lot of pride in my work, knowing that every meal helps



them become better athletes and represent the university.”

While going through the culinary program at Ivy Tech Community College in South Bend, Ind., Larson dreamed of one day owning his own restaurant. But while completing an apprenticeship at the University of Notre Dame through ACF South Bend Chefs and Cooks Association, he developed an interest in high-volume, high-pressure situations. “I think on my feet, which you do in a restaurant, too, but I like the challenge of preparing 5,000 pieces of this and 2,000 pieces of that,” Larson says.

At Notre Dame, the football and basketball teams eat in separate buildings, while the all-sports table is located in a private dining room in the dining hall. Each is a buffet line featuring a different menu than the one



offered to the general student population. The athletes’ menu changes daily and is prescribed by campus nutritionists and dieticians, so the focus is on health. That means whole-wheat pastas, bread with flax seed, fruits and vegetables, Greek yogurt and lean meats. “We stay away from processed foods and sweets,” Larson says.

Larson loves football Saturdays, when there can be as many as 100,000 fans on campus all cheering for the Fighting Irish. “It’s a great environment and rivals any venue I’ve been part of,” he says.

He regrets that when he graduated, he didn’t know what he wanted to do, specifically. “If athletics appeals to you and you like the excitement in the air and the feeling of all the fans coming together, and you know you want to be a part of that,



opportunities will present themselves better for you,” he says. “Volunteer. Learn as much as you can. Learn high-volume cooking as well as fine-dining details, so when you come into a position, you’re prepared for anything they throw at you.”

Larson wishes he had focused more on nutrition in college and gained a heads-up on food allergies. “If there’s an opportunity for an advanced nutrition class, take it,” he advises.

Working for a university, the pay is competitive with restaurants, plus, he has education benefits, as well as insurance.

## contract management opportunities

Contract management companies such as Philadelphia-based Aramark and Sodexo,

Gaithersburg, Md., also have openings in athletics. Marc Skamiera has worked for Sodexo for 17 years in health care, correctional facilities and corporate dining. In 2002, he switched to the company's Leisure and Entertainment division at the Detroit Lions' headquarters and training camp in Allen Park, Mich., where he is executive chef/general manager, supervising a kitchen staff of six. For 10 months of the year, the team practices and eats at the facility.

Skamiera does menu planning and daily food production using a three-week menu cycle for the buffet line available to the football players and coaches for all three meals. During training camps, especially the July/August five-week camp, he may work 100-hour weeks. But if he had his way, there wouldn't be a clock in the kitchen. "There's always work to be done," he says.

"I think you get where you are by luck and timing, but more so by caring about food and making people happy," says Skamiera. "I rub elbows with millionaires every day. After awhile, you don't look at it like that. Sometimes we hang out outside of work. I'm proud of what I do, and I enjoy seeing the team on TV. It's rewarding. I'm living a dream—and I get paid for it."

He suggests that culinary students learn how to make healthful food, but by "cheating" the system. For example, to thicken a roux, use cornstarch rather than butter and flour. For clam chowder, use fat-free milk rather than heavy cream. Learn how to flavor lean meats, or athletes will not eat them.

Food safety is one of Skamiera's main responsibilities. "If a player got sick and couldn't play a game on Sunday, we'd be in trouble," he says. He set up and monitors a strict HACCP program, making sure hands are washed and proper temperatures are maintained from the moment product arrives at the back door to when it is transferred to refrigerated units, prepared, served and stored. He makes sure thermometers are properly calibrated, and he checks temperatures twice a day.

Sodexo benefits are great, he says. Besides a fair compensation, the company has a 401(k) program and health insurance, and he gets three weeks of vacation a year.

## get personal

Some have found their way into the world of sports as self-employed personal chefs with athletes as clients. Moira Douglas operates The Silver Spoon, a personal chef service, from Lakeland, Fla., serving

## tips for culinary students

Hope to one day cook for athletes or Olympians? Terri Moreman, associate director, Food & Nutrition Services at United States Olympic Committee (USOC), Colorado Springs, Colo., and Jacque Hamilton, senior executive chef, offer this advice:

- Get as much out-of-the-classroom cooking experience as possible.
- Volunteer, to gain experience.
- Network with successful people you admire.
- Research new trends and recipes.
- Be willing to work as an entry-level team member.
- Cross-train to learn as many positions as possible.
- Put in extra hours to learn from those around you.
- Demonstrate good listening skills.
- Learn all you can about nutrition.

**opposite:** Cooking for athletes means preparing healthful meals with plenty of fruits, vegetables and lean meats.



clients in Palm Beach County. She got her personal-chef footing and training through the San Diego-based American Personal & Private Chef Association and has been building her client base for nine years.

One day, she received a call from an ice hockey player—now a defensive player for the Florida Panthers—to cook dinner for him and his family.

“He texts me every day what he’d like to eat,” says Douglas, who cooks at his home four nights a week. “His main focus is complex carbohydrates and eating healthfully.” So, she uses olive oil rather than butter, sweet potatoes rather than white potatoes, brown rice rather than white rice and very little beef, in favor of chicken or fish.

In addition to regular meals, she recently began preparing a pre-game meal for the player.

“He and several other players get together to have lunch at noon before their games,” says Douglas. She hopes exposure to more athletes through this newest opportunity will help build her athlete clientele.

“I’m no sports person, and I didn’t follow ice hockey in the past, but it’s exciting that I’m making the type of meals that will help him play better,” Douglas says. “Now, I avidly watch hockey. I feel involved.”

The challenge of being a personal chef is building business at a time when many people doubt they can afford a personal chef. But, over time, Douglas has developed a wide

**above:** Cooking for athletes provides a personal connection to the sport and often turns chefs into fans.

“I’m proud of what I do, and I enjoy seeing the team on TV. It’s rewarding. I’m living a dream—and I get paid for it.”

—Marc Skamiera

base of customers that keep her cooking year-round.

Many personal chefs build their businesses by having a good website, Douglas notes. She recommends that those interested in cooking for athletes have content on their sites that focuses on sports nutrition.

Dane Mechlin of Santa Clara, Calif., also a personal chef, has cooked for football players in the past. He says the transient nature of athletes makes it hard to keep them long-term. Another important aspect to cooking for athletes is helping them maintain their weight. They are required to stay within a certain classified weight range or face a fine.

“Many football players will get rid of you if you fatten them up too much,” Mechlin says, noting that if you prepare for them exactly what they want, it may put them over weight. “Many players have dietitians you can consult.”

Chefs must also understand the diverse preferences of clients and learn to cook cultural favorites.

“You need to be able to make a broad spectrum of dishes and leave your ego at home,” Mechlin says. “Think like your client. You are trying to be ‘Mrs. Cleaver’ for them. You want to do Mom’s cooking.”

The advantage of the personal-chef route is that you can set your own hours and pay. Mechlin charges \$350 a day, plus grocery expenses. He figures five or six hours to prepare the meal at \$60 an hour.

While it can be difficult cooking for athletes, Mechlin admits that being around them can be considered a fringe benefit. ■

Jody Shee, an Olathe, Kan.-based freelance writer and editor, previously was editor of a foodservice magazine. She has 20 years of food writing experience and writes the blog [www.sheefood.com](http://www.sheefood.com).

### going for the gold

Wonder what it’s like cooking for Olympic athletes? Terri Moreman, associate director, Food & Nutrition Services at United States Olympic Committee (USOC), Colorado Springs, Colo., and Jacque Hamilton, senior executive chef, weigh in:

#### What are Olympic athletes like?

They are goal-oriented and always thankful. I have been at USOC for 24 years and couldn’t see myself working anywhere else.

—Hamilton

#### Who do you work with most often?

We work with sports dietitians to provide menu options that will satisfy the variety of athletes we have.

—Hamilton

#### What education does one need for this job?

A double major in culinary arts and sports nutrition (science) would be beneficial. I also recommend a master’s degree in sports nutrition.

—Moreman

#### Why do you enjoy cooking for athletes?

Knowing I had something to do with an athlete getting to the award podium makes this a dream job.

—Moreman

# by degrees



## Making Emulsified Sausage

By Christopher Allen Tanner, CEC, WCC, CHE  
Photography by Douglas C. Liebig

Emulsified sausage is central to one of America's favorite comfort foods: the hot dog. Any fair, festival, family outing or casual restaurant wouldn't be complete without one. Making hot dogs in-house is a great way to offer a niche item to diners.

Emulsified sausages can be made using a variety of meats. The basic rule to remember is 5-4-3: 5 parts dominant meat, 4 parts fat and 3 parts ice. Ice is added to aid in the emulsification process. Without it, the blade on the processor would heat the fat and meat too much before they fully combine. Additionally, ice adds moisture to the sausage to make it tender. Sausage comprises spices, nitrites to preserve color and flavor, and an emulsifying agent, such as the dry milk powder used here.

There are several important steps to remember during this process. First, chill grinding equipment. Second, remember key temperatures: Emulsification takes place between 45°F and 50°F. Sausages should be poached in a 160-170°F water bath. If the temperature is too high, sausages will burst. If the temperature is too low, sausages will lose their emulsification.

Making hot dogs allows chefs and students to be creative by varying ingredients and flavors. Add a unique spin to the traditional hot dog by replacing pork with beef, venison, lamb, etc. Seasonings can also be modified. For those worried about additives, simply leave out nitrites.

Follow these steps to learn how to make this classic American comfort food. ■



### Christopher Allen Tanner, CEC, WCC, CHE,

teaches garde manger, advanced garde manger and meat cutting at Schenectady County Community College (SCCC), Schenectady, N.Y. He is also chef of SCCC's Casola Dining Room and president of ACF Capital District-Central New York. He has more than 15 years of culinary experience.

## step 1

Toss pork shoulder and fatback with sea salt, milk powder, curing mix, dextrose, onion powder, paprika, white pepper, mace, coriander, ginger and cardamom. Semi-freeze.



## step 2

Grind meats through medium grinding plate ( $\frac{3}{8}$ -inch).



## step 3

Place ground meat and crushed ice in large food processor or buffalo chopper; process to 45-50°F. Emulsified meats should have a smooth appearance.



## step 4

Pipe meat into casings (traditional casings are lamb, for larger sausages, hog).



## step 5

Tie sausages into 5-inch links; hang to form a pellicle. Cold-smoke for 1 hour, if desired.



## step 6

**A:** Poach sausages in 160-170°F water bath until they reach an internal temperature of 155°F.

**B:** Serve as desired. Hot dogs/frankfurters are part of the classic dish alsacienne. They can also be served with pickles and mustard, as pictured.



## ingredients

yield: 5 lbs. hot dogs

- 3 lbs. (1-inch diced) pork shoulder (20% fat from shoulder is figured into 4 parts fat)
- 1 lb. (1-inch diced) fatback
- 15 g. sea salt
- 15 g. dry milk powder
- 13 g. tinted curing mix
- 3 g. dextrose
- 10 g. onion powder
- 3 g. paprika
- 3 g. ground white pepper
- 1 g. ground mace
- 1 g. ground coriander
- 1 g. ground powdered ginger
- 1 g. ground cardamom
- 1 lb. crushed ice
- 3-4 feet lamb or hog casings

## equipment

- Chef's knife
- Cutting board
- Mixing bowls
- Meat grinder
- Medium grinding plate and blade for meat grinder
- Food processor or buffalo chopper
- Pocket or infrared thermometer
- Sausage stuffer
- Butcher's twine
- Smoker (optional)
- Large pot

## helpful hints

- Keep equipment cold
- Remember 5-4-3: 5 parts meat, 4 parts fat, 3 parts ice
- Emulsification temperature is 45-50°F
- Poach in 160-170°F water bath to internal temperature of 155°F

# grill

## Daniel Rogers

By Becky Marmorato



After Daniel Rogers was laid off from his job as a lot manager for an auto auction business, he seized the opportunity to pursue his dream of becoming a chef. Within a year, he was enrolled in the ACFEF Apprenticeship Program with ACF Central Arkansas Chapter. Now in his second year of the program, Rogers works as head prep cook at Big Rock Bistro at Pulaski Technical College Arkansas Culinary School, Little Rock, Ark. A single father, with the dream of one day owning his own restaurant, Rogers shares with *Sizzle* details of his experience as an apprentice.

### who has been your mentor throughout your apprenticeship?

**dr:** I have the privilege of working with Brandon Douglas, foodservice manager at Pulaski Technical College. When I started, I had never worked in a kitchen other than my own. Chef Brandon has really made an impression on me and has taught me so much that I attribute to helping me get to where I am today and where I will go in the future.

### have you found the station rotations helpful?

**dr:** Yes, the rotations allowed me to learn a lot in a limited amount of time. I have logged a huge number of hours at my current station, because I cook breakfast and lunch Monday through Friday. This allows me to work hands-on doing vegetable prep, fabrication, char grilling and other cooking

techniques. It has been my favorite station so far.

### has your logbook helped you during your learning process?

**dr:** Yes, it has been an essential part of the program for me. It can be daunting to keep up with, but it will be worth it in the end. The book is an incredible résumé that contains all the experience I have gained in two years. It is also a learning tool. For each page, you are basically writing a recipe for producing a dish or fabricating a cut of meat.

### what are some of your career goals?

**dr:** My short-term goals are to be a sous chef within the next two years and an executive chef within the next five years. My main life goal is to open a restaurant that I can name after my mother, who passed away in 2008 from lupus. The day I open

**opposite:** Duck breast roulade with wild mushroom barley risotto and fig demi, and panko-breaded duck confit with orange gastrique, prepared by Daniel Rogers.

Sheila's will be a proud day. I know it will come; I just have to take the necessary steps to get there.

**would you recommend the ACFEF Apprenticeship Program?**

**dr:** Yes, both to those who have experience and those who have no experience at all, because of the amount of information you can learn in two short years. Between the classwork and hands-on work you have to complete, you'll gain the knowledge and tools needed to succeed in the industry. In the end, you'll not only be a certified culinarian, you will also have 4,000 hours of documented work experience.

**what do you think makes an apprenticeship program successful?**

**dr:** A program is successful because of the instructors and the way chefs in the area embrace the program. The program puts students in professional situations so we can apply what we have learned.

**what is your biggest challenge? what about in the culinary industry?**

**dr:** Being a single father, the main challenge for me is finding a job that will work with the fact that I need every other weekend off to spend

time with my kids. In this industry, weekends are the busiest time.

With the economy being the way it is, people are not spending as much money on going out to eat. The rising cost of food trickles down to the restaurant level and affects the whole industry. One example I recently learned is that the cost of catfish has reached record levels, and it's a fish that used to be fairly cheap.

**do you have any advice to apprentices just starting the program?**

**dr:** Stay up-to-date with your logbook. You have to work on it even when you are not in class. Once you are behind, it's hard to catch up. The ledger is also an important part of the book that can't be overlooked.

**sustainability competencies were added to the program last year. what steps has Big Rock Bistro taken?**

**dr:** We recycle our fryer oil using Orlando, Fla.-based FiltaFry. FiltaFry recycles the fryer oil by both filtering it and taking used oil, cleaning it and using it in their vehicles. I have also noticed some other areas where we could be more sustainable, such as recycling cardboard boxes. ■



**for more information:**

To learn more about the ACFEF Apprenticeship Program, visit [www.acfchefs.org](http://www.acfchefs.org) and select "schools" then "apprenticeships."

[acfchefs.org](http://acfchefs.org) > schools > apprenticeships

# taste test

## A Comprehensive Education

Saint Paul College's culinary-arts program preps students for careers in the hospitality industry.

By Nathan Sartain



Saint Paul College's mission is "Education for Employment ... Education for Life." And that's exactly what the culinary-arts program located in St. Paul, Minn., does as it prepares students for the ever-changing foodservice industry. As trends and initiatives continually influence the way people choose their food, the college's culinary curriculum remains quick to embrace trends while maintaining the proven basics in culinary training that are central to developing real-world employability and building a foundation for successful careers.

### student-centered

In 2010, Saint Paul College was ranked the No. 1 community college in the nation by *Washington Monthly*. Rankings were compiled by measuring student engagement in active collaboration and learning, student-faculty interaction and support for learning. For more than 100 years, Saint Paul College has been helping students prepare for highly-demanding careers. Since 1942, instructors in the

culinary-arts program have been preparing students for employment in the hospitality industry, making it the oldest culinary program in the state of Minnesota. Students have a number of choices for their culinary education, including a diploma and associate degree in culinary arts, as well as certificates in baking and decorating and grill short-order.

Accredited by the American Culinary Federation Education Foundation (ACFEF), the culinary-arts program is noted as an "exemplary program," symbolizing the highest educational standards recognized by the ACFEF Accrediting Commission. Graduates of the associate programs may use articulation agreements with numerous four-year institutions to continue their education by pursuing bachelor's degrees in hotel restaurant management and Culinology®.

### evolving focus

Prompted by public and industry interest, as well as faculty passion, courses in organics and sustainability, artisan

To learn more about Saint Paul College, visit [www.saintpaul.edu](http://www.saintpaul.edu)

LEARN MORE

bread and specialty doughs, charcuterie, functional holistic nutrition and cheesemaking have been developed. These classes provide an in-depth exploration of facets of cuisine that are not typically covered in conventional culinary programs. For students focused on a front-of-the-house career, there is a wine professional certificate program, which covers viticulture, winemaking techniques, major wine regions and styles, sensory evaluation of wine, professional wine service, the business of wine and wine marketing.

“Throughout the week, we take on different roles in the kitchen and in the front-of-the house,” says student Dan Rosene. “I feel prepared for a number of jobs when I graduate. I’m glad I was exposed to such a variety of course material.”

## promoting versatility

In addition to their rigorous studies and practice of culinary fundamentals, students are required to participate in the development and implementation of on- and off-campus private dining functions. These events are highly individualized and run the gamut from traditional, sit-down dinners to multicourse affairs, as well as interactive learning/dining experiences. Students hone their communication skills in a collaborative spirit, while learning the subject matter needed to be a strong leader, important qualities for an effective chef and restaurateur.

Courses in hospitality management, such as food, beverage and labor cost control and foodservice supervision, prepare students for the tasks demanded of executives in the industry. Students focus

on cost control, menu analysis, menu pricing, inventory, hiring practices and personnel supervision.

“As the industry puts more pressure on managers to be profitable, we are stressing the importance of becoming effective business managers in addition to being well-rounded in the kitchen,” says Sean Jones, a chef-instructor at the school.

## employment success

Students learn from chefs with varied backgrounds. Each instructor has his/her own style, and specialties as varied as pastry, ice carving, cheesemaking and meat curing, and with backgrounds in high-volume, corporate, R&D, institutional and fine dining. The unique experiences each instructor offers allows students to explore numerous areas of possible employment.

Visit the Twin Cities and you’ll have your choice of great restaurants. And chances are, you’ll find a Saint Paul College culinary-arts program graduate working there.

“Saint Paul College gave me the confidence and basic skills to succeed,” says Doug Flicker, chef at Piccolo, Minneapolis, a 1988 graduate who was voted “Twin Cities’ Best Local Chef” in 2004 by *City Pages*. “You really get out of it what you put into it.”

Alumni have been representing the program proudly for generations, and Saint Paul College looks forward to producing future generations of foodservice professionals. ■

Nathan Sartain is a chef-instructor at Saint Paul College – A Community & Technical College in St. Paul, Minn.



**opposite:** Melissa Kuehn, far right, and Phylcia Carter, center, watch as Jamie Perez tempers chocolate.  
**top:** Seared pavé of halibut with anasazi bean succotash and grilled rapini with bell pepper rouille  
**bottom:** Culinary-arts student Courtney Chapman renders duck breast during class.

# 2012 ACF EVENTS SERIES CALENDAR



## CENTRAL

**DETROIT, MI**  
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MotorCity Casino  
& Hotel

## NORTHEAST

**NIAGARA FALLS, NY**  
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Sheraton At The Falls  
and The Niagara Falls  
Conference Center

## SOUTHEAST

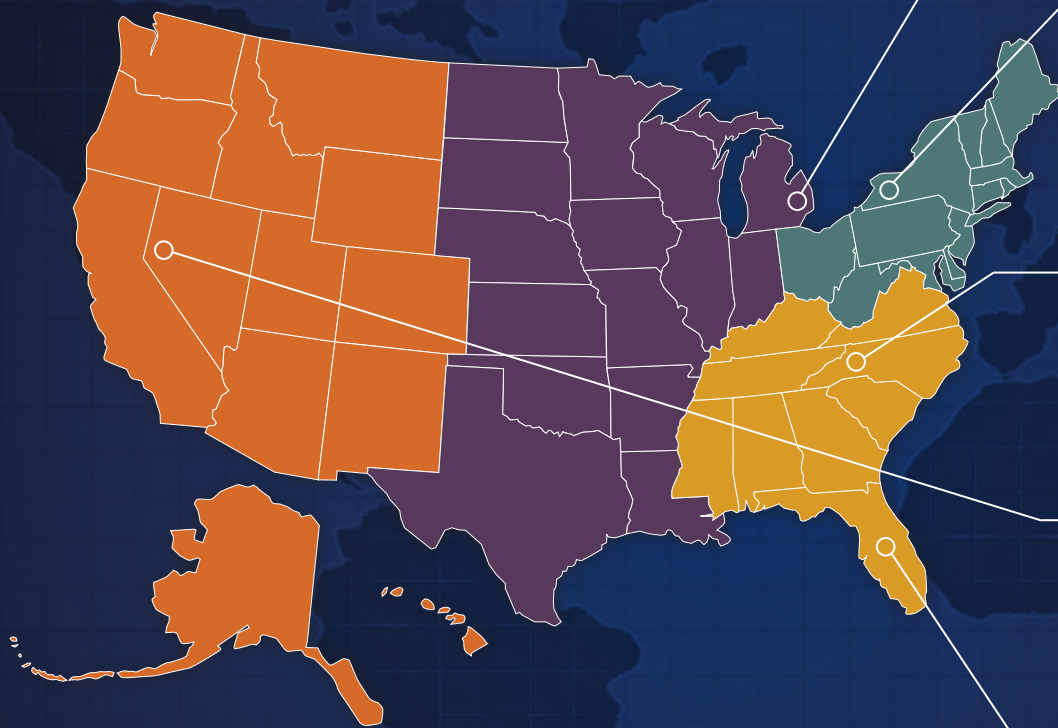
**WINSTON SALEM, NC**  
**February 19-22, 2012**  
Twin City Quarter—  
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## WESTERN

**RENO, NV**  
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\*If provided you may receive email notices of products and special offers from ACF sponsors and exhibitors.

**FULL REGISTRATION PACKAGE** includes access to 1-hour seminars and demos, general session, icebreaker reception, 3 breakfasts/brunches, Chef Professionalism Award Lunch and the awards gala. Does not include AAC dinner or chapter events.

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# the interview

## Juan Real Urbietta

By Ethel Hammer



### born

Oaxaca, Mexico

### resides

Milwaukee

### learned the trade

Day busboy/prep cook, Zipangu, Los Angeles, 1993; night grill cook, Rosie's BBQ and Grillery, Los Angeles, 1993; day pizza maker, Pizzeria Colóre, Denver, 1994; night dishwasher, Red Lobster, Denver, 1994; saucier, Bella Ristorante, Denver, 1994-1995; line cook, Hat Dance, Chicago, and Brasserie JO, Chicago, 1996; prep cook, Charlie Trotter's, Chicago, 1996; cook, Cafe Spiaggia, Chicago, and Spiaggia, Chicago, 1997; trip to Italy, 1998; chef de partie, Ristorante San Domenico, Imola, Italy, 1998; sous chef, Nonna Bartolotta's, Milwaukee, and Mr. B's, Milwaukee, 1998-2001; executive chef, Ristorante Bartolotta, Wauwatosa, Wis., 2002-present; executive chef, Pizzeria Piccola, Wauwatosa, 2003-present; opened Nonna Bartolotta's, Mitchell International Airport, Milwaukee, 2010.

### awards/achievements

Cooked at the James Beard House, 2007 and 2009; Ristorante Bartolotta voted "Milwaukee's Best Italian Restaurant," OnMilwaukee.com, 2008, 2009 and 2010.

Juan Real Urbietta grew up in Oaxaca, Mexico, wanting to be a pilot. When he tried to enroll in the Air Force to get training, he was rejected because of a minor childhood surgery. Urbietta was despondent. "I couldn't move," he says. "I got up around noon. I laid around in the fetal position. It was a big blow for me."

Four years later, after grueling work in Los Angeles, Denver and Chicago, often with two jobs at a time, he was working for Charlie Trotter as a prep cook, awaiting his dream job with Paul Bartolotta. But whoever thought that 10 years after he started his career busing tables, making pizzas, washing dishes and doing prep work, this tough, driven kid from Mexico would be executive chef at Bartolotta's flagship restaurant, Ristorante Bartolotta, in Wauwatosa, Wis., only part of his extensive corporate responsibilities.

Talk about dedication and the power of hard work.

"I don't know what Paul Bartolotta saw in me. You'd have to ask him," says Urbietta, who was noticed by his "hero" as he worked his way

through every station at Chicago's Cafe Spiaggia before advancing to the larger, more prestigious sister restaurant Spiaggia, where Bartolotta was executive chef.

"Then I found out Paul was going to send someone to Italy. Sure, I wanted to go, but I didn't think I had a chance," says Urbietta, noting that many of his kitchen colleagues had exalted credentials. "Some were from The Culinary Institute of America, and they were saying, 'I'm better. I should go.' 'No, I'm better. I should go.'" Meanwhile, Urbietta kept his head down. "I just worked hard and was always on time. I like to say I just kept my mouth shut while everyone else was shooting off theirs. I can't say that I did anything special."

But the seemingly impossible happened. He was picked. And that trip to Italy in 1998 changed his life. Bartolotta and Urbietta flew to Milan then traveled through the Northern Italian regions of Lombardy, Piedmont, Veneto and Emilia-Romagna. After that, Urbietta went to work at Michelin two-starred Ristorante San Domenico in Imola, Italy, under Bartolotta's mentor, Valentino Marcattili.

"My sacrifice was to work for free," says Urbietta, who considers toiling without pay in Emilia-Romagna, one of Italy's most exalted culinary regions, his school tuition.

For a whole year, Urbietta worked the meat station in a restaurant known for its truffles, a food that would, in fact, later inspire his own white truffle menu at the James Beard House. While in Imola, he lived above the restaurant, and fortunately, most everyone spoke English, including his chef. On weekends he would carouse with friends, enjoying *capricciosa* pizzas decked with prosciutto, artichokes, mozzarella, tomato sauce and mushrooms. "Everything had a thick crust. Thin crust is an American invention," Urbietta says.

And you could say that this ambitious Mexican chef, now a pro at Italian cooking, is an American invention, as well, a strong individual who has succeeded thanks to his own determination and thick skin. "If you want to be something and can't afford it, don't give up," he says. "Try something else." He did.

And today, Urbietta stands by his motto: "Make it nice or make it twice."



**above:** Juan Real Urbietta honed his culinary skills in the kitchens of Charlie Trotter, Paul Bartolotta and Valentino Marcattili.

**bottom left:** Two of Ristorante Bartolotta's signature pizzas, the margherita and the piccola.

**bottom right:** Chilled cucumber and fennel soup with a roasted sea scallop



“Being an immigrant, I didn’t have loving parents in America to help me. I didn’t have credit to get a loan to go to school. The only way for me was to work my way up from dishwasher to chef.” —Juan Real Urbietta

**above:** Juan Real Urbietta, left, with Paul Bartolotta, center, and other chefs in the company gather for a white truffle dinner at Bacchus, Milwaukee, December 2010.

**oaxaca is such a magical place. what was it like growing up there?**

**ju:** The state is mountainous, much like Utah or Colorado, but the city of Oaxaca is in a valley. If you go north, south, east or west, you hit mountains with cloud forests below you. In the mountains, there are lots of indigenous people. But we in the city of Oaxaca are what you call “Mestizos,” a blend of the original Native American Indians, if you will, and the Spaniards. Urbietta is a Spanish Basque name.

**so why did you decide to learn to cook Italian cuisine?**

**ju:** I said to myself, “I don’t want to do Mexican food.” I know Mexican food, but I felt a real connection with Italian food because it’s all about the ingredients. Both Italian and Mexican cooking are regional. Each Mexican

state, just like each Italian region, is so different. And both cuisines are seasonal. In Mexico, we only eat tomatoes in season. If it’s not in season, you don’t eat it.

**why were you fixated on working for Paul Bartolotta?**

**ju:** I said to myself, “I have to work for Paul Bartolotta, because he’s the best.” I think I applied six or seven times. Finally, I was running out of money, so I took some other jobs. But I kept going back to Spiaggia. The guy who saw me kept making faces. Finally, they let me talk with one of the sous chefs, who asked me why I wanted to work there. I said, “I’m in love with Italian food.” The guy looked at me and said, “But this is a very high-energy place. There’s lots of pressure. Are you sure you’re ready?” And I just shot back, “I’m sure I’m ready.” So he said, “If you love it so much, do you know how to make osso buco?”

“Oh, yeah,” I said, and I told him how it’s made. And he said, “Okay, I’ll give you a job.”

**was it just as easy getting a job at Charlie Trotter’s?**

**ju:** I arrived at his restaurant during the day when it was closed for business. I went to the front door and rang the bell. Charlie Trotter himself opened the door. I looked at him and said, “Hi, chef. I’m looking for a job. I just moved here from Denver, and I want to be part of your team.”

Charlie looked at me and said, “You know, son, this is the big league.” I remember not blinking. I looked up at him, straight in the eye, and said,

"I know. That's why I'm here." And he said. "OK. Great. Come on in. Can you start now?"

I was led to the kitchen and given a chef coat and apron. For my first day and a half I peeled baby carrots. I had to do them perfectly, very delicately, with just the right pressure. I was excited because I knew they were showing me how to do this the right way. I cleaned quail and squab for days at a time, mostly doing prep. I helped with pastry, too.

I have nothing but good memories of the guy [Charlie Trotter]. He always treated me with respect. I think he saw something in my eyes. I have worked in a lot of restaurants where the chefs aren't in the kitchen. He was in the kitchen all day, every night. He was tasting and pushing us hard, but he never yelled at me. As long as you try to do everything perfectly, he won't be on your back.

### **you seem like a strong person.**

**ju:** I was only 20 years old. I don't know if Charlie was trying to intimidate me, but I wasn't intimidated. I'm a driven person. After all, I wanted to be a pilot from elementary school through high school. Once I realized that I couldn't, I was depressed for a couple of weeks. But my dad encouraged me to research other careers. Finally, I realized that I always enjoyed cooking at home with my mother and grandmother. So I moved to Los Angeles right after I graduated high school. The day I left Oaxaca, I knew what I wanted to do. And I even loved it before I started.

### **was LA a shock?**

**ju:** No. When I graduated from middle school with high grades, my father said, "What would you like as a gift?" I told him I wanted to travel to see the U.S. I was 14. When I moved to LA at 17, my brother worked as a busboy in a popular restaurant.

Being an immigrant, I didn't have loving parents in America to help me. I didn't have credit to get a loan to go to school. The only way for me was to work my way up from dishwasher to chef.

The more adversity I face, the stronger I get. I have been in the U.S. since 1993, and I have never missed a day of work. I had bronchitis once in Chicago, and still I didn't miss work. I called work from the doctor's office and told them, "I'll be an hour late." The doctor said, "You're crazy." But I was working at Spiaggia.

### **how did you get like that?**

**ju:** My people are tough, driven and disciplined. Instead of going in a corner and crying when I hit a barrier, I feel excited. I'm young. My possibilities are endless. When I worked at the barbecue restaurant in LA, some of the other guys were from Oaxaca. They didn't know me and weren't supportive of "newbies." They joked that they were great cooks and that I'd be a dishwasher forever, never a chef. I laughed and said, "That's fine." Those are the kind of things that made me stronger. ■

**Ethel Hammer is a writer, lecturer and cartoonist based in Chicago.**



### **on the menu**

Here's a look at the Italian specialties served at Ristorante Bartolotta in Wauwatosa, Wis.:

#### **Northern Italy:**

- **From Emilia-Romagna:** Shaved prosciutto and salumi with gnocco fritto, a fried-dough bread
- **From Imola:** Ouvo Raviolo, a big raviolo with a soft-yoked egg inside, truffles and butter (a dish that was served at Ristorante San Domenico)
- **From Lombardi:** Buckwheat pasta with sage and walnuts
- **From Umbria:** Black truffle sauce over hand-cut beef
- **From Tuscany:** Oven-roasted chicken with garlic and rosemary
- **From Vento:** Beef carpaccio

#### **Southern Italy:**

- **From Campagna:** Rigatoni tossed with eggplant, San Marzano tomatoes, mozzarella *fior di latte* and fresh basil
- **From Sicily:** Grilled bone-in pork chop *braciola* with sauteed mushrooms, roasted potatoes and Marsala
- **From Sardinia:** Handmade spaghetti with sauteed spiny lobster in a spicy tomato/wine sauce

**above left:** Spicy pork ragu and pecorino

**above right:** An assortment of house-made breads with wild berry jam.



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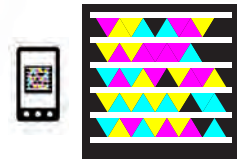
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<sup>1</sup>Mintel's – Healthy Dining Trends – U.S., May 2010

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