AMERICAN CULINARY FEDERATION PRESS RELEASE

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ST. AUGUSTINE, Fla., November 5, 2008—Don’t let the dread of preparing an elaborate meal for family and friends overshadow the joy of holiday cooking. The American Culinary Federation’s (ACF) National President John Kinsella, CMC, CCE, WGMC, AAC, will help your readers and viewers eliminate the stress of holiday cooking with his carving advice—from turkeys to hams to roasts, he will help shave away your worries.

A taste of Kinsella’s carving tips:

- Carving sets are available in many sizes with blades from 5½ to 9 inches long, shop around and make sure you consider the quality of steel before purchasing a set.
- Never use a dull knife.
- The first rule of carving is to “cut across the grain.”
- If standing up to carve is easier for you, then stand up.
- The bones get in your way if you do not know where to expect them; a little investigation tells you just where they are.
- If you cut with the grain, long meat fibers give a stringy texture to the slices.
- A little practice will develop expert handling of the knife. Avoid changing the angle of the blade while making a slice. Neat, uniform slices look better and go further.
- Plan the servings before carving so that the choicest portions will be divided equally among your guests.

“Most of us still face our carving duties with uncertainty around this season, but it doesn’t have to be that way,” said Kinsella. “With the right tools and with a few easy-to-remember tips, anyone can carve their holiday meat of choice with ease and confidence.”

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Kinsella is senior supervising chef at Midwest Culinary Institute, Cincinnati, a certified master chef and specializes in butchering and charcuterie. He is a distinguished leader, published author and an internationally recognized culinary figure, educator and businessman. He is one of only 61 ACF-certified master chefs in the country, a master chef of the London Institute of City and Guilds, as well as an ACF certified culinary educator and a member of the American Academy of Chefs. Kinsella is also a graduate apprentice from the Grosvenor House, London, where he worked under French master chef Rene Le Bec, one of Auguste Escoffier’s apprentices.

ACF invites you to learn more carving tips from Chef Kinsella. He is available for TV demonstrations, and radio and print interviews.

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 21,500 members spanning 230 chapters nationwide, ACF is the culinary leader in offering educational resources, training, apprenticeship and accreditation. In addition, ACF operates the most comprehensive certification program for chefs in the United States. ACF is home to ACF Culinary Team USA, the official representative for the United States in major international culinary competitions. For more information, visit www.acfchefs.org.

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TO ARRANGE AN INTERVIEW WITH CHEF KINSELLA, CONTACT LEAH SPELLMAN AT LSPELLMAN@ACFCHEFS.NET OR CALL (800) 624-9458, EXT. 113.