Q&A with culinary influencer Paul Sorgule

the making of a matzo ball

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Seitan steak takes the plate

CHAMPAGNE all day

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**ChefConnect:** Charlotte

Charlotte, NC | February 25–27, 2018
Westin Charlotte

Don’t Miss:

- **The Gateway Bug** Chef Kristopher Edelen of HOTPANnyc transforms sustainable cricket protein into a trendy nitro-frozen dessert.
- **Savory Sweets** demo by Chef Jaime Schick reimagines dessert with savory ingredients like mushrooms, olives and herbs.
- **Intro to Competing** Chef John V. Johnson, CEC, CCE, AAC has a winner’s tips to prepare you for live culinary competitions.

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**ChefConnect:** Newport Beach

Newport Beach, CA | March 18–20, 2018
Newport Beach Marriott Hotel and Spa

Don’t Miss:

- **Sean Sherman**, founder of the **The Sioux Chef**, revitalizes Native American indigenous ingredients and culinary methods for modern diners.
- **Elevated Plant-Based Cuisine** Vegan Chef Nina Curtis demos high style, healthy cuisine that can also impact your bottom line.
- **Cannabis Infusion workshop** Chef Christopher Sayegh shows how to deliver this therapeutic ingredient deliciously.

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**Career Fair** – Meet recruiters!

**Free Screening:** “The Contender” film
Follow the Bocuse D’Or journey of Certified Master Chef® Rich Rosendale plus enjoy a special demo.

**The Thrill of Competition**
Baron H. Galand Culinary Knowledge Bowl lets student teams pit their wits to vie for regional and national honors. If you’re not in this live quiz event for 2018, watch how to win and sign up for next year!

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Check acfchefs.org/ChefConnect for program updates, and download the ACF Events app

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Save up to $200 when you register by May 14 for summer’s

**Cook. Craft. Create. ACF National Convention & Show**

July 15–July 19, 2018  in New Orleans, LA
commit to compete

Across the country, culinary teams and individual competitors are trading in free time to spend more hours in the kitchen for the opportunity to represent their chapter, region or school in a culinary competition, or to test their wits in the Baron H. Galand Culinary Knowledge Bowl.

Competition is a way to nurture your creativity and solidify your research and self-study skills, and it is an incubator for the development of cutting-edge presentations and techniques. These traits and skills will benefit you in your career.

I encourage all emerging chefs to engage in culinary competition, but it takes more than just signing up.

“T he master whose student does not surpass him has failed”

– Leonardo da Vinci

Do Your Homework
Research is a main component of culinary competition. Talk to experienced competitors and coaches. Attend a state competition near you or attend a culinary salon in your region. No competitor becomes a winner without ample research, which is the first step.

No F.O.M.O.
(Fear of Missing Out)
Preparation requires hours of research and practice. Instead of going out with friends or taking weekends or days off, you must be in the kitchen practicing or doing research. If you have serious F.O.M.O., you may need to reassess your priorities.

Be Open to Criticism
Before you even get to the competition floor, you will practice for hours and you will fail often, but failure is a means of learning. Coaches and the competition judges will critique you on strong and weak points, and at times it may feel like an assault. Open your mind and listen to their guidance; they all started out just like you.

Be Flexible
Ovens break, equipment gets changed or your proteins don’t arrive. By learning to work through your missteps during practice, you’ll be able maintain a cool head to succeed in the competition kitchen. And always have a Plan B.

Understand the Rules
You must have a clear understanding of the rules. Floor judges will assess you on sanitation, organization, butchery skills, cooking techniques and more. Tasting judges will look at presentation, portion size, creativity, taste and menu composition, to name a few. Study your student competition manual and refer to it often.

In 2018, commit to compete. It teaches you to be fast on your feet and overcome challenges, and will help you to achieve your personal and professional goals.
Competition Life

Cooking is one of my greatest passions. I love feeling the rush of service and seeing the satisfaction of customers, knowing my preparation and effort has paid off. But sometimes a change of pace is a great way to keep things fresh. Competitions are a great avenue to showcase my skills and develop new ones. 

I was selected for the Hans Bueschkens Young Chefs Challenge after earning the 2016 Central Region Student Chef of the Year award. At the student level, it’s difficult to create a competition menu on your own. Luckily, ACF has many knowledgeable and talented chefs willing to mentor the next generation of chefs. It’s great to know so many chefs who take time away from running their own kitchens to help me. And they are always willing to answer a call or text.

It’s a challenge to find time to dedicate to competition. I work five days a week for 50 hours, if not more. I’m active in my local ACF chapter, president of the ACF Young Chefs Club, head chair of the Safety Committee where I work and recently bought a house. With no extra time for a social life, every spare moment was dedicated to practice and preparation. If I wasn’t working, I was practicing. If I wasn’t practicing, I was researching.

As I drove through the night to the competition in Florida, my trunk filled to the brim with kitchen equipment, my nerves grew. But I knew I was more than ready. While there, I had the honor to meet several chefs from Latin America. It is so inspiring to see people come thousands of miles to share a single purpose: food. Connecting with them on their personal experiences made me realize how diverse our culinary community is and the importance of celebrating that diversity.

My next challenge is to represent the Americas in Malaysia for the Hans Bueschkens Young Chefs Challenge Finale next summer. I’m excited and ready to start preparations. I will work with my mentors, read what great chefs have written about cooking and competing, and take part in local competitions to hone my skills.

I love competing. I have learned so much and met so many great chefs through these experiences. ACF is full of endless opportunities and there is always someone new to meet and something new to learn.

My suggestion to anyone interested in competing is to find a mentor who will teach you what they know and encourage you every step of the way. Always thank them and the others who support you, they are what make it all possible.

Shayne McCrady
President
ACF Young Chefs Club
10 Things Happening at ACF

1. 2017 Salary Survey
Knowledge is power when negotiating your salary or considering a career move to another part of the country. Login to your ACF account to access the 2017 Salary Survey in the member portal to compare earnings across the country, based on responses from thousands of professional chefs.

2. Chefcertification.com Supports ACFEF Chef & Child
Chefcertification.com now offers 10% off courses plus a $5 donation to ACF Education Foundation’s Chef & Child initiative when you register using keycode CCFsz17. Courses are pre-approved by ACF for continuing education hours (CEHs) for initial and recertification requirements. The funds donated help ACFEF to provide tools and resources for community-based education in proper nutrition and the dangers of childhood obesity.

3. Join ACF Culinary Youth Team USA
Applications are currently being accepted for ACF Culinary Youth Team USA 2020. Each team
member cannot be older than 23 years of age on the qualifying date of April 1, 2020. For more information on the selection process, view the presentation here. Applications must be received by January 1, 2018. Visit the website for selection guidelines, tryout dates and locations.

4. Video Highlights from ACF Certified Master Chef® Exam

After an exciting eight days of culinary expertise and showmanship, Gerald Ford, CMC, Joseph Leonardi, CMC, and Shawn Loving, CMC, earned a Certified Master Chef® (CMC®) credential. Videos from each day of the exam are posted on our website and include cooking highlights, interviews with judges and plated dishes. Catch a replay of the final exam streamed live on the ACF YouTube channel.
5. Reading for Career Development

We Are Chefs, the official blog of ACF, provides members with resources on trends, techniques and important developments in the industry and within ACF. Check out 2017’s best career development posts from Paul Sorgule, MS, AAC, and other notable chefs and apprenticeship coordinators who have advice to help you plan and advance your career.

6. CFC®/CFPC® Certification Update

Looking to get an ACF certification but have no culinary work experience? No problem. If you have a diploma or certificate from an ACFEF-accredited post-secondary program, you can apply for the Certified Fundamentals Cook® or Certified Fundamentals Pastry Cook® certification today without completing additional exams. Click here for more information and to download an application.

7. ACF Culinary Team USA Holds First Practice Session

The eight members of ACF Culinary Team USA gathered for their first practice session Nov. 11-12 in Madison, Wisconsin. The practice, sponsored by Wisconsin Milk Marketing Board, included a fundraising dinner with support from Mad City ACF Chapter. The team prepared a
four-course menu in a competition-style format. The national and youth teams are the official representative of the U.S. in international culinary competitions. The ACF culinary teams are YOUR team. Donate to help bring home the gold in 2020.

8. Members Advantage Program
Your membership provides you with many benefits, including discounts on Dell computers, certification, rental cars, dental insurance and more. To see the full list of benefits and discounts, login to our website and click Members Advantage Program under the membership tab.

9. Attend the 2018 Culinary Salons
Dates and locations are announced for the 2018 ACF regional culinary salons. Winners from the regional salons will advance to the national competitions at Cook. Craft. Create. ACF National Convention & Show in New Orleans, July 15-19. Culinary salons are open to the public and members are encouraged to attend for the opportunity to network with chefs and get a feel for the competition lifestyle.

10. Contribute to ACF Publications
ACF’s publications are member publications and we want to hear what you’re doing in your kitchen! Your submission can earn you CEHs. Got a hot recipe to share? Come up with a time-saving technique? Want to partner with another chef for Classical v. Modern? View our editorial guidelines to see if your idea is a good fit, then check out the 2018 editorial calendar for upcoming topics.
Adam Walker started cooking when he was 15 years old, after being recruited from the ranks of dishwasher when he was helping a family friend’s business. He went on to earn his degree in Culinary Nutrition from Johnson & Wales University in Providence, RI. In the 15-plus years since Adam has helped open restaurants, managed full service kitchens, and worked in food R&D before becoming a part of the Panache Fine Catering team. His culinary knowledge spans a variety of global cuisines and all levels of food presentation, from simple to elaborate.
Hosting large parties and catering events can be big opportunities for operators, but with it comes challenges. Panache Fine Catering Chef and McCormick alumnus Adam Walker is one of the best, executing some of the most unforgettable events in the Baltimore/DC area. Chef Adam Walker came back to his old stomping grounds at McCormick to join Associate Research Chef, Rachel Gooding in the kitchen to talk about how spices influence his legendary menus and spill his secrets for pleasing large crowds with memorable fare.

You began your career with McCormick. How has that influenced how you view spices?

Some chefs see spice as an accent but undersell it. I believe spices are the little things that make everything come together. When placing orders, we tend to focus on the meat, vegetables, carbs; these are what fill up the plates, but the magic comes from a store room well-stocked with spices, sauces, and bases. They’re completely transformative.

So, you believe spices are sometimes underappreciated?

They can be. It’s so easy to look at spices as just another ingredient on your list and to underestimate how important their freshness and quality are. If you use an old or lower quality cinnamon versus a nice, fresh, high quality cinnamon, the differences are huge.

Any challenges when scaling-up recipes for larger groups?

Because you can’t just multiply a recipe times-twenty, and say “it’s done,” you have to check by tasting it. Ingredients like salt and spice can gain on you while a teaspoon of cayenne can season a gallon of chili or three gallons of chili.

What other common challenges do you face?

My business is all about customization, we don’t have a set menu. We listen and enable each client’s vision but we also know not to promise something we can’t deliver. We never say “we can do anything,” knowing there are very real limitations in the catering world.

A customer may be expecting the same exact food they’ve eaten in your restaurant but it may be impossible to execute those things or maintain the same quality outside of a fully equipped commercial kitchen. With catering, it’s so easy to think that it’s just about the food but that’s just a third of it, there is also transporting it and then executing it onsite.

Any fun hacks for dealing with these challenges?

If the budget seems a little low, buffets are always easier to execute.

Is there an event you and your business partner are most proud of?

There is a longtime client of ours who has four daughters and likes to joke that’s an annuity for a caterer. They’ve called twice and now their third is getting married. Anyway, they’ve built their dream farm where we’ve done these beautiful weddings and we’re not just cooking for them, we’re creating a whole experience for people with our business.
“I want to get my business management degree to open my own business and eventually become a Certified Master Chef.”

Julie Swann, CC

Chef Julie Swann, CC, is a line cook at The Palencia Club, a members-only golf club in St. Augustine, Florida, and student apprentice in the culinary program through First Coast Technical College. She chose the apprenticeship program to further her culinary knowledge and looks forward to earning her Certified Sous Chef credential upon completion of the program.

Like many chefs, Swann’s day is long and engaging. The Palencia club serves around 100 to 200 members a day, and sometimes exceeds 300 members during service. She serves upscale comfort food and specialty cuisines for the monthly wine club, where the menu ranges from American to Australian cuisine depending on the wine pairings.

Swann has learned a lot during her hands-on apprenticeship, including learning how to use a smoker and how to make ricotta and mozzarella cheese. As for the future? She has her sights set high: “I want to get my business management degree to open my own business and eventually become a Certified Master Chef,” she says.

Indeed, Swann’s dedication and hard work has already paid off. She got the position at the club after a luncheon with her college business club in which she was able to meet the executive chef. With an interest in molecular gastronomy and fusion cuisine, Swann’s food philosophy is to allow people to experience, not just taste, her passion for the culinary world as an emerging female chef.
9:00 a.m.
I clock in for my 12-hour day. I turn on the equipment to warm up the soup and sauces for line, then find my prep list. My executive chef greets me with a loud “Good morning, sunshine!”

11:00 a.m.
The club is open for lunch and the executive chef goes over the daily specials. As he speaks, the sound of the ticket machine rings out with the first wave of orders.

12:00 p.m.
Reinforcements arrive and a new co-worker joins me on the line. We go over the prep list for Taco Tuesday. He gets to work on the tasks I assign him while helping with orders that come in.

4:00 p.m.
The last of the crew finally arrives. I get to work on the ground beef and refried beans for taco night.

5:00 p.m.
My co-worker starts the marinated steak and chicken for taco night. I remind him not to undercook the steak as we would if for a live taco station. He replies “heard” and goes back to work.

7:00 p.m.
I pull another ticket for taco night. We’ve served at least 100 people in the past hour. The kitchen phone rings: they need more steak and hard shells. I task the food runner with retrieving the steak and shells from the Alto-Shaam to deliver downstairs.

8:00 p.m.
Service slows and the executive chef says good night to all of us and that we did a good job. I tell my two co-workers to start shutting down and cleaning up, since I’m in charge by default because I have been here a year.

9:00 p.m.
Finally, at the end of our day, the club is closed and all leftovers from taco night saved for the line. We make ourselves some tacos for shift meal.

9:40 p.m.
We clock out and we all walk out the kitchen door and down the dock to go home. I enjoy my nice walk home after a long day cooking and doing what I love.
Beef Wellington

Classical Recipe by Stefan Ryll, CEC, CCE, AAC
Associate Professor, Southern New Hampshire University

Modern Recipe by Matt Martin
Executive Chef, Fern, Charlotte North Carolina

Traditional beef Wellington is a classic dish with rich, decadent flavors. Seared beef tenderloin is brushed with a sweet foie gras and mushroom purée, wrapped in proscuitto and encased in pastry dough.

“The flavor combinations of the classical dish are very distinctive,” says Stefan Ryll, CEC, CCE, AAC, associate professor at Southern New Hampshire University. “The crisp puff pastry and the sweetness of the mushroom foie gras combined with the savory taste of the roasted beef tenderloin represents a very unique and delicious flavor combination.”

Today’s modern diner wants decadent, high-quality taste, but not with all the fat and calories that accompany it. To that end, Chef Ryll worked with Matt Martin, executive chef at Fern in Charlotte, North Carolina, to create a vegan version of the dish. At Fern, Chef Martin serves up locally sourced vegetarian and vegan fare.

“Inspiration for the modern dish truly comes from wanting to showcase that even if you go vegan, you can still make classical food,” says Martin. Both dishes use a potato side dish for the starch and carrots and green beans for the vegetable, as well as a classical mushroom duxelles.

To substitute the meat, Martin uses seitan, which is created by mixing vital wheat gluten
with liquid. Vital wheat gluten is gluten in a powdered form created by washing wheat flour dough with water until all the starch granules have been removed. To add flavor to the seitan, Martin adds mushrooms, beets, shallot, garlic and seasonings to the mixture then kneads the dough until it holds together firmly.

“The seitan steak is complex and deep with bright flavors of beets and a nice finish from the tamari and roasted mushrooms,” says Martin, who notes that its consistency has a sponge-like chew and a pull to it that is similar to meat. “The roasted mushroom espagnole sauce adds a fantastic finish with a lot of depth and familiarity to round out the whole dish,” he adds.

The use of a circulator ensures the vegetables are perfectly cooked and the addition of agar to thicken the mushroom espagnole sauce incorporates molecular gastronomy. Other special equipment includes a cryovac machine and high-speed blender.

“Creating this dish two ways brought back a lot of wonderful memories, but also gave us the opportunity to make something classic, modern and stylish again,” said Ryll. “I believe that the vegan version of the “beef Wellington” represents the healthier, but still flavorful cuisine of the 21st century.”

Clockwise from left: 1. Ryll slices the classical beef Wellington; 2. Ryll wraps the beef in the puff pastry; 3. Martin works on the whipped potato and celery root purée; 4. Candied pearl onions for the modern dish; 5. The seitan log.
Classical: Beef Wellington

Helpful Hints

- The trimmed beef tenderloin must be seared correctly to prevent the meat juices from escaping.
- Completely chill the tenderloin prior to applying the mushroom duxelles.
- It is not recommended to substitute the beef tenderloin for another cut.
- All the moisture from the mushrooms must be boiled away before cooling.
- If mixture is too wet, it won’t stick to the tenderloin and will release too much moisture during the baking process.

1. The primary ingredients for the classical version are beef tenderloin, button mushrooms, foie gras, prosciutto, puff pastry, carrots, russet potatoes, haricots verts and almonds. 2. The beef Wellington has a crunchy texture on the outside. As you reach the center of the dish the texture is smooth to slightly chewy. 3. The beef tenderloin is part of the short loin primal and is greatly desired for being the most-tender cut of beef. It is not recommended to substitute the beef tenderloin for another cut. 4. The haricots verts add a fresh brightness to the plate and with this bring the whole classical dish together. The sweet flavor of the carrots adds a smooth tinge to the savory flavor of the duchesse potatoes. 5. When preparing the potatoes, they should be thicker than mashed potatoes. The duchesse potatoes have a thick and savory mouthfeel.

Click here for the classical recipe.
Helpful Hints

- You have added enough vital wheat gluten when the imprint of your hand no longer has liquid in it when pressing into the formed dough.
- Seitan must be worked for at least 5-10 minutes to activate the vital wheat gluten.
- Substitutions for seitan include salt roasted beet, tofu or butternut squash.
- Ensure potatoes are fully cooked so they whip well.
- Treat vegetables as the main protein: ensure they are properly cooked.

Modern: Vegan Beef Wellington

1. The primary ingredients are vital wheat gluten, mushrooms, green beans, carrots, celery root and russet potatoes. 2. The seitan steak is complex and deep with bright flavors of beets and a nice finish from the tamari and roasted mushrooms. 3. The finished espagnole sauce has a very thick mouthfeel making it feel as if it was made from beef stock. It adds a fantastic finish with a lot of depth and familiarity to round out the whole dish. 4. The carrots add a fresh brightness to the plate and give a snap or crunch to the dish. 5. The whipped celery root and potato purée add a nice silky component and acts as a smooth and nuanced flavor to accentuate the flavors of this dish. 6. The mushrooms deuxelles adds the final layer of umami and meaty-ness to this dish.

Click here for the modern recipe.
Your ACF membership can open the door to opportunity.

Since 1929, the American Culinary Federation’s mission has been to advance the professional image of chefs and cooks. In 1976, ACF forever changed the culinary industry by elevating the position of the executive chef from service status to the professional category in the U.S. Department of Labor’s Dictionary of Official Titles.

Since this change, the culinary industry and ACF have grown tremendously. ACF is the largest professional chefs organization in North America and our apprenticeship programs and certifications are recognized as the standard of excellence in the industry. ACF members have diverse cultures, backgrounds and life experiences.

The journey to become a great chef is not a solitary endeavor; it takes a community. Chefs Shawn Loving, CMC; Susan Notter, CEPC; and Daniel Pliska, CEC, AAC, share how pursuing certification, engaging in competition or committing to an apprenticeship can have a positive impact on your career.

Do you have a story to share? Email pr@acfchefs.net.
Shawn Loving, CMC  
Dept. Chair/Instructor  
Culinary Arts Department  
Schoolcraft College

As a young culinary student, I witnessed the importance of certification by first visiting a local chapter meeting. The small letters embroidered on the white coats quietly yet proudly displayed each chef’s certification status. I began to realize that ACF certification levels were a modern version of the brigade system. I understood and recognized that working through certifications would be the only way for me to excel through multiple levels of personal culinary achievement.

I had heard that becoming a chef was difficult because it was a profession in which consistent work and income was hard to find. Certification provided a better opportunity for job placement. It allowed a chef to be looked at as a professional in the industry. Watching many chefs who made an impact on my life go through the “culinary Olympics” showed me that not only was certification important, but also that competition was necessary for advanced study separate from the culinary education of school settings.

I believe in culinary certifications because of the development that happens in the process of the training. There is a discovery of knowledge that one can only learn through pursuing the excellence of certification. Sometimes the fear of defeat or personal disappointment can get in the way for ultimate progression in the craft. I can speak from experience to encourage you not to quit during this journey! Perseverance is essential.

Students today must not look at certification as status achieved, but instead as an opportunity to be amongst the chefs and mentors who have already experienced many layers of the craft and who truly understand the foundation and fundamentals of cookery.

In my case, there were many chef mentors who truly influenced my way of thinking and operating as a professional. By clearly sharing their knowledge and excellence in hospitality they shaped who I am today as a chef. In no order of deserved recognition: Jeffrey Gabriel, CMC; Dan Hugelier, CMC; Stephen Giunta, CMC; Kevin Gawronski, CMC; Joe Decker, CMPC; Brian Polcyn, CEC; Ed Leonard, CMC; Brian Beland, CMC; Lawrence McFadden, CMC; and the late Richard Benson, CEC, CCE, AAC. What this list should tell all students is that you must desire and push to be around greatness in order to achieve a strong future as a chef. And please remember that there is no age limit on being a student.

Excellence is what I first felt when I saw the levels of certification and I realized that the American Culinary Federation was the only organization that would embrace the realities of true professionalism of chefs in the United States.

Interested in pursuing certification? Email certify@acfchefs.net.
The hardest part of competing is getting started. Once the momentum has been established, the rest becomes easier, but I would not say easy. ACF-sanctioned competitions gave me the opportunity to showcase my skills and develop myself through hours of practice and the valuable feedback from the judges. I have learned that if you do not want to hear anything negative or to be criticized by others, then do not compete. But without competition, there is no growth, no development and no measurement of your skills against others.

In 1996, I entered a show in Washington, D.C., with a pastry display and showpiece. It was not my first competition, but the first one under the guidelines of ACF. I wanted to establish myself as an individual competitor, measure my ability against others and prove to myself that I could do it. The program consisted of a dessert platter with showpiece, four individual desserts, a platter of petit fours and a separate showpiece. This was a pretty extensive program, especially compared with the programs today. The result? I won gold medals and was very proud!

This opened the door to being asked if I would join a culinary team to represent Maryland in the “culinary Olympics” in Germany. I leapt at the opportunity and worked very hard to practice and prepare myself to be a valuable part of this team. Next I had the opportunity to try out for ACF Culinary Team USA in 2000. I went to multiple tryouts, each time improving my medal level in order to be accepted onto the National Team. We competed together from 1997 to 2000 in Luxembourg, Chicago, Switzerland and finally Germany. It was an amazing, exciting and fun experience, but also tough and very hard work.

In 2004, I undertook an opportunity from the German Chefs Association to judge competitions. Then in 2016, I was back on ACF Culinary Team USA again, competing in the hot kitchen and working on the cold-food display.

Overall, I cannot remember how many competitions I have done. However, not all have been gold medals, there have been some silvers and bronzes, but that is the learning curve and the reason to go back and compete again.

To excel in anything requires commitment, dedication and hours of practice; talent alone is never enough. My competition experience has given me some incredible memories, including marching onto the stage in Germany behind the American flag with my team members feeling so proud of our work and the years of training that finally paid off.

ACF Culinary Youth Team USA 2020 is accepting applications until Jan. 1, 2018. Interested in competing individually or as part of a team? Visit the culinary competitions calendar on our website or email hcangialosi@acfcgchefs.net.
Daniel Pliska, CEC, AAC
Executive Chef/Assistant General Manager
University Club of MU
Central Region Apprenticeship Committee Member

There was a time not so long ago in Europe that a chef apprenticeship was the only way to learn the trade of culinary arts. Although apprenticeships are not as well known in this country as formal culinary school, it is a great way to gain experience to become a professional chef. ACF Education Foundation offers formal apprenticeships as a means to learn culinary or pastry and baking skills in a hands-on learning environment. This way of training stresses working and earning a wage while striving to become ACF certified.

Apprenticeship is different than formal culinary school in that it entails working 40 hours a week. The work is done in a rotation through all of the necessary stations to gain a well-rounded basic experience in all areas of the kitchen. This is done in an approved professional kitchen under a certified or a certifiable qualified chef. Additionally, the apprentice must also attend classes that fortify the theories and concepts of cooking or pastry in an educational setting.

One of the advantages of apprenticeship is that after the training is completed in a two- to three-year program, one will also gain the valuable experience in real-world applications that can only come from working. These experiences will provide you with the fortitude to handle the stresses and challenges that are found in high-end, busy kitchens.

The fact that the apprentice has coped with these challenges will show any future employer that the apprentice has walked the walk and not just studied it in a school setting.

Cost is another advantage of apprenticeship: it typically does not cost more than the average community college. Furthermore, the cost is offset by the fact that the apprentice is getting paid for the hours worked during the apprenticeship.

The challenges in apprenticeship are location. Is an apprenticeship located in your area (or are you willing to relocate?) and are there openings in the supervising houses that have been approved by the local apprenticeship program? Apprenticeship does not offer as much classroom education as formal culinary school, but if hands-on learning and cost are important in your search, then apprenticeship may be the way to go.

Have questions about apprenticeship? Learn more on our website or email apprenticeship@acfchefs.net.
WHAT'S HOT FOR 2018

ACF Chefs Predict What’s Hot and What’s Not
Each year, the National Restaurant Association (NRA) surveys ACF members to predict food and beverage trends at restaurants in the coming year. The annual “What’s Hot” list gives a peek into which food, beverages and culinary concepts will be the new items on restaurant menus that everyone is talking about in 2018.

According to the survey, menu trends that will be heating up in 2018 include doughnuts with non-traditional filling, ethnic-inspired kids’ dishes, farm/estate-branded items and heritage-breed meats. Trends that are cooling down include artisan cheeses, heirloom fruits and vegetables, and house-made charcuterie.

“Chefs strive to strike the right balance between offering consumers what they want to eat now and guiding them toward new and exciting culinary frontiers,” said ACF National President Stafford T. DeCambra, CEC, CCE, CCA, AAC. “ACF chefs dedicate countless hours to continuing education and professional development to stay at the forefront of culinary innovation, allowing them to respond to and redefine diners’ expectations in an ever-changing foodservice landscape.”

Top 10 Food Trends

“Menuing new cuts, access to local meats and highlighting the art of the butcher are not only on trend, it’s good for business,” says Kari Underly, Author/Master Butcher/Principal, Range®, Inc. “People are more willing to try a new cut in a restaurant than purchasing it in a grocery store and trying to cook it themselves. Chefs and restaurants can stand out by offering odd bits and unique cuts.”
#2 House-made condiments

#3 Street food-inspired dishes

#4 Ethnic-inspired breakfast items

#5 Sustainable seafood
#6 Healthful kids’ meals

#7 Vegetable carb substitutes

#8 Authentic ethnic cuisine

#9 Uncommon herbs

#10 Ethnic spices (like harissa)

For the full list, visit www.restaurant.org/foodtrends.
Chefs and hospitality professionals like Ellen Arguinchona, Garrett Beardan and Lisa Falcone, CEC, don’t work in restaurant kitchens or hotel offices. Instead, they’ve channeled their interest in food toward helping people make appropriate eating and lifestyle choices. They are or will soon be Registered Dietitians (RDs) or Registered Dietitian Nutritionists (RDNs).

**Where They Work**

These designations qualify them to work as clinical dietitians or community dietitians in a variety of settings. At hospitals, long-term care facilities and clinics, clinical dietitians perform nutritional assessments, provide nutrition therapy and design nutrition programs. Community dietitians work with children in Head Start programs or schools, and with the elderly at senior centers. Teaching nutrition is a big part of community dietitians’ job. RDNs also find jobs in corporate nutrition programs, the food and nutrition industry, the sports world and business and research. Some even go into private practice.

Nutritionists also work in these settings. Their role, however, is limited because they usually lack the training required to be an RDN. While some nutritionists may have training in the fields of nutrition and wellness, it is not a requirement. RDNs must earn at least bachelor’s degree by taking courses established and approved by the Academy of Nutrition and Dietetics. The course list is a long one and focuses heavily on science with courses like biochemistry, organic chemistry, genetics and nutrient metabolism. In the social science
discipline, students study human behavior, psychology and communications skills. In other classes, they investigate food science and food systems, medical nutrition therapy and fundamentals of public policy.

**RDN Education Requirements**

Potential RDNs must also complete a one-year supervised internship and pass a rigorous exam before earning their credentials. In most states, RDNs must also be licensed. Some states require nutritionists to obtain an occupational license from a Board of Nutrition. Others allow individuals to practice as nutritionists without a license, previous education, training or work experience.

Some RDNs earn a master’s degree, which enables them to study a particular aspect of nutrition. That graduate degree also provides upward mobility and a path to management. Arguinchona chose that approach. She earned her associate degree at Inland Northwest Culinary Academy in Spokane, Washington. With that in hand, she worked as a prep cook, line cook, pantry cook and banquet cook.

Her interest in nutrition and dietetics led her to enroll in Johnson & Wales University in Denver and complete a bachelor’s degree in culinary nutrition. She has nearly completed the requirements for a master’s in dietetics, nutrition and exercise physiology at Washington State University, also in Spokane. She will complete her studies and internship in May 2018 and will be eligible to take the certification exam.

With RDN in hand, Arguinchona’s career options include working as a clinical or community dietitian. Her experiences as an intern have prepared her for that decision. Among other jobs, she has worked at a medical center where her class in medical nutrition

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**Want to become an RDN?**

**Here’s the rundown of what it takes:**

- Earning the RDN credential is at least a five-year commitment
- RDNs must earn a bachelor’s degree with courses that meet the requirements of ACEND
- RDNs must complete a one-year internship and pass an examination
- RDNs must take continuing education to maintain certifications

**A Look Ahead**

- Employment for RDNs is expected to grow 14 percent by 2026.
- The median salary for RDNs is $58,920 annually or $28.33 per hour.
therapy helped her diagnose patient problems and develop the best avenue of care. She also spent time in foodservice venues. Her classes in menu engineering and foodservice management were helpful. “I liked all my rotations,” she says. “But I really liked working in foodservice.”

Alternate Opportunities
While Arguinchona is wrapping up her education at Washington State University, Beardan began his education there, earning a bachelor’s degree in food science and human nutrition. While completing the internship he decided to go to culinary school. He enrolled at the Greystone campus of the Culinary Institute of America in St. Helena, California, where he completed the Accelerated Culinary Arts Certificate Program. He took classes four days a week and worked as an RDN in both a hospital and long-term care facility. “It’s good work for someone suited to it, but it wasn’t my cup of tea,” he explains. “I wanted to work more with food than in clinical assessment.”

To do that he established his own business as a culinary nutrition consultant. He works mostly in support of school nutrition programs to help his clients feed preschool through 12th grade students. He also works with food companies and commodity marketing commissions doing recipe development and analysis, and training school cooks and others. “The combination of being a dietitian and a formally trained culinary is a very fulfilling skill set. I have fun with what I do,” he says.

“To be a foodservice director in a California hospital, you have to be a registered dietitian or a certified dietary manager,” says Lisa Falcone, CEC. She obtained the RDN designation by earning a Bachelor
of Science in dietetics from the University of California, Davis. For the past 20 years she’s worked as a foodservice director and district manager at several California hospitals. “I got my culinary education at the California Culinary Academy and the CIA,” she explains. The combination of registered dietitian and chef worked well for her. “I always liked the food side of the business best,” she says. In the hospital setting, she worked as a chef, production manager and led a cooking team.

Falcone left the hospital world in 2003 to join Aramark Corporation, a food, facilities and uniform services provider headquartered in Philadelphia. Since 2012, she has held the position of operations support director, global operations excellence for Aramark Corporation. Some of her responsibilities include providing food management training, technical support and functional support.

Falcone sees a growing need for registered dietitians but notes that there are only a limited number of internships available, which makes it a competitive career field. She also believes that the chefs who are also RDNs provide a nice complement of skills that work well in a variety of settings.
Matzo Balls
Recipe by Natalia Garzon, owner/founder, Leave It… To Me!
Atlanta, Georgia

Matzo balls are spherical, bready sponges made by grinding matzo down to meal and mixing the product with eggs, water and fat, such as schmaltz. Formed into a ball, it is traditionally served in chicken broth.

The texture of the matzo ball defines the flavor profile. Dense matzo balls, known as sinkers, taste more like matzo meal and do not include a leavening agent. Light matzo balls, known as floaters, use a leavening agent such as baking powder. Floaters have more air pockets that allow for the absorption of the liquid in which they are poached.

The history of the matzo ball comes from the Old Testament of the Bible. In the book of Exodus, when Moses led the Jews from Egypt the Jewish people had no time to pack in their escape. All they had to eat was an unleavened mixture of flour and water. Out of respect, contemporary Jewish people forgo all leavened forms of bread during Passover. The only bread allowed is matzo, the same unleavened flour and water bread eaten by the fleeing Jews of the Old Testament.

There are many different recipes for matzo balls and the use of a leavening agent is up to the chef. This recipe will provide you with a “middle ground” final product, in which the matzo balls retain the matzo flavor while absorbing enough liquid to be infused with moisture, herbes de Provence and the broth flavor.
Step 1
Arrange mise en place.

Step 2
In a bowl, mix together all ingredients. Refrigerate mixture for at least 30 minutes.

Step 3
In a medium pot, bring chicken broth to a boil.

Step 4
With wet hands, form matzo mixture into golf ball-sized balls.

Step 5
Gently place matzo balls into boiling chicken broth.

Step 6
Cover the pot, reduce heat to low and poach matzo balls for 20 minutes. Do not uncover the pot while cooking. The poaching liquid should maintain a temperature of 160°F and 180°F.

Step 7
Remove matzo balls from poaching liquid and serve in warm chicken broth garnished with brunoise carrots.

Ingredients:
- ¼ cup matzo meal
- 1 egg
- 1 T schmaltz or vegetable oil
- 1 T liquid chicken broth (or water)
- Dash baking powder
- 1 t. Herbes de Provence
- Salt and white pepper to taste
- 2 quarts poaching liquid (chicken broth or water)

To serve:
- 1 quart clear chicken broth to serve
- Brunoise carrots for garnish

Equipment list:
- Measuring cups
- Measuring spoons
- Medium bowl
- Rubber spatula
- Stockpot with lid
- Tongs

Matzo Ball Rules

Rule 1: Chemical Leavening
Baking powder will help create air pockets, which helps with the absorption of broth.

Rule 2: Hydration
The matzo ball mixture needs to rest in the refrigerator before cooking to allow the absorption of liquid; otherwise it will be impossible to form or shape.

Rule 3: Poaching Method
Matzo balls need to be cooked in chicken broth. Pay attention to the temperature of the liquid. For top quality, take the time to make good chicken stock. Matzo balls cooked in water will have a bland taste.

Rule 4: The Broth
Matzo balls are served in chicken broth, which should be clear and not cloudy.
Cardamom is a spice made from the dried immature fruit of a tropical bush in the ginger family. The fruit is a yellow pod about the size of a cranberry. The pods are harvested before reaching maturity and dried in the sun or in curing houses. Each pod contains chambers with three seeds each. Cardamom has a pungent, slightly lemony flavor with a hint of sweetness. It is available year-round in pods, seeds and ground.

Cardamom is native to Southern India and cultivated in Guatemala, India, Sri Lanka, China and Tanzania. It is a staple seasoning in Indian and Middle Eastern cuisines, and is commonly used in Danish pastries and pickling.

Cardamom contains vitamins, minerals, phytonutrients and essential oils that help prevent disease and inflammation and promote optimal health. It contains a combination of essential oils with properties that can help alleviate digestive problems, improve blood circulation and fight the bacteria that causes bad breath. It is especially high in manganese, a macromineral important for bone development.
Types & Varieties

Green cardamom, or true cardamom, has a thin, papery, green pod filled with small seeds. It is considered the premium variety.

Black cardamom has a thick, rough, dark-brown pod filled with seeds. It has a smoky aroma and a cool, almost minty, flavor. The pods are larger than green cardamom pods.

White cardamom is green cardamom that has been bleached to give the pod a sweeter flavor.

Selecting and Storing

- Green cardamom pods should be heavy for their size and have a sweet aroma. Look for pods with an even green color.
- Avoid pods that feel light, are split at the corners or discolored.
- Cardamom seeds are brown, and should feel slightly oily to the touch. Retain flavor by grinding them, as needed.
- Store cardamom in a sealed container in a cool, dark place. Whole pods will keep for up to two years, seeds will keep for up to a year and ground cardamom will keep for up to six months.

Culinary Uses

- Split the cardamom pods open with fingers or a small knife to reach the seeds. Crush the seeds with a mortar or in a hand mill just before using.
- Add whole cardamom pods to Indian curries, pilafs, stews, pickles and rice pudding.
- Ground cardamom is delicious in cakes and pastries, and is in Indian and Middle Eastern spice blends. Try it in coffee, hot cider and eggnog.
- Combine cardamom with curry, cinnamon, coriander, cumin and turmeric.

Interesting Facts

Green cardamom is the world’s third most-expensive spice. Saffron and vanilla hold first place and second place, respectively.

Make it Yourself

- Poulet Saute a la Bourguignonne
- Massaman Beef Curry
- Red Wine Poached Rack of Lamb
Sparkling wines have a majestic quality that makes them seem appropriate only for special occasions. However, I teach my students that sparkling wine is a versatile alternative enjoyable every day. Whether at a dinner party or just for sampling on a hot day in South Carolina, I love to open a bottle of sparkling wine and enjoy it with cheese and fresh fruit.

Looking at the labels can be daunting, but it’s easy to navigate with a few tips I’ll share with you. The two key factors to remember are either the name (such as a Prosecco) or the region from which the wine comes. This generally shows you how the sparkling wine is made and gives an indication of quality.

Here I will share some of my favorites that I like to drink. For each one, I will provide you with notes about the production, but more importantly, I’ll share the best food pairings and how to serve.
PROSECCO

METHOD

Proseccos are a great value. In order to make a prosecco, the producer will employ the Charmat or tank method:

1. A base wine is made that is acidic in nature and placed into a large pressured sealed stainless steel tank.
2. Yeast and sugar are added to this wine and the tank is sealed.
3. The yeast eats the sugar and produces carbon dioxide (the bubbles) that gets trapped in the wine and stays in suspension.
4. After the fermentation is complete, the prosecco is filtered under pressure and bottled with a cork (or in some cases a bottle cap).

The finished wine is refreshing and clean. It can have different sugar levels based on how much the winemaker adds at the end before bottling. Ask the wine steward or sommelier about the sugar levels in the bottle to get the right sugar level for you.

TASTE

Avissi Prosecco has a citrus profile and finishes clean. It is typically "off dry," which means it has a little sugar but is not intensely sweet like some Proseccos on the market. Personally, I like to drink this by itself, but it works exceptionally well with a butternut squash soup. In fresh citrus salads, use a bit of the Avissi in the dressing and the vinegar base to tie flavors together. For a lightly poached chicken, add the prosecco to the poaching liquid and then serve with a fettucine Alfredo.

Chef Hay's Recommendation: Avissi Prosecco

CAVA

METHOD

Cavas are exceptionally affordable and have a great flavor profile. Most Cavas are made using the méthode Champenoise production process:

1. A base wine is made and given a mixture of sugar and yeast.
2. Base wine is placed into individual bottles and capped for the second fermentation.
3. After fermentation, the dead yeast is removed from the bottles.
4. Disgorgement is the next process.
5. The bottles are super chilled to trap dead yeast and lower the pressure from the trapped CO2 inside the bottle.
6. When the cap is removed, the ice flies out leaving clean wine inside.
7. This bottle is now topped off with a dose of wine and sugar to get the bottle up to the desired sugar level.

This is a very intensive process but produces a higher-quality sparkling wine. The bubbles are smaller because they have been under pressure longer and stream out for a much longer time.

TASTE
Dibon Brut Reserva Cava has very clean apple and light floral notes. For my palate, it has the right amount of sugar (not mouth-stripping bone dry) and drinks very smooth and clean. Serve the Dibon with a fresh apple salad with a light lavender-infused dressing. The Dibon is hardy enough to stand up to a sautéed pork chop with apples, a baked whitefish with an apple relish or even fried catfish.

Chef Hay’s Recommendation: Dibon Brut Reserve Cava

BRUT CHAMPAGNE

For a classic champagne, nothing is better that Veuve Clicquot. This sparkling wine also uses the méthode Champenoise for its production, but is considered a true champagne. This means that it was produced and bottled with grapes from the Champagne region in France. Any region can use the méthode Champenoise production process, but only wines made in Champagne using this method and following strict rules can legally be called a Champagne.

TASTE
This method produces very fine bubbles that can last an hour or more streaming in the glass. The wine has a heavy yeast aroma and taste due to the ageing requirements as compared to the other methods. Pairings for Champagne include caviar served on toasted brioche; foie gras quickly seared; most cheeses; roasted salmon over a simple pilaf; and grilled pork chops with roasted potatoes.

Chef Hay’s Recommendation: Veuve Clicquot Brut Champagne Yellow Label
SPARKLING RED

All sparkling wines can be served either at the beginning of a meal with an appetizer or at the end with cheeses. However, Banfi makes a sparkling red that pairs well with desserts. The Rosa Regale is made in the prosecco-style method mentioned previously. However, since only the Brachetto red grape is used, it produces a unique-flavored wine loaded with red berry fruit, like strawberries and raspberries with a hint of rose petals.

TASTE
This wine pairs beautifully with a fresh rose petal salad and fresh berries; a dried berry braised pork chop over a cranberry infused risotto; dark chocolate flourless torte with a raspberry coulis; or a good chocolate bar (sorry, sometimes you just have to be simple).

Chef Hay's Recommendation:
Banfi Rosa Regale Sparkling Red

HOW TO ENJOY
In all cases and production methods, it’s important to properly chill sparkling wine. Service temperatures range from 34°F to 40°F. Because the wines are acidic, temperatures above 40°F will make the wines even more acidic. Proper service temperature will allow the bubbles to stream out at a slower rate and last longer.

Explore sparkling wines and open your mind to the options that it can create for an incredible food and wine experience.
Paul Sorgule, MS, AAC
President, Harvest America Ventures

By Stacy Gammill

Paul Sorgule, MS, AAC, is the president of Harvest America Ventures, a consulting firm for restaurants and culinary arts programs. An avid competitor, Chef Sorgule was a member of the New England Culinary Olympic Team that earned an individual and overall team gold medal at the Culinary Olympics in Frankfurt, Germany, in 1988. He has been invited to cook at the James Beard House in New York City, served 26 years as the Dean of Culinary Arts and Hospitality Management at Paul Smith’s College and served as the Vice President of the New England Culinary Institute as well as time as the Executive Chef for the four-diamond Mirror Lake Inn Resort and Spa.

Chef Sorgule has dedicated his life to training and mentoring the next generation of culinary professionals. Because of his contributions to the industry, he is the recipient of the ACF Chef Educator of the Year award in 2001 and is a member of the prestigious American Academy of Chefs, the honor society of ACF.

He writes regularly on professional development for the Culinary Cues Blog on his website as well as for ACF’s We Are Chefs blog, among other culinary websites and publications.

Chef Sorgule recently published The Event that Changed Everything, a novel about “cooks, chefs, restaurant life, farming, relationships and environmental consciousness.” He shares his inspiration for the book, which is grounded in his life experiences, and his outlook on the future of our industry.
What inspired you to write this novel?

**ps:** I have been in the food business since my first job as a dishwasher in 1965. During that time I have worked with the finest, most caring, transparent, talented and real people that I have ever met.

My career was like many who work their way up from apprentice to chef. My time working in Vermont from 2008 to 2012 truly changed my outlook on the state of our industry and the beliefs I always carried but did not always practice: the state of the food industry, the impact we have and the serious challenges before us.

This book reflects what I know, what I have witnessed, what I have been an active part of and how I transitioned late in my career.

**How much of it reflects your personal experiences?**

**ps:** This is not an autobiography, but the storyline reflects my first-hand experiences and connections with others in this business. It would be difficult for me to write any other way. For those who are wondering, Jake, one of the main characters is not based on my life although many of his traits are.

**One of your plot lines is about a foodborne illness outbreak. Why did you choose that angle?**

**ps:** The greatest responsibility we have as chefs and cooks is to handle food properly and keep our customers healthy. The greatest fear that any chef has is being part of a foodborne illness outbreak. Any customer who becomes ill from improper food handling is a crushing blow to a chef and one that is very difficult to recover from professionally and emotionally.

Aside from the fact that an outbreak can result in the demise of a restaurant, it is a violation of the trust that the dining public places in our hands. I know chefs who have experienced this in their careers, never to recover from the feeling of guilt and shame. I knew this topic would strike a chord with every chef who has held the responsibility for the well-being of guests.

**What are the professional and personal characteristics that lead to the success of your main characters?**

**ps:** Without giving too much away, Carla and Jake both share admirable characteristics and some that are not so positive, but they adjust and overcome. They have a passion for their work and it is an extension of them.

Secondly, their work ethic is like many chefs with whom I have had the pleasure to align—a whatever-it-takes motto.
Third, they refuse to accept mediocrity in anything they do; they are all in on the excellence train.

Finally, they have vision, a plan and the ability to stick with that plan to the end. Ironically, some of these traits can also become liabilities if not kept in perspective and under control. This becomes clear at various times in the book.

You focus on the complex U.S. food system. What advice do you have for chefs with buying responsibilities—how can they buy smarter?

**ps:** My advice is simple: a chef is only as good as the ingredients he or she works with. To this end, your vendors are a critical part of your team. Communicate, listen and make them work hard for you just as you would any employee. Teach them when necessary and listen to their advice when appropriate. Learn about the source of the ingredients and make your vendors do the same—this is part of their job.

Instill in your cooks the understanding that the ingredient is sacred and part of their job is to respect the ingredient and handle it properly. Buy from vendors, farmers, fishmongers and meat purveyors who have this same respect and do not treat everything as a commodity that comes off the back of a truck. Whenever possible, visit the farms, processing plants, dairies, cheese makers, cattle ranchers and fishermen who provide you with the tools to transform ingredients into finished, delicious works of art.

I always remember a quote from Wolfgang Puck when asked what his formula was for success: “I buy the best raw materials and try not to screw them up.”

**How can a chef navigate between quality of ingredients and price? Is it ever okay to sacrifice quality for price?**

**ps:** Never sacrifice quality for price. Search for the best deals and push your vendor to work with you in this regard. The minute you sacrifice the quality that you know is important is the minute that your restaurant begins the long road toward failure.

Americans spend the least amount of money on their personal food budgets as a percentage of their income than any other civilized nation in the world. One of the jobs of the chef is to help to convince people to eat a little bit less, pay the farmer or producer a fair price for quality and learn that food is the basis for our health—and maybe this deserves a higher percentage of their working dollar.

Another approach is for chefs to take a hard look at their menus. How many menus feature premier ingredients that cost the property dearly and require the least amount of talent on the part of the chef or cook? We tend to take the path of least resistance...
and offer items we know people will be attracted to rather than show our ability to make less expensive cuts and less familiar fish taste just as extraordinary, but with a lower price tag. A chef friend of mine once said, “There is far less skill involved in preparing a lobster tail than a leg of chicken—the real talent of a cook is creating a lobster experience for the guest with that chicken leg.”

**How do you see the hospitality industry changing in response to increased foodborne illnesses?**

**ps:** We are changing, at least initially, because we are afraid of the consequences. However, the new generation of cooks has had the opportunity to take the **ServSafe Program**, which from my perspective is the greatest contribution that the **National Restaurant Association** has made to the restaurant business in my lifetime. This has become the gold standard and one that is truly making a difference.

We need to get past the feeling that the health department, when they show up to our door, is somehow the enemy — they are in fact our greatest friends. We all know that most inspectors take their job seriously and truly want to help restaurants do things right; but there are others who appear to flex their power muscle as a way of finding a way to punch a chef. This will always exist, but if the restaurant takes a proactive role requiring staff members to become ServSafe certified and build food safety into their culinary program, then great things will happen.

The **HACCP Program** is one example of a great tool that too many restaurants are viewing as another bureaucratic step making it more difficult to operate, yet chefs would agree that time and temperature are the greatest deterrent to a foodborne issue or the greatest contributor to problems.

**What advice do you have to nurture relationships with farmers and food purveyors?** 

**ps:** This process takes time. Like many chefs, I accepted the attitude that vendors can’t be trusted. My attitude changed as I began to view them as partners. Sure, there were times when I was frustrated with a sales person, farmer or fishmonger, but once I put on the hat of partner, then things began to change.

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*above:* Sorgule with his culinary crew at the four-diamond Mirror Lake Inn, Lake Placid, New York. *left:* Cooking at the James Beard House in 2008.
The farm-to-table movement is great, but it has yet to work on the challenges both sides face. Chefs need consistency in size, color, flavor, arrival times for orders, and the quantity that the restaurant business demands. Many, if not most farmers, grass-fed beef producers and fisherman have yet to develop a business model that can address these needs. When those carrots or potatoes come in all random sizes, everything in the kitchen has to change. When organic chicken breasts are delivered in random sizes, the cooking times, methods and portions leading to profitability are out of whack. Finally, most farmers don’t get the wholesale pricing model, which results in higher costs to the restaurant and less room for effective pricing and profit. This will eventually get better, but right now it is a problem.

On the other end, chefs rarely take the time to understand the farmer’s perspective. Their farm, the rotation of crops and the growing cycle may not allow them to produce those perfect carrots through a season or longer. Chefs need to adjust how they look at menu planning, how long a menu is kept and whether they can change those menus based on peak maturity of vegetables that may only be around for a few weeks in a cycle. There’s lots of room for improvement and understanding on both ends. Communication is key.

You mention in the book that the sign of a great restaurant is that it can thrive even during tough times. What are the tough times that restaurants currently deal with?

**ps:** The problems that the restaurant business is facing today are mind-boggling. To begin with, the greatest dilemma we face is a soft labor market. For a multitude of reasons there is a real shortage of cooks, servers and other key personnel in restaurants. The industry as a whole must strategize on the cause and come up with a long-term solution. Unless we address labor issues like attracting employees, training, retention, pay scales, benefits, flexible scheduling and other quality-of-life concerns, we may find the exponential growth rate of the 80’s and 90’s come to a halt.

Secondly, the integrity of the food supply is coming into question. Are GMO’s safe? Even if they are safe, why can’t we mandate that those products be labeled as such so chefs can make a choice? Is organic the same as certified organic? If not, why the gray area of labeling? Do the advantages of centralized farming and
year-round availability override the quality that comes from regional, indigenous products that are able to fully mature before distribution? Growth hormones, the overuse of antibiotics, incorporating artificial ingredients, grass-fed versus corn-finished animals, free-range versus pen-raised chickens, high-fructose corn syrup, excessive use of sodium in products we buy, etc. These tough questions need answers.

Finally, rent gouging is putting incredible strain on restaurants that might otherwise be successful. When a community goes through gentrification, usually a restaurant starts the process. Once the community evolves, there is a new breed of landlord perfectly willing to price the restaurant’s rent out of the realm of reason. Look at Union Square Café in NYC and talk with Danny Meyer about this. One of America’s greatest, highly successful restaurants closed its doors to look for another location because of rent gouging.

I could go on and on, but the bottom line is that it is increasingly difficult for restaurateurs to remain successful in today’s market.

What resources do you trust for education and advocacy with regard to food safety education and sustainable agriculture? ps: Regarding food safety, I give a nod to the National Restaurant Association and their ServSafe Program. Additionally, the emphasis ACF places on sanitation for its certification and accreditation programs has played a major role in improving awareness and advocacy.

Sustainable agriculture is still finding its footing, but farmers can take advice from groups like The Monterey Bay Aquarium on sustainable fish. Not all farmers are sold on sustainable practices, moving to a non-GMO, organic approach that emphasizes less dependence on chemical fertilizers and pesticides. Farmers have been pushed into a model that is geared toward the yield necessary to feed a growing population and the small profit margins that exist in agriculture. Resources for them are not mainstream, but organizations like Chef’s Collaborative and Slow Food USA are a good start. I am pleased to see far greater involvement on the part of the ACF. Recent issues of National Culinary Review are a breath of fresh air in this area.

In the end, it is still up to the chef to establish standards of excellence and operation and communicate his or her needs with farmers, producers and vendors. Hopefully, The Event That Changed Everything will wake people up to the challenges ahead. I truly believe that this is a book that every culinary will find enlightening and useful. The Event That Changed Everything could very well become a great resource for a number of classes in culinary arts programs or a personal resource for young cooks working their way through a kitchen apprenticeship.

You can order a copy of The Event That Changed Everything through amazon.com, barnesandnoble.com or through the publisher at: www.iuniverse.com.
R. Andrew Chlebana, CEPC

The Advanced Art of Baking & Pastry

For Andy Chlebana, the desire to learn, grow and share his expertise compelled him to dedicate five years to creating The Advanced Art of Baking & Pastry (Wiley, 2017). An avid competitor, Chlebana was on ACF Culinary Team USA 2016 that brought home the gold medal and ranked first in the world in Culinary Art. In 2008, he was named ACF National Pastry Chef of the Year and has since been featured on numerous Food Network baking competitions.

“Many textbooks are for the introductory student,” says Chlebana. “Based on my experiences and what others shared with me, I felt I could bring something more advanced, relevant and current.” With over 300 images, pastry chefs will find advanced recipes to add to their bag of tricks. For culinary schools, there is an instructor manual to assist with revisions and substitutions to fit the classroom structure.

Chlebana reinforces that the recipes are built on an understanding of basic techniques and the fundamentals. Only with this understanding can the pastry chef begin to modernize recipes and utilize more advanced techniques. “I could not have made the chocolate showpiece in Germany without knowing how to temper chocolate,” says Chlebana of the towering steampunk showpiece he created at the 2016 “culinary Olympics.”

Chlebana stresses mise en place to his students, reminding them that it’s not just about having your ingredients in line but also your equipment. One such recipe that he shares from his book that requires close attention to detail and mise en place is pâte de fruit, a jelly-like candy or petit four that is often served to the diner as an after-dinner gift.
Apricot Passion Pâte de Fruit

Yield: 7 lb 7 oz (3,392 g)
Portions: 160 pieces
Portion size: .7 oz (20 g)
Yield description: 160 pieces at .7 oz (20 g)

Ingredients
1 lb 8 oz (700 g) Apricot purée
1 ob 8.7 oz (700 g) Passion fruit purée
1.1 oz (30 g) Yellow pectin
5.3 oz (150 g) Sugar #1
10.6 oz (300 g) Glucose
3 lb 4.9 oz (1,500 g) Sugar #2
.4 oz (12 g) Tartaric acid solution (recipe follows)
Superfine sugar as needed

Method
1. Combine first sugar 5.3 oz (150 g) amount with pectin.
2. Combine second sugar 3 lb 4.9 oz (1,500 g) and glucose.
3. Place purées in a heavy-bottom saucepan and heat to 104°F (40°C)
4. Add pectin/sugar mixture and bring to a boil.
5. From this point on the mixture must remain boiling.
6. Slowly add sugar/glucose mixture while whisking.
7. Once all this mixture is incorporated cook to 225°F (107°C), or 75°Brix.
8. Add the tartaric acid solution, immediately pour into molds or paper lined half sheet pan.
9. Allow pâte de fruit to cool to room temperature overnight.
10. Unmold or cut into desired shapes and dredge in superfine sugar.

Tartaric Acid Solution

Yield: 4.2 oz (120 g)
Portions: 1
Portion size: 4.2 oz (120 g)
Yield description: 1 portion at 4.2 oz (120 g)

Ingredients
2.1 oz Tartaric Acid
2.1 oz Water, boiling

Note: Tartaric acid solution easily crystallizes. Make sure all equipment and storage containers are cleaned before use.

Method
1. Bring 8 oz (240 g) of water to a rolling boil.
2. Place tartaric acid in a bowl.
3. Scale boiling water directly into tartaric acid; stir gently to dissolve.
4. Cover container and allow to cool.
   Store at room temperature.
Did you read all the articles in this issue? Take the *Sizzle* Quiz to test your knowledge.

1. Legally, Champagne can only be made in Champagne, France.
   a. True
   b. False

2. What is the proper service temperature for sparkling wine?
   a. 25°F to 30°F
   b. 34°F to 40°F
   c. 44°F to 50°F
   d. Over 50°F

3. Traditional matzo balls use a leavening agent such as baking powder.
   a. True
   b. False

4. What is vital wheat gluten?
   a. A variety of yeast
   b. A leavening agent
   c. A variety of bread
   d. Powdered gluten

5. To what plant family does cardamom belong?
   a. Lily family
   b. Rose family
   c. Mulberry family
   d. Ginger family

6. What type of cardamom is considered the premium variety?
   a. Green
   b. Black
   c. White

7. What is the minimum education requirement to become a registered dietitian nutritionist (RDN)?
   a. Highschool diploma
   b. Associate degree
   c. Bachelor’s degree
   d. Master’s degree

8. RDNs must complete an internship to earn a credential.
   a. True
   b. False

9. In what year was ACF established?
   a. 1919
   b. 1929
   c. 1939
   d. 1949

10. What is the main protein in traditional beef Wellington?
    a. Round steak
    b. Beef shank
    c. Brisket
    d. Beef tenderloin
The Culinary Insider

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There is a high demand in healthcare dining for both CDM and culinary expertise. Carrying these dual credentials is a highly-competitive advantage, enabling professionals to use their culinary knowledge in combination with their management skills. 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 more than 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 one of the largest growing segments of CDMs, CFPPs because of the huge demand in the healthcare sector for the dual expertise in culinary skills 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 to 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, 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