**sizzle**

**SPRING 2018**

THE AMERICAN CULINARY FEDERATION STUDENTS OF COOKING

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**Kristopher Edelen**

cooks with crickets, and wants you to do it too

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the future's bright for research chefs

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HEALTH INSURANCE BENEFITS are now available!

For more information visit memberbenefits.com/acfchefs

Term Life Benefits have been discontinued with the exception of Professional Culinarian, Culinarian & Senior Members
**The American Culinary Federation's Brand**

**Dear students,**

In order to Be The Change here at the American Culinary Federation, we are fully committed to both inclusion and diversity. Nowhere was this more noticeable than at our ChefConnect(s) in Charlotte and Newport Beach. In Charlotte, **fully one-fourth of our attendees** were culinary students.

**Inclusion Creates Diversity**

We observed traditional butchery techniques, participated in a hands-on vegetable and fruit “graffiti” carving class and learned about the science of cannabis-infused cooking and we did it all together. Mentors, members, educators and professionals, side-by-side, with our young chefs and students.

Keynotes spoke of transformational change. Food-truck pioneer Roy Choi is demanding nothing less than food that hits a nerve, that addresses a need, that does more than entertain. Jehangir Mehta demonstrated what zero waste in the kitchen can look like while Sean Sherman, the “Sioux Chef,” showed how he is reviving his heritage, one grain at a time. Surely these were the most progressive ChefConnects in my many years with the ACF!

**Paths For Your Journey**

When I think of what the ACF will be in the future, I can’t help but be excited by what I have seen these last few weeks. We’re changing, but not only because of our students, but because this ACF is here with open arms, offering you paths into the world of the young chef.

**You need to earn while you learn? Become an ACF Apprentice** with on-the-job training and classroom instruction.

**You need networking opportunities, ACF’s new health insurance benefit, increased access to education and events? Become a member!**

And finally, if you want the authority and confidence that comes with perfecting your craft – Compete!

Not all of our paths in life are the same but taking the journey together, as culinary professionals that work hard with care and integrity, is both the legacy of the ACF and our brand, your brand, going forward.

I look forward to seeing you at **National Convention in New Orleans** on July 15-19. **Laissez les bon temps rouler!**

Stafford T. DeCambra, CEC, CCE, CCA, AAC
National President
American Culinary Federation

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**Click here to read Chef DeCambra’s President’s message in Spanish!**
See Ya Later Alligator

Alligator! You know about its razor-sharp teeth, its rough, thick skin, and its ability to attack prey at a moment’s notice. But do you know about its taste and how to fabricate it? Being from Florida, I know a lot about alligators — they are indigenous to the state, they taste delicious, and so on. I figured everyone was familiar with them, so I was taken aback when I found out that a lot of my culinary friends had never seen anyone fabricate an alligator — not even in a video online.

This led me to the idea of setting up a demonstration through the ACF and ACF Young Chefs Club on how to successfully butcher and cook this swamp-dwelling creature. I wanted to develop a demo that would not only teach young chefs and chefs abroad about the multiple ways to use and cook with alligator, but most importantly, allow them to see firsthand how to break it down and have an opportunity to taste it. Alligator is not something you regularly see on a menu. It is relatively expensive and can take a long time to process. I did not want to let this steer me away from doing the demonstration, so I made sure to prepare well in advance.

Chef Lawrence (Larry) La Castra, FMP, associate instructor at Johnson & Wales University in North Miami, Florida, led the demonstration, which lasted roughly 40 to 45 minutes and was broadcasted, live and world-wide, on various social media platforms such as Instagram and Facebook Live! Now, everyone around the country and the world, not just ACF chefs, can learn how to work with the meat. A special thank you is in order, not just to Chef La Castra, but also to the ACF and the ACF Young Chefs Club for their support as well as to Florida Fresh Meat Company for providing the alligator.

This was an experience that I will always cherish, and I am very blessed and honored to have had the opportunity to be the facilitator. I am looking forward to doing more events like this one in the future.

Ashten M. Garrett
Eastern Regional Vice President
ACF Young Chefs Club
8 Things Happening at ACF

1. ACF Announces Student Chefs of the Year and Other Award Winners

Congratulations to the student winners of the ACF Regional Culinary Salons. These groups will go on to compete at the national level in New Orleans during the Cook. Craft. Create. ACF National Convention & Show.

Student Chef of the Year

NORTHEAST
Julio Chavez is a student at the State University of New York at Delhi. He’s also a member of the ACF Chefs and Cooks of the Catskill Mountains chapter. Chavez’s winning dish consisted of a tamarind duck roulade, mole and duck empanada with avocado purée and vegetable medley.

SOUTHEAST
Tien Tran is a student at The Art Institute of Atlanta. He’s also a member of the ACF Atlanta Chefs Association, Inc. chapter. Tran’s winning dish featured Red cooked duck leg with handmade egg noodle, steamed bok choy, soy glazed carrot, chili oil, carrot tile and a flavorful broth.

CENTRAL
Andrew Dos Santos is a student at Oakland Community College in Farmington Hills, Michigan and is a member of the ACF Michigan Chefs de Cuisine Association.

WESTERN
Utahna Warren is a student at Utah Valley University in Orem, Utah. She represents the ACF Beehive Chefs Chapter Inc. Warren’s winning dish was duck three ways and consisted of a braised duck leg with a cherry balsamic emi-glace and Ruby Swiss chard, duck shepherd’s pie in puff pastry and a duck roulade with an orange kumquat glaze over batonnetted carrots.
Student Team Winners:

NORTHEAST
Student members of ACF Long Island Chapter at The Culinary Institute of New York at Monroe College chose to highlight flavors of late fall and early winter: Poached snapper with a fines herbes mousseline and saffron jus, a vintner’s salad of pears, apples and an aged cheddar gougere. The entrée consisted of a take on chicken Marengo, with a stuffed breast with crayfish and tasso ham and a classic Marengo sauce and a potato timbale stuffed with braised chicken with Latin flavors.

SOUTHEAST
Student members from the Raleigh-Durham Area Chefs Association at Alamance Community College were the winners from the Southeast region.

CENTRAL
The student members of the Fox Valley Culinary Association at Fox Valley Technical College triumphed at the Central Region Student Team Competition with a menu of frisée, mâche and Brussels sprout salad; pan-seared chicken breast with braised chicken thigh ragout and French green beans with cranberry-balsamic reduction; and a dessert of oeufs à la neige and poached meringue with créme Anglaise.

WESTERN
The culinary students at Orange Coast College prepared an entrée of pan roasted breast of chicken, mushroom mousseline chicken jus braised chicken thigh, yam duchess buttered asparagus tourné potato and glazed carrots. An appetizer of herb crusted branzino, a marinated golden beet salad and Oeufs à la Neige for dessert.

Baron H. Galand Culinary Knowledge Bowl Team Winners:
Congratulations to the student winners of the ACF Regional Baron H. Galand Culinary Knowledge Bowl. These groups move on to compete at the national level in New Orleans during the Cook. Craft. Create. ACF National Convention & Show.

above, clockwise from left: 1. Southeast Student Team winners from the Raleigh-Durham Area Chefs Association at Alamance Community College. 2. Central Student Team winners from the Fox Valley Culinary Association at Fox Valley Technical College. 3. Western Student Team winners from Orange Coast College. 4. Northeast Student Team winners from the ACF Long Island Chapter at The Culinary Institute of New York at Monroe.
**NORTHEAST**

Westmoreland County Community College team members include Amanda Shriner, Christopher Snyder and Craig Stahl. Their coaches are Scott Schmucker, CEC, CCE, and Chris Cwierz, MBA.

**SOUTHEAST**

ACF Southwestern Virginia Chapter team members include Caleb Bedwell, Meghann DiPietro, Stephanie Higgs, Francis Luc and Ashley Weis, CC. Their coach is Gregory Moran, CWPC.

**CENTRAL**

The Culinary Institute of Michigan at Baker College team members include Tanya Duzey, Stanley Mersino III, Rachelle Murphy, Wiesam Shamaoun and Jennifer Thompson. Their coaches are Amanda Miller, CC, CPC, and Jamie Leroux.

**WESTERN**

Utah Valley University Culinary Arts Institute team members include Jeremy Hanson, Karri Lowe, Hailey Newman, Abigail Debbie Raff and Alex Robertson. Their coaches are K.J. Francom, CCC, and Meghan Roddy, CEPC.

2. The Vilcek Prizes for Creative Promise in Culinary Arts

The Vilcek Foundation is currently seeking applicants for the 2019 Vilcek Prizes for Creative Promise in Culinary Arts and is accepting applications from foreign-born culinary professionals age 38 and under who are based in the U.S. from now through June 11, 2018.

Three winners will each receive a $50,000 unrestricted cash prize and will be honored at an awards ceremony in New York City in April 2019. Visit www.vilcek.org for more details and email creativepromise@vilcek.org with questions.
3. ACFEF Scholarship
Deadlines Approaching

Students, don't forget to apply for an ACFEF scholarship. Deadline is April 30, 2018. Scholarships are available for apprenticeship, certificate and degree programs.

4. Sign-up and Compete

It's not too early to form your student team and sign up for a competition. For the 2018 competition season, the assigned classical dish is the dessert course. Student teams interested in competing are required to register annually with the ACF national office prior to August 30th. Download the forms and learn more here.

5. Register to Attend Cook. Craft. Create.

The Cook. Craft. Create. ACF National Convention & Show, will be held July 15-19, in New Orleans. Don't miss the incredible lineup of speakers for the show, which includes Maneet Chauhan, executive chef/co-owner of Chauhan Ale & Masala House and judge on Food Network’s “Chopped”; John Folse, CEC, AAC, HOF, HBOT, owner/executive chef of Chef John Folse & Company; Masaharu Morimoto, chef/owner of Morimoto Restaurants, and Ka’ala Souza, a leadership coach and speaker.

Non-members who register as such receive one complimentary year of membership. Don't delay, online registration for Cook. Craft. Create ends on June 22, 2018.

6. Enter ACF's Ingredient of the Month Competition

Take a picture of how you use the ACF Ingredient of the Month and enter the photo contest on our Facebook page.

7. Get Certified

Consider an ACF certification. After a short three years of work, most CC® and CPC® candidates are ready to move up to Certified Sous Chef® or Certified Working Pastry Chef® level. Their education was completed during their CC® or CPC® Certification, so refresher courses and updated work experience will allow them to test for CSC® or CWPC®. Fill out the CSC® Step 1 or CWPC® Step 1 application and send to certify@acfchefs.net.

8. Visit the Online Resource Center

Have you ever visited ACF’s online resource center? Check out the many articles and videos on food trends and techniques.

above: top Fox Valley Technical College’s winning entree; pan-seared chicken breast with a cranberry-balsamic reduction. bottom: Utahna Warren’s winning dish of duck three ways.
Julia Spondike

Julia Spondike, 19, is a very busy person. In between attending classes at The Culinary Institute of America (CIA) and doing homework, she works part-time for the school’s strategic marketing department, and in the kitchen at The Children’s Home of Poughkeepsie, a group home for at-risk children ages 18 months to 18 years. Spondike has loved cooking since she was little. However, she got more serious about it after her sophomore year in high school at home (she was homeschooled for nine years) in Lorain, Ohio. After much discussion with her family and former students, she decided to enroll in a local trade school for a more concentrated culinary education. Since then, she’s never looked back, earning medals in 12 local and national competitions, including a national champion gold at SkillsUSA in 2017. When that led to a full-ride scholarship to the CIA, she didn’t hesitate to take it.

“I was awestruck and full of overwhelming joy as soon as I heard my name called for the SkillsUSA national awards ceremony,” Spondike says. “I knew my whole life was going to change. I received a packet with a variety of scholarships and sponsor information from the competition, but as soon as I opened the one from CIA, I cried.”

As busy as she is with school and her two work-study jobs, Spondike says competing remains a huge part of her plans. In fact, she recently took bronze in the ACF Student Chef of the Year competition in Buffalo, New York, and at press time was patiently awaiting news about the opportunity to represent the U.S. in WorldSkills 2019 in Kazan. Competitions have helped her feel comfortable leading others as well; since starting at the CIA last fall, she’s already served as “team leader” for her various culinary classes.

Spondike plans to earn her associate’s degree from the CIA and then go on to complete her bachelor’s in culinary science. She hopes to use her degrees — and a highly coveted, upcoming externship at McCormick Spices in Baltimore — to possibly pursue a path as a research and development chef. “I definitely see myself pursuing a career in food experimentation and product development,” she says.

“Definitely see myself pursuing a career in food experimentation and product development.”
5:45 a.m.
I wake up and get dressed in my whites.

6:30 a.m.
Meat identification and fabrication class. Today we watch as Chef Thomas Schneller demonstrates how to break down a whole lamb, and then it’s our turn to give it a try. Tomorrow, I am excited to break down poultry because I know I can already do that in three minutes flat!

10:30 a.m.
I take a break for lunch, and catch up on a little schoolwork.

1:30 p.m.
I head over to the strategic marketing office at Roth Hall for my marketing job. I work on a lot of social media for the CIA, so I’ll post regularly on Instagram and Snapchat, and I also oversee the school’s Facebook page and Tumblr account. On Snapchat we do a lot of “takeovers,” where we have our students cover events that are going on or talk about some of the student clubs and happenings on campus.

5:30 p.m.
Job No. 2: The Children’s Home of Poughkeepsie. Tonight I’m helping out at a special event for Black History Month, so we’re feeding double our normal number of 60 kids! We decided to do a Southern-inspired comfort food dinner and made fried chicken, mac n’ cheese, greens, braised oxtail and more. The other night I made a dinner for the students all by myself — ziti with ground beef and vegetables.

8:00 p.m.
Back to my dorm room for a quick shower and bite to eat.

9:00 p.m.
For work, I’m covering a tribute to Chef Paul Bocuse by Dr. Tim Ryan, the CIA president, who had just come back from Chef Bocuse’s funeral in France. I post a lot on Snapchat to get more students to attend and to share all the interesting stories about the legendary chef.

11:00 p.m.
Normally, I catch up on a little homework, but tonight it’s lights out. Class is at 6:30 a.m. tomorrow!

above: 1. Poached bass with lemon caper sauce. 2. Spondike in the kitchen. 3. Ingredients ready to go. 4. The future chef shows off her work.
never underestimate the depth and breadth of a classic stew done really well. Take the classic veal blanquette (blanquette de veau), for example. The slow-simmered dish of tender veal and earthy, root vegetables layered with a rich, roux-based, white cream sauce has origins in French bourgeois cookery, but to this day remains one of the most popular dishes in the country.

“Some people feel stews like this are easy to make, but they don’t realize that they still need to build flavors, even when cooking ingredients low and slow,” says Joseph Leonardi, CMC, director of culinary operations for The Country Club in Chestnut Hill, Massachusetts, and a past member of the ACF Culinary Team USA for over 10 years. “What’s nice about the classical dish is that it is the mark of a great chef. You have to show strong knife skills, cook vegetables correctly, and properly simmer a tough piece of meat until tender and not dried out — that takes a lot of skills, even for a dish that seems so simple to prepare.”

Leonardi teamed up with Garrison Oliver, a 22-year-old aspiring chef from Hull, Massachusetts, a small town on the South Shore of Boston Harbor, and a student at Newberry College in Brookline, Massachusetts. This May, Garrison is on track to graduate with a four-year degree in culinary management.

Raised by a single mom, Oliver says his biggest culinary influence came from his father. “He taught me the basics of cooking and I was drawn to it at a young age,” he says. “As soon as I was old enough to work, I got a job at a local restaurant, first as a busser, and then as a food runner, and for two years after that I was given the opportunity to work the back of the house, which is where I knew I wanted to be.”
During his first year of college, Oliver worked at Chef Paul Wahlberg’s Alma Nove restaurant in Hingham, Massachusetts. Since first coming to The Country Club for a stage, he has been working at the restaurant for over a year. “Thanks to Chef Leonardi, my culinary experience and knowledge continues to grow day after day,” he says.

Leonardi says he was impressed by Oliver’s creativity and work ethic, noting, “He is a great worker and a young culinarian who wanted to learn, so knew I wanted someone like that on our team for this project.”

For the classic version of veal blanquette, neither the veal nor the butter is browned and the stew should be pale in color. Veal shoulder is commonly used in this recipe, but for the modern version, Garrison developed the recipe based on some recent work with under-utilized cuts of meat. “Garrison had a vision for the dish and I thought it was a clever idea to stuff the dumpling garnish with caramelized onions to give the dish an extra ‘wow factor,’” Leonardi says. “He was able to do a great job taking the flavors of the classic recipe and building his dish off of that.”

Veal blanquette is a simple dish to prepare, but one that has an intense amount of flavor if prepared properly. The protein is blanched and slow-simmered with root vegetables in a flavorful broth until tender. That broth is thickened with a white roux and poured over the strained meat and veg to finish.

The veal nor the butter is browned and the stew should be pale in color.

Both dishes showcase root vegetables, however, each dish showcases different sides. A profiterole filled with foie gras mousse elevates the classical dish with extra elegance.

Helpful Hints

- Be wary of temperatures: you don’t want to overcook the meat at high temperatures or risk drying it out.
- Don’t let the roux brown. The goal is a white sauce.
- Add the haricot verts during the last few simmering minutes to prevent overcooking.

The major difference between the classic and modern recipe is the cut of meat used. Classical renditions tend to feature tougher cuts of veal, like shoulder.

Click here for the classical recipe.
Modern: Sous-Vide Veal Shank Blanquette

- The modern rendition features bone-in veal shank rather than the more traditional veal shoulder.

- This recipe uses sous-vide cooking to tenderize the shank with a controlled temperature and infuse extra flavor from the veal stock. Sous-vide cooking also helps accidental over-cooking, which would otherwise cause the meat to dry out.

- Even though there is “help” from a sous-vide machine, this modern recipe still requires expert stock- and sauce-making skills.

- For an element of surprise, serve the veal shanks with potato dumplings filled with caramelized onions to signal the rich onion and root vegetable flavors of the classical dish.

Helpful Hints

- Start with a flavorful veal stock on hand or make one prior to preparing this dish. You will need 2 quarts worth.
- Trim the shanks and French the bones before starting the cooking process.
- Cook at lower temperatures until the meat just falls off the bone to prevent drying out the meat.

Click here for the modern recipe.
skills to MASTER

Now What? Aligning ACF Certification with Career Goals and Development

by Jeremy Abbey, CEC, CEPC, CCE, CCA, ACF Certification Director
When starting out in any culinary career, the excitement of the industry keeps us going day in and day out. After a few years of working, though, many cooks ask themselves, now what? Working the line after culinary school and other types of training are fun, but after a while, it’s easy to wonder about ways to advance one’s career.

**ACF certification** provides a great opportunity to align with your career goals while continuing to learn and grow in the industry. Most cooks can qualify for an advanced certification after just a few years of working in the industry, or after five years with no formal education. All it takes is a desire to improve yourself and advance your career.

### It All Starts with Skills

The ACF’s **Certified Sous Chef (CSC)** certification is the perfect stepping stone for cooks to develop themselves in the culinary field and stand out from the competition in the job market. The CSC credential ensures that you have a strong understanding of classic culinary techniques, culinary safety and sanitation, nutrition and supervisory knowledge. By seeking this certification, cooks can improve their skill sets and begin the journey to obtaining the **Certified Master Chef (CMC)** credential, the highest level of certification offered by the ACF.

Once an initial **CSC application** is completed, a candidate is eligible to sit for the exam. The ACF recommends passing the written exam first, as this helps candidates remember the classics in preparation for the practical part of the exam. If it’s been a while since you’ve opened a culinary book, now is the time to get a refresher.

During this time, also consider honing the skills necessary for passing the practical exam. If you work a grill station, work on cooking steaks to the perfect, medium rare temperature. Continue to practice perfect diamond marks and uncover ways to enhance and develop flavors. Concentrate on the timing of letting a steak rest before it’s served so you can incorporate these skills when the time for the practical exam arrives.

### Embrace Repetition

Within a few months of working in the industry, the importance of repetition may become very apparent in your day-to-day tasks. This constant repetition can come as a surprise for many new cooks, but the time is now to improve every movement. Good knife skills, in particular, are an integral component in all practical exams, including the CSC one. Continue to improve when that palette of carrots presents itself for dicing. Focusing on improving knife skills and speed can make the mundane tasks more approachable and even fun.

Speed, organization and flavor development are secondary skills that might not be used every day on the line. However, there are creative ways to practice some of these skills while incorporating the art of repetition. Volunteer to cook the staff meal and prepare poached fish with rice pilaf and artichokes. This simple dish will cover the skills necessary for the CSC practical exam while offering the team a more composed employee meal. Gather any feedback on flavor, presentation and technique. Then, cook the dish a few more times until you have mastered it perfectly. This will better your chances of mastering the CSC practical exam.

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*opposite:* 1. Zachary Chouinard perfecting the accuracy and speed of his chopping at the Certified Master Chef Exam. *above, clockwise from left:* 1. Cooking meat to the perfect temperature. 2. Taylor Miller knows that presentation should never be overlooked. 3. Proper knife skills are essential for all ACF certification practical exams.
**Requirements for the CSC Certification**

- Five years minimum work experience as an entry level culinarian. Experience must be within the past 10 years.
- Candidates with an associate’s degree in culinary arts require three years of experience as an entry-level culinarian, or the successful completion of an ACFEF Apprenticeship program.
- **Minimum Education and Continuing Education Hours:** High school diploma/GED plus 50 hours of continuing education. If you do not have a high school diploma/GED, 150 hours are required.

Let’s take a look at how one might handle the expense of certification.

By joining the ACF, you can expand your networks and enjoy discounts on continuing education. National membership for a culinarian is around $100 a year, and with this membership, the cost for the CSC exam is reduced to $245. By committing to the process and budgeting $50 a paycheck (assuming a paycheck comes twice a month), within five months you will have enough money to pay for your exam and earn your credentials. Finding creative ways to budget for your future is a skill that will last a lifetime. By joining the ACF, you can also open doors to scholarships and grant opportunities as well, which can further help offset the cost of certifications.

When looking to advance your career or even personal skill sets, ACF Certification can provide the path and the direction necessary to stay on track. With a few years of experience and some extra dedicated time, study and finances, you can begin the journey towards the top. Power your passion with ACF Certification and achieve the highest standards of excellence for culinary arts in the country.

Interested in certification? Visit www.acfchefs.org/certify or email certify@acfchefs.net.

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above, clockwise from left:  
1. Certified Master Chef Joseph Leonardi eggwashes a puff pastry.  
2. Christina Nestorovski cleans mushrooms, knowing every detail is important.  
3. Even when under fire, Certified Master Chef Shawn Loving employs great station organization skills.

You can also ask the chef to run a flatfish special on the menu, or develop a recipe and present it as an option. Don’t forget to include the cost and suggest uses for trim. This exercise will help you demonstrate not only your initiative, but also your understanding of food costs and how to develop profitable menu items. Then, if the chef decides to run your dish, you will have the ability to not only practice flatfish fabrication, but also to build your resume.

**Financing ACF Certification**

The cost of certification (up to $500) may seem overwhelming for new culinarians looking to enhance their careers. When just starting out in the industry, it may be difficult to justify the expense when you’re barely making enough money to get by, but the long-term benefits for career advancement easily outweigh the expense.
POWER your passion with ACF CERTIFICATION

Take your career to new heights!
Level up at www.acfchefs.org/certify.
CULTURED: • a guide to • fermentation

by Maggie Hennessy
From chocolate to cheese, salami, wine, pickles and bread, many of the world’s greatest delicacies are the products of fermentation. However, it wasn’t so long ago in our antibacterial-obsessed culture that cheesemakers and chocolatiers downplayed the role of bacteria in their processes.

“We grew up with germ theory, antibacterial soap and the mantra, ‘Don’t leave it out; it will kill you!’ — those messages are deep in our psyche,” says Kirsten Shockey, co-author with (her husband Christopher Shockey) of Fiery Ferments (Storey Publishing, 2017) and Fermented Vegetables (Storey Publishing, 2014). That view is changing though, as our culture increasingly embraces live cultures for their health benefits and the exciting flavors they impart.

Fermentation is defined as the chemical breakdown of a substance by bacteria, yeasts or other microorganisms, usually involving effervescence and the emission of heat. For some 9,000 years, humans have manipulated this process to encourage certain strains of bacteria or fungi to grow in vegetables, grains and dairy products to preserve them and add flavor.

Types of Fermentation
The most common form of fermentation is lactic acid fermentation, which is used for making kimchi, yogurt and certain kinds of pickles. Other common types include acetic fermentation (vinegar production) and alcoholic fermentation (occurring in distillation).

“All of the food we eat is populated by various communities of microorganisms, so there isn’t just one in play,” says Sandor Katz, author of the James Beard award-winning book The Art of Fermentation, and a self-avowed fermentation revivalist. “Fermentation is simply a manipulation of scientific conditions to encourage the growth of some organisms and discourage the growth of others.”

Lactic fermentation occurs in both sauerkraut and charcuterie, for example, when bacterial enzymes transform protein into amino acids. Moisture is essential to inhibiting bad bacteria in the former but detrimental to the latter. In that case, trapped moisture can lead to spoilage.

Funk is Good for You
Much of the buzz surrounding the health benefits of fermented foods relates to probiotics, a type of good bacteria thought to help with digestion and protect against harmful bacteria. The other half of that equation is prebiotics, which are nondigestible carbohydrates that act as food for probiotics. When the two are combined, they are said to have certain health benefits. For example, fermented dairy products like yogurt and kefir are considered symbiotic because they contain both live bacteria in the form or probiotics as well as the fuel they need to thrive in the form of prebiotics.

Another reason nutritionists remain in favor of fermented foods is that their inherent good bacteria unlocks vitamins and enzymes in other foods that our bodies might otherwise struggle to absorb.

“Fermentation breaks starches down, making them more bioavailable,” says Shockey. “You absorb more nutrients consuming fermented cabbage than raw, which is pretty darn cool!”
Vegetable fermentation is a great gateway to other kinds of fermentation because it’s simple to make and, frankly, hard to screw up. “You don’t even need a starter — just vegetables, salt, a vessel and time,” Shockey says.

Sliced, shredded or mashed produce is submerged completely in salted liquid — by either suspending it in a salt brine or massaging it with salt to release its juices — to create an anaerobic environment that locks out oxygen’s entry.

How to Ferment

Paul Virant, author, canning expert and executive chef/owner of Vie and Vistro restaurants in the suburbs of Chicago, has been experimenting with fermented vegetables for over a decade. He ferments whole heads of cabbage for sauerkraut and turnips for kombu. Virant also makes a sweet, funky hot sauce reminiscent of sriracha by fermenting a mash of cherry bomb peppers with local hardneck garlic, carrots and onion. To determine how much salt is needed when fermenting any vegetable, he adds the weight of the produce plus the weight of water needed to cover said produce and multiplies that amount by .025.

Fermentation’s initial stage — which takes a few weeks up to a month — is active and bubbly, as microbes consume carbs and push out oxygen by releasing carbon dioxide. The recommended method to enable this process is to store the fermentation in airtight jars or containers, but open them briefly once a day to “burp” your ferment by releasing gases.

Safe Food Fermentation

Once the mixture reaches a pH of 4.6 or below, bad bacteria like E. coli and salmonella can no longer develop or survive. That’s why fermentation — specifically acidification — is and was historically regarded as an old-school strategy for safe food preservation, according to Katz. Even still, the process runs counterintuitive to today’s food safety regulations and thus requiring the education of individual health inspectors.

“The most basic dogma of food regulation for restaurants in our time states that it’s intrinsically dangerous to eat anything that sat for at least hours between 40 and 140
degrees F, which suggests that every fermented product is toxic,” says Katz. “You constantly hear restaurant stories of inspectors disgusted by the idea of leaving a jar of cabbage out. That’s why you need an inspector who is rational and willing to work with you and be educated.”

Start by finding out what your state regulations are, and establish clean habits from the get-go. Some chefs, like Virant, have developed HAACP plans to document their safe fermentation practices for health inspectors.

“The dead yeast cells and bloom that can appear on the surface of what’s fermenting can look like food that’s spoiling so keep that stuff clean and skim it,” says Virant, who ferments product in a bucket with the same size bucket fitted over the top. “An inspector might come in and just see a bucket so we’ll leave it in there until it stops bubbling, and then we’re off to the races.”

Indeed, because current restaurant regulations are much more generic than the state-by-state fermentation guidelines in place for manufacturers, it can be tempting for chefs to simply hide it, especially when they’re getting started. But skirting the rules won’t do this growing movement any favors.

“Some chefs have a rogue style preserving program and maybe that works for them,” Virant says. “But it doesn’t help other restaurants doing it the right way.”

Maggie Hennessy is a Chicago-based restaurant critic, freelance writer and chef. She’s been writing about food and drink for 10 years.

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**Green Bean Kimchi**

Excerpted from *Fiery Ferments* (Storey Publishing, 2017), by Kirsten and Christopher Shockey

Yield: about 1 1/2 quarts

1 pound **green beans**, cut into 1/2- to 1-inch pieces
1 bunch **scallions**, cut into 1/2-inch pieces
5 cloves **garlic**, minced
2 tablespoons grated fresh **ginger**
2 teaspoons good-quality **fermented fish sauce** (or shoyu sauce for a vegan kimchi)
1 pound fresh **gochu peppers**, or other thick-walled hot red peppers
1 1/2 teaspoons **salt**

1. Combine green beans and scallions in a large bowl. Add the garlic, ginger and fish sauce. Mix and set aside while you prepare the peppers.

2. For a hotter ferment, leave the seeds in the peppers. Otherwise, slice lengthwise, scoop out seeds and discard. Process peppers with the salt to a mash-like consistency in a food processor. Add the pepper mash to the green bean mixture and massage everything together with your hands. Remember to wear gloves.

3. Pack the kimchi into a jar, pressing out any air pockets as you go. Press a resealable plastic bag against the surface of the ferment, fill the bag with water, and zip it closed.

4. Place the jar in a corner of the kitchen to ferment. If you see air pockets, remove the bag, press the ferment back down with a clean utensil, rinse the bag and replace.

5. Ferment for 10 to 12 days. You will know the kimchi is ready when the flavors have mingled and the pungency is pleasantly fused with acidic tones. The red of the pepper will become more orange and the green beans will turn a dull yellowish green.

6. Screw on the lid and store in the refrigerator for 8 to 12 months.
Many of us have heard of research chefs, but do we really know what they do on a day-to-day basis?

In a nutshell, a research chef is a chef that works closely with or serves on the research and development (R&D) team at a food manufacturer, commodity board or other company or organization. Many are tasked with developing new products based on their culinary and food science experience, and may travel often to educate the industry about these new products.
The horizon for jobs as a research chef looks bright. The Research Chef’s Association (RCA) estimates a 6.9 percent increase in members listing themselves as research chefs over the next three years, and it projects a 31 percent growth in job openings over the next six years.

Not to mention the pay can be great. Research chefs make an average of $99,507 a year, according to ACF research, with a top-end potential of $112,097 or more. Research chefs work long hours (48 to 57 hours a week, according to the ACF’s survey), but most say they’re guaranteed weekends and holidays off and that they get full benefits.

Many research chefs report that their days offer a lot of variety. They can be found doing anything from conducting research on the newest food trends, attending industry trade shows, developing ingredients and dishes in R&D kitchens, and engaging with customers and focus groups, according to the RCA.

There is no one-size-fits-all set of requirements for becoming a research chef, but most companies favor a culinary school degree and some line cooking experience. Taking food science courses is also a plus.

Sizzle caught up with research chefs from different companies to learn more about a day in their lives.

**Nick Landry, CSC**
**Culinary development chef, Southeastern Mills, LLC**
**Member, ACF Atlanta Chefs Association**

A research chef for the past two and a half years, Landry came to Southeastern Mills in Rome, Ga., from Bruce Foods in Lafayette, Louisiana, where he served as corporate chef for five and a half years.

“I highly recommend getting some good restaurant work,” Landry says when asked about the requirements for becoming a research chef. After graduating with a bachelor of science degree from Nicholls State University/Chef John Folse Culinary Institute in Louisiana, Landry clocked time as a line cook at The Ritz-Carlton in St. Thomas, Virgin Islands, and later moved his way up from line cook to head chef at the Westchester Country Club in Rye, New York.

Landry travels regularly, but says he enjoys the experience of working hands-on with chefs of national chains to demo his products and provide education and training.

“Often we’ll get asked by chefs from national chains to brainstorm and develop ideas for limited-time-offers (LTOs) and specials, like fried chicken and biscuits,” he says. “It’s so exciting to see something I created serving millions of people a day when the dish hits their menu board.”
For culinary students exploring research chef careers, Landry recommends networking extensively and keeping up with ACF certifications, which many food companies value. Consider taking science classes, too. “I took chemistry not thinking I would actually use it as a chef and now I use it every day,” he says.

**JASON ZIOBROWSKI, CEC**
CORPORATE CHEF, INHARVEST (EASTERN REGION, CHARLOTTE, N.C.)
CHARLOTTE CHAPTER PRESIDENT AND BOARD MEMBER, ACF

Being a research chef is the best job Chef “Jay Z” Ziobrowski says he’s had in all of his years cooking. A graduate of Johnson & Wales University and current ACF Charlotte Chapter president, Ziobrowski has been with InHarvest for more than 10 years.

“Being a research chef is still tough and there can be long hours, but it’s a different demand,” he says.

When he’s not traveling, a typical day might involve checking emails in the morning and helping a chef at a local school district figure out ways to get ancient grains on the menu. He might have an afternoon meeting at a nearby healthcare facility demoing products, followed by an ACF meeting at night.

“When you really pay attention in your nutrition and baking and pastry classes because it will help you later,” says Ziobrowski, who is often knee-deep in recipe development and testing using strict measurements and calculations.

Networking — through industry shows and conferences, events and social media — helped him learn about the opening at InHarvest. “If you see an R&D job that you want, get your name out there by competing in cooking competitions, getting involved in your local ACF chapter and being more active on social media,” he says.

**GERRIE BOUCHARD**
FOUNDER AND PRODUCT DEVELOPMENT CHEF, CULINARY CONTENTS
BOARD MEMBER, RCA

Gerrie Bouchard founded her own culinary consulting company this year after three years of working as the director of product operations for Love The Wild, a sustainable seafood supplier, and after nearly five years as the marketing director for Archer Daniels Midland Company in Vineland, New Jersey.

At all of her jobs, Bouchard has helped companies bring their products to market. She also develops recipes for marketing and product development purposes.

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above, clockwise from top: 1. A dish prepared by Chef Jason Ziobrowski using InHarvest’s Greenwheat Freekeh.
“Having a marketing background is unique in my field because it helped me understand costs and consumer preferences, and how to fill in gaps in the marketplace,” she says.

Bouchard highly recommends getting involved in organizations like ACF and RCA early to make connections and to take continuing food science classes.

“You need to apply your culinary skills and creativity to a research chef job,” she says, “but also know science in order to develop a product that can go through different temperatures, sit on shelves or otherwise take some abuse when going from production to the marketplace.”

MICHAEL THRASH, CEC, CCA, WCEC, PCII
CORPORATE EXECUTIVE CHEF, GA FOODS
MEMBER, ACF AND RCA

Chef Michael Thrash came to GA Foods from New England’s Ale House Grill, where he served as the corporate chef.

Thrash recommends becoming “well-rounded” as a chef in order to land a research chef job, rather than focusing on one cuisine. Prior to his current job, Thrash worked the line at everything from a top seafood restaurant company in Boston to country clubs and hotels across the country. To “stay in the game” and on top of trends, he teaches at the Art Institute of Tampa.

“In a restaurant you get to create great recipes, but you have a limited audience,” he says. “As a research chef, I get to create products that will reach hundreds of thousands of people on a daily basis.”

Thrash has studied sensory analysis on his own to understand brain behavior as it relates to taste and smell, which has helped him come up with more successful products.

Lately, Thrash has been tasked with removing ingredients to create “cleaner” labels, and he’s been working on incorporating more Mediterranean, Latin, Southeast Asian and other global flavors into his products.

5 WAYS TO BECOME A RESEARCH CHEF

1. Earn your bachelor’s and culinary degree first. Extra credit for earning a Bachelor of Science degree.
2. Take classes in food science and related topics.
3. Network, network network with other research chefs and food companies through associations, events and more.
4. Consider internships or shadowing opportunities in R&D.
5. Work hard and be patient; jobs in this field take more experience than most.
Breaking Down Pork Shoulder

Instructions by Kari Underly, principal of Range® Inc. & Range Meat Academy and author of *The Art of Beef Cutting*

Making money on costlier ingredients like heritage breed whole hog can be a challenge. But there are some wonderful yet overlooked cuts that come from the shoulder primal, which can help to make the higher price of the pork worth it. And you don’t have to just make fresh sausage again.

Start by separating the traditional Boston butt and picnic from the shoulder primal. A butcher can isolate the triceps muscle, which is part of the picnic subprimal. The triceps makes a nice roast, or smoke it and slice for sandwiches or even quick arm chops to go beyond plain pulled pork. Dry heat cuts from the Boston butt include the coppa and the pluma.

Add more value to your menu by following these cutting steps.
Step 1
Start with a whole pork shoulder. Remove the trotter (foot) (A) and the hock (B). Use a handsaw to separate the picnic (C) from the Boston roast (D) by following the ridge of the spine.

Step 2
Remove the scapula bone from the Boston roast (D) by allowing the knife to follow the natural curve of the bone.

Step 3
Isolate the coppa (E) and the pluma (F) from the Boston roast. The pluma is the serratus ventralis muscle. It is a large single muscle portion and is located directly under the scapula bone.

Step 4
The remaining portion of the Boston roast (D) can be used as a coppa roast or cut into chops. The roast is best oven-roasted.

Step 5
If the skin is left on the roast, make sure to slice the skin to allow the fat to escape during the cooking process.

Step 6
Remove the arm bone from the picnic by scraping the bone with the edge of your knife. Isolate the triceps muscle (G). The triceps muscle can be left whole as a roast for smoking or sliced into boneless pork arm chops.

Butchery Tools
- 6-inch, curved boning knife
- 6-inch skinning knife
- 8-inch breaking knife with Fibrox handles

Underly’s Quick Recipe for Oven-Roasted Pork Shoulder

Method:
1. Roast the pork shoulder at a low temperature (250°F) to around 275°F to first dry out the skin
2. Once the internal temperature reaches 130°F, crank up the heat or broil in about the last 10 minutes to make the skin snap, crackle and pop!
3. Take the pork shoulder out of the oven when the internal temperature reaches 140°F.
4. Let the pork rest until the internal temperature reaches 145°F.
Rutabaga is a root vegetable that belongs to the cabbage family. Likely the result of a cross between a wild cabbage and a turnip, rutabagas are larger, rounder and denser than turnips, with yellow and purple skin and white or yellow flesh. They have crisp, juicy flesh and a sweet, slightly bitter flavor. A cool-weather crop, rutabagas’ peak season is September through June.

Rutabagas are thought to have originated in Bohemia in the Czech Republic, but they have been grown in the United States since the 1800s, primarily in northern parts of the country. High in fiber, the root vegetable also offers a wide range of other nutritional benefits, including potassium and 53 percent of the daily-recommended value of vitamin C. As magnesium gets more attention in nutrition circles, it’s helpful to know that rutabagas also offer 10 percent of the daily recommended value of the important mineral, which helps regulate temperature, build bones and release energy from muscles. Rutabagas also contain carotenoids, which are converted in the body to form vitamin A for healthy vision.

Types and Varieties

**American Purple Top** is a common variety found in the U.S. The top half is purple, while the lower half is light yellow but turns orange when cooked.

**Laurentian** is a smaller variety that has cream/yellow skin and a burgundy top. It has a mildly sweet taste and a firm texture, making it ideal for baking.

*By Michelle Whitfield
Manager of Corporate and Professional Development, American Culinary Federation*
Joan is a variety that has a uniformly round shape and yellow skin topped by purple. It has dense, sweet flesh that intensifies after a frost.

Magres has a light-yellow bottom, purple top and yellow flesh. It is the ideal variety for culinary use as it is not bitter.

Selecting and Storing

- Look for rutabagas with smooth skin and without bruises or cuts. They should feel heavy for their size.
- Store rutabagas in a plastic bag in the refrigerator for up to a month.
- Rutabagas purchased in the grocery store are sometimes waxed to protect against moisture loss and increase shelf life.
- Early, small roots are tenderer. Frost sweetens the flavor of mature roots.

Culinary Uses

- Peel rutabagas with a sturdy vegetable peeler to remove skin and wax. Wash under cold, running water; cut as necessary.
- Overcooked rutabagas may disintegrate.
- Add rutabagas to soups, stews and casseroles, or puree with mashed potatoes.
- Eat rutabagas raw as a snack or grate into salads and slaws. Slice and bake like French fries.
- Rutabagas can be combined with carrots, potatoes, turnips and other root vegetables for a healthy stew.

Interesting Facts

- The world’s largest root vegetable is a rutabaga weighing 85.5 pounds, grown by Ian Neale in the United Kingdom, in 2011.
- Rutabaga is associated in some countries with food shortages in World War I and World War II. Boiled rutabaga was common during times of famine.
- The word “rutabaga” comes from the Swedish word rotabagge, meaning “root bag.”
- Rutabaga leaves are edible, but tough.
- Rutabagas ripen best in cool autumn weather, and their flavor is enhanced after the first frost.

Make it Yourself

- Rutabaga and Apple Gratin
- Creamed Rutabaga with Spinach
- Pan-Fried Chicken with Rutabaga, Carrots and Figs
Hard cider isn’t new to American bars and restaurants. In fact, according to the Northwest Cider Association, cider was one of the most popular beverages of Colonial times when it was often substituted for water because of its low alcohol content and poor sanitation issues at the time. By the time Prohibition hit, though, the consumption of cider rapidly decreased and many orchards were destroyed to make room for culinary apples.

Today, despite that cider has remained popular in Europe, the bubbly brew is regaining its popularity in the U.S. as consumers become more interested in craft and locally-produced food and drink.
According to the United States Association of Cider Makers (USACM), the total supply of cider in the U.S. market skyrocketed from 13 million gallons in 2010 to 75 million gallons in 2015, but it still only accounts for a very small percentage of alcoholic beverages consumed. Cider is often lumped into the wine or beer category (much to do with government tax regulations), but it truly is its own beverage because of its flavor and the way it’s made. As consumers become more aware of the origins of their food and drink, many are turning to local and regional cider houses for their cider of choice, the USACM has reported. For those new to the beverage, here are the basics of cider in the U.S.

All About the Apples

Culinary apples, the ones we buy to eat, don’t always make the best cider. "Honeycrisps may make the best eating apples because of their amazing sugar profile, but when you ferment them, all of that sugar goes away and you are left with no taste," says Sam Fitz, co-founder of Anxo Cider in Washington, D.C.

True cider apples tend to be higher in tannins, which makes them ideal for making cider because tannins are used to balance out the sweetness from the sugar of the apples, says Fitz. Unfortunately, most cider apple trees were destroyed during Prohibition.

Some forward-thinking farmers have started to replant cider apple trees in states like Washington and Vermont. “More farmers have started to plant them, but apple trees take five to
seven years to mature,” Fitz says. “Expect to see many more cider apples in the year 2022.”

Some cider houses choose to use local, heirloom varieties, such as York and Baldwin, that are grown in their states. Others have partnered with farmers to grow their own apples, and some source from around the world, including England and Spain, to get the apples they need. Albemarle Ciderworks in Virginia has its own orchard of cider apple varieties, including Goldrush, Kingston Black and Northern Spy.

Making the Cider

The process for making cider begins with the pressing of the apples. Some cider makers do that in the cider house, while others press at the orchard. Because of the shortage of apples, many cider makers must source the juice from other places, which is less costly, according to the USACM.

Some ciders, like Urban Tree Cidery in Atlanta, ferment the juice from each type of apple separately. “It gives us so much more control over the fermentation process,” says Tim Resuta, co-owner.

Others combine all of the juice from various apples and then add yeast for fermentation. Depending on the desired outcome, some cider makers use yeast that’s commonly used for making Sauvignon Blanc and other types of wine and champagne. Other cider makers experiment with beer yeasts.

At Anxo, Fitz makes a wild yeast cider in which he allows the apples to ferment on their own without the assistance of commercialized yeast. The resulting taste is pretty funky, but delicious and clean at the same time, as the only ingredient in that cider is cider.

Juices from other fruits can also be added, as well. Blue Bee Cider has a Mill Race Bramble version that’s infused with blackberries and raspberries.

Barrel aging is also a popular experiment and a way to introduce more complex flavors and depth. Urban Tree Cidery uses Nicaraguan Rum barrels to age some of its cider.
Cider and Food

Most cider houses argue there is no beverage in the world that pairs with food more universally than cider. Fitz, who often organizes dinners at Anxo, recommends pairing highly acidic ciders with really salty foods like anchovies. He pairs mineral-driven ciders with oysters and seafood.

Urban Tree Cidery cider makers suggest pairing pork and cheddar with their dry, European-style variety and strong cheeses and grilled meats with their oak-barrel aged cider.

At the Northman, Chicago’s first cider bar, cider is not only served by the glass, it’s also an essential part of the cooking. The fish and chips has cider in the batter, the mussels come in a cider-dijon broth, and the pork pasty is full of cider-braised pork. You’ll even find cider-glazed doughnuts on the menu.

Although cider has been around for centuries, there is still a lot to learn — from how to grow and source heirloom apple varieties to understanding changing consumer preferences. Today’s cider makers continue to redefine American cider for the next century and beyond — it’s an exciting time for the beverage.

Samantha Lande is a Chicago-based freelance writer who has contributed to Time Out Chicago, Eater, FoodNetwork.com and other outlets.
If you only know miso from its role in soup at sushi restaurants, you’ve been missing out. The fermented soybean paste — salty, slightly sweet with a savory, fermented complexity — is a versatile tool that can add a jolt of umami to a variety of sweet and savory dishes. Here’s what you should know.

1. The origins of miso are not completely clear, but historians believe it arrived in Japan via China during the sixth or seventh century BC. By around 900 AD, it had become a mainstay in the Japanese diet. Miso is typically made in commercial facilities by combining cooked soybeans, salt and koji — a type of mold that grows on grains, usually rice. Once those are mixed, handfuls of the mash are thrown into a fermentation crock to remove any hidden pockets of air that can lead to dangerous bacteria. The mixture is then aged for a few months to years depending on the type being produced.

2. Because the preparation of miso is so simple, there are almost endless varieties: some are chunkier, some are sweeter and some are made from different grains. Three of the most common are light or shiro miso, a paler, sweet type; shinshu miso, a yellow-colored miso aged for longer than shiro, giving it a stronger flavor that can be used in almost any application, and red or aka miso, which is a salty, robust version that’s aged for longer than white and yellow miso. Many chefs pair red miso with meats or other dishes that can stand up to its strong flavor.

3. Miso boasts a variety of health benefits, from increasing one’s libido to curing hangovers and even counteracting the effects of nuclear radiation. It’s packed with protein, and like other fermented products, it’s full of gut-friendly probiotics.
4. Since miso comes in paste form, it couldn’t be easier to use. Simply whisk a tablespoon of it into a vinaigrette or pan sauce to add flavor and thickness.

5. Miso’s fermented nature means that it has a tenderizing effect on meats, especially when used in marinades for tougher cuts. It’s also a common pairing with fish (there’s a reason many sushi restaurants offer you a bowl of miso soup to start your meal). Try the recipe on the right for miso glazed salmon from ACF member Wook Kang, a culinary instructor at Kendall College. “It’s one of the best ways to highlight miso’s distinct flavor,” he says. “It’s pretty friendly. It’s not overpowering, not too strong and not too subtle. It’s a funky ingredient, but people love it.”

6. During miso’s fermentation process, soybeans are transformed into amino acids. Thanks to those amino acids, miso is rich in umami, the taste that gives ingredients like mushrooms and parmesan cheese their meaty, savory flavor. “One of the really great things about miso is you can add it to a vegetable and create a dish that’s as satisfying as eating a piece of meat,” says ACF member RJ Marvin, co-owner of Barrel + Brine, a fermentation shop in Buffalo, New York.

7. While miso is typically used in savory dishes, today’s creative chefs have found ways to employ the sweetness of light miso in their desserts, as does Chef Makoto Okuwa of the Japanese restaurant Makoto in Bal Harbour, Florida. “Miso is so salty but [light] miso has a much sweeter flavor profile,” he says. “Using sweet miso for dessert for me was natural.” Okuwa recommends pairing it with ingredients that are already fairly sweet — like white chocolate or fruit — to emphasize the salty and sweet combination, as in his fondant cake with yuzu miso filling, fruit, sake and vanilla ice cream rolled in rice crackers.

8. Store your miso in the cooler, where it can safely be kept for up to a year.

9. Too much heat can kill miso’s flavor and nutrients, so add it during the end of the cooking process, off of heat.

10. After tasting the boost miso gives dishes, you might be tempted to keep adding more, but try to hold back. “Less is always more,” Kang says. “You really only need a couple of tablespoons. You don’t need a lot because it’s pretty strong.” To avoid an unbearably salty dish, add a little at time. Also, keep an eye on your pan. The amino acids in miso cause the maillard reaction (browning) to accelerate, which can cause your food to cook quicker and burn if not careful.

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MISO GLAZED SALMON
Recipe courtesy of Wook Kang, CEC, MCFE, CFBE, ACE
Chef Instructor, Kendall College

**Ingredients**
1 (5 ounces) king salmon fillet

**Method**
1. Preheat a broiler or a grill to the hottest setting.
2. Brush 2 tablespoons of Miso Glaze on top of the salmon.
3. Grill or broil the salmon until medium-rare or desired doneness.

MISO GLAZE
Yield: 4 portions

**Ingredients**
2 ounces white wine (such as chardonnay)
2 ounces mirin
4 ounces white miso
1 1/2 ounces granulated sugar

**Method**
1. In a small pot, bring the wine, mirin, miso, and sugar to bring to a boil.
2. Reduce heat to low and whisk until completely smooth.
3. Allow the mixture to cool slightly.
Transfer to the refrigerator and cool for 30 minutes. The glaze can be made ahead and will last for about seven days in the fridge.

opposite, left to right: 1. Miso isn’t just for savory dishes. At Makoto, a Japanese restaurant in Bal Harbour, Florida, a popular dessert is the Yuzu Miso, a fondant cake with yuzu miso filling, fruit, sake and vanilla ice cream rolled in rice crackers. 2. Kang also highlights the unique flavor of miso in a in a soup incorporating soba noodles, mushrooms, rock shrimp and pickled ginger in a miso dashi broth. **abobe:** One of the best ways to use miso is to pair it with fish, says ACF member Wook Kang, a culinary instructor at Kendall College. One of the dishes he teaches his students pairs miso glazed king salmon with a red cabbage agrodolce, carrot coconut puree and lemon oil.
Kristopher Edelen, "The Cricket Chef"
Founder, HOTPANnyc

By Amelia Levin

Kristopher Edelen, also known as Chef KPE, launched HOTPANnyc, a pop-up catering company in New York City dedicated to native, post-modern cuisine, in February 2014. A graduate of the Culinary Institute of America who has been featured on the Food Network’s “Chopped” and “Cutthroat Kitchen,” Chef Edelen’s culinary goals center on helping our world rebuild itself using methods from our prehistoric diets, including foraging, sustainable farming, fishing, hunting and even entomophagy (eating insects). He is known for his modern dishes based on classic traditions using multi-sensory, sustainable ingredients. Chef Edelen is also an active member of the Leadership Committee for GenR (short for Generation Rescue), a subdivision of the humanitarian organization International Rescue Committee (IRC).

What is your culinary background?

KE: My first, formal introduction to the culinary industry was during my CIA externship at Charlie Palmer, a steakhouse located in Washington, D.C. Although my initial choice was the now-closed, two-Michelin-starred Gilt in New York City, I was still thrilled to have landed a position at another, just as highly-esteemed, restaurant. After graduating from the Culinary Institute of America, I went on to become a lead cook at Jean-Georges Vongerichten’s J&G Steakhouse in D.C. (which has since closed). After a fulfilling experience, I decided to part ways with the intent to diversify my restaurant experience in New York City. I returned home and, undaunted, reached out to the chef at Gilt. Fortunately, in 2012 I was offered a trial run, which went well, and I ended up working there as a cook/tournant until the closing of the restaurant at the end of the year. I then landed a job as sous chef at The Rockefeller University in New York, but my most rewarding experience was yet to come. In 2013, I was offered an executive sous chef position...
at Splashlight Studios, an e-commerce studio with a catering/restaurant concept called EET. This experience gave me the opportunity to work with those making waves in both entertainment and fashion, and was a pivotal point in my career. Before I decided to become a chef, I was an art student, and it was only later that I realized food is an another form of art. At Splashlight, I was able to take my food to the next level.

How would you describe your food philosophy at HOTPANnyc?

KE: I would describe it as a culinary concept dedicated to native, post-modern cuisine. I have focused on exploring and learning more about the gastronomy of food and the connection we have with it as a whole. I enjoy being one with nature while finding my food “DNA” by foraging for and working with ingredients like native roots, nuts, fruits, flowers and plants from the local landscape. It's a very rewarding activity, and many naturalists believe that many wild plants are more nutritious than cultivated ones. It’s no surprise to me that native tribes, aboriginal people and “wilderness dwellers” who enjoy diets rich in these foods are free of the many chronic diseases like obesity, diabetes, arthritis and heart conditions that plague us in today’s society.

How did you learn to forage and what tips do you have to share?

KE: At the CIA, my buddies and I would go deep into the woods to forage for things like ramps, various mushrooms, wild greens and more. After verifying with professional foragers that they were safe to eat, we would donate these items back to our school’s restaurants — it was pretty cool to have some wild ingredients on the menu as specials. My product knowledge class really helped me to identify native species and the different characteristics of vegetables and fruits. From there, I started researching other edible wild plants, but I came up short in the beginning. The first time I went out into Inwood Hill Park, I was there for three hours and came back with nothing. To try to improve my foraging skills, I took classes with a local forager, “Wildman” Steve Brill. Steve helped point out what's edible and what's not, and I was like, “I stood in the woods for three hours looking at the same plants!” I didn’t realize

above: Chef Kristopher Edelen talks about the humble cricket, one of the world’s most sustainable protein sources, at the ACF ChefConnect in Charlotte, N.C.
what I had beneath my feet. Steve and his daughter Violet have since taken me to many parks, even in New York City, such as Central Park, Prospect Park and Saxon Woods. I now regularly forage for wild ingredients for all of my events. If you interested in foraging I recommend you do your research as there is a wide variety of poisonous species and some of the plant identifications have look-alikes. If you go foraging with a local forager/naturalist you’ll be able to learn about and identify different plants much quicker.

**Your business has grown tremendously since you started it. What are you most proud of and what are you looking forward to in 2018?**

**KE:** I’m most proud of my brand partnerships and of my established client base. This year, I will be the Chef-In-Residence at Villa Lena Via Toiano, Italy, which hosts many artists and creative-types looking to enjoy the beautiful Tuscan countryside throughout the summer and fall. The on-site Villa Lena restaurant, where I will work, is a farm-to-table concept with fresh ingredients grown in the local gardens and sourced from local producers.

**This year, You presented at ChefConnect: Charlotte in February. How did that go?**

**KE:** ChefConnect was a wonderful experience. I am happy to have received great feedback from the chefs who attended my demo on using alternative protein sources such as crickets, which I call the “Gateway Bug” to eating more sustainable protein instead of cows. I made a **nitro-aerated ice cream with a cricket crunch** towards the end of my presentation and everyone loved the sample. Many agreed that it’s all about “mind over matter” when it comes to cooking with and eating insects like crickets. I was ecstatic. I also had a real cricket farm on display during the demo created by my friend Ashley Marie Quinn from Home Grown, which teaches people how to grow your own protein sources — like crickets — at home. Overall, I enjoyed being able to teach more about the health, agricultural and sustainability properties that native ingredients and insects provide in our diets as well as the benefits they have for our planet. When prepared in a modern, gastronomical way, crickets are delicious!
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Sara Bir and Pascal Baudar

Foraging for Food, Not Recipes

Two new books from Chelsea Green Publishing this year discuss new uses for foraging in both food and drink.

The Fruit Forager’s Companion: Ferments, Desserts, Main Dishes, and More from Your Neighborhood and Beyond by Sara Bir, due out in June, is the ultimate how-to guide with nearly 100 recipes for budding foragers looking to do more with what’s right outside their back doors.

Dishes like meyer lemon kimchi, habanero crabapple jelly, pawpaw lemon curd and fermented cranberry relish help readers make use of all types of fruit that grow wild in public spaces around the country, but which are rarely picked or used. Sara Bir — a seasoned chef, gardener and forager herself — offers readers a primer on foraging basics and even demonstrates some growing techniques to cultivate your own lesser-known fruits for a more thrilling taste adventure — and emotional connection — beyond bland and often boring supermarket shelf produce.

Bir, a graduate of The Culinary Institute of America, is the founding editor of Paste Magazine. She has written for a variety of other publications, including Serious Eats, Saveur and MIX, among others. She was featured in the Da Capo Press anthology Best Food Writing 2014.

Pascal Baudar’s The Wildcrafting Brewer: Creating Unique Drinks and Boozy Concoctions from Nature’s Ingredients was released in March and features 65 recipes for wild sodas, country wines, herbal beers, meads and more, all made from foraged and sustainably-farmed ingredients.

Wild-plant expert and forager Pascal Baudar opened up a new world of possibilities for readers wishing to explore the flavors of their local terroir in his first book, The New Wildcrafted Cuisine. Now, he is doing the same for fermented beverages, revealing both the underlying philosophy and the practical techniques for easy-to-make, delicious concoctions at home.

An author, expert forager, and self-described "culinary alchemist,” Baudar is based
in L.A. and has been named one of the 25 most influential tastemakers by *Los Angeles Magazine*. Over the years, through his weekly classes and seminars through Urban Outdoor Skills, he has introduced thousands of home cooks, local chefs, and foodies to the flavors offered by their wild landscapes.

### Habanero Crab Apple Jelly

**Recipe from *The Fruit Forager’s Companion* by Sara Bir**

**Yield:** 3-6 half-pint jars (720 milliliter - 1.4 liters)

Crab apples, with their high pectin content, make a luxe and silky jelly. The habanero is optional, but its complex fruity and floral character makes for an interesting jelly that’s just as well suited to a grown up PB&J as it is to accompany cream cheese on a toasted bagel. You could substitute minced fresh jalapeño instead.

**Ingredients**

- 5 quarts (1.8 kilograms) fresh **crab apples**
- Up to 4 cups (800 grams) **granulated sugar**
- 1-4 **habanero peppers**, stemmed and minced (keep the seeds if you like it very spicy; discard the seeds if you prefer less heat)

**Method**

1. Rinse the crab apples well, and then sort them to remove leaves and small branches. Trim off any bruised spots, but leaving the stems and blossom ends on is fine. Half the crab apples and put them in a 5- to 6-quart (5 to 6 liters) Dutch oven or heavy-bottomed stockpot. Add enough water to cover by an inch or so, but not so much that the crab apples are floating all over the place. Bring to a boil. Reduce the heat and simmer 40 minutes to an hour, until the crab apples are very soft and the liquid is rosy. Remove from heat.

2. Transfer to a jelly bag or large colander lined with two layers of cheesecloth set over a large bowl. Strain without disturbing for an hour (don’t press out the solids or the final jelly will be cloudy). You should wind up with at least 4 cups of juice. Discard the mushy crab apple solids.

3. Pour the liquid into the Dutch oven. Bring to a boil, reduce the heat to a simmer, and cook gently for 10 minutes, skimming off any foam with a large metal spoon. Add 1 cup (200 grams) sugar for every cup of juice, plus half of the minced peppers, if using. Stir to dissolve. If you have a candy thermometer, clip it on now. Boil gently, periodically skimming off scum as it collects around the rim of the pot. Some of the minced peppers may get skimmed off as you do this, but don’t worry; your jelly will still be plenty spicy later.

4. Cook until the jelly reaches 220°F on a candy thermometer or passes the gel test on a chilled plate. This could take up to 45 minutes, so be patient. Add the remaining half of the peppers during the final 10 minutes or so of cooking.

5. Ladle into sterilized jars, leaving 1/4-inch headspace, and process in a water bath canner for 10 minutes. Alternatively, you may cool, seal, and store the jelly in the refrigerator for up to 2 months. The heat level of the jelly may mellow as it ages.

**Note:** Wear gloves when handling habaneros.
Did you read all the articles in this issue? Take the Sizzle Quiz to test your knowledge.

1. The protein, meat and roux in a classic veal blanquette are always browned until golden.
   a. True
   b. False

2. New, modern-day ciders are made from which apples?
   a. Goldrush
   b. Kingston Black
   c. Northern Spy
   d. All of the above

3. Ice ciders can only be labeled as such if they are made by freezing naturally outdoors.
   a. True
   b. False

4. What is miso?
   a. A condiment used in India
   b. A leavening agent
   c. A fermented soybean paste
   d. A type of gluten

5. Which type of ACF certification requires five years of culinary experience, plus the passing of a written and two-hour practical exam?
   a. Certified Sous Chef (CSC)
   b. Certified Master Chef (CMC)
   c. Certified Executive Chef (CEC)
   d. Certified Culinarian (CC)

6. What vegetable classification does rutabaga belong to?
   a. Bulb
   b. Root
   c. Tuber
   d. Stems

7. Where will the ACF’s National Convention & Show be held in July?
   a. Las Vegas, Nevada
   b. Charlotte, North Carolina
   c. Newport Beach, California
   d. New Orleans, Louisiana

8. Which one of these tasks could be part of a research chef’s job?
   a. Develop a new food product from start to finish
   b. Come up with dishes for chain restaurants using certain ingredients
   c. Work with a local school district to incorporate more whole grains into a menu
   d. All of the above

9. What type of fermentation is most commonly used for making sauerkraut, kimchi and yogurt?
   a. Lactic fermentation
   b. Acetic fermentation
   c. Alcoholic fermentation

10. When breaking down a whole pig to get to the pork shoulder, what is the first part you want to remove?
    a. The hock
    b. The trotter
    c. The Boston roast
    d. The coppa
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