Sole a la Walewska in Spring

A new take on an Escoffier classic

culinary + art
where art and food intersect
cure guanciale in six steps
gather round for Sunday supper
sizzle

The American Culinary Federation
Quarterly for Students of Cooking

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American Culinary Federation, Inc.

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Cover: Filet de Sole a
la Walewska in Spring.
Photo by Ronnie Andern
1. There is a high demand in healthcare dining for both CDM and culinary expertise.

2. Carrying these dual credentials is a highly competitive advantage, enabling professionals to use their culinary knowledge in combination with their management skills.

3. A shift to healthcare can result in a more manageable schedule and work/life balance.

**WHAT IS THE CDM, CFPP CREDENTIAL?**

The Certified Dietary Manager | Certified Food Protection Professional (CDM® | CFPP®) is a credential held by over 13,000 foodservice professionals who work in long-term care, acute care, and other non-commercial environments. CDM, CFPPs are nationally-recognized experts in foodservice management, menu planning, food preparation, application of nutrition principles, food safety, personnel management, and much more! Culinary professionals are the largest growing segment of CDMs, CFPPs because of the huge demand in the healthcare sector for the dual expertise of culinary and foodservice management. Through their education and work experience, many chefs are already eligible to sit for the CDM Credentialing Exam. Visit www.CBDMonline.org to learn more!

**3 REASONS A CHEF SHOULD BECOME A CDM, CFPP...**

1. There is a high demand in healthcare dining for both CDM and culinary expertise.
2. Carrying these dual credentials is a highly competitive advantage, enabling professionals to use their culinary knowledge in combination with their management skills.
3. A shift to healthcare can result in a more manageable schedule and work/life balance.

**“Coming from a background in restaurants and resorts across the Southwest, I always envisioned my career in that setting. It wasn’t until I took a position as an Executive Chef for a hospital that I realized the impact that I could make in the healthcare industry, and the impact the healthcare industry could make in my career. After obtaining my CDM, CFPP through ANFP, I realized two things: (1) The demands for chefs in healthcare will begin to rise very quickly, and (2) this career choice will prove to be one that I can continue to grow in for a lifetime!”**

- Executive Chef Rocky Dunnam, CEC, CDM, CFPP
  Amarillo, TX

**QUESTIONS? CONTACT US.**

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Creativity is Key
By Tom Macrina, CEC, CCA, AAC

Dear Students,

At the regional culinary salons, I saw first-hand the remarkable talent of the best student chefs in the country. It is no easy feat for a chef to travel to a new place and cook award-winning food in an unfamiliar kitchen, all while remaining focused and composed. Congratulations to all who competed and to those who will now advance to Cook. Craft. Create. ACF National Convention & Show at Disney’s Coronado Springs Resort in Orlando, Florida, July 9-13.

ACF strives to be the leader in professional and personal development for the culinary community. The schedule for National Convention includes educational sessions for beginners and advanced chefs, hands-on workshops to learn a new skill, live cooking demonstrations and business seminars, all of which earn you CEHs. You can also talk with recruiters at the career fair and meet vendors and sample products at the trade show. When you attend National Convention, you are making an investment in your future. The connections you make through ACF can support you now and throughout your career.

Creativity is at the forefront of this issue of Sizzle and you can meet many of these featured chefs at National Convention. Carlos Villanueva has worked for Michelin-starred chefs and CMCs and will demonstrate modern plating techniques. Get a taste for his style in Classical vs. Modern, which will challenge you to cook outside your comfort zone. Chefs Corey Siegel, CEC, ACF Culinary Team USA 2016 member, and Graham Elliot reveal what inspires their creativity on and off the plate (hint: punk rock music).

This issue also features more trend-setting recipes and demonstrations than ever before to try with your local ACF chapter or culinary classmates. I hope you are inspired and challenged both personally and professionally by recipes from food historians who preserve their cultural heritage with modern culinary interpretations to a step-by-step process to curing guanciale. Share photos of your creations with us by tagging #ACFChefs on social media.

New officers have been selected for the 2017-2018 term of ACF’s Young Chefs Club. Get involved with webinars, live events and connect with other student chefs. Do you have an idea about how ACF can better serve its new or younger members? If so, please share your thoughts with me.

I look forward to seeing you at National Convention in July. ■

Yours Truly,

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

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- Hands-on workshops
- Culinary demonstrations
- Networking opportunities

For detailed schedule of events, session descriptions and to register, please visit acfchefs.org/convention.

July 9–13, 2017 | Orlando
Disney’s Coronado Springs Resort
News & Opportunities

Pork Solved app
Pork producer Smithfield Foods announced the launch of their Pork Solved app, a chef-driven mobile platform that includes a pork cuts glossary, pork preparation tips, menu ideas, recipes and a product list of SKU’s. The latest version of the Pork Solved app is free to download on the Google Play Store and the Apple Store.

Earn continuing education hours (CEHs)
Self-paced Learning
Agri Beef has launched the Ranch to Table education program for both personal development and as a classroom-training tool. Upon completion of the course, participants are eligible for 15 CEHs.

In developing the course, Agri Beef collaborated with culinary educators from across the country along with restaurant and culinary school consultant Chef Paul Sorgule of Harvest America Ventures, who noted, “With the thoughtful approach that went into developing this robust resource, I am confident that it will help to make a difference in culinary education.” Access the module through Agri Beef’s website.

Spring for Cheese
Did you know that cheese can be seasonal? Wisconsin Milk Marketing Board has tips to create the perfect spring cheeseboard. Additionally, ACF members who complete the Cheesecyclopedia training program can earn two CEHs.
Cook. Craft. Create. ACF National Convention & Show is July 9-13 at Disney’s Coronado Springs Resort in Orlando, Florida. Earn over 25 CEHs by attending seminars and demonstrations, then let loose at the nearby theme parks or at one of five pools at the resort! View the schedule to see who is presenting.

Visit ACF’s CEH Opportunities page to find CEH opportunities in your area or take online courses.

2017 ACF Young Chefs Club
New officers have been inducted into the ACF Young Chefs Club (ACFYCC) for the 2017 – 2018 term. Sign up to stay in the loop on web-based and live events and activities for 2017.

Recipe Contest
Submit your recipe to Waring Commercial for a chance to win a WSG30 1.5 Cup Spice Grinder (pictured right). The top 10 recipes will win this prize worth $200 and all recipe submissions are eligible to be featured on Waring’s website.

Certification News
Fast-track Certification
ACF and Worldchefs have partnered to create a fast-track certification process. ACF-certified chefs can now achieve global certification. Read the press release and visit the fast-track certification page for more information.

2017 ACF-CMC Exam
The 2017 ACF-CMC exam is scheduled for Sept. 30 – Oct. 8 at Schoolcraft College, Livonia, Michigan. For more information, please contact Jeremy Abbey, CEC, CEPC, CCE, CCA, certification director.

Upcoming Practical Exams
Ready to switch gears from a job to a career? View the list of upcoming practical exams to find test site near you to get certified.

Attention educators!
Have you been teaching for a year and looking to model professional growth and expansion for your students? Look into a CSCE® certification. You will show your students that continued education and skill development is vital for developing their personal career path.

For more information on CSCE® certification, please review the CSCE® webpage. Contact Erica Moyers, certification assistant, with any questions.

Student Chefs Advance to National Competition
The field for the best student chefs was narrowed down during the ACF regional culinary salons. The salons were held at Johnson & Wales University, Charlotte, North Carolina; Joliet Junior College, Joliet, Illinois; and The Culinary Institute of New York at Monroe College, New Rochelle, New York.

ACF Student Chef of the Year
Northeast Region
Yudelka Torres, student, The Culinary Institute of New York at Monroe
College, New Rochelle, New York, earned a silver medal and the highest overall score. She is a member of the ACF Long Island Chapter.

Torres’ winning dish featured a tasting of farmed Idaho Brook Trout comprising seared filet, braised baby fennel, olive oil poached tomatoes, tourné potato and “Caldeirada” sauce; trout in puff pastry with spinach and mushrooms with lemon emulsion; and tort and bacon mousseline-stuffed shrimp, parmesan tuile and shrimp-flavored Arborio purée.

Southeast Region
Daniel Lee Wernz, student, Le Cordon Bleu College of Culinary Arts Orlando, Mims, Florida, and Line Cook, Myths, Orlando, earned a bronze medal. He is a member of the ACF Central Florida Chapter.

Wernz’s winning dish featured baked maple trout topped with mousseline and herb crust, braised turnips, sautéed Swiss chard, roasted Parmesan potatoes and beurre citron.

Central Region
Gabrielle Edrosa, sauté cook, Lake Quivira Country Club, Lake Quivira, Kansas, earned a gold medal and the highest overall score. She is a member of the ACF Greater Kansas City Chefs Association.

Edrosa’s winning dish featured quenelle of trout with truffle, Applewood smoked trout and trout roasted with a duxelle crust.

Western Region
Madeline Black, student, Utah Valley University Culinary Arts Institute, Orem, Utah, earned a gold medal and the highest overall score. She is a member of the ACF Beehive Chefs Chapter Inc.

Black’s winning dish featured ruby red Utah rainbow trout, trout and shrimp pan fried cake, smoked trout belly, orange scented carrots and parsnip sauté, tomato-fennel compote and vegetable medley.

ACF Student Team Championship, Sponsored by Vitamix

Northeast Region
Members of ACF Chefs and Cooks of the Catskill Mountains/State University of New York at Delhi, earned a silver medal and the highest overall score. Victor Sommo, CEC, coached team members Peter Blayne, Arthur Grady, Daniel Hess, Alex Johnson, Jerusaline Johnson, Matthew Julius, Jessica Shultis and Carly Yezzo.

The team prepared Filets de Sole Lady Egmont with asparagus tips, butter, cream, lemon and white mushrooms; fish stock; and puff pastry fleuron; a salad course of petite greens with goat cheese panna cotta, country ham crisp, pickled golden beet, marinated orange suprêmes, sea salt-walnut cracker and maple vinaigrette; a chicken sauté with pan sauce, broccoli rabe and creamed rabe greens, forcemeat barquette, root vegetable dice and dried applie-juniper chicken sausage; and a dessert course of pomegranate and red wine poached pear, pecan cake with bourbon mousse, pear compote, pear skin crisp, pomegranate molasses and ginger-basil sorbet.

Central Region
Missouri-ACF Chefs de Cuisine Association of St. Louis Inc., earned a gold medal and the highest overall score. Brian Bernstein and Scott Scheible coached team members Sarah Bailey, Derek Kaliszewski, Nick Norton, Nick Wenz and Tim Polacek.

The team’s winning menu featured slow poached Dover sole in a white wine-fumet butter sauce with button mushrooms, asparagus tips and fleuron; beet and goat cheese salad with baby field greens, golden raisin and apple relish, apple purée, Marcona almond granola, wonder bread cracker and Champagne vinaigrette; thyme and rosemary roast Amish chicken breast.
Baron H. Galand Culinary Knowledge Bowl National Competitors
Sponsored by American Technical Publishers and Vitamix

Northeast
ACF Eastern Long Island Chapter
Team: Yvette Boucher-Denning, Jill Hamill and Emily Moder
Coaches: Andrea Glick and Sherry Mazze

Southeast
Guilford Technical Community College
Team: Haley Bird, Angelica Clark, Sydney Hester, Danietta Lucas and Katie Runyan
Coaches: Patrick Sanecki and Michele Prairie

Central
Kendall College
Team: Nikhil Bendre, Brandy Freberg, Benton Givens and Joshua Ludwig
Coaches: Wook Kang, CEC, and Nelia Salvi

Western
Utah Valley University Culinary Arts Institute
Team: Summerlyn Dye, Mckenzie Jorgensen, Earnest Omondi, Abigail Raff and Emily Williams
Coaches: Meghan Roddy, CEPC, and John Thomas, CEC, CCE

Western Region
Hawaii-Kapi’olani Community College, members of ACF Honolulu Chapter, earned a gold medal and the highest overall score. Team members Jeremy David, Richard Lee, Kimberly Lim, Qihao Tan, Sean Uyehara and Christian and Rae Wong were coached by Jason Peel and David Brown.

The team’s winning menu included Filet de Sole Lady Egmont; lobster salad with lobster “roll,” sweet corn pudding, avocado, apple, cucumber, tomato jam and yuzu dressing; roasted chicken breast with smoked bacon and chicken mousse, butternut and bacon takoyaki, braised daikon, truffle celery root puree and red wine Szechuan pepper sauce; and a dessert course featuring chocolate textures with tropical fruit accents, dark chocolate and coffee ganache, white chocolate vanilla mousse, chocolate powder, sea salt brownie, chocolate streusel, milk chocolate air crèmeux, ginger syrup macerated Brunoise banana and lilikoi sherbet.

above: Gold-medal dessert from Missouri-ACF Chefs de Cuisine Association of St. Louis Inc.
right: Hawaii-Kapi‘olani Community College, members of ACF Honolulu Chapter.

opposite page from left:
2016 Student Grand Prize Winner
Butternut Squash Duck Lasagna
by Rebecca Alarcon,
Houston Community College

Win big cash for your original duck recipe featuring duck legs or duck leg meat!
Find complete contest rules and entry forms at www.mapleleaffarms.com/chef-recipe-contest
Rebekah Borgstede

age
20

education
Graduate of Eaglecrest High School, Denver, 2015

why I chose the apprenticeship program
I chose the apprenticeship program because of the low cost and I wanted to gain real-world experience.

apprenticeship
I am in my second year of the apprenticeship with ACF Colorado Chefs Association Apprenticeship at Sports Authority Field at Mile High Stadium where the Denver Broncos play football. On game day, we serve over 50,000 people a variety of food, from hot dogs and hamburgers to crab cakes and clam chowder. The most exciting day of my apprenticeship so far was when the Broncos won the play-offs.

most interesting lesson
I have learned many different new skills, from spinning sugar to cutting open lobsters. I really enjoy experiencing all the various techniques.

career plans
I want to become a personal chef and start my own business making freezer meals. My focus would be creating meals for people with dietary conditions. I would like to create meals for people with food allergies and vegan and gluten-free meals.
6:00 a.m.
The alarm goes off and I turn it off with a groan. I only got a few hours of sleep because we were prepping late and I did not get home until 1:00 a.m. But today is game day and I have a big day ahead of me. I put on my uniform and head out.

7:30 a.m.
The kitchen is packed with people on Broncos game day; some have been working since 3:30 a.m. to get ready. I clock in and ask Chef Bacon, head of pastry, what I need to do. He assigns me to top the cobblers with streusel and bake them.

10:00 a.m.
I head to the CBS newsroom to carve ham for their breakfast. The room is beautifully decorated for the holidays and nicely heated on this chilly day.

11:00 a.m.
Next, I head upstairs to the dessert action station of cookies, cakes, brownies, root beer floats and cherries jubilee. I make cherries jubilee flambé, scoop ice cream and dish out other desserts as requested. My co-workers and I have fun together, laughing at the crazy ways fans dress to show their Broncos spirit.

Half Time
I am still at the dessert action station, but it gets insane! The lines are now twice as long. People are excited and not fully sober.

End of the 3rd Quarter
It is time to close the action station, but we still have a long line of people. Once we finish serving, we clean up and pack all the food, dishes and equipment then head to the downstairs kitchen.

5:00 p.m.
We continue to clean up. I put away leftover food: Cookies go in the freezer; marshmallows go in dry storage; dishes go to the dish pit. The kitchen is starting to wind down, but it is still busy.

6:00 p.m.
I’m finally done for the day and I get on the light rail with the excited fans who are heading home, who are all cheering and excited! Thankfully I have the day off tomorrow, so I will be sleeping in.

Are you in an apprenticeship program? Share your experience with us and you could be featured in Sizzle!
A luxurious Escoffier classic, Filet de Sole Walewska is an extravagant dish that is rich in history and decadence, allegedly named for the high-profile romance between a polish countess and Emperor Napoléon I. Dover sole, a delicate, mild-flavored fish and langoustine, a relative of the lobster that has a sweet meat found only in the tail and claws are the proteins. A heavy Mornay sauce and shaved black truffles, one of the most expensive edible mushrooms in the world, finish the dish with an earthy, peppery flavor.

While the modern version is strikingly different in its three-dimensional presentation, both versions make use of such core classical techniques as butchery and using the sole and lobster carcasses for the fumet and mousseline. The modern version is interpreted as a terrine that can be served cold or room temperature, an ideal dish for large parties or an event.

Hydrocolloids bind the bright yellow saffron Mornay mousse piped across the plate among verdant dots of pea puree. A black truffle crumble enhanced with charcoal powder provides a cost savings and the fumet umami broth adds depth of flavor. The result is a dish that pops with color, flavor, freshness and creativity that awakens the senses like the first sight of tulips in the spring.

**meet the chefs**

Carlos Villanueva, executive chef, Cloud Catering and Events, Long Island City, New York, is a graduate of the Culinary Institute of America (CIA), but it was in his Grandma Aya’s kitchen in Tampa, Florida, where his culinary journey began with Cuban classics.

In his family’s garden, his grandmother taught him “to grow the best product, you must take care of your soil, and then let nature take its course.” This wisdom birthed the emotional connection between cooking and the ingredients that would inspire his future aspirations.

After earning his Bachelor of Arts in Professional Studies from CIA, he honed his butchery skills as a teaching assistant.
FILET DE SOLE WALEWSKA
1. Dover sole filets and langoustine tails are the signature ingredients. 2. The sauce Mornay is a béchamel with the addition of Gruyère cheese. 3. The dish is quickly glazed at the salamander. 4. Black truffle lends an earthy, peppery flavor and is sliced right before service. 5. Fresh herbs are added for garnish.

SOLE A LA WALEWSKA IN SPRING
1. The pomme mille-feuille au vegetable scallop is layered with mushroom duxelle and spinach mousseline. Use seasonal vegetables to make the colors pop. 2. The sauce Mornay in the classic version is reinterpreted as a saffron Mornay mousse piped around the plate. 3. The fumet umami broth adds depth of flavor and is poured table side. 4. The pea puree is enhanced with mint. 5. Black truffle crumble with charcoal replaces the shaved black truffles. 6. The pave is layered with sole, protein pipes, prosciutto sheets and lobster truffle. 7. The terrine, rolled tightly in cabbage leaves and cooked in a combi oven, is sliced to reveal colorful layers.

in meat and fish fabrication, where he met his mentor, Chef Olivier Andreini, an ACF Certified Master Chef.

For the better part of 2011, Villanueva traveled to Spain to work under Michelin-star Spanish chefs Martin Berasategui and Sergi Arola. Back in America, Villanueva worked with Chef/Proprietor Tony Maws, a James Beard award-winning chef, before joining the team at Cloud Catering and Events, working his way up to executive chef. “No matter what level chef you are,” states Villanueva, “every chef should seek out the opportunity to work under chefs of that caliber.”

Now Villanueva is passing on the knowledge he gained under these esteemed chefs. One such student is Chef Huizi Qian, who left her hometown in a small city in China to study culinary arts at the CIA.

Qian originally pursued a major in fashion design, but found it to be unfulfilling. When she set out to reevaluate her path, she determined that what made her especially happy was the food she enjoyed with her grandmother and uncle.

Villanueva and Qian researched classical Escoffier dishes as part of Qian’s capstone project. For the classical version of the dish, Villanueva
and Qian created it together, and then he let her create the dish on her own. Careful attention to detail is required to prevent overcooking the sole while poaching. Additionally, an improperly made béchamel can break the sauce; too much cuisson can ruin the Mornay; and excessive heat can prematurely extract the aroma of the truffle, a costly mistake.

In the modern version, Villanueva brought together the components of Qian’s classical culinary education while adding modern elements of molecular gastronomy and profitability of the dish as a practical consideration. Sliced spring root vegetables and truffle oil is more cost appropriate and the dish utilizes more ingredients for a higher margin of return. Substituting lobster for the langoustine is also more cost effective.

“Classical cooking helps me operate effectively and avoid mistakes,” says Qian. “The most important lesson she learned in creating the modern dish with Villanueva is to think about ingredients in different way. In the future, Qian hopes to combine her love of fashion design, art and food to create delicious dishes with meaning.

For Villanueva, even after working with the best chefs in the world, he stays humble and is more likely to identify with the intuitive culinary wisdom of his grandmother. Today, his cuisine pushes the boundaries with modernist takes on the classics, as reflected in the modernist version of the Sole a la Walewska in Spring.

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### Classical Recipe

**Filet de Sole Walewska**

**Yield:** 10 portions

**Plate Components**

**Yield:** 10 portions

**Ingredients**

- 20 each Dover sole ¼ filet
- 10 each Langoustine tails, split in half
- 800 g. sauce Mornay
- 20 slices black truffles

**Method**

1. Transfer sole and langoustine to warm au gratin copper pan. Cover with parchment paper.
2. Strain 250 g. cuisson and reserve for sauce Mornay.
3. Spoon sauce Mornay over sole and Langoustine, quickly glaze at salamander.
4. Garnish with shaved truffle slices.

**Shallow Poached Dover Sole and Langoustine**

**Yield:** 10 portions

**Ingredients**

- 20 Dover sole ¼ filets
- 10 Langoustine tails, split in half
- Butter, chilled, as needed
- Shallots, minced as needed
- Thyme, picked, as needed
- 100 g. reduced white wine
- 500 g. fish fumet (recipe follows)

**Method**

1. Preheat oven to 350°F. Rub cold butter on the bottom of an au gratin-style pan. Sprinkle with finely minced shallots and thyme.
2. Season the sole and Langoustine tails with salt and white pepper.
3. Place sole and Langoustine in pan, add reduced white wine and fumet. Cover with buffered parchment paper and lid.
4. Place pan on stove and bring to gentle simmer. Move to oven.
5. Cook until fish is opaque. Remove from oven.

**Sauce Mornay**

**Yield:** 10 portions

**Ingredients**

- 500 g. sauce béchamel (recipe follows)
- 250 g. cuisson
- 50 g. gruyère cheese
- 50 g. Parmesan cheese
- 50 g. butter

**Method**

1. Add béchamel and cuisson to heavy bottomed saucepan. Reduce by one-third.
2. Slowly whisk in cheeses, do not let boil.
3. Whisk in butter.

**Sauce Béchamel**

**Yield:** 500 grams

**Ingredients**

- 35 g. butter
- 50 g. all-purpose flour
- 500 g. whole milk
- 50 g. white onion, sliced thin
- 1 bay leaf
- 1 whole clove
- Freshly ground nutmeg, to taste
- Ground white pepper, to taste
- Salt, to taste

**Fish Fumet**

**Yield:** 500 grams

**Ingredients**

- 5 g. olive oil
- 5 g. butter
- 20 g. shallots
- 20 g. leeks, sliced thin and soaked
- 5 g. celery root, sliced thin
- 5 g. carrots, sliced thin
- 1 clove garlic, smashed
- 15 g. mushroom stems (or whole cremini/button mushrooms)
- 1 g. coriander seed, crushed
- 1 g. fennel seed, crushed
- 5 each black peppercorns, crushed
- 50 g. white wine
- 5 g. whole fines herbes (parsley/ chervil/tarragon/chives)
- 600 g. water

**Method**

1. Remove fins, any skin and wash bones under cold water to remove all blood.
2. Add olive oil and butter to shallow pot over low heat. Add mirepoix and spices. Sweat for 3–4 minutes.
3. Add Dover sole bones and deglaze pot with wine. Cover with lid for 1–2 minutes. Bones should turn opaque.
4. Sprinkle fines herbes over bones and add water.
5. Simmer gently for 40 minutes. Skim stock frequently.
6. Remove from heat; let rest for 30 minutes.
7. Slowly strain liquid through coffee filter, taking care not to agitate the impurities on the bottom of the pot.
8. Allow to cool and reserve.
Modern Dish
Sole a la Walewska in Spring
Cabbage-wrapped Dover sole, lobster, black truffle crumble, peas, Mornay mousse, field flowers and herbs

Plate Components
Yield: 10 portions
Ingredients
10 portions Dover sole terrine, recipe follows
10 portions Pomme mille-feuille au vegetable scallop, recipe follows
500 g. Saffron Mornay mousse, recipe follows
106 g. Black truffle crumble, recipe follows
100 g. Pea puree, recipe follows
300 g. Fumet umami broth, recipe follows

Plating Method
1. Gently cook the Dover sole pave in a 140°F combi oven. Once fully cooked, slice into even portions about 2½ inches thick, or 130 g. Place onto the left-center part of the plate, sitting on its side. Place mille-feuille to right at slight angle.
2. Pipe saffron Mornay mousse ranging in size of dots in front and behind the mille-feuille.
3. Pipe Cabbage-wrapped Dover sole, black truffle crumble, vegetable scallop coins, as needed.
4. Garnish with herbs and flowers.
5. Table side pour the broth over the accompaniment of the dish.

Dover Sole Terrine
Yield: 10 portions
Ingredients
Protein pipes mat (recipe follows)
Cabbage, blanched (enough to wrap fish)
200 g. lobster mousse, in piping bag (recipe follows)
10 lobster claws
2 Dover sole, pave

Method
1. Place protein pipes mat on edge of a cutting board.
2. Unwrap Dover sole pave, place parallel to edge of cutting board.
3. Pipe a line of lobster mousse down center of pave. Spread with offset spatula to ¼-inch thick. Lay lobster claws overlapping each other, all in same direction.
4. Pipe another line of mousseine and spread to cover lobster claws.
5. On damp surface, pull out sheet of plastic wrap. Maintain connected to roll.
6. Lay out cabbage leaves, slightly overlapping each edge.
7. Transfer pave to edge of cabbage and begin to wrap the pave tightly but evenly to maintain uniform shape.

Lobster Mousseine
Yield: 1 quart
Ingredients
500 g. lobster meat, raw (save claws for later use)
5 g. kosher salt
1 egg white
100 g. cream
3 lemons, juiced
1 lemon, zested
1 g. dry vermouth
2 g. fines herbes

Method
1. Dice lobster loin meat and place in freezer.
2. When partially frozen, add to food processor with salt and process for 2 minutes, stopping to scrape down the sides of the bowl.
3. Add egg white and process for 1 minute.
4. Transfer mousseine to stainless steel bowl with ice underneath in larger bowl.
5. Using rubber spatula, fold in the rest of the ingredients.
6. Cook a small tester of mousseine to check flavor, adjust as needed, refrigerate.

Protein Pipes Mat
Yield: 1 mat
Ingredients
Lobster Mousseine
125 g. lobster meat
1.5 g. salt
1 egg white
Truffle Mousseine
125 g. chicken breast meat
1.5 g. salt
1 egg white
2 g. truffle powder
1 g. charcoal powder

Chicken Mousseine
125 g. chicken breast meat
1.5 g. salt
1 egg white

Method
1. Follow previous method to make mousseines.
2. Place a slipat mat on a sheet tray, place a fine tip in each of the piping bags and fill with mousseines.
3. Alternating between the flavors, begin piping line 10 inches long, allowing each line to touch. Once you have a 10-inch long by 7-inch wide mat, place in freezer for 15 minutes to firm before steaming.
4. Remove from freezer, cover with plastic wrap and place in a combi oven on 150°F steam for 5 minutes until fully cooked.

Pomme Mille-Feuille au Vegetable Scallop
Yield: 10 portions
Ingredients
20 potato pave, ¼-inch thick, 1½ inches wide by 2½ inches long
Clariﬁed butter, as needed
Thyme sprigs, as needed
3 cloves garlic, unpeeled
200 g. mushroom duxelle
Spinach mousseine (add 50 g. blanched spinach to chicken mousseine)
120 vegetable scallop coins (seasonal)
50 g. chives
Espelette pepper, to taste

Method
1. Peel and trim potato, slice into ⅛-inch thick slices.
2. Portion potato slices 1½ inches wide by 2½ inches long.
3. Place potatoes into a pot and cover with clarified butter, thyme and garlic.
4. Gently cook potato until tender. Remove from fat and let cool.
5. Use offset spatula to spread duxelle in ¼-inch thick layer on one potato rectangle. Top with second potato slice and spread spinach mousseine to cover potato.
6. Peel and trim all vegetables for the scallop coins. Slice ¼-inch thick and punch out with ring cutter. Blanch in salt water until tender, shock and dry on towels.
7. Arrange vegetable scallop coins on top of spinach layer.
8. Glaze the top with clarified butter, chives, salt and Espelette pepper.

Saffron Mornay Mousse
Yield: 1 quart
Ingredients
240 g. whole milk
4 g. low-acyl gelatin gum
1 g. sweetened condensed milk
17 g. non-fat milk powder
1 g. glucose syrup
1 pinch saffron
Salt, 1% of weight
1 g. sodium citrate
25 g. Gruyère cheese
25 g. Parmesan cheese
75 g. heavy cream

Method
1. Place milk into thermomix and at low speed shear in low-acyl gelatin.
2. Add next five ingredients to thermomix and cook until 90°C (194°F) is achieved.
3. Once temperature is achieved, add sodium citrate for 20 seconds.
4. Add cheeses and incorporate.
5. Pour into third pan to achieve height of 1-2 inches and allow to cool for 2-4 hours until firm.
6. Once firm, place into blender and puree.
7. Add puree to mixing bowl and incorporate heavy cream.
8. Pour into an 8i canister and charge with 2 charges.
9. Extrude into pastry bag with tip.

Black Truffle Crumble
Yield: 106 grams
Ingredients
50 g. almond flour
30 g. pumpernickel bread, toasted
5 g. tapioca maltodextrin
5 g. barley malt powder
7 g. dried truffle powder
2 g. grapeseed oil
2 g. truffle oil
Charcoal powder, to taste
Maldon sea salt, to taste

Method
1. Blend dry ingredients in food processor.
2. Slowly drizzle in oils until combined.
3. Dehydrate overnight in dehydrator.
4. Store in quart container and reserve with silica gel packet to reserve for later use.

Pea Puree
Yield: 100 grams

Ingredients
75 g. English peas, blanched
1 sprig mint
1 clove garlic confit
25 g. vegetable stock

Method
1. Combine peas, mint, garlic confit and vegetable stock into vita-prep.
2. Season with salt, blend until smooth and desired taste achieved.
3. Transfer to small squeeze bottle.

Umami Broth
Yield: 300 grams

Ingredients
80 g. chicken bones
120 g. Dover sole bones, washed
40 g. lobster bodies
500 g. fish fumet (recipe follows)
1 dried shiitake mushroom
10 g. kimbo, toasted
5 g. scallions
2 g. ginger coin, smashed
Mirin, to taste
Mushroom soy, to taste
White soy sauce (shoyu), to taste
Xanthan gum, 0.1% of weight

Method
1. Place chicken bones in a stockpot and cover with cold water. Bring to a simmer and strain. Reserve bones and discard liquid.
2. Return chicken bones to pot. Add Dover sole bones and lobster bodies. Cover with fish fumet and add shiitake mushroom, kimbo, scallions and ginger.
3. Bring to a gentle simmer and continue simmering for 40 minutes, skimming the stock frequently.
4. Remove from heat and allow stock to rest for 30 minutes. Slowly strain the liquid through a coffee filter, taking care not to agitate the impurities at the bottom of the pot.
5. Season the stock with mirin, mushroom soy and white soy sauce. Once proper balance is achieved, weigh the sauce and multiply the weight by .01% to determine proper amount of xanthan gum.
6. Add broth to a blender. On medium speed, shear in xanthan gum and blend for 2-3 minutes.

Fish fumet
Yield: 500 grams

Ingredients
5 g. olive oil
5 g. butter
20 g. shallots
20 g. leeks, sliced thin
5 g. celery root, sliced thin
5 g. carrots, sliced thin
1 clove garlic, smashed
1 g. ginger coins, smashed
5 g. fennel bulb, sliced thin
15 g. mushroom stems (or whole cremini/button)
1 g. coriander seed, crushed
1 g. fennel seed, crushed
5 each black peppercorns, crushed
50 g. white wine
5 g. whole fines herbes (parsley/chervil/tarragon/chives)
600 g. water

Method
1. Remove fins, any skin and wash bones under cold water to remove all blood.
2. In shallow pot, add olive oil and butter over low heat. Add all mirepoix and spices and sweat for 3-4 minutes.
3. Add the Dover sole bones and deglaze pot with white wine. Cover with a lid for 1-2 minutes, until bones turn opaque.
4. Sprinkle fines herbes over bones and add water.
5. Bring to a gentle simmer for 40 minutes, skimming stock frequently.
6. Remove from heat; let rest 30 minutes.
7. Slowly strain liquid through coffee filter, taking care not to agitate the impurities on the bottom of the pot.
8. Allow to cool and reserve.
Culinary + Art

Artistic expression leads to culinary creativity on and off the plate.

By Maggie Hennessy
The first time I bit into a South Carolina peach I realized there was nothing I could do to make it taste any better than it was at that moment, so why mask its beauty?

- Corey Siegel, CEC

There are some easy parallels to draw between art and food, whether flipping through the pages of *Modernist Cuisine*, experiencing a dinner theater for all five senses at Grant Achatz’s rotating concept Next in Chicago or “sipping” a mezcal marshmallow at Jose Andres’ D.C. cocktail laboratory Barmini.

These avant-garde chefs toy with our senses by deconstructing and rebuilding flavor profiles through groundbreaking techniques and ingredient manipulation. Their cuisine is the kind fit for exhibition, contemplation and argument—not to mention a hefty restaurant bill.

The intersection of art and food happens across the entire dining spectrum. Some guests delight in bursting a spherical olive on their tongues or deciphering edible “charcoal” in the same way others find joy in an impeccably cooked skate wing fillet in brown butter or a peak-season raw heirloom tomato, sliced open and drizzled with the finest olive oil.

It’s up to chefs to know when to use flourish and when to hold back.

**Organized Chaos**

Corey Siegel, CEC, corporate executive chef at Electrolux Professional and 2016 ACF Culinary Team USA competitor says there is a fine balance between letting ingredients shine and over-manipulation.

“As chefs, we want to showcase our skills and dedication to our craft as we constantly push further in our education and understanding of food,” says Siegel. “I like to create things that people have not experienced and challenge their way of thinking.”

Painting is an outlet that gives Siegel confidence in the organized chaos of splattering sauce on a plate or conceptualizing flow and negative space in plating. Whether he’s competing at the Bocuse d’Or or developing elevated, standardized desserts and entrees for fellow chefs at Electrolux, plating often is about restraint.

Short ribs added to a pan with their juices, reduced down, basted and glazed shouldn’t be smothered in foam and 30 tweezed sprigs of micro thyme, but rather finished with a light garnish of green to balance the richness in the flavor and highlight the skills of the farmer.

“There has to be a practicality to every step,” he says. “When I create a dish, I ask myself a series of questions: Is that needed? What does it add? What does it take away? Is it worth all of that work? If that was the only thing on the plate would they still say wow?”

For celebrity chef/restaurateur Graham Elliot, a former punk band singer and guitar player, the push and pull of showcasing ingredients versus technique is constant, even decades into his career.

“It’s a question that’s very similar to music,” he says. “Do you edit music and use GarageBand on your iPad to turn it into something crazy, or do you do an acoustic version where it’s stripped down?” According to Graham,
he swings back and forth between the two and hasn’t decided where he’s most comfortable on that spectrum.

“I allow my whole team to make decisions and problem-solve,” he explains. “That means the food and what it looks like constantly changes because it is being created as a group on an ever-changing basis.”

Graham empowers his chefs to find inspiration from what is in season or how they are feeling, turning menus into collaborative efforts.

‘Que the Music
Each August, 400,000 music lovers descend on Chicago’s Grant Park for Lollapalooza, a four-day music festival. Elliot has been the culinary director of the music festival since 2010. He oversees Chow Town, the food venue at Lollapalooza, which hosts more than 30 vendors, including his own Graham Elliot Bistro stall. When it comes to menu planning for such a massive outdoor event, he’s learned a few things over the past six years.

“As an outdoor festival that spans four days with 100,000 people each day, the food must be approachable, fun and handle 100-degree days,” Elliot says. Even despite all the colorful characters in attendance, he’s found that straightforward, yet playful items, like lobster-laced corn dogs, popsicles, pizza and his famous truffle popcorn fare best. “The weirder and more creative you try to get, the more it scares people off!”

Cooking for the headlining bands is where he really flexes his creative muscle.

“We base the menus on who they are as artists,” he says. “If we’re cooking for Outkast, we’ll do something southern inspired and if we’re cooking for Pearl Jam, maybe we’ll do something from the Pacific Northwest.”

Last year’s menu for Radiohead was both approachable and eccentric, much like the band itself, featuring a mix of crowd pleasers like basil-pesto pasta salad and peach cobbler, and mashups like compressed watermelon with feta and Kalamata olives, and Korean BBQ fried chicken.

A Culinary Culture
New England Mexican restaurant chain Margaritas celebrates the culture of Mexico through both food and art. The chain hosts award-winning Mexican artists twice a year to display their art in Margaritas restaurants through its Visiting Artists Program. Co-founders John and Dave Pelletier say a meal with them is like a Mexican vacation without the airfare.

No two Margaritas are the same because of the unique art that they source. It was the Pelletier’s vision to immerse diners not just in the country’s food and drink, but also the culture and art they fell in love with on their first trip to Mexico in 1988.

On the walls of the restaurants, one might find handcrafted masks, colorful ceramics, tile paintings, woodcarvings and hand-woven blankets while eating such regional dishes as lightly fried Mayan shrimp with chipotle aioli and braised beef zarape with grilled onions and cheese.

previous spread: Siegel also dabbles in food photography: Pickled beet and roasted apple puree with freeze-dried beet mousse and fennel fronds.
le: Siegel’s creme fraiche cremeux with market raspberries and English lavender.
above from top: 1. Graham Elliot’s truffle popcorn can take the heat of an all-day festival. 2. Original Mexican artwork hangs on the walls of Margarita’s Mexican Restaurant.
The artisans also host demonstrations at local schools, where they complete works of art and talk with students about their work and its role within their culture. The chain has hosted 34 artists to date.

“It’s become part of the curriculum for these schools, which is really incredible,” says Pat Picciano, director of education and art programs. “Over the course of a tour, the artists will see 5,000 students and about 1,000 restaurant guests.”

Reclaiming Creative Control

Jeremy Abbey, CEC, CEPC, CCA, CCE, director of certification at American Culinary Federation and chef/owner of the Detroit-based dining club Detroit Underground Omakase (DUO), felt creatively stunted by a recovering dining scene in Detroit. In 2015, Jeremy and his brother Eric Abbey, a server and bartender turned literature professor, started DUO in an old house in the city’s university district.

“A lot of pop-up restaurants exploded in Detroit very quickly and they all had the same menus with similar food and ideas,” says Jeremy, who has over 20 years’ restaurant industry experience. “There was a feeling that chefs and restaurant owners were bending over backward to pay their bills and driven by customer demands to a point where the chef was no longer creating the trends, but instead getting controlled by the public.”

The brothers decided to flip the script with a monthly underground dining club. DUO does practically no advertising beyond social media, though the 50-seat dinners routinely sell out. DUO serves omakase-style, a Japanese phrase that means “to entrust,” in which the chef chooses the dish for the diner instead of vice versa. Jeremy cooks a minimum of 10 courses for $40 to $50, which is half the going rate of similar tasting menus around town. And he is purposefully vague about what diners can expect.

“I’m just as clueless as the guests when it comes to the menu,” admits Eric, who leads the service. “The menu doesn’t usually say much other than descriptive elements like ‘spring,’ ‘nutty,’ ‘water,’ or ‘purple.’”

Dishes are ingredient-focused, drawing heavily on flavors encountered through Jeremy’s travels to places like Thailand or digging into the nuances of a single vegetable.

“I’ll do a course on carrots where I cook it five different ways,” Jeremy says. “Maybe I’ll look back at a classical Escoffier preparation, or I’ll
do preparations that highlight how the middle of the carrot tastes different from outside. It’s about exploiting the subtle nuances in food and bringing them to the forefront.”

One DUO dinner quite literally intersected with art when Jeremy cooked 12 courses based on Les Diners de Gala, a 1973 cookbook by surreal artist Salvador Dalí. Some dishes, like the duo of venison that features a whole sous vide leg carved tableside, raucously celebrated the book’s pleasure-seeking and carnivorous overtones, with homages to French haute cuisine.

“Five servers came in wearing masks and carried different components of the venison dish chanting, ‘Meat! Meat! Meat!’’” Jeremy says. “We told them to totally ignore all the guests. It was a real spectacle.”

Most dishes were pared-down, modernized versions from the book or odes to the artist himself. The first course, sourdough bread slices rubbed with tomato and garlic and streaked with tomato aioli is an everyday Spanish dish in honor of Dalí and chef Ferran Adrià, who both hail from Catalonia, Spain.

The freedom that Eric and Jeremy enjoy with DUO, and why they refuse to expand it or raise the prices, results from the fact that neither makes a living off this venture.

“We’re never going to deal with concerns like the lights getting shut off from not selling enough pork belly,” Jeremy says.

Indeed, the reality for most chefs is regularly compromising raw creative expression in an effort to please the diner, which is partly why these chefs all pursue creative outlets on the side. In addition to painting, Siegel plays guitar and drums as a release. “The louder the better,” he says. Jeremy likes to write while Eric is a film buff and a sensei in the martial art of kendo. And music is as central to Elliot’s personality as cooking.

“As with any art form, you need to know the fundamentals before you can break them,” Eric says.

Banging out those frustrations on the drums doesn’t hurt, either.

Maggie Hennessy is a Chicago-based food/drink writer and chef with a background in business writing and more than eight years’ experience as a journalist and editor covering the food/restaurant industries. Visit her website at www.maggiehennessy.com.
GATHER ROUND FOR SUNDAY SUPPERS

Restaurants shine light on an old tradition of family-style dining.

By Rob Benes
Chefs have embraced family-style dining and discovered a way to fill empty seats on what tends be a slow night. Whether it’s a theme-driven meal or modern cuisine from Michelin-starred kitchens and trendy bistro, Sunday supper menus offer crowd-pleasing meals using seasonal ingredients that foster connections between diners, chefs and farmers.

**Planning a Sunday Supper Menu**

The Restaurant at Patowmack Farm, Lovettsville, Virginia, has been serving Sunday suppers once a month to 40 guests each service since 2012.

While many chefs highlight food from different countries, executive chef Tarver King focuses on a specific region. For example, a Sunday supper might feature food from the Toulouse region in southern France, in which he serves cassoulets, sausages, beef bourguignon and escargot with chilies. Sometimes he breaks a country into distinct regions: southern Thailand’s cuisine features hearty, rich and sweet dishes while northern Thailand’s cuisine is lightly prepared acidic and spicy dishes with strong aromatic components.

King also extends his culinary purview to the seasonal variations of a region. In January when the weather is colder, he’ll showcase the hearty and comforting cuisine of Ukraine; in June, the light and bright flavors of Vietnamese cuisine break the heat; and in August, when it’s hot and peak season for tomatoes, he’ll feature Spanish cuisine.

“Cooking seasonally reflects what’s being harvested from our on-site 40-acre farm and garden,” King says. “We also source products from local farmers and producers, but rely heavily on what we’re growing and what’s been preserved during colder months.”

He uses large platters and bowls to bring food to guests’ tables. Guests eat from small plates and use the same cutlery as during regular service. Exceptions to the rule include Asian-themed menus, when chopsticks are used. If the cuisine is Ethiopian, cutlery is optional since Ethiopian food is eaten with one’s hands. “We have between 25 and 30 different plate settings, so we change what’s used as needed, but nothing is reserved exclusively for Sunday suppers,” King says.

Kendall College graduates Christine Cikowski and Josh Kulp had an idea to start an underground restaurant...
to cook seasonal meals by sourcing ingredients from farmer’s markets to serve in a farm-to-table atmosphere. They started serving dinners in homes around Chicago and cultivated a following. After two years, the following grew large enough to become a full-time business.

In the first year, Sunday Dinner Club (SDC) had one dinner a month on Sunday and that’s how the name came to be. In the second year, the demand increased and went to four dinners a month. After 12 years, SDC Sunday dinners now take place any day of the week, with 10 to 15 dinners a month throughout the week.

SDC offers multi-course themed dinners with one seating per night in a private event space. Diners are notified via e-mail to make online reservations. The number of dinner services depends on ingredient availability, popularity of the themed dinner or if a wine maker is involved.

One of SDC’s most popular dinners is its annual Cassoulet Dinner, with 20 such dinners planned between January and March. The 2017 menu includes crispy celery root and potato pancake with celery leaf crème fraîche and pickled shrimp; endive salad with dates, citrus, radicchio, Fromager d’Affinois (a French cow’s milk double-cream soft cheese) and citrus-shallot vinaigrette; SDC cassoulet with garlic sausage, duck confit, leg of lamb, slab bacon, duck-fat bread crumbs and Dijon mustard; and chocolate mousse with housemade honeycomb toffee and salted honey whipped cream.

At Lucques in Los Angeles, Sunday Supper was at the heart of the original vision of chef/owner Suzanne Goin and her business partner Caroline Styne when they opened in 1998. “When searching for the restaurant’s location, the space had to give the feel of a home,” explains Matt Duggan, general manager. “Suzanne and Caroline purchased a carriage house where upon crossing the threshold you find yourself standing right in front of our hearth, surrounded by warm old bricks and exposed wooden beams. Looking through you get the feeling that the patio is the backyard in someone’s cottage house.”

“Lucques’ Sunday suppers are attended by a core group of supper regulars who have standing reservations and only call if they can’t make it,” explains Duggan. Suppers generally consist of six menu choices from which guests choose three: a starter, an entree and a dessert.

Options for a starter might include leeks vinaigrette with prosciutto, dandelion, mustard breadcrumbs and soft cooked egg or greens with shaved roots, beet puree, avocado, pistachios and labneh crostini. Dinner choices have included grilled market fish with sweet potatoes, tatsoi, preserved lemon, green olives and chermoula or Portuguese stuffed chicken with linguiça, tomato rice and pickled golden raisins. A chocolate crèmeux tart with espresso hazelnuts and cardamom ice cream or apple galette with Armagnac
activity with families and kids who want to eat early,” he says. “The second half is quiet and relaxed with just adults.”

Gather’s Sunday dinner guests choose three courses from six options, or more for an upcharge, served in large bowls and platters. Menu items have included arugula salad with chilled watermelon, crisp cucumber, toasted sunflower seed, toasted almond, feta and fresh mint tossed with a red wine vinaigrette; no-bone fried chicken with summer slaw, honey drizzle and citrus-herb aioli; house-smoked Carolina barbecue brisket with country corn bread; such sides as green beans and Yukon gold-garlic aioli potato salad; and Gather’s signature warm sticky buns.

In addition to the Sunday dinner menu, guests can order from Gather’s à la carte menu. “Hosting a Sunday supper serves two purposes. First, it brings in families of all generations to come together and enjoy a great meal without the work and clean up at home,” says Carter. “Second, it may bring in guests who never visited, but may come back during the week.”

Food Restrictions

Nowadays many restaurants make accommodations for dietary restrictions and food allergies. Sunday suppers offer a challenge to chefs dealing with special food requests, due to the large quantities being served family style. SDC works with guests to make changes because reservations are booked far enough in advance. “Even though these are special events, we’re in the hospitality business and it’s our job to make people happy and give them what they want,” says Cikowski.
Traver chooses not to prepare special dishes, but this doesn’t mean there’s nothing to eat for someone with dietary restrictions. “It generally works out, because there’s so much food that there’s something for everyone no matter what someone can’t eat,” he says. “We tend to get requests from 30 percent of guests asking if they could pick and choose what to eat, but once they understand the amount of food they get they don’t mind what’s being served.”

DINNER PRICING

Most Sunday supper menus are pre-fixe and divided into shareable courses served family style, which is a great value for guests. “Profit is less for us on those nights,” explains Duggan, “but the popularity of Sunday suppers fills the house on a night that would otherwise be quiet. We’ve had Sundays with more covers than the Saturday preceding it.”

In terms of pricing, Gather charges $26 per person and children under 10 years of age are complimentary; Lucques charges $49 per person; The Restaurant at Potowmack Farm charges $65 per person; and SDC charges $85 per person.

“We want to create a value and not have people break the bank. Plus, we want people to come back,” says Carter. “And just like going to a relative’s house for a family get-together dinner, there’s usually lots of leftovers to take home.”

BEVERAGE PAIRINGS

Cocktail or wine pairing are generally an add-on cost for guests when ordering from an à la carte menu, but Sunday suppers tend to include beverage pairings. Lucques offers a selection of wines not ordinarily opened by the glass to pair with the supper, as well as handcrafted apéritifs and cocktails. “There’s creative interplay going on between the food and the beverage, keying off the theme, the season or just a specific ingredient,” Duggan says.

The beverage selection at The Restaurant at Patowmack Farm depends on the highlighted region. Guests sipped on several cold and warm sakes when the menu featured Japanese cuisine and when the menu turned to the southeastern regions of France, guests imbibed cocktails made with Chartreuse.

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

Food Historians Look to the Past for a Taste of the Future

By Suzanne Hall
Few professions are as immersed in history as the culinary profession. Each ingredient, recipe and technique has a story fueled by a chef’s passion and vision.

For Therese Nelson, the passion to know the history of her culture’s food and cooking brought her largely to a dead end. For that reason, Nelson moved out of New York’s hotel kitchens and into founding Black Culinary History, an organization with the purpose of uniting chefs of color to preserve black heritage throughout the African culinary diaspora, to promote and share the work of her colleagues, and to preserve the legacy being constructed by black chefs for the next generation.

A graduate of Johnson & Wales University with degrees in hospitality management and culinary arts, Nelson loved her career but couldn’t find a place for her own identity. “I was working with my head down to other people’s vision,” she says. “I didn’t have a vision of where I fit. If you don’t have that vision, you won’t have a very long career.”

Acknowledging that culinary schools probably don’t have the time to really teach food history, Nelson suggests that students learn it on their own as she did. “You have to be aggressive about your education,” she says. Books, chefs, even family members all provide information that can help chefs cook authentically, whether it’s handwritten recipes or an oral history. “You can’t cook the food if you don’t know the vocabulary, and that comes from knowing the history,” she says.

Nelson hasn’t given up cooking with her venture of preserving black culinary heritage. She is now a private chef with regular clients in Manhattan. Her passion to learn more about the history of food combined with her culinary education has expanded her career beyond the kitchen. She is a lecturer and hopes to share her knowledge by becoming a
writer. Eventually, she notes, she’d like to earn a master’s degree in food history.

Feed your Curiosity

According to food historian Ana Kinkaid, “To share a dish’s history with diners is to create an image in their minds and extend the dining experience.” A healthy dose of curiosity and a lifetime learner in both cooking and history led Kinkaid to create Your Culinary World, a website in which she writes about food and travel.

The daughter of an American diplomat, Kinkaid first learned about cooking in the kitchens of her parents’ homes in South America and Spain and from the cooks at the boarding school she attended. She believes culinarians can seek out the new and the innovative while still honoring the traditions of the past. “It is absolutely important for chefs to know the backstory of the menu and the region,” she says.

Kinkaid believes students can learn culinary history on their own and a good resource for her own studies has been to ask vendors and companies to share the history of their products. Contacting the Smithsonian and even the National Restaurant Association, both of which have a lot of information that they are willing to share, is another resource. But the best resource is often right under culinary students’ noses: “Culinary students should ask questions in class about the history of the dishes they are preparing,” says Kinkaid. She feels that food historians are an integral part of the culinary world. According to Kinkaid, “An industry without history will not survive.”

A Dash of the Past

Chef Walter Staib is in a class of his own when it comes to keeping American 18th-century cooking and dining alive. Since 1994, his company Concepts by Staib Ltd. has operated City Tavern on the grounds of Independence National Historical Park in Philadelphia. Staib is chef at the tavern, which first opened for business in 1773; the original building was destroyed by fire in 1834. An accurate reproduction opened in 1976 in time for the U.S. bicentennial. Today, costumed servers in 10 dining rooms decorated in the Colonial fashion present Staib’s Colonial-style menu.

Trained throughout Europe, the German-born Staib is well acquainted with the traditions of international cuisine. He admits that he wasn’t at all interested in 18th century culinary history until he took over the tavern and started to peruse the historical documents that came with it. Among these were issues of Ben Franklin’s Pennsylvania Gazette. The social pages were a rich source of the societal traditions of the era. Delving deeper into the period, Staib took Thomas Jefferson as his mentor to create updated versions of Colonial dishes.

His relationship with City Tavern turned Staib into an avid food historian. His interest and research are reflected not only in the food he produces at City Tavern, but in the historical cookbooks he writes. Additionally, Staib hosts an award-winning PBS television show, “A Taste of History,” which introduces viewers not only to Colonial cooking in America but in the Caribbean as well.

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union oyster house clam chowder

Recipe courtesy of Americo DiFronzo, CEC, CGA, AAC, executive chef, Union Oyster House

Yield: 64 ounces

Ingredients

- 2 oz. salt pork (scored)
- ½ cup unsalted whole butter
- 1 cup onion, diced
- ½ cup celery, minced
- 4 oz. all-purpose flour
- ¼ t. dried thyme, ground
- 1 qt. clam juice
- 16 oz. fresh quahog clams, chopped
- 8 oz potatoes, ½-inch dice
- 2 cup half and half cream, warmed
- 2 pinches Kosher salt
- 1 pinch white ground pepper
- 2 dashes Tabasco sauce
- 2 dashes Worcestershire

Method

1. Place large pot over low-medium heat, put the scored side of the salt pork down in the pot and render for about 5 minutes.
2. Add butter.
3. When melted, add onion and celery, cook until translucent, about 5 minutes.
4. Remove salt pork and reserve for another use.
5. Stir in flour and cook, stirring constantly for 2 to 3 minutes.
6. Add thyme and clam juice. Mix well and bring to a boil.
7. Add potatoes, reduce heat and simmer for about 10 minutes until potatoes are tender.
8. Add clams and bring quickly to a boil, then reduce heat.
9. Add half and half, bring to a quick boil. Season with salt, white pepper, Tabasco and Worcestershire sauce. Serve hot with Oyster Crackers.
Staib wishes that culinary schools would devote some time to food history, but like Kinkaid and Nelson, he believes that students should take the initiative to learn on their own. “Old cookbooks and librarians who can point students to other publications can be your best friends,” says Staib. “Reading old cookbooks isn’t necessarily easy, but it’s one of the best ways to learn about the food you are cooking.”

**A History Steeped in Tradition**

Further north in Boston, executive chef Americo DiFronzo, CEC, CCA, AAC, preserves the history of the menu at Union Oyster House. It first opened as Atwood and Bacon on Union Street in Boston in 1826 and by 1916 it became the Union Oyster House, the name it bears today. It is the oldest restaurant in Boston and the longest continuously operating restaurant in the U.S. Housed in a building that is over 350 years old, it serves the same traditional fare that Bostonians have enjoyed for centuries.

With the original 1826 menu hanging on the wall as a reminder of the restaurant’s history, Executive Chef DiFronzo and his staff serve 2,000 meals a day during the summer tourist season. More than 40 percent of the items on the 1826 menu are on the current menu. Those that are not, like lobster stew—a favorite of President John F. Kennedy—are prepared on request.

The original menu is not the only touch of history in the restaurant. The original curved oyster bar still is in use and historical photographs, notes and memorabilia fill the walls of several of its dining rooms.

DiFronzo was not totally new to culinary history when he took over the kitchen at Union Oyster House. A longtime collector of food and cooking memorabilia, he walked by the famous oyster house every day before he was hired as a chef.

“Now I am the caretaker of the history and the cuisine,” he says. Young chefs should note that it takes a special kind of person to be a caretaker. “Chefs who want to experiment with a lot of new dishes don’t belong in restaurants like this one,” says DiFronzo. “I can tweak things by using new techniques and new ingredients if they are better than the old ones, but I don’t really change anything.”

The restaurant’s crab cakes are an example. DiFronzo decided the crab cakes would be better pan-fried rather than deep-fried. “My staff thought I was crazy because we’re so busy and it would take too long,” DiFronzo worked with the staff to build up their efficiency...
and increased sales from 30 to 60 crab cakes a day. He notes that the crab cakes are one of Union Oyster House’s 10 best sellers.

Oysters, along with the restaurant’s history, are the biggest draws at the restaurant. Daniel Webster, one of dozens of famous diners, went to the restaurant daily for plates of oysters, which came six per plate, along with brandy and water. Like other Colonial diners, Webster was not averse to drinking during lunch.

While beverages get less attention by culinary historians, they are nevertheless important, especially in today’s small-batch world where customers’ have a demanding interest in where things originate. Nicolas Palazzi does not consider himself a historian; however, the history of Cognacs, a very specific type of brandy from France, is very important to him. Palazzi sources and imports Cognacs and other spirits to distribute through his company PM Spirits LL in Brooklyn, New York.

Palazzi was raised in France in a winemaking family with loose ties to Cognac makers. “I learned about Cognac just by being there,” he says. As he grew older, he was curious to learn more about French brandies. Today, he searches out small, family-run producers and imports their products. He passes on the history of these Cognac makers to his customers, who in turn pass the information to consumers.

“Many of the younger drinkers today want to know about the product they are drinking. They want to know its history and its roots,” he says. Although he did no formal study of Cognac, he notes, “If you are curious and passionate, you will learn.”

Suzanne Hall has been writing about restaurants, chefs, food and wine from her home in Soddy-Daisy, Tennessee, for more than 25 years.
Guanciale is the Italian word for “cheek” and is a basic method of curing a whole muscle. Derived from the pig’s jowls, guanciale has a wonderful texture and aroma with just the right amounts of fat. I source very fresh, high-quality pig jowls, then season with a curing mixture to crust the jowls to cure for seven days. I then rinse the jowls, dry in a refrigerator overnight and let the meat hang for three weeks in a 58-degree curing room until it loses 30% of its original weight.

The process of curing meat dates back to ancient times, before the invention of refrigeration. The application of salt, sugar and seasonings preserve meat by drawing out moisture without cooking. Drawing moisture from the meat deters microbe growth that results in food spoilage.

Salt is the primary ingredient used to cure meat. The addition of sugar mellowed the flavor of the salt and feeds the growth of Lactobacillus, the flavor-enhancing bacteria that turns the sugar into lactic acid. Instacure #2, also known as “Prague Powder #2,” is a mixture comprising salt, sodium nitrite and sodium nitrate that enhances the color of the meat and prevents botulism. Botulism is a potentially fatal food poisoning caused by a bacterium growing on improperly sterilized or preserved food.

Curing meat is very rewarding and provides a substantial cost savings to buying cured meat from a vendor. In-house curing also provides you with the opportunity to play with the flavor profile and consistency of the product you are curing. At The Orchids at Palm Terrace, we use guanciale for a number of pasta dishes and also use it as a seasoning for vegetables.
Step 1
Trim excess fat and skin from the pork jowl.

Step 2
Apply the cure and shake off excess. Wrap in cheese cloth and place in refrigerator on a roasting rack for seven days.

Step 3
Remove the jowl from the cure.

Step 4
Rinse the cure from the jowl under cold, running water and refrigerate unwrapped overnight.

Step 5
Tie the jowl with butcher twine and store in a 58-degree curing room.

Step 6
Monitor the jowl for weight. Once it has lost 30% of its weight, which takes about three weeks, the guanciale is finished.

Ingredients:
- 2 4-pound pork jowls
- 2½ t. Instacure #2
- 1 cup salt
- ¾ cup sugar
- 2 T. garlic powder
- 1 T. onion powder
- 1 T. black pepper
- 1½ T. dried thyme
- 2 t. ground spice berry
- 8 crushed bay leaves

Equipment
- Chef’s knife
- Cutting board
- Roasting rack
- Cheesecloth
- Butcher twine
- Curing room
- Disposable gloves

Helpful Hint
- Weigh the pork before curing to determine weight loss.
- Wear disposable gloves to prevent contamination.
- Finding a benign, white powdery mold on your meat is a good sign.
- Finding colored, furry molds are a bad sign, remove by scraping and dabbing the area with a little vinegar and continue.
**American Lamb**

**Presented by the American Lamb Board**

Lamb is the meat that comes from sheep that are less than a year old. It is made up of bundles of muscle fibers held together by collagen and silverskin. Collagen is a soft, white connective tissue that breaks into gelatin when heated. Silverskin is a tough, rubbery, silver-white connective tissue that does not break down and should be trimmed before cooking. Lamb is a primary protein in many countries throughout the world, especially in regions of North Africa, the Middle East and parts of Europe. American lamb is a popular menu item thanks to the larger cut sizes, its distinctive flavor profile, freshness and tenderness.
American sheep are reared on a high-quality natural forage diet. Depending on quality, American lambs are marketed directly from the range or pasture while others are grain-finished for a short period of time before being processed. The most common breeds of sheep in the U.S. are Dorset, Hampshire, Rambouillet and Suffolk, known for their large sizes. The leading sheep producing states in the U.S. are Texas, California, Colorado, Wyoming and South Dakota.

Nutrition
American lamb is naturally nutrient rich. It is an excellent source of high-quality protein. On average, a 3-ounce serving of lamb has 175 calories and meets almost half of an average adult’s daily reference value for protein. Lamb is an excellent source of vitamin B12, niacin, zinc and selenium. It is a good source of iron and riboflavin.

Compared to other meats, lamb contains less fat marbling throughout the meat. With much of the fat limited to outside edges (the fat cap), it is easily trimmed if desired. Forty percent of the fat in lean lamb is monounsaturated fat, the same kind found in olive oil. A 3-ounce serving of lamb delivers approximately 100 mg of the essential omega-3 fatty acid, alpha linolenic acid. A 3-ounce serving of lamb provides nearly five times the amount of alpha linolenic acid compared to a 3-ounce serving of beef.

Values provided by the American Lamb Board, referencing the USDA National Nutrient Database for Standard Reference, Release 17 (2008).

Cuts of Meat
The four primal cuts, or major sections, of American lamb are:

- **Shoulder**, which includes the first four rib bones of each side and the arm and neck bones.
- **Rack**, which consist of eight rib bones located between the shoulder and the loin of the lamb.
- **Loin**, which is the cut between the rack and leg that includes the 13th rib, the loin eye muscle, the center section of the tenderloin, the loin strip and some flank meat.
- **Leg**, which contains the last portion of the backbone, hip bone, aitchbone, round bone, hindshank and tail bone and includes part of the sirloin, the top round and the bottom round.

Popular fabricated, or ready-to-cook, cuts are:

- **Shoulder chops**, also called blade and arm chops, require a shorter amount of cooking time than other cuts, making them an economical and flavorful choice for quick and easy meals.
- **Loin chops**, sometimes called T-bone chops, are lean, tender and flavorful and are one of the most readily available cuts at the grocery store and butcher shop.
- **Lamb shanks** are lean and flavorful, and practically melt off the bone when they are slow cooked.
- **Lamb leg** is the leanest lamb cut and can be prepared with or without the bone. The bone adds both flavor and richness to the meat.
- **Ground lamb** is mellow and mildly flavored, making it the perfect substitute for ground beef in many recipes. It contains lean meat and trimmings from the leg, loin, rib, shoulder, flank, neck, breast or shank.

Culinary Uses
- Fresh lamb should be stored in the refrigerator at 32°F to 38°F. Freeze at 0°F or below.
- Tougher cuts of meat from working muscles, such as the shoulder and leg, have more connective tissue and are less tender. They should be prepared using moist-heat cooking methods, such as braising or stewing.
- More tender cuts of meat, such as rack or loin, should be prepared using dry-heat cooking methods such as roasting or grilling.
- Lamb should be cooked to an internal temperature of 145°F for medium-rare, 160°F for medium, and 170°F for well done. Ground lamb should be cooked to an internal temperature of 160°F.
- Remember, the lamb will continue to cook slightly upon standing, so remove it from the heat source at a somewhat lower temperature than you prefer.
- A boneless leg is a favorite of many chefs because it can be stuffed with a range of ingredients or simply roasted and sliced.
- Tying a lamb roast helps to maintain a consistent shape and cook evenly.
- Some top flavors that complement the flavor of American lamb are mustard, rosemary, lemon, garlic, mint and harissa.
- More tools, resources and recipes available on www.acfchefs.org/ccfprograms.
John Fraser
By Ethel Hammer

born
Inglewood, California

resides
New York City

learned the trade

culinary path

select awards and accomplishments

Chef John Fraser, chef/owner of Dovetail, Narcissa and NIX, all in New York City, doesn’t want to discuss his food. Who’s ever heard of that from a chef? And it’s not because he fears others will copy him: “By the time others are copying, we’re done with it,” he says.

Instead, he is deeply committed to the total living experience. His goal is to create something that improves the quality of people’s lives. In a digitized world of iPhones, tweets, emails, blogs, TV, radio and virtual reality, he insists on offering a direct experience when it comes to his food.

“Dining is one the few analogue experiences left involving chewing and swallowing that cannot be converted into anything digital,” says Fraser.

Fraser’s studies in anthropology at the University of California, San...
Diego, shaped his outlook. “We are like chimpanzees who decided that restaurants were important to us,” he says, “so we started cooking and people started eating.” He seeks tumult and doesn’t attempt to reign it in. “After years of trying to control chaos, I realized that I was missing out on the human element. I decided to celebrate all the pieces that make up restaurants. I don’t want to control people.”

Before it became a rock star hangout, Fraser bartended during the summers at Shagwong, in Montauk, Long Island. “It was a fantastic mixture of fishermen with a certain edge and people who came there to decompress. There was the crazy waiter, the thoughtful cook, the old manager, the drunken host and all these people caused me to stay excited and feel creative,” he reminisces. “I enjoy being in this restaurant community, supporting the mashup of all who make up the culture. Everyone wishes to be part of that kind of community and that’s what it’s all about.”

Raised by hippie parents who provided a sense of lifelong security, Fraser cooks, does Muay Thai kickboxing, reads, eats, attends the symphony and may well be as complex, coordinated, refined, accessible and mysterious as the dishes he serves at his Michelin-starred Dovetail and NIX, and at his popular “see and be seen” Narcissa.

So sashay into Dovetail for a prix fixe dinner, perhaps choose smashed avocado with Jonah crab, red pepper and brown rice; or soft poached egg with potato brodo and black truffle; or Maine lobster with parsnip, persimmon and red onion ceviche.

Then trot over to Narcissa, savor your oyster shooter and dive into seared duck breast, quince purée, delicata squash and roasted endives. For the vegetarians, NIX prepares a Yukon Potato Fry bread as big as a horse’s head. Then raise a glass to Fraser’s egg salad with potato crispies or ribbons of jicama with Fresno chilies and blood oranges.

Food is a mania of joy. Cooking is endless creativity. John Fraser knows it and is not backing down.
Tell us about your childhood.

jf: I was sort of lost, kind of a loner and didn’t find my creativity until I was in my 20s. I wasn’t unruly, but I couldn’t be controlled. I was always searching, but not sure for what. In fact, I was missing a creative outlet that became all consuming. As I got older, I realized it had to be all or nothing. We spent every night as a family around the dinner table. The cooking and growing of food was around us all the time. Meals were a quiet time of gathering at the end of the day. I have great parents and the friction of family and the quiet afterwards is when the great stuff happens, and decisions get made.

My parents are fantastic hippies who grew up on a beach in LA and gave me a profound sense of safety. There have been many rolls of the dice in my life: Picking up and moving to France by myself; going after a culinary career with no culinary school training; moving to New York. Some people start out as mailmen and stay mailmen their whole lives. I think this profound sense of safety allowed me to seek chaos.

Why did you go to L’ermitage in Los Angeles, land of the upper crust?

jf: At that point and early on in New York, I wanted to make food and be in a restaurant more than picking the place itself. Restaurants are more than places to eat. Something larger is happening. At L’ermitage, I learned that I could be obsessive and experienced an outpouring of it. By landing in cooking, I fell into the idea of spending all my time in creativity.

What was it like working for Thomas Keller?

jf: After leaving Los Angeles, I felt that I needed to move to the next step. The French Laundry was at a very early stage in its notoriety and hadn’t really caught on yet with foodies. A friend said he could get me a stage for a couple of days, but when I met Thomas he said he had no job for me. I told him that I already sold all my stuff and that I’d come back in a couple of weeks. When I arrived, he still said “No.” I was a terrified young cook without fine dining experience. When he finally hired me, I had it rough like most of the people who worked there at the time including Grant Achatz, Eric Ziebold and Corey Lee.

Thomas taught me to be expansive as a cook and as a human being. He had a way of bringing out the best in people by coaxing it out, not by pushing them. I became mentally tough at The French Laundry. We all wanted to collaborate directly with Thomas, for whom it’s all
about cooking with a super focus on the best. We all tried to get one of our dishes on the menu every day and there was an exciting sense of one-upmanship. And when we went out to the garden to grab things, we came right up against the fragility of the system. After all, there are just so many plums on the plum tree.

**Why open Snack Taverna after your fine dining experiences in California and Paris?**

**jf:** I had a lot of different opportunities after Paris. One was to open a Greek restaurant. I have Greek heritage and despite all this fine dining experience, I said to myself, _Who the heck am I?_ So I helped open a little café in the West Village. I needed to make money and I had no experience running a place. Taking control of a kitchen of four people without the kind of safety net you have at L’ermitage and at The French Laundry was really a terrifying experience. Taking this job meant stripping away all the gilt. I had never worked in a place like this except at Shagwong, and back then I didn’t think of myself as a cook. Casual dining requires you to flex different muscles and the toil of fine dining can be overwhelming. At times it’s just nice to have fun. At Snack Taverna, I was still working my ass off, but I didn’t have to cook a perfect piece of wagyu. Suddenly I was cooking without bounds and I got to determine what the food became.

**What happened next?**

**jf:** After that, I took a job at Compass, which wasn’t failing but it didn’t feel like it had a leader, so I felt I had very little to lose. Once _The New York Times_ reviewed us, I said to myself, “I have something here.” Others would feel the need to work at one more place, but I started raising money instead. I felt somewhat cavalier and was something of an _enfant terrible_. I was discovering my voice as a creative person and thinking differently.

I built Dovetail way over budget. I could cook but I didn’t really know how to be an operator. I royally screwed up some things, got some things right, got great reviews, but I didn’t feel that I deserved them. I kept working and for five years was insecure about why people were saying Dovetail was great. Internally, a restaurant is an organism. If people hate the carpet they might hate the restaurant. We’ve spent many years feeling that we need to be better to live up to the accolades. Dovetail is a real reflection of me, both good and bad.

**Any influential travel experiences?**

**jf:** I worked in Paris for about a year and it was the first time I left the United States. After that I traveled for one year with no concrete plan to the South of France, which was very important to me, Barcelona, Madrid, Bordeaux, Burgundy, Berlin, Hamburg, Prague and London. The French Laundry spoiled me, so I was very comfortable in French kitchens, but traveling was almost more important. It built my confidence and I was able to say to myself, “How hard could New York be if I can travel throughout Europe without a safety net?”

**what piece of advice do you treasure from Thomas Keller?**

Thomas always said, “Treat it like it’s yours because someday it will be.” You need training to be a chef, owner and restaurateur. So as you develop your skills, cook, plate, treat your coworkers and even the pots as if they are yours.

**clockwise from bottom:**

1. Milk chocolate brownie, honeycomb, iced milk, black pepper gastrique.
2. Beet splatter, slow cooked beet, onions, pork loin and pork belly.
3. Dovetail main dining room. All photos by Jessica Nash.

**above:** Simple rotisserie celery root.

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**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. From what section of the pig is guanciale derived? 
   a. The neck 
   b. The snout 
   c. The cheek 
   d. The ears 

2. To what species is the langoustine related? 
   a. The lobster 
   b. The shrimp 
   c. The octopus 
   d. The squid 

3. What does Omakase mean? 
   a. To cook 
   b. To entrust 
   c. To grill 
   d. To prepare raw 

4. The Union Oyster House in Boston is the longest continually running restaurant in the U.S. 
   a. True 
   b. False 

5. What is cuisson? 
   a. A gluten-free grain 
   b. A vegetable 
   c. A fruit 
   d. Poaching liquid 

6. What herb is not included in fines herbes? 
   a. Chervil 
   b. Basil 
   c. Tarragon 
   d. Parsley 

7. What is a fumet? 
   a. A concentrated stock used as flavoring 
   b. A mixture of herbs 
   c. A mixture of diced vegetables 
   d. A roux 

8. What are black truffles? 
   a. A fruit 
   b. An herb 
   c. A fungi 
   d. A candy 

9. What is a Mornay sauce? 
   a. A tomato-based sauce 
   b. A vegan sauce 
   c. A brown stock 
   d. A béchamel with grated Gruyere 

10. What is the correct percentage weight loss for properly cured guanciale? 
    a. 30% of original weight 
    b. 40% of original weight 
    c. 50% of original weight 
    d. 60% of original weight 

11. What primal cut of lamb includes the first four rib bones on each side and the arm and neck bones? 
    a. Rack 
    b. Shoulder 
    c. Loin 
    d. Leg 

12. What term describes lamb’s soft, white connective tissue that breaks into gelatin when heated? 
    a. Muscle fibers 
    b. Silverskin 
    c. Bone marrow 
    d. Collagen 

13. What internal temperature should lamb have for medium doneness? 
    a. 145°F 
    b. 160°F 
    c. 165°F 
    d. 170°F 

14. What year did City Tavern first open for business? 
    a. 1550 
    b. 1642 
    c. 1773 
    d. 1866 

15. Where will the 2017 ACF CMC exam take place? 
    a. Schoolcraft College 
    b. Kendall College 
    c. Joliet Junior College 
    d. Culinary Institute of America 

Click here to find out the correct answers.
Ziggy Marley

Seven-time Grammy winner, Emmy winner, humanitarian, singer, songwriter and producer, Ziggy Marley has released 12 albums to much critical acclaim. His early immersion in music came at age 10 when he sat in on recording sessions with his father, Bob Marley. His newest cookbook, Ziggy Marley and Family Cookbook: Delicious Meals Made with Whole, Organic Ingredients from the Marley Kitchen (Akashic Books, 2016), includes 54 recipes that are inspired by the Jamaican meals he enjoyed while growing up, with an updated healthy spin.

Roasted Yam Tart
Serves 2 to 4, Vegetarian

**Ingredients**
- 1 puff pastry sheet
- ½ pound yams, sliced
- ½ cup onion, sliced
- 1 t. fresh thyme
- 1 T. Ziggy Marley’s Coco’Mon Coconut Oil, or coconut oil of your choosing
- ½ t. salt
- ¼ t. freshly ground pepper
- 2 T olive oil
- ½ cup feta, crumbled
- Hemp seeds, as desired

**Method**
1. Preheat oven to 375°F. Parbake the puff pastry sheet on a sheet pan to 80% of package cooking time.
2. At the same time, combine the yams, onions, thyme, ½ tablespoon coconut oil, salt, pepper, and 1½ tablespoons olive oil on a sheet pan and roast alongside puff pastry.
3. When pastry sheet is parbaked, remove from oven and brush with ½ tablespoon of each oil.
4. Remove vegetable filling from oven, making sure the yams are soft, and spread evenly over pastry.
5. Top with feta cheese and hemp seeds, and bake until the cheese somewhat melts and puff pastry cooking time is complete (i.e., the final 20% of the package cooking time).
6. Garnish with fresh thyme.

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