explore a classical and modern Wisconsin-style fish fry

dig root vegetables

sustainability leads some chefs to buy the farm

TODD GINSBERG PAYS TRIBUTE TO THE JEWISH DELICATESSEN

Fall 2016
features

18 Buy the Farm
Sustainability includes helping farmers. Learn how four restaurants are fully involved with their farmers and the impact it makes.

24 Get to the Root of the Vegetable
Root vegetables often are sturdy, nutritious, flavorful and in season at this time of year. Find out what to do with them.

30 Chefs Think Inside the Box
Discover emerging home meal delivery chef opportunities—where the company delivers meals ready to heat and serve, or simply the ingredients with recipes.

departments

4 President’s Message
ACF president Thomas Macrina, CEC, CCA, AAC, encourages students to stay sharp and focused.

6 Amuse-Bouche
Student news, opportunities and more.

10 Slice of Life
Freddy Patrick walks us through a memorable day in his apprenticeship in the employee cafeteria at Hyundai Motor Manufacturing Alabama LLC, Montgomery.

12 Classical V. Modern
Pierre Checchi, Tony Rogowski and Millet Hernandez of Kendall College, Chicago, demonstrate two ways of making a Wisconsin-style fish fry meal.

36 By Degrees
Learn how to make the perfect poêlé from Eric Pellizzari.

38 American Regional Flavors
Explore the influences of Southwestern cuisine and how chefs are creating interesting dishes using ingredients common to that region.

42 The Interview
Todd Ginsberg appreciates the classic New York delicatessen, to which he pays tribute at The General Muir, Atlanta, one of four restaurants of which he is executive chef/partner.

46 The Quiz
Read this issue? Now test your knowledge.

47 Industry Profile
Julie Dupont owns an ice-sculpting business and teaches. Learn about her fascinating life.

Cover: Todd Ginsberg, executive chef/partner of four Atlanta restaurants. Photo by Andrew Thomas Lee Courtesy of The General Muir
Another Vitamix Aha: triumphant textures.

It’s the blender trusted by more professional chefs for a reason—it can unlock the hidden flavors of almost any ingredient and inspire you to creativity like never before. For taste, texture and consistency, chefs prefer the unparalleled performance of Vitamix. Engineered to change your life. Let us help your business at vitamix.com/commercial.
Stay Sharp and Focused
By Tom Macrina, CEC, CCA, AAC

Dear Students,

The start of the school year is a time to refocus and realign your goals. Seize the opportunity to learn from your instructors, engage with and encourage your classmates and surround yourself with people whose work ethic you respect. No matter what track you choose to follow—whether it’s pastry or savory chef, fine-dining or fast-casual chef, nutritionist or educator—our industry is broad and growing fast. Being an ACF-certified chef tells employers that you are a knowledgeable professional who is committed to the craft.

Congratulations to the student competitors at Cook. Craft. Create. in Phoenix. It makes me proud to see our next generation so avidly involved in this great organization. This year’s student champions prove that top culinary talent is coming out of America’s culinary schools. Their poise, professionalism and teamwork will take them far in their careers, and I encourage all young chefs to compete. Indeed, competing helped me handle the challenges as a young chef and gave me confidence in my skills to be a team leader and a team player.

Further, I want to recognize ACF Culinary Team USA for dedicating time away from work and their families to compete at the Internationale Kochkunst Ausstellung in Erfurt, Germany. Although America is young, in terms of culinary history, our melting-pot culture has contributed to the rapid success of the U.S. culinary scene. Please wish the team good luck using the hashtag #ACF4Gold on Twitter, Facebook and Instagram.

Finally, I encourage all young chefs to join ACF Young Chefs Club, which provides news and opportunities for 18- to 27-year-old chefs. Encourage your classmates and co-workers who are not members to join ACF. They will make lifelong connections to help them grow their career and foster their talent.

I wish you all tremendous success this semester. Stay cooking, students.

Yours Truly,

Tom Macrina, CEC, CCA, AAC
National President
American Culinary Federation
Product Specialist Manager/Food Fanatics™ Chef
US Foods, Inc., Philadelphia

Find us at:
@acfchefs
ACF Chefs
WeAreChefs.com
Here’s to you for loving what you do.

Nationwide salutes your commitment and passion for being an ACF member.

At Nationwide, we’re passionate about making a difference, too. It’s just one way we prove that we’re more than a business. Another way is helping our members save money on their car insurance.

Learn more about our partnership and special discounts.

nationwide.com/ACF | Local Agent | 1-866-688-9144
Winning Young Chefs
This year’s Cook. Craft. Create. ACF National Convention & Show in Phoenix, July 15-19, featured sizzling talent and impressive teamwork among the student culinarians. Students competed for Student Chef of the Year, Student Team Championship and the Baron H. Galand Culinary Knowledge Bowl. These competitors, representing the best in the nation, exhibited poise in their execution, professionalism in their plating and superior culinary competence. This year’s award winners are as follows:

ACF Student Chef of the Year, sponsored by Custom Culinary®
Michelle Stephenson (pictured top left), kitchen manager at Station 22 Café, Provo, Utah, and graduate of Utah Valley University, Orem, brought home the gold medal, $1,000 and the title of 2016 Student Chef of the Year. The competition required participants to execute four portions of a menu that utilized arctic char in 1 hour and 10 minutes.

Stephenson’s winning menu (pictured bottom left) was pan-seared arctic char fillet on a char mouseline-stuffed crepe, with a bacon/kale mixture and a char roe beurre blanc; a crispy char/shrimp cake topped with smoked char belly and pea/celery root puree; and a vegetable medley.

Asked about her career goals, Stephenson, who is a member of ACF Beehive Chefs Chapter Inc., said that she eventually wants to break into catering.

The Student Chef of the Year Award was established in 1987 to recognize a student who possesses a high degree of professionalism, skill and passion for the culinary arts. Since then, the award has grown from a national winner chosen by voting to an award that includes a regional semifinalist competition and a national cook-off.

ACF Student Team National Championship, sponsored by Vitamix
The 2016 national winner of the student team competition is the Oregon Coast Culinary Institute, Coos Bay.
Representing the ACF Bay Area Chefs Association of Oregon (below left pictured left to right), team members Randy Torres, CEC, AAC, coach; Wyatt Kosalka, Alana Askew, Jasmine Howard, Tesia Campbell (captain), Annie Sargent, Kirsten Burt, Nathan Haritash and Del Clark. The team competed against three regional teams and one military team to create a four-course signature menu for the gold medal.

The winning menu featured curry/crab-crusted halibut with creamy seafood fritter, bacon/mushroom ragout, pea pudding and shellfish sauce; young greens with lemon grass vinaigrette, pickled radishes, compressed cantaloupe, marinated cucumber, cilantro pesto, kaffir ricotta and pink peppercorn/grapefruit sorbet; roasted game hen roulade, herb crepe filled with thigh meat and potato, creamed corn, grilled asparagus and tomatoes, foie gras toast, peach jam and tangy reduction of natural juices; and dark chocolate cremeaux with rich butter cake, crispy pistachio ice cream, warm chocolate beignet and strawberry selection.

The Student Team National Championship, established in 1992, is designed to raise the standards of culinary excellence and professionalism and promote camaraderie and educational opportunities among students.

Baron H. Galand Culinary Knowledge Bowl, sponsored by American Technical Publishers and Vitamix

The team from Utah Valley University Culinary Arts Institute, Orem, won the 2016 Baron H. Galand Culinary Knowledge Bowl. The members of the ACF Beehive Chapter Inc. competed against three other ACF regional teams in a Jeopardy-style competition. In 10 seconds or less, teams answered questions ranging from culinary nutrition, baking and culinary math to Escoffier.

Team members (below right pictured left to right) Meghan Roddy, CEPC, assistant coach; Alissa Clarkson, Colleen Webb (captain), Julia Green, Emily Williams and John Thomas, CEC, CCE, head coach.

The competition is named in honor of past ACF national president Baron H. Galand, CEC, AAC, HOF, who championed junior members and encouraged them to get involved in their profession outside the kitchen.

ACF Young Chefs Club

Be inspired and get engaged with other culinary and pastry professionals. ACF Young Chefs Club is exploring new and exciting opportunities to benefit young chefs at the regional conferences and national convention, including web-based culinary demos and virtual events in collaboration with other Worldchefs Young Chefs Clubs from around the world.
globe. Email youngchefs@acfchefs.net to get involved as a member, mentor or to sponsor club activities in your chapter.

Support ACF Culinary Youth Team USA
ACF Culinary Youth Team USA travels to Erfurt, Germany, for the Internationale Kochkunst Ausstellung (IKA), Oct. 22-25, held once every four years. It is one of 20 teams competing in the hot-food and edible buffet categories. ACF Culinary Youth Team USA members are:

- Jesus Olmedo, captain, line cook, Somerset Club, Boston, a member of ACF Epicurean Club of Boston
- Megan Bamford, pastry cook, Farmington Country Club, Charlottesville, Virginia, a member of Old Dominion ACF Chapter
- Anica Hosticka, apprentice, ACF South Bend Chefs and Cooks Apprenticeship Program, University of Notre Dame, Notre Dame, Indiana, a member of ACF South Bend Chefs and Cooks Association
- Tracy Morris, pastry cook, Chevy Chase Club, Chevy Chase, Maryland, a member of ACF Rhode Island Chapter
- Marco Olivares, executive sous chef, El Paso Country Club, El Paso, Texas, a member of Texas Chefs Association
- Lydia Ross, CSC, demi chef, Chevy Chase Club, Chevy Chase, Maryland, a member of ACF North Carolina Chapter.

Read This
The Gefilte Manifesto: New Recipes for Old World Jewish Foods (Flatiron Books, 2016), by Liz Alpern and Jeffrey Yoskowitz, features more than 100 recipes of home-cooked Jewish Ashkenazi cuisine and Jewish storefront specialties. The book highlights such Ashkenazi staples as bread, soups and dumplings, along with the history of each dish. Additionally, it delves into pickles and food fermentation with a recipe for Ashkenazi Kimchi.

Root to Leaf: A Southern Chef Cooks Through the Seasons (Harper Wave, 2015), by Steven Satterfield, emphasizes the animal nose-to-tail concept and uses for whole vegetables, scraps and all. In 175 recipes, Satterfield discusses the best pairings for both delicate and hearty vegetables alongside a variety of meat and fish. The book includes selection and preparation tips.

Try This
Aquafaba
The next time you open a can of chickpeas, don’t dump that murky liquid down the drain. The viscous liquid is called aquafaba and can be repurposed as a vegan substitute to make airy meringues (as in the meringue cookies pictured opposite left), mayonnaise, butter and even cheese. Aquafaba is the byproduct of soaking legumes in water for an extended period of time, and when whipped in a stand mixer, it closely resembles the stiff white peaks of egg whites or the frothy topping on a pisco sour.

Kombucha
Kombucha (pictured opposite right) is a lightly effervescent and tart tea drink fermented with scoby bacteria, which means “symbiotic culture of bacteria and yeast.” A scoby is similar to a “mother” that is used to make vinegar. Once the drink of health foodies in the 1960s, kombucha has returned to popularity.
among the do-it-yourself fermentation crowd. You can buy kombucha in most health-food and high-end grocery stores, or you can try brewing your own scoby.

**Watch This**
*A Taste of History with Chef Walter Staib, PBS and RLTV, Season Seven*

2016 Cook. Craft. Create keynote speaker Walter Staib, president/owner-proprietor of City Tavern Restaurant, Philadelphia, takes you through history in his TV series that explores America’s culinary beginnings. From George Washington’s tent, Staib recreates such historic dishes as rustic pot-au-feu and whiskey cake, and explores the origin of featured recipes and ingredients of sophisticated 18th century cuisine.

**Upcoming ACF Events**

Students receive a discount on ACF events, where you can earn continuing education hours, cheer on student competitors, network at the career fair and meet professional chefs who want to help you succeed.

**ChefConnect: Chicago, Feb. 5-7**
*Early registration deadline: Dec. 25*

Get your friends and colleagues together to enjoy three inspiring days in the Windy City for educational and networking opportunities that explore new ideas and flavors, enhance your skills and introduce you to the best chefs in the industry.

**ChefConnect: New York, Feb. 26-28**
*Early registration deadline: Jan. 15*

Be at the center of all things food, fashion and business at the New York Hilton Midtown where you’ll learn from culinary trailblazers and renowned chefs, gain hands-on experience in workshops and demos and discover new inspiration to ignite your career.

*Early registration deadline: May 14*

Join hundreds of chefs for four days of culinary competitions, cooking demos, a trade show, career fair and educational workshops. Stay in a world-class resort, visit theme parks for all ages and visit enticing and diverse dining destinations.
Slice of Life: Freddy Patrick

Freddy Patrick

Age
19

Education
Graduated from Stanhope Elmore High School, Millbrook, Alabama, in 2015. I recently completed my first semester in the culinary arts/hospitality management program at Trenholm State Community College, Montgomery, Alabama. My goal is to graduate with an associate in applied technology degree in culinary arts. I am enrolled in the 2½ year apprenticeship program.

Why I Chose the Apprenticeship Program
Growing up, whenever anyone asked me what I wanted to do, I always said I wanted to be a chef and own my own restaurant. With the apprenticeship program, I thought I would take advantage of the classroom and hands-on work opportunity while I can.

Work
For my apprenticeship, I work in the employee cafeteria at Hyundai Motor Manufacturing Alabama LLC, Montgomery. It is Hyundai’s first assembly and manufacturing plant in the U.S. and employs about 3,000 team members. It operates two cafeterias, and I work in the main cafeteria where there are six food stations: salad, grill, fry, main course, pizza and dessert.

Most Interesting Lesson
When planning a menu, it’s best to choose items that sell quickly so that the product doesn’t sit on the line and go bad.

Career Plans
I know I want to be a chef and own my own restaurant. I’d like to research different geographic areas to determine where I’d like to be, then see what their food is and decide if I can adapt to it.
6:00 a.m.
I roll over to hit the alarm clock and wonder what today will bring. I notice the quote on the wall, “I can do all things through Christ that strengthens me,” Philippians 4:13.

6:45 a.m.
After a shower and breakfast, I’m packing my bag for class and work, and it starts going downhill from there. I can’t find my book for class or my chef coat for work. Once I finally get it all together, I just have an hour to get to school, and I know traffic will be heavy.

8:00 a.m.
I make it to school—just in time for a pop quiz. Great. While taking the test I tell myself that the rest of the day is going to be great. No more mistakes.

2:30 p.m.
I’m right on time to my apprenticeship job at Kirro, the foodservice operation in the Hyundai manufacturing plant, where I have many positions, including dishwasher, cook and server. For my shift prep, I set out dinner plates, cups and trays.

3:30 p.m.
Craziness begins. My manager looks around the kitchen, points to me and says, “I need you on grill, the two grill men called in sick.” I’m already an hour behind schedule, and Hyundai crew members’ first break is at 4:30—only an hour from now. Catch up? That’s not going to happen.

3:45 p.m.
I’m at it grilling my hot dogs and hamburgers. My mind is racing as I rush around making sure I have everything. I drop my tenders and fries into the grease, and everything seems to be under control.

4:25 p.m.
My manager walks over, looks around and asks, “Where are your corn dogs?” I’m a blank. “I forgot!” For some reason he laughs. “I put them in the oven earlier,” he says. “They should be done by now.” I run to the kitchen to grab the corn dogs so I can wrap them to put on the line.

4:30 p.m.
Chaos ensues. Crew members start arriving for their break as I’m wrapping the corn dogs. The fries quickly run out. I run over to drop more fries in the fryer and realize that their break is almost over already.

4:45 p.m.
Meal prep time. I start on my grill special, which is a country fried chicken sandwich. With breading involved, it can get messy. Mid-breading, my manager informs me they are coming earlier than usual for lunch. “So speed it up!” he shouts.

6:00 p.m.
The early birds start coming, so I start dropping more chicken tenders and fries in the grease to keep up with the flow. Soon, I’m low on chicken tenders. There are none in the cooler beside the grill station, so I rush to the freezer as I see a crowd of hungry onlookers. Whew!

6:45 p.m.
It’s over! I can take a break. My manager comes over. “Thank you for running the grill today, the grill men will be back tomorrow,” he says. Thank God!
The classic American fish fry dates back to the iconic lazy Sunday afternoon fish fries or “shore lunches” that were popular in American Roman Catholic communities during the Lenten season. Because of Wisconsin’s large German Catholic population, the fish fry tradition is especially strong in that state, where fishing is a popular recreation.

Having grown up in Wisconsin, this culinary custom was uppermost in Tony Rogowski’s mind as he helped plan appropriate dishes to recast with a modern spin for the fourth International Laureate Culinary Cup competition. Last May, he and teammate Millet Hernandez competed against students from Laureate International Universities from eight other countries. Rogowski and Hernandez, both culinary arts students at Kendall College, Chicago, won the two-day competition in Panama in which participants were required to prepare four plates to reflect the foods of their country.

Rogowski, Hernandez and lead culinary coach Pierre Checchi, also of Kendall College, collaborated on the menu that included Wisconsin-style Fish Fry featuring such twists as fennel and pickled shallot salad in place of cole slaw, lemon confit instead of lemon wedges and fried plantains in lieu of chips.

The end result looked and tasted great and was well thought of, says Checchi. Evidence of that was the first-place Laureate Cup and the gold medal with distinction for the highest overall kitchen score. Theirs was the only team to receive honors.

The students’ knowledge of their roots helped Checchi oversee the development of the award-winning menu. “I was a conduit to take their creativity and ideas and make sure they were done in a feasible, constructive and competitive way,” he says. For example, he pulled from Rogowski’s Wisconsin fish-fry tradition. While Hernandez is originally from the Philippines, she expressed a love for Southern food, and Cajun food in particular. Thus, the fried plantains in the modern recipe are seasoned with a Cajun spice mix.

Preparing for the competition was its own crash course in organization and time management, Rogowski says. “One second could be the difference between winning and losing.” He and Hernandez also had to imagine anything and everything that could go wrong and think through a solution.
classical

WISCONSIN-STYLE FISH FRY
1. Coated with beer batter, whitefish or Lake Perch are common fish types in Wisconsin. 2. The cole slaw is a combination of cabbage, mayonnaise, sour cream, sugar, cider vinegar, garlic, carrot, salt and pepper. 3. Sliced russet potatoes for the fries are blanched before added to the deep fryer. 4. The tartar sauce includes a little Tobasco sauce for a slight kick.

modern

CRISPY FISH GOJONETTES WITH SIDES
1. Rice flour gives the battered fish goujonettes a “distinctly glassy friability.” 2. Plantain chips seasoned with a Cajun spice mix replace the traditional potato fries. 3. The idea for the ashen malt emulsion sauce was based on Ash Wednesday. 4. The thinly shaved fennel and shallot slaw adds a crisp contrast.
A Wisconsin fish fry might not seem the classical fare of which French-born Pierre Checchi is accustomed, but having taught French and American cuisine for the past 20 years, he considers himself global.

Checchi has worked in the culinary industry for more than 30 years, having studied and trained under the rigorous and classic French tradition of apprenticeship. He graduated from Ecole Sainte-Anne in Saint-Nazaire, France, and soon worked in two-star Michelin restaurant, Relais-Chateau under the renowned Michel Gaudin. After his military service as a mess chef in the French Air Force, he embarked for the U.S. where he worked a long foodservice career with The Ritz-Carlton, Chicago, a Four Seasons hotel; The Signature Room at the 95th, Chicago; and for Aramark in chef positions for varied dining accounts.

He began his teaching career in 1993 at New England Culinary Institute, Montpelier, Vermont. Now, as a culinary instructor at Kendall College, he teaches such courses as advanced garnishing techniques and sausage making.

Developing the classical Wisconsin-style Fish Fry recipe was not difficult for Checchi, who says he has always loved fish and chips and has respect for the simple tradition of deep frying lake fish dipped in a beer batter and served in a basket with the chips, lemon wedges and a side of cole slaw.

One might wonder why you would take a classic dish like that and try to serve it in a modern way. “It’s good the way it is. However, respecting the classic version of any dish is the first step in modernizing it,” he says.

He advises students not to fear changing up classics, afraid to make a mistake.

“Respect the classic in order to do the modern thing,” he says. “Then conceptualize it to be interesting, but also good. Make food done with your heart, with love, not just following a trend or a picture. Go deeper. Don’t be afraid. You’ll make mistakes. Adjust.”

As he worked together with students Tony Rogowski and Millet Hernandez with the classic underpinnings in mind, Checchi says the experience was a case of the teacher inspiring students and students helping to inspire the teacher.

Wisconsin-style Fish Fry Yield: 3 servings

**Beer batter**

**Ingredients:**
- ½ cup all-purpose flour
- ½ cup rice flour
- 2 t. paprika
- 1 t. garlic powder
- 1 t. onion powder
- 1 egg

Salt and pepper to taste

6-8 oz. beer, adjusted for consistency

3 qts. frying oil (use for frying French fries as well)

**Fish**

**Ingredients:**
- 1 lb. Lake Perch or whitefish (about 6 fillets)
- ½ cup seasoned flour for dredging
- 1 lemon, cut into wedges

**Method:**
1. Mix together beer batter flours, paprika, garlic powder, onion powder, egg, salt and pepper. Add beer until smooth; do not overmix.
2. Heat frying oil to approximately 350°F.
3. Dredge one fillet at a time into seasoned flour mixture, then into beer batter.
4. With a pair of tongs, slowly immerse fish into oil without splashing. Cook to golden brown. Flip fillets; repeat. Remove from oil to wire rack or drain on paper towels.

**Cole Slaw**

**Ingredients:**
- 18 oz. shredded green cabbage
- 6 oz. mayonnaise
- 3 oz. sour cream
- ¼ oz. sugar
- 1 oz. cider vinegar
- 1 garlic clove, minced
- 4 oz. shredded carrot
- Salt and pepper to taste

**Tartar sauce**

**Ingredients:**
- 8 oz. mayonnaise
- 1 oz. chopped capers
- ½ oz. pickle relish
- 1 t. chopped onion
- 2 t. lemon juice

Worcestershire sauce to taste
Tabasco sauce to taste

**Method:**
1. Mix together cabbage, mayonnaise, sour cream, sugar, cider vinegar, garlic, carrot, salt and pepper until well incorporated. Refrigerate.

**French Fries**

**Ingredients:**
- 6 russet potatoes
- 3 qt. frying oil (use for frying fish as well)
- Salt and pepper to taste

**Method:**
1. Cut potatoes ½-inch square lengthwise.
2. Blanch in 325°F oil until tender. Drain; reserve
### Crispy Fish Goujonettes

**With Sides**

**Yield:** 3 servings

**Fish**

**Ingredients:**
- 16 oz. skinless, cleaned fish fillets (Lake Perch or whitefish)

**Beer batter**

**Ingredients:**
- 3 oz. rice flour
- 3½ oz. all-purpose flour
- 3 oz. modified corn starch

**Salt to taste**

**Method:**

2. Mix together beer batter flours, corn starch and salt. Add beer to desired consistency. Do not overmix. Keep cool until ready to use.
3. Heat frying oil to 350°F.
4. Dip each strip in beer batter until well coated. Lower 2 to 3 strips at a time into hot oil keeping them separated. Cook to golden brown. Flip each strip once, repeat. Remove quickly to wire rack or paper towels.

**Lemon dressing**

**Ingredients:**
- 1 lemon, juiced
- 2 t. canola oil
- ½ t. Pernod liqueur
- 1 t. chopped fennel fronds

**Salt and pepper to taste**

**Method:**

1. Slice lemons thinly on a mandoline or mandolin. Place slices in iced water to keep crispy.
2. To assemble slow, drain sliced fennel. Add drained pickled shallots for color and texture.
3. Add chopped fennel fronds and lemon dressing to taste (recipe below). Adjust seasoning.

**Lemon Confit**

**Ingredients:**
- 2 lemons
- ½ oz. kosher salt
- ½ oz. sugar
- ½ cup water

**Method:**

1. Slice lemons thinly on a mandoline for best results. Remove seeds. Place in nonreactive container with salt and onion. Let cure overnight.
2. Rinse lemon slices. Place in small saucepan with sugar and water. Cook on low heat covered for about 15 minutes or until lemons are translucent with consistency of chutney. Cool, reserve.

**Cajun Spice Mix**

**Ingredients:**
- ⅛ t. oregano
- ⅛ t. black pepper
- ⅛ t. onion powder
- ⅛ t. cayenne pepper
- ¼ t. ground thyme
- ¼ t. garlic powder
- ¼ t. paprika

**Method:**

Blend together oregano, black pepper, onion powder, cayenne pepper, ground thyme, garlic powder and paprika. Keep in tight-lid container.

---

### Modern

Something was always cooking or baking in Tony Rogowski’s house as he grew up in Wisconsin. “When my friends came over, it was not always to see me but, rather, the food that came out to the table,” he says.

Throughout his 7 years in the military and while holding various non-culinary jobs, food was always on his mind. After staging in a few restaurants, he started his culinary education at Blackhawk Technical College in Janesville, Wisconsin, then transferred to Kendall College where he is working on his bachelor’s degree in culinary arts.

For the Laureate Culinary Cup competition, he turned to his roots, devising a modern spin on the Wisconsin-style Fish Fry, taking Millet Hernandez on the journey with him.

As a young girl growing up in her native Philippines, Hernandez always had an interest in the food of her culture. “When I came to America in 2008, I brought that love of food with me, learning about the great variety that American cuisine has to offer,” she says. “My experience in the Laureate Cup only served to crystalize everything I’ve learned so far, giving me new opportunities to explore the many facets of America’s food culture, including the Wisconsin Fish Fry.”

Thinking through the dish, Rogowski notes how the rice flour gives the battered fish goujonettes a “distinctly glassy friability.” The two chose plantain chips to replace the traditional potato fries, seasoned with a Cajun spice mix, “paying homage to northerly migration from our southern neighbors.”

The thinly shaved fennel and shallot slaw adds a crisp contrast to the richness of the fish and chips, while a lemon confit quenelle contributes tangy and slightly bitter notes.

The idea for the ash emulsion sauce was based on Ash Wednesday when ashes were crossed on the penitent foreheads, Rogowski says. The emulsion is a cross between mayonnaise and hollandaise.

Rogowski, who is actually allergic to fish, thinks the lemon confit is the most interesting component to the dish. “We put it on the plate in the last week of practice,” he says. “It has a nice sweet but acidic flavor. It uses the whole lemon, peel and all.”

---

### Fried Plantains

**Ingredients:**
- 2 semi-ripe plantains
- 3 qts. frying oil

**Cajun spice to taste (recipe below)
Salt to taste**

**Method:**

1. Cut ends off plantains, leaving skin on. (Skin will add to texture and final look of plate.) Slice lengthwise to ⅛-inch thickness on mandolin.
2. Heat oil to 325°F. Fry slices in oil until lightly colored, stirring in order to achieve curly appearance.
3. Remove slices from oil to wire rack or paper towels. Season with Cajun spice mix (recipe below). Add salt to taste.

---

### Sizzle FALL 16
A sustainability ethos leads chefs to extreme measures in support of farmers.

By Amelia Levin
Many chefs and restaurateurs say they support local farms, but others go above and beyond simply showcasing a few items on their menus. They buy out entire farms and crop lines, plan out shares, hire farmers and donate funds for equipment and other needs.

All this paves paths for these farmers to experience even more financial growth. Some chefs see this as the next level of sustainability, ensuring that small, responsible and in some cases, organic, farmers will be able to stick around and provide access to delicious food for years to come.

Here are four model operators pushing the boundaries when it comes to supporting farmers in life-changing ways.

**DIG INN**

Dig Inn, the Manhattan, New York-based fast-casual chain known for its meals that use organic and sustainably grown ingredients, is in the process of buying a farm to grow its own food in 2017, says founder and CEO Adam Eskin.

“The Dig Inn farm will be a living lab for growing food—a place to train farmers and chefs and model our definition of sustainability,” he says. “Budding chefs will have a tangible connection to the seasons—learning to cook the same sweet potatoes they harvest firsthand in our fields. And our onsite research-and-development team will work with fresh heirloom produce to create vegetable-forward dishes. Mostly we want to cultivate a community of families, schools, local organizations, farmers and chefs around a space that inspires, excites and transforms the future of food.”

The chain plans to grow vegetables for the restaurants, but the farm will mostly be used as a type of lab where staff can experiment with specialty herbs and heirloom seed varieties, Eskin says. The majority of the produce will continue to come from long-standing farm partners to make sure their relationships are still economically viable.

In addition to buying a farm, Dig Inn also helped R&R Produce, a family farm in Goshen, New York, buy a refrigerated truck and the owners to attend a two-day learning session on Good Agricultural Practices (GAP) certification, a voluntary audit that verifies fruits and vegetables are produced, packaged, handled and stored as safely as possible to minimize risks of microbial food-safety hazards.

Dig Inn also continues to support local farms by buying full volumes of produce. For example, if the chain...
“overbuys” kale, chefs create another dish using the excess or help resell the surplus on behalf of the farmers.

Historically, farmers have often been burned by buyers who find something cheaper and purchase outside of the contract, Eskin says. “Our company is made up of integral people who are committed to a higher purpose, which means we don’t cut corners, even when it can save us a quick buck. We design out menus around our farms, availability and current harvest rather than vice versa. This way our farmers have a secure volume and cash flow going into a new season, and we have a variety of rare and heirloom vegetables.”

MAGNOLIA’S AT THE MILL
For the past 12 years, Erik Foxx-Nettnin, executive chef at Magnolia’s at the Mill, Purcellville, Virginia, has committed to buying entire crops from local farmers to help support their businesses, even in the midst of a crisis.

“It’s important to maintain a partnership with the farmers around you and commit to them no matter what. It’s no different than a family or other close relationship,” says Foxx-Nettnin. Most recently, when a new, budding farmer suddenly came down with a temporary debilitating illness, Foxx-Nettnin continued to work with the farm to receive and pay for the supply as promised.

This was especially important, considering the young farmer had just begun to build her certified organic farm, and Foxx-Nettnin had committed to buying 90 lines she planted specifically for the restaurant. This included everything from heirloom squash to multiple tomato varieties as well as various types of potatoes, Brussels sprouts, fennel, radishes, beets, heirloom peppers, onion, cabbage, broccoli, cauliflower and greens. In fact, it was so much produce that he only had to source small amounts of other produce, like citrus, not grown locally.

Foxx-Nettnin sat down with the farmer and a seed catalogue ahead of the season to choose the crops with plans to note what worked and what didn’t so they could make adjustments the following year.

Regarding the health hiccup, he says, “Think of it as a family birthday party. If your family was planning on bringing dishes and all of a sudden something happened and someone couldn’t contribute, you wouldn’t cancel the party. You would just regroup with what you had or could still get.”

10 ways to financially support farmers
1. Plan crops with the farmer, committing to buy the full harvest.
2. Help provide necessary equipment for a farm by donating funds or in exchange for some supply.
3. Purchase a struggling farm, but allow the farmer to continue working on the farm.
4. Purchase part of the farm, or a “share,” meaning you pay upfront for part of the season’s bounty.
5. Host special dinners and other events with portions of the proceeds returned to the farm or farmers.
6. Commit to buying more crops from fewer farms overall.
7. Arrange for direct-supply pick-ups, or help negotiate better deals with smaller, regional distributors, allowing the farms to keep more of the profits.
8. Where applicable, purchase whole animals from farms, rather than partial amounts or specific cuts.
9. Offer to donate marketing, accounting or other services you already have to smaller, start-up farms you want to support.
10. Resell surplus produce you can’t use fast enough to other restaurants or set up your own farmers market at the restaurant to sell direct to customers on behalf of the farm.
In the same vein, when it comes to farming, “You don’t know what life-changing event or rainstorm or other issue could come and ruin everything and put off production for five days,” Foxx-Nettnin says. It might stall the menu roll-out, but it’s the right thing to still buy the crop when it becomes available or buy other crops to continue to support the farmer financially.

Additionally, Foxx-Nettnin is committed to hosting events that financially support both the restaurant and the farmer. Working with local farms is about more than receiving a container of stuff and paying an invoice, he says.

“"In most cases, the farmers we hire need more experience or more hours and income. This provides a synergy between our farm and theirs, because we are able to share knowledge, supplies and other needs to benefit each other,” says Sohlberg. “Farming takes a lifetime to learn, so it’s important to be able to share information and not just resources.”

For example, the farm manager at Blenheim also manages her own dairy farm. Since dairy operations typically require at least 50 cows to be a justifiable business, Sohlberg purchases her dairy products rather than attempt to run his own dairy operation.

Sohlberg also works with another nearby farmer with an apiary who helped set up Blenheim’s beekeeping operation and shares in some of the returns for the honey. Same thing for maple syrup. Sohlberg pays the farmer to help collect and boil the syrup since he has all the equipment. Additionally, Sohlberg works with a few other farms that produce hay, paying for the supply during the cold winter months.

“Our mission in becoming local farmers is two-fold,” Sohlberg says. “In addition to being good stewards of the land and its resources, we want to provide the 300,000-plus guests we serve each year with natural, sustainable and locally grown produce and meat while simultaneously developing a financially viable model for small-scale local farming.”

SMÖRGÅS CHEF RESTAURANT GROUP/BLENHEIM HILL FARM

When Morten Sohlberg, owner of Smörgås Chef Restaurant Group, purchased the 125-acre Blenheim Hill Farm in New York’s Catskills Mountains six years ago, he was able to return the 225-year-old landmark to full-scale farming, after years of dormancy. Since then, he has hired local farmers to help run the farm. Yet he still remains involved, working at the farm himself three days a week in addition to running his Smörgås Chef restaurants in Manhattan, the Michelin-starred Blenheim in the West Village and Crepes du Nord, a casual mini-chain with three locations in the city.

Cura Hospitality

Cura Hospitality Inc., Orefield, Pennsylvania, the food and dining
operator for Peter Becker Community, a senior living and hospital facility in Harleysville, Pennsylvania, recently partnered with Living Hope Farm located just two miles away as the main supplier for its new bi-weekly farmers market available to all residents, employees and guests.

“We incorporated the farmers market in our program of pushing local sourcing opportunities beyond just buying from regional farms,” says Cura Hospitality’s general manager Josh Crandall.

While the farmers market features products from such other local vendors as a coffee roaster, winery and artisan food and meat producer, Cura Hospitality avoids bringing in competing produce suppliers.

For an educational component, Cura Hospitality hosts cooking demos to educate shoppers on how to use some of Living Hope Farm’s produce, so they’re more inclined to buy it. Crandall also takes groups of senior residents on farm tours so they can learn more about the organic operations, hoop house and composting program and feel a greater sense of connection to the cause.

“Living Hope Farm has become a great partner, not just as a primary vendor for our farmers market, but also as a main supplier for our restaurants,” says Crandall, who often receives calls from the farm when there are opportunities to buy surplus harvest. “I’ll jump in my car and pick up 50 pounds of watermelon at the last minute.”

Cran dall has also been working with a local beekeeper to set up three beehives on campus. The beekeeper covers the upfront cost of maintaining the hives, but the facility buys back the honey produced to cover those dollars. The honey is primarily used in vinaigrettes for local farm salads featuring micro greens grown in the main kitchen.

Cura Hospitality’s goal is to source the majority of its produce from Living Hope Farm in order to support one farm more significantly, rather than diversify funds too widely across many farms.

“I look at it like a bull’s-eye,” Crandall says. “There are things we can do well right in our own kitchen and our community, while also continuing to look for opportunities beyond that.”

Amelia Levin is an award-winning food industry writer, certified chef and cookbook author. Her work has appeared in a variety of restaurant industry trade magazines as well as in the Chicago Tribune, Health and Cooking Light magazines.

share the bounty

What started among community members has moved to restaurants. Many farmers participate in community-supported agriculture (CSA), in which nearby residents purchase “shares” of the farm (similar to shares of a company’s stock) prior to the harvest season, then pick up their weekly bag or box as the season progresses. This helps farmers determine how much to plant and provides them with more of a fixed income. Now, many farms—officially or unofficially—offer a restaurant-supported agriculture program (RSA) in which they work with chefs and restaurant owners to plan ahead for the season.

opposite from top left:
1. Tomato hoop house at Blenheim Hill Farm.
2. Cura Hospitality’s weekly farmers market.
above: Barn-like event space at Blenheim Hill Farm.
GETTING TO THE ROOT OF THE VEGETABLE

The earthy underground vegetables pack a host of flavorful and colorful dish benefits.

By Rob Benes
It helps that root vegetables also tend to be economical. "Roots have good profit margins for restaurants and are affordable for culinary students to buy on their own and experiment at home," says Ed Witt, executive chef, The Katharine Brasserie, Winston-Salem, North Carolina.

From a seasonal standpoint, root vegetables are plentiful in the fall and winter, but are easily harvested, stored and used throughout the year. There are even spring and summer root vegetables, like radishes, spring parsnips and fennel, which are paired with spring and summer above-ground vegetables.

**LIFE EXTENDERS**

The sturdy nature of root crops yields the extra benefit of extended shelf life, which means you don’t need an elaborate root cellar to store them. To stay crisp and fresh, they just need cool, moist and dark surroundings. The ideal storage temperature is about 34°F with high humidity. They store well in a hotel pan or covered with saw dust. They can even be left in the ground, which is the least expensive and most carefree root storage.

Derrick Dollar, Milton’s Cuisine & Cocktails, Alpharetta, Georgia, has a one-acre garden behind the restaurant where he grows non-GMO and organic produce. He leaves root vegetables in the ground until needed. He notes that the flavor changes the longer they are in the ground. For example, parsnips are sweeter when they remain in the ground through winter and are pulled in the spring than if they are harvested in the fall. The vegetable’s moisture evaporates,
and its natural sugars concentrate with the freezing and thawing of the seasons.

Don’t wash root vegetables before storing them. Wait until just before you use them, Dollar says. However, do trim them before storing. For beets, leave about 1 inch of the stem on the beets so they don’t bleed in cooking. For other roots, cut the tops close to the vegetable.

**COOKING TIPS**

Cooking root vegetables deepens the flavor. Foster celebrates cooked root vegetables in several dishes. He prepares them for oven roasting at 350°F any of several ways in order to retain moisture. He may first encase them in a salt dough of half flour, half salt and egg yolk. Other times he encases them in egg white dough by whipping eggs whites to stiff peaks and adding salt. Or, he may bury the vegetables in salt. Rather than encase them, he may roast them in a covered pan with minimal vinegar and water. “When you encapsulate, bury or cover in a pan, the moisture content cannot escape when cooking,” Foster says. “So the vegetable gets super tender and its flavor gets concentrated.”

He makes bisque out of roasted and pureed parsnips in the winter. In the spring, after the parsnips have been in the ground over the winter, he roasts them to further concentrate the sugars and serves with wood-grilled swordfish.

For a favorite kohlrabi preparation, he cuts the vegetable into long strips resembling tagliatelle pasta by using a mandoline. He blanches the kohlrabi, then puts it in a saute pan with a little cooking water and butter to make a demi-glace. He serves the vegetable with seared scallops, lardo and snap peas.

While Witt at The Katharine Brasserie also prefers to oven roast, he opts for boiling, especially beets, if he plans to puree them in order to add color. He boils parsnips, purees them and adds sage brown butter or melted white chocolate to smooth out the funk in the parsnip and provide balance when pairing with a protein. “When you boil a white-colored vegetable, add milk to retain its natural white color,” he says. “If boiled just in water, it would turn pale or brown.”

For a vibrant presentation, Witt combines different colored roasted beets, such as golden beets with their buttery yellow color and sweet, mild flavor; chioggia beets known for their striped red and white interior and sweet, mild taste; and albino beets that are super sweet with a white flesh.

He coats whole beets with olive oil and tosses with pepper corns, coriander, salt, rosemary, thyme and garlic cloves. He puts the vegetables into a roasting pan

previous spread: Salad with spring harvested parsnips at Woods Hill Table. Photo by White Loft Studio
opposite: A salad of red and yellow roasted beets with tahini, sorrel, sumac spiced pine nuts and puffed quinoa at Woods Hill Table. Photo by White Loft Studio
top: The Katharine Brasserie adds oven-roasted and pureed sweet potato and grated ginger to crème brulée custard. Photo by Scott Gardner
bottom: Summer vegetables and root vegetables come together in Milton’s Cuisine and Cocktails’ Chef’s Vegetable Plate.
roasted root vegetables
Rob Benes

Yield: 8-10 servings

Ingredients:
4 medium carrots, peeled, sliced lengthwise
4 medium parsnips, peeled, sliced lengthwise
4 medium golden beets, peeled, cut into random pieces
4 medium red beets, peeled, cut into random pieces
3 yams, peeled, sliced lengthwise
2 sweet onions, peeled, quartered
½ cup white balsamic vinegar
½ cup olive oil
¼ t. dried rosemary
¼ t. kosher salt
¼ t. cracked pepper

Method
1. In large bowl combine all prepared vegetables. Add vinegar, olive oil, rosemary, salt and pepper. Toss to combine.
2. Spread vegetables onto large sheet pan in single layer. Roast in oven at 450°F for 30 minutes (without turning or stirring) or until vegetables are fork tender, well browned and caramelized around edges.
3. Remove from oven. Taste; adjust seasoning as needed. Serve hot or room temperature.

with a small amount of water to develop steam, covers and roasts at 350°F until fork tender. He rubs the beets with a kitchen towel to remove the skin and cuts into random shapes to plate.

In addition to roasting and boiling, Dollar blanches, slices and grills roots on the flat top or in a saute pan to caramelize. He also deep fries parsnip ribbons for a garnish and deep fries thinly sliced Jerusalem artichokes (sunchokes) to look like chips. Because sunchokes have a nutty sweetness, he also boils and passes them through a ricer to make purees perfect for soups or a smear on a plate.

“LIQUID AND RAW USES”
Turning root vegetables into soup is a no-brainer and helps keep soup gluten free by not having to add a flour and butter roux. “Some root vegetables have so much body when pureed, they serve as a quasi roux,” Dollar says. He makes a parsnip, andouille sausage and goat cheese soup.

Juicing is another popular way to make good use of root vegetables, particularly beets, to add color. Dave Becker, executive chef/owner, Sweet Basil in Needham, Massachusetts and Juniper in Wellesley, Massachusetts, makes beet gnocchi by extracting juice from boiled beets, then processing in a blender until smooth and poured through a fine mesh strainer. He adds the juice to gnocchi dough, resulting in a brilliant fuchsia, and rolls it into a broad, thick pancake shape that he cuts into strips then cubes. He rests them in flour until service.

While cooking root vegetables builds depth of flavor, serving them raw adds brightness, crispness and freshness to a recipe. Foster of Woods Hill Table serves hickory wood-smoked kielbasa with whole wheat spätzle, fava leaves, caraway and fennel herb salad. He shaves fennel on a mandoline, combines with fresh herbs and dresses only with olive oil. “The fennel is so fresh and crisp that it
needs to shine on its own and not be drowned in a full dressing," he says, “plus, it’s super sweet and counter balances the spicy kielbasa and rich creamy spätzle that’s coated in crème fraîche.”

Becker makes charred octopus with a jicama-Granny Smith apple slaw. Initially, the slaw was just apple, but it would get limp, lack a crisp feature and was flat on taste. “The jicama provides a sweet-tasting and crunchy aspect, but doesn’t take center stage or overshadow the apple or octopus.”

**FLAVOR ENHANCERS**

Root vegetables do not always have to be part of a composed dish. They can serve as flavor enhancements. For example, ginger is commonly used to brighten up dishes. Witt frequently adds fresh grated ginger to sweet potato puree. “The ginger adds a hidden flavor, but you have to be careful not to add too much, because ginger can be overwhelming,” he says.

Horseradish is another root vegetable to grate over a fish or beef dish. “Rather than always making prepared horseradish, grating it in small amounts adds a pop of flavor,” Witt says.

Dollar adds grated horseradish into a gremolata, which is classically made of lemon zest, garlic and parsley to accompany veal, lamb and steak dishes for an extra zip.

Rob Benes is a Chicago-based hospitality industry writer. Contact him at robbenes@comcast.net.

opposite: Gnocchi prepared by David Becker.
above: Gnocchi with beets paired with pesto, fennel and orange segments prepared by David Becker.
Chefs Think Inside the Box

The emerging home meal delivery segment offers chefs a new career opportunity.

By Suzanne Hall

Country Code: US  1 of 1  8 LB

Ref Number: 50618  Stock code: 30180

BHN - 300 642018
and packaged with recipes. Customers cook the dishes without having to worry about shopping or slicing and dicing the ingredients. In either case, getting a meal on the table is simple.

**bright job possibilities**

Experts agree that the emerging home meal delivery sector addresses the needs of a growing consumer segment that wants quality meals at home but doesn’t have the time, skills or detailed nutritional knowledge to assemble the kind of fare they prefer.

Home meal delivery provided a new career path for Madla and Adler and others at the executive-chef level from various areas of the foodservice industry. Madla joined Chicago-based Home Chef as executive chef, research and development. He oversees a team of four chefs who create the recipes and test the dishes, with recipes and pre-proportioned ingredients shipped ready-to-cook to customers from the Midwest to California. The company

---

**previous spread:**

Chicago-based Home Chef develops and sends recipes with all pre-proportioned ingredients to customers from the Midwest to California.

**from left to right:**


---

Jimmy Madla wanted a change. After 12 years of owning Coobah, a Latin-Asian fusion restaurant in Chicago, he needed more time with his family. Back East, Jonathan Adler wanted to have a bigger impact in the culinary world. After a stint at Thomas Keller’s Per Se in New York City and eight years with the iconic Franny’s pizzeria in Brooklyn, New York, he felt it was time to feed people on a national scale.

Both chefs turned to home meal delivery, a relatively new and fast-growing segment of the foodservice industry. While individual companies have their own process, generally, customers sign up for seven meals per week to feed two to four people. The meals arrive weekly via an express service.

Some home meal delivery services provide complete meals ready to heat and serve. Others deliver the ingredients carefully measured, prepped
plans to expand into the East Coast. “In the 14 months I’ve been with the company, sales have increased from $4-$5 million a year to $100 million,” Madla says.

Adler signed on at New York-based Blue Apron earlier this year. He is one of two culinary managers. Working with two additional chefs and four recipe testers with culinary training, the team tests the ready-to-cook recipes before making them available to customers in the 48 contiguous states. “We have a ‘home kitchen’ with a four-burner stove, an oven and no commercial equipment,” he says, adding that his job allows him the pleasure of spending two-thirds of his time cooking, unlike other positions outside of restaurants.

After 40 years in restaurants, hotels and catering, working his way up from dishwasher to executive chef positions, Gene Castelluccio decided it was time to start his own home meal delivery company. In 2003, he and business partner Blair Grossman founded Personal Chef To Go, Mechanicsville, Virginia, providing fresh, not frozen meals for customers around the country. Castelluccio is the back-of-house leader while Grossman handles the financial, managerial and other typical front-of-house responsibilities, sometimes lending a hand in the kitchen.

As executive chef, Castelluccio oversees a kitchen staff of about eight. These include a chef de cuisine with a culinary degree, a kitchen manager and cooks with varying levels of experience. While it isn’t a requirement, he likes to hire people with culinary degrees. “They are easier to train,” he says.

Ted Colozzi started in the home meal delivery industry as a chef for Top Chef Meals in Elmsford, New York. He now is director of customer service, working closely with president/founder Paul Ghiron. Colozzi interacts regularly with the company’s 1,000-plus customers, half of whom are on special diets, helping them select the meal plan that best suits their needs. Prior to joining Top Chef, he spent many years working as a chef in the business-and-industry and institutional segments. His current

five important home meal delivery know-hows

Quantity cooking: You don’t need to know how to handle 300 covers a night, but how to produce 3,000 of the same meal in a day.

Understanding storage: Not all dishes lend themselves to lengthy refrigeration or freezing. You need to know what keeps well and what doesn’t.

Healthy cooking: Home meal delivery customers often have special dietary needs. Know how to cook not just good food but good-for-you food.

Working with a team: There are no solo performers in the home meal delivery industry. You must be able to work well with recipe developers, testers, food stylists, packaging people and commissary cooks.

Sticking to specifications: While creativity is welcomed in recipe development, consistency is a key in this field. You need to know how to follow the recipe exactly.
position gives him the satisfaction of helping customers with special dietary needs, he says.

**the road to success**

Many chefs working at or near the top of the home meal delivery industry have a lot of previous experience. But each is quick to point out that there are places in the field for younger culinarians who are willing to pay their dues.

Experts advise that when it comes to education, classes in a variety of regional and international cuisines and in quantity cooking are a must. So are sanitation and food safety courses. With ever-increasing consumer interest in healthful foods, nutrition and healthy cooking also should be among the curriculum. Business and managerial training will help cooks and chefs move up the ladder and prepare them to run their own businesses.

To meet the needs of companies like Blue Apron, Top Chef and others, would-be workers need to get experience in many different types of restaurants working at as many stations as possible, experts say. They also should look for opportunities in banquet work and catering. These will provide experience in both quantity cooking and meeting customers’ particular preferences.

After landing a job in home meal delivery, “you have to understand that you are a small part of a much bigger picture,” Alder says, noting that newcomers should be humble and willing to soak up as much knowledge as possible.

It is also necessary to work well with others as a team player and demonstrate leadership qualities, Madla says.

**fringe benefits**

Given the young age of the companies in the emerging home meal delivery industry, those entering the field shouldn’t expect to get rich. Beginners can expect to make about the same as an entry level restaurant cook, says Madla. Company stock, which
allows employees to profit as the company prospers, is sometimes part of the compensation package. Many companies offer insurance and some kind of retirement plan. Vacation is often included.

The working hours are one of the biggest benefits of a job in the home meal delivery field, says Madla. “I never realized how wonderful nights, weekends and holidays were.”

“The hours are very attractive since I have a young family. That was one of the selling points of the job,” says Adler. “It’s hard to find culinary jobs where you can be home at night.”

Pleasant working conditions are a hallmark of the home meal delivery industry. There’s not much room for ego in these kitchens, says Castelluccio. “But there isn’t any yelling or screaming either. And there isn’t a lot of pressure or time constraints until 7 p.m. every Thursday when FedEx arrives to pick up the boxes.”

Cooking variety is another job advantage. While restaurant chefs often perfect a dish, then cook it over and over again, home meal delivery chefs cook a different menu every week. And they don’t often repeat them. That provides good experience in a variety of cuisines and keeps the job interesting and fun, experts say.

There’s plenty of room for growth and upward mobility. Colozzi, who moved up from a cooking position to become a member of the management team, is a good example.

Trained culinarians are needed to cook as well as to develop and test recipes. They progress from being a member of a team to leading it. Promoting from within is common.

As the segment grows, and all indications are that it will, there will be many opportunities for culinarians at various stages of their careers.

Suzanne Hall has been writing about restaurants, chefs, food and wine from her home in Soddy-Daisy, Tennessee, for more than 25 years.

have a look
For more information about the home meal delivery field, check our sources’ websites.

Blue Apron ships ingredients for prescribed recipes in a refrigerated box on the delivery day chosen by the customer with no delivery fee. With a sustainability ethos, the company prides itself on its relationship with farmers, fishermen and other suppliers. Its smartphone app includes interactive recipe pages and how-to videos.

Home Chef promises its customers they can put dinner on the table in less than 30 minutes. With a “cook easier and eat healthier” tagline, the company boasts “10 dinner options, new breakfasts, a fruit basket and a fresh smoothie every week. The chef-driven recipes please both beginners and seasoned cooks.” The company ships the pre-proportioned ingredients and recipes.

Personal Chef to Go operates differently from most other home meal delivery companies, shipping fresh, never frozen ready-to-heat meals packaged in refrigerated shipping containers. Each weekly menu is prepared from scratch by professionally trained chefs. Customers select their meal plan and delivery date online.

Top Chef Meals also delivers complete meals throughout the eastern U.S. and focuses heavily on dietary considerations, including weight-loss diet plans and the Paleo diet. The meals are packed and express shipped in foam-lined cardboard boxes with dry ice keeping them safe for up to three days.
The Perfect Poêlé
Article by Eric Pellizzari
Photography by D.J. Costantino

by degrees

The Perfect Poêlé
Article by Eric Pellizzari
Photography by D.J. Costantino

Culinary schools throughout the U.S. herald the process and benefits of clarifying butter for cooking proteins and vegetables alike. However, it can be (and is) argued that the use of whole butter adds flavor and color beyond what can be achieved through the use of clarified butter. For a transformative result, consider infusing whole butter with aromatic flavor elements when cooking proteins.

Welcome to the world of the perfect poêlé—a cooking method in which the protein (traditionally a whole duck or chicken) cooks in its own juices with ample butter and aromatics in a covered pot where it is basted frequently. This use of infused whole butter is entrenched in the annals of classical cuisine. Historically, whole game birds, chickens, ducks and small joints of meat like **selle d’agneau** (lamb saddle) or **noix de veau** (veal top round) were often cooked using this process.

In modern times, this technique is easily adapted in the cooking of smaller à la carte cuts of meats and even fish. The process is as much about control as it is about creativity. Cooking with whole butter requires temperature control, which allows for flavor development.

Chicken breasts as well as thick cuts of steak, filet mignon and salmon lend themselves well to this easy procedure. Combining the simple method with simple ingredients can make a huge impact.

The infusing technique starts with the protein of choice—here, a double breast of Cornish hen on the bone with the wing bone exposed (referred to as Frenched). Ingredients are whole butter, salt, pepper and a bouquet of fresh aromatics tied together with a simple piece of string to keep them together and out of the extremely hot butter, which would cause them to brown and impart a different, unpleasant flavor. Here, they can sit atop the protein to impart their flavor in the basting process.
Step 1
Prepare mise en place featuring a Cornish hen breast, salt, pepper, butter, orange peel, thyme, rosemary and bay leaf.

Step 2
Tie together bouquet of herbs with string.

Step 3
Heat butter in pan on moderate heat until butter begins to froth and just starts to caramelize. Season Cornish hen liberally with salt and pepper; add to pan.

Step 4
With frothed butter, baste Cornish hen skin-side down, keeping bouquet on top of meat. Cook for a few minutes until skin begins to brown and crisp.

Step 5
Flip Cornish hen over; repeat, skin-side up. With bouquet on top, continue to baste until hen is completely cooked—about 6 more minutes on moderate heat.

Step 6
Remove hen from pan; let rest for 2 minutes before removing bones with knife before serving.

Ingredients
1 Cornish hen breast
Salt and pepper to taste
3 T. butter
1 strip orange peel 1-inch wide by 4-inches long
2 sprigs thyme
1 sprig rosemary
1 bay leaf

Equipment
Cutting board
Knife
Butcher’s twine
Saute pan
Large spoon

Helpful Hints
• Cook breast with the bone in for better moisture, flavor and shape retention.
• Consider the use of such other aromatics as sliced ginger, other citrus peels, lemongrass, cinnamon sticks and green leek strips. Alternate herbs include lavender, oregano, sage and savory.
• If garlic is used, crush it, but keep the skin on. Let it sit directly in the butter. Allspice berries, juniper berries and star anise can be treated similarly.
• Use TLC in basting. Baste at least once per minute throughout cooking time. It is easier to underbaste than to overbaste.

below: Cornish hen breast served with julienned vegetables, tourné potatoes and jus.
Southwestern cuisine

By Josh Curtis, CEC, MBA, program chair—culinary, The International Culinary School at The Art Institute of Phoenix

When I think of Southwestern cuisine, I think of bold, developed flavors. Roasted, charred and grilled flavor profiles bring out natural sweetness and transform texture. My personal preference for any meat or vegetable cookery is grilling rather than searing or roasting.

Geographically, the Southwest encompasses New Mexico, Arizona, California, Nevada, Utah and Colorado. Within this vast expanse, many regional cuisines have evolved. Colorado boasts of Rocky Mountain Cuisine, and California has its own style. Today when we refer to Southwestern cuisine, we mainly mean the food, ingredients and sensibilities in and around Las Vegas, Phoenix, Denver and Santa Fe.

Phoenix has a diverse food offering from some of the top chefs recognized in U.S. Southwestern cuisine today and encompasses a lot more than tacos and guacamole. With the availability of year-round fresh produce, chefs are flocking to the Valley to put their unique spin on local and regional dishes with the bounty of local ingredients.

Although mostly a desert climate, there are plenty of mountain areas and temperate valleys with rich farm lands perfect for a 12-month growing season. You can find arugula, beets and sweet
potatoes in January; lettuce, peas and radishes in April; apples, blueberries, corn and chilies in July; pumpkins, potatoes and zucchini in September; and oranges, grapefruit and fresh herbs in December.

**Cultural influences**

Cultures and their interpretation of local ingredients is what defines a cuisine. Native American people of the Southwest heavily influenced the development of what we now know as Southwestern Cuisine. American Indians were foragers and farmers growing such heirloom crops as corn, beans and squash that could withstand the climate. They foraged for such foods as nopales, cactus seeds and tepary beans—a desert legume.

Today, a large population of Phoenix moves to the cooler mountain climates and northern states to escape the hot months, migrating back to the Valley for the mild winters. Upon returning, these “Snowbirds” bring with them new cravings and experiences that shape their expectations. These influences can be seen in the diverse cuisines throughout the Valley.

Tourists make up another large population of Phoenix, and neighboring Las Vegas and San Diego attract millions each year. The visitors bring with them a list of expectations, desires and preferences that determine their loyalty and support for local businesses and the economy.

Bordering Mexico, the staple go-to cuisine is Latin—or Mexican. A large portion of the base population is made up of Latin Americans. Thus, you will

---

**Sample Southwestern Dishes**

- Tamales
- Tacos a carnitas
- Elote (roasted corn)
- Jalapeno cornbread
- Stewed black beans
- Nopales salad
- Colorado lamb with pinion crust
- Seared rabbit loin with mole sauce
- Coffee and stout seared buffalo tenderloin
- Pastel tres leches
up close and personal
I grew up in upstate New York in the land of corn and dairy farms where summer was far too short. We had a garden that provided most of our ingredients for the summer and fall. In winter we relied on what we had canned, frozen or stored in the cellar. Food never tasted as good as it did in the summer. Textures were lost, flavors muddled and variety diminished. Once I moved away from New York, my culinary curiosity started to peak as I was exposed to new ingredients and more sun.

I attended Johnson & Wales University in Vail, Colorado, and spent the next decade in Denver continuing to develop my palate and tinkering in all things culinary before moving to Phoenix. Admittedly, Denver is my second home and where I developed my love of Hatch chile peppers. Roasted, grilled or fresh, you really can’t go wrong with a little spice. In Colorado, I found the weather, views and access to the mountains inspiring and unbeatable.

Eight years ago, life’s winding path brought me and my family to Phoenix where my culinary curiosity reached a new level. The variety and availability of ingredients in Phoenix was truly amazing. So much so, I now have an 800-square-foot garden where I grow anything that I am able to. The flavor and texture of freshly picked foods cannot be beat and is something I try to reinforce with my family, friends and students.—Josh Curtis

find a heavy dose of Latin American culture in restaurants, hotels, food trucks and sporting arenas.

The culinary demand from local residents and tourists keeps the chefs of the Valley on their toes. Supplied with a variety of fresh ingredients and an educated clientele, chefs create fresh, seasonal and Southwestern-inspired cuisine for a variety of palates.

the flavors
Southwestern cuisine differs from Latin American cuisine in a number of ways, although people mistake the two as being identical. Such Southwestern ingredients as cumin, corn, dried chilies, lime and pinto beans are scattered throughout this region’s cuisine, but they aren’t necessarily Latin American in origin. True Southwestern chefs have mastered such local ingredients as tomatillos and nopales, incorporating the fruits of the desert into mainstream cuisine. Latin American dishes traditionally do not utilize much cumin, but rather call on heavy amounts of cilantro, tomatoes, sweet potatoes and black beans. Tropical fruits, avocados and rice are some of the common staples in Latin cookery.

Ingredients common to Southwestern cuisine vary by geographical location. Local growers in Phoenix supply the large number of restaurants, hotels and resorts throughout the Valley year round. Roasted tomatoes, cumin and citrus are common tastes. Flavors in Southwestern cuisine take time to develop. Spices are whole roasted in the pan and then ground. Fruits and vegetables are roasted and charred to bring out their natural sweetness. The main proteins are pork, beef and chicken.

where to go
Planning a culinary tour of the Phoenix Valley is something I would recommend. There are many world-class resorts, sporting events, culinary festivals, farmers markets and outdoor activities that highlight some of the Valley’s finest cuisines.

Stay a few nights in one of the Valley’s premier resorts and enjoy the many award-winning restaurants and chefs offering up their interpretation of the local cuisine. As a tourist destination, the Valley’s many casinos offer an unbelievable variety of well-prepared, locally inspired dishes and are now attracting quality chefs and culinarians to raise the level of offering and service. Or stay in downtown Phoenix and visit the surrounding neighborhoods to get a taste of the food and culture.

For a taste of authentic Southwestern cuisine, check out Kai, a Native American restaurant in the Sheraton Grand at Wild Horse Pass, Chandler, Arizona. Chef
de cuisine Ryan Swanson takes Native American to new heights at the five-diamond, five-star rated restaurant. The menu focuses on the cuisine of the Pima and Maricopa tribes and utilizes local desert products from cactus powder to the more well-known prickly pear. On the menu, the Wild Horse Mac features Spanish chorizo, aged cheddars, puffed corn and a tortilla crust. The Bacon Wrapped Buffalo Meatloaf comes with agave tomato glaze and buttermilk potato mash.

Additionally, James Beard nominated Silvana Salcido Esparza, chef/owner of Phoenix-based Barrio Café, brings authentic regional flavors from Mexico City to the streets of Phoenix. The food and lively atmosphere make this little gem a must-taste in Phoenix. One of my favorite starters is the Elote (roasted corn). Esparza’s adaptation of this traditional street fare serves up roasted sweet corn with a spicy aioli, Parmesan cheese and hot sauce. Delicious!

my personal take
When I think Southwestern cuisine, I go to the local flavors of Phoenix and surrounding areas—from the spicy chilies of the southern Tucson region, to the rich citrus groves scattered across the Valley, to the sprawling agricultural lands of the eastern slope. In Phoenix you can find or grow most any vegetable, but it is what you do with those ingredients and how you incorporate them into a dish that defines a cuisine or chef.

The creative juice from some of our local and top chefs differentiates Southwestern cuisine from Californian or Tex-Mex. There exists a constant desire to redefine the culinary experience and deliver something unexpected, whether it’s simply fresh flavors or artfully arranged plates.

Duck tacos are one of my favorite dishes that I have carried with me for a few years. Not your average tacos, I consider them bite-sized tortas. What started as a rich, classically inspired profile morphed into a mouthwatering Southwestern dish when I moved to Phoenix. I lightly toss succulent duck confit with roasted chilies and cumin, garnish with radish and cabbage slaw and serve with a charred orange and serrano salsa. The richness of the duck plays with the acid in the slaw and the chili in the salsa without losing its identity.

In Southwestern cuisine, there are plenty of beans, chilies and salsas to be had, but not as the main star, nor as the predominate flavor. These traditional Southwestern flavors and ingredients are used to highlight this earthy style of cuisine and elevate an experience.
The General Muir is a tribute to the New York delicatessen, says Todd Ginsberg, executive chef/partner of Atlanta’s wildly popular, inventive yet classical delicatessen. It is the first of four venues he opened with his three partners in the past four years.

The joys of Jewish delicatessens—the steaming pastrami, matzoh balls, brisket, Reuben sandwiches, Russian dressing, bagels and the inimitable rye bread—are nothing short of an unspoken religious experience in American Jewish culture. So are the tastes of Yiddish dishes like kugel (sweet noodle pudding), knishes (snacks filled with potato or kasha) and schmaltz (rendered chicken fat).

Unfortunately, Jewish delicatessens seemed headed toward extinction for decades, possibly due to emerging health concerns, more choices for diners plus rising operating costs. “Then a few
restaurants started a revival over the last decade, including Mile End Delicatessen in Brooklyn, Wise Sons Jewish Delicatessen in San Francisco and Kenny & Zuke’s Delicatessen in Portland, Oregon,” Ginsberg says. “I think these revivalists looked back at history so they wouldn’t make the same mistakes.” They sought smaller restaurants with smaller menus to lessen the costs. “You can’t survive with a delicatessen in Times Square’s prime real estate or with a 33-page menu.”

After researching the deli-diners of the 1960s, Ginsberg created his own version, coupling local foods with his tradition and ability to put together intriguing combinations. The Atlanta media went wild as did Jewish and non-Jewish consumers alike with the open-faced bagels named after the legendary Avenues A, B, C and D on New York’s Lower East Side. The corned beef and pastrami are house-cured and smoked. You could get matzoh ball soup, chopped liver and poutine with chopped pastrami.

A reflection of Ginsberg’s training at The CIA, his chopped liver is more like a French-style mousse sauteed in schmaltz. “Because of the food, equipment and techniques available now, I feel I am doing very traditional stuff, but better than it was done 40 or 50 years ago,” he says. “For example, I cook my brisket sous vide. And depending on the season, it could come with Carolina rice and wilted kale or with succotash featuring Vidalia onions and charred Padron peppers.”

Ordinary school, including studying business at Old Dominion University, Norfolk, Virginia, made no sense to Ginsberg, but early on he was happy working as a busboy at The Colonial Inn.

“I loved the tempo, the energy, the fact that the waiters and cooks were like older brothers and we were all family,” he says.

When he became a runner at The Capital Grille, his enthusiasm went through the roof. “I loved working the front and the back of the house. I loved having two bosses,” he says. When one of them asked him to go downstairs and sweep the bathrooms, he did it and thought he had done a good job. But his boss was not happy and told him, “No matter what the job, you always want to put your name on it. You always want to show your best.”

Ask Ginsberg what he loved best about Paris, where he did a stage at the Michelin three-star restaurant Lucas Carton, and you might expect to hear about the Dover sole, the cassoulets or the escargot. “The most amazing thing I saw in Paris was that French chefs worked 16 to 18 hours a day. I don’t think I could have done that for more than a week or two, but they did it for years,” he says.
What are The General Muir’s signature dishes?
tg: The pastrami sandwich is the dish I am most proud of. We brine the pastrami for 10 days, smoke for eight hours and cook it seasoned with coriander and black pepper in a combi oven. Other signature dishes are the Reuben with corned beef, sauerkraut, Russian dressing, Gruyere cheese and buttered rye; poutine with fries; matzoh ball soup; fish and potatoes with smoked salmon over latkes; and smoked hash with crispy pastrami, potatoes, cabbage, peppers, caramelized onions and sunny-side-up eggs.

Please share some of your dish preferences with us.
tg: While my mother’s matzoh balls were real “sinkers,” mine are between light and dense and are the best matzoh balls I’ve ever had. The trick is the amount of time you let them rest before you put them into the water. The open-faced Avenue A bagel with Nova, a schmear of cream cheese, avocado, grapefruit, cucumber, onion and dill is original for sure. We pickle radishes, cauliflower and all the vegetables that come our way. We serve smoked trout salad instead of the traditional white fish salad, because I love it. And there is a lot of trout in Georgia.

What is your best advice to new and aspiring chefs?
tg: Make sure you are doing it for the right reasons—that you love cooking and the profession—and understand the sacrifices you are going to make. You can kiss holidays, Friday, Saturday and Sunday nights goodbye until you own the business, and still nothing is guaranteed. The money is a long shot, but you do get to travel a bit. It is a challenge at times to keep things healthy in a marriage. I have a wonderful four-year-old son Liam, and there is nothing better than giving a little boy a hug and a kiss.
Can you tell us about your decision to feature Israeli food at Yalla?

tg: I have an Uncle Schlomo from Israel, and that is as close as I got to Israeli food in America. But after doing The General Muir, the next step seemed to explore the foods of the Jewish diaspora. Israel has been occupied by many cultures. It’s a melting pot. I went to Israel before opening Yalla, a food stall in the Krog Street Market, and was inspired by how simple everything was. My best eating experience was in Tel Aviv at Abraxas North, with its very innovative celebrity chef Eyal Shani. Its ribeye is shaved one-fourth to one-fifth inch thick and seared for 50 seconds to a minute on both sides. It is very tender with a good char, lots of black pepper and oil and is drizzled with zhug, a Yemeni hot sauce made with peppers. This is an inspiration I brought back to Yalla, where we do a ribeye minute steak with hummus, Israeli salad, fried eggplants, sumac, onions, zhug and tahini. I also brought back amba, a mango pickle popular in The Middle East; dukkah, an Egyptian spice made of roasted nuts, spices and seeds with a really nutty coffee-like flavor; and fresh Israeli za’atar, a spice blend that is life changing and the best.

Is there a difference between Israeli and Middle Eastern food?

tg: No, I don’t think there is a difference. Israel is in the Middle East, and lots of people from the Middle East live there. At Yalla, I took the foundation of Israeli cooking and combined and rearranged the ingredients. For example The Shouk has chicken shawarma, fries, hummus, baba ganoush, Israeli pickles, cole slaw, harissa and amba. You can order it in a pita, a bowl or in laffa, a Middle Eastern flatbread I love. I also love our shawarma, and we do a really good falafel.

I’m not particularly spiritual, and I did not have a Bar Mitzvah. But when I went to the Wailing Wall in Jerusalem, as soon as I put my hand to it, I started to cry. I felt an overwhelming sense of all the souls that had suffered and been there before me. I think of Israel as so many things: religion, war, happiness, sorrow and prayer.

Ethel Hammer is a writer, lecturer and cartoonist based in Chicago.
Did you read all the articles in this issue?
Take the Sizzle Quiz to test your knowledge.

1. What type of fermented drink is kombucha?
   a. Tea
   b. Water
   c. Grape juice
   d. Fruit punch

2. How often is the Internationale Kochkunst Ausstellung (IKA) held?
   a. Annually
   b. Bi-annually
   c. Every third year
   d. Once every four years

3. Historically, farmers have been “burned” by buyers who do what?
   a. Don’t pay their bills
   b. Find something cheaper and purchase outside of the contract
   c. Refuse to buy ugly produce
   d. Only want to purchase from national distributors

4. Sourcing the majority of a restaurant’s produce from a single farm does what?
   a. Supports one farm more significantly, rather than diversifying funds too widely across many farms
   b. Makes the bookwork much easier to manage
   c. Allows for one delivery rather than several
   d. Keeps fewer farms in business

5. Many root vegetables are high in what?
   a. Beta carotene
   b. Vitamin C
   c. Dietary fiber
   d. All of the above

6. For root vegetables, the ideal storage temperature is about what?
   a. 32°F
   b. 34°F
   c. 40°F
   d. 55°F

7. Which of the following is not provided by home meal delivery services?
   a. Free delivery
   b. Online cooking videos
   c. Pre-cooked meals
   d. Package ingredients and recipes

8. How much money can beginners in the home meal delivery industry expect to make?
   a. Minimum wage
   b. About the same as an entry level restaurant cook
   c. About the same as a kitchen manager
   d. About the same as an executive chef

9. What large population significantly contributed to the iconic status of the Wisconsin fish fry?
   a. Fishermen
   b. Baby boomers
   c. German Catholics
   d. All of the above

10. Respecting the classic version of any dish is the first step in doing what?
    a. Writing the recipe
    b. Identifying the significance of each ingredient
    c. Modernizing it
    d. Appreciating the flavor

11. The process of making the perfect poêlé is as much about control as it is about what?
    a. Creativity
    b. Technique
    c. Skill
    d. Balance

12. What is the best way to cook the Cornish hen breast when making a poêlé?
    a. Chopped into chunks
    b. Covered for an hour
    c. Submerged in water
    d. With the bone in

13. Which of the following states is not typically factored into the geographical region from which Southwestern cuisine comes?
    a. New Mexico
    b. Arizona
    c. Utah
    d. Texas

14. What population heavily influenced the development of what we now know as Southwestern cuisine?
    a. Pan handlers
    b. Native Americans
    c. Cowboys
    d. Mexicans

15. Which of the following does Julie Dupont not use in making her ice carvings?
    a. Chain saws
    b. Die grinders
    c. Chisels
    d. Dynamite

Click here to find out the correct answers.
Julie Dupont

Julie Dupont earned her master’s degree in culinary arts in Norway, where she lived 14 years and owned a bakery. Since moving back to the U.S., she opened Red River Ice, Shreveport, Louisiana, an ice-sculpting business in which she carves custom designs. She also is a culinary arts instructor at Bossier Parish Community College, Bossier City, Louisiana. Dupont shares how she manages her time between owning a business, teaching and her family that includes two sons and two goats.

How did you know that you wanted to be a chef?
JD: I don’t think I ever really knew; it has always been a way of life. Being a chef chose me.

How did you make your way into ice sculpting?
JD: I started out as a pastry chef specializing in sculpting cakes, so it was a natural transition for me. To take a block of ice and turn it into a piece of art is really inspiring. Whether it’s fruit carvings or ice sculptures, being able to transform your food into art is something special.

Describe the process and the tools you use.
JD: Finding out what your client wants is the key. Once the design concept and art are agreed upon, I sculpt the ice using die grinders, chainsaws, block hoists, chisels and an arsenal of specially designed bits for ice carving. The shop has three block machines to make our own ice. At 300-plus pounds with about 40 gallons of water, they are a force to be reckoned with. A sculpture can take three to six hours, or longer for a lot of color or logo work.

Any weird sculpture requests?
JD: A 1,200-pound abominable snowman, closely followed by the 900-pound Rudolf the reindeer. Some events involve up to 120 blocks of ice. Needless to say, there is no sleep during these weeks.

As an instructor and business owner, what time-management advice do you have for young chefs?
JD: Be organized! Know your time restrictions and understand when things are not feasible. Always strive to work with someone who is better than you. Learn and grow from everything you do, especially the mistakes.

How did you decide to go into business for yourself?
JD: I knew that opening this business was the right thing to do. I am the type of person who goes for it. I owned a bakery in Norway and learned from my mistakes. Two things really ring out to me: What you like is not necessarily what the masses want, and never get too big for your britches. Only grow your company if you can handle it.

Did 14 years in Norway influence your art and cooking style?
JD: I traveled to many countries and learned many styles of cooking, which taught me the art of true fusion cooking. I typically never use one cooking technique. I usually combine them. I am so blessed to have traveled and learned from the best chefs in the world. It has been an awesome journey.

Any advice for studying abroad?
JD: When I first moved to Norway, I was in shell shock and wasn’t sure I could do it. But after living there for 14 years, I became a Norwegian. My advice is to go for it and never look back. Living and going to school in a different country makes you grow so much as a person. My education was one of the hardest things I had to complete, but it is irreplaceable!

What is your favorite meal to cook when you are with your family?
JD: As a carnivore, it has to be my steaks. I keep it simple at home with my busy schedule, but the only thing I will not compromise is dinner with my family.

What are the names of your goats?
JD: My two crazy goats are Thelma and Louise. They are sisters and the best of friends. Louise likes to climb on the horse when he lays down.
ChefConnect: Chicago
FEBRUARY 5-7, 2017
HILTON CHICAGO
EARLY REGISTRATION DEADLINE DEC. 25, 2016

ChefConnect: NYC
February 26-28, 2017
NEW YORK HILTON MIDTOWN
EARLY REGISTRATION DEADLINE JAN. 15, 2017

VISIT ACFCHEFS.ORG FOR MORE INFORMATION OR TO REGISTER TO ATTEND.