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# ingredients™

behind the making of culinary's elite



Happy Holidays! Happy Holidays! Happy Holidays! Happy Holidays! Happy Holidays!

## Welcome to Capitol Hill

### Chefs And Lawmakers Mix-It-Up In Washington, D.C.

By Steven Smith, Vice President of Academic Affairs - Texas Culinary Academy

In September, faculty and students from Texas Culinary Academy demonstrated Le Cordon Bleu excellence to the nation's lawmakers.

The journey to Capitol Hill began in the spring of 2006 when Texas Culinary Academy was selected in a national competition by the Career College Association (CCA) as one of five career colleges to exhibit at the Career College Showcase on Capitol Hill. The event, which showed members of Congress the exciting things going on in career school across America, took place this past fall in the U.S. Capitol building.

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# From the Top

Opening lines of culinary communication



*“...he affected my life and career directly as my teacher and mentor and friend.”*

## Teacher, Mentor And Friend

By Paul Ryan, Group President

Throughout our lives, we have all met special individuals who affect us. Often such people enter our worlds in the most unlikely of times and places. Occasionally they appear exactly where you would expect to find them such as in school or on the job. On rare occasions, however, we may even be fortunate enough to meet that unique individual who actually changes our life forever! For me, such a man is L. Edwin Brown.

Many of you know Edwin Brown as the Secretary General for the World Association of Chef's Societies—a position he has held since April of 2004 or perhaps as Executive Vice President for the American Culinary Federation and Chief Operating Officer for the organization's educational arm, the ACEFI for many years.

Although not a chef himself, Mr. Brown was honored in 1998 by the American Academy of Chefs as an honorary member for his many contributions to the culinary industry. Among his many awards over the years, he has received the Howard

B. Meek award from the Council of Hotel, Restaurant and Institutional Educators (CHRIE) as well as the American Culinary Federation Educational Institute's Educator of the Year Award, recognizing him as the educator who has made the greatest contributions to the advancement of the culinary arts in America.

Of his many accomplishments over the years, perhaps two of his most significant include his involvement in the creation of the ACF's Culinary Apprenticeship Training Program for Cooks and Pastry Cooks and the ACF's Certification Program for Chefs and Pastry Chefs. In addition, he was awarded an honorary lifetime membership in the German Chef's Association, and was inducted into the Order of the Golden Toque as a lifetime member. Mr. Brown is also a member of the Chefs' and Cooks' Association of Pittsburgh, the Council of Hotel, Restaurant and Institutional Educators, and on the Florida State Vocational Education Advisory Board.

He has traveled the world to speak on all matters of culinary interest including, at the 2nd Annual Culinary Conference of India in Chennai in 2005. This conference was held to prepare the nation for the upcoming Pan-Asian Culinary Congress in 2007. He once led a contingent of 30 US chefs during the World Cooks Tour against Hunger 2003 to Johannesburg, South Africa. Closer to home, the Pennsylvania Culinary Institute, Le Cordon Bleu Programs dedicated its library to him in honor of his contributions to the culinary arts in his hometown.

But I know Edwin differently because he affected my life and career directly as my teacher and mentor and friend. ■

## Capitol Hill

(Continued from front page)

The demonstration team included TCA Chefs Kevin Quinn (culinary department chair), Chef Aimee Olson (pastry department chair) along with two current TCA students — Hope Arabie and Mylissa Jones. The overall team also included TCA president Julia Brooks and Le Cordon Bleu North America Executive Chef Kirk T. Bachmann.

This was no ordinary demo. Not only were the visitors VIPs, but the environment included some strict rules. No open flames are allowed in the U.S. Capitol, so the preparations had to follow strict guidelines, while representing TCA's and Le Cordon Bleu's overall excellence. This was no problem, of course, for the talented entourage. Chef Olson and her student, Hope Arabie, demonstrated a chocolate showpiece and chocolate candies. Chef Quinn and his student, Mylissa Jones, demonstrated emulsions. The members of Congress who visited the TCA booth were treated not only to fine Le Cordon Bleu samples but also a positive lasting memory of the experience. Howard "Buck" McKeon (R-CA), chair of the House Committee on Education and the Workforce, which oversees higher education legislation in the United States, mentioned "Le Cordon Bleu" numerous times in his public commentary about the event. ■



*"I owe a debt of gratitude to all the Faculty and Staff... I could not have pulled this off alone."*

# Herzliche Grüßen

(Hello to All) My Externship in Bavaria

By "Herr" William Schweisthal, Graduate - Le Cordon Bleu College of Culinary Arts Atlanta

I am working for a 215 room European four-star Hotel in Bad Aibling Germany. Bad Aibling is a city in Bavaria on the river Mangfall, located 35 miles southeast of Munich. It is a health resort and famous for its mud baths.

The kitchen is essentially a "student kitchen", so there are only three permanent chefs: two savory chefs and a pastry chef. Periodically, students that are in the German hospitality or cooking curriculum do a "praktikum" to cover the lessons from their school. All of the kitchen stations are assigned based on what the students are learning.

The students prep vegetables and fruits, and clean everything from the floors to the ceiling and everything in-between. That's their training. I am considered a college graduate chef (a big deal in Germany), and I am here to learn Bavarian cooking, Bavarian kitchens, and the German language.

My position is as sauté and brazier and every meal prep is like a mystery basket. All buffet meat items are either braised or roasted, and I never know what the protein is or how it will be presented until a boatload of it is given to me.

I have sliced salmon, prepared Bavarian Gravlox, made Blau Fruella, sliced pike and herring. Fish is evenly displayed, usually with a tomato-based bed intertwined with leeks and bell peppers, one small portion covering the other portion, and so it continues through the hotel pan. I make eight pans per day for lunch and eight for dinner. Does this give you an idea of the amount we serve? That's just the fish.

We also serve two meats at every meal. For one meal

I prepped ten five-Kg stuffed pork neck roasts!

When I think back to conversations we had at school about the challenges of prepping a 100-person buffet, I have to smile and laugh. We prepare two buffets daily for over 500 guests for lunch and another 500 in the evening with only six cooks in the kitchen!

The hard work and diligence I put in at Le Cordon Bleu Atlanta has paid off. At least my knives are sharp! And I know how to use them according to the Executive Chef who is a German Master Chef. My final three week evaluation was 99 points, and I know that I have come a long way. I have survived seven months in a Bavarian kitchen without a recipe! Apparently what I learned in school stuck.

I owe a debt of gratitude to all the Faculty and Staff who supported me at school and who assisted me in getting this position. I could not have pulled this off alone. ■

# The Seven Wonders of Classical Cuisine

## Le Cuissons

By Chef Kirk T. Bachmann, C.E.C., M.Ed., Vice President of Education, Corporate Executive Chef – Le Cordon Bleu Schools North America



There are clearly as many approaches to cooking in today's society as there are cooking shows on television. And the equipment that accompanies the many cooking techniques we are exposed to are almost as varied as the methods themselves.

Classical culinary techniques, however, are limited to only seven primary cooking methods. Call them “*The Seven Wonders of the Classical Cuisine*”, “*Les Sept Méthodes de Cuisine*” or simply “*Les Cuissons*”—this classical approach to cooking finds definition in one of the following:

French Term	English Term
Le Rôtir	Roasting
Le Sauter	Sauteing
Le Griller	Grilling
Le Frire	Frying
Le Poêler	No English equivalent
Le Pôcher	Poaching
Le Braiser	Braising

Although this seems fairly simple on the surface, some explanation is necessary to illustrate the nuts and bolts of *Les Cuissons*. In the space allotted on this page, we will discuss the characteristic of the cuissons and save the specifics for another date.

First, the specific foods to be cooked often dictate the type of *cuisson* used. For instance, it is unlikely that a tender piece of meat would be braised to finish because this technique is best reserved for tougher cuts that require longer cooking times with the addition of liquid to make the food palatable. Roasting may be perfectly acceptable for a whole turkey, but wouldn't be correct for cutlets taken from the breast. Simply put, it is important to pair a cooking technique with the quality and size of the food chosen.

The *Cuissons* may be classified by criteria which differentiate each from the other:

1. The way in which the flavor develops
2. The humidity in the cooking environment
3. The development or retarding of color in the cooking process

4. The temperature range associated with the cooking technique
5. Equipment and tools utilized in the cooking technique

Let's talk about what each mean-

**The way in which flavor develops**—Flavor is either subject to concentration, expansion or a mixture of the two. A steak being exposed to the searing heat of the grill seals in the flavors and thus they are concentrated together. The same occurs with a chicken roasted in a hot oven and a sauté pan of zucchini. The immediate heat causes flavors to push into the center of the food. On the converse, a tender fillet of sole cooked in a *court bouillon*, started cold and brought up to poaching temperature allows its flavors to be dispersed into the liquid and thus is subject to flavor expansion. The key here is that the food begins in a cold environment and then brought to a cooking temperature. Last is the mixture of concentration and expansion as is found in long cooking techniques where the foods are allowed to develop color before being subject to a moist cooking method. This then can primarily refer to braising.

**The humidity in the cooking environment**—Like flavor development, we classify humidity in several ways. They are Dry, Humid (moist), Small Amount of Liquid, and Large Amount of Liquid. The major differentiation is that there are several *cuissons* that use dry environments, however once humidity is introduced in a cooking process, there are clear lines of delineation. “Small Amount of Liquid” refers to *Braiser* wherein approximately 2/3 *maximum* of the food being cooked is actually in liquid. In “Large Amount of Liquid” the entire amount of food being cooked is submerged as in “*Pôcher*”.



**The development or retarding of color in the cooking process**—In classical cuisine, there are only two considerations in this category. *À brun* is to add color as part of the cooking process. For example, *sautéing* an *escalope de veau* produces the desired golden-brown color on the surface of the slice of veal. Similarly a roasted tenderloin of beef is first seared to produce a rich brown surface (known as the Maillard reaction) which enhances flavor and makes the product attractive.

When the goal is to avoid coloring, we refer to this as *À blanc*. A skate wing cooked *en papillote* will maintain its luxurious ivory color while gently cooking in its parchment cocoon, for example.

**The temperature range associated with the cooking technique**—Every *cuisson* has a set of cooking temperatures associated with it. *Rôtir* can occur over a wide range—usually between 250° and 400°F. More subtle cooking methods such as *Pôcher* and *Braiser* rely on lower temperatures—below boiling (212°F) or in the 170°-180°F range and slightly higher. As mentioned earlier, poaching can begin in cold liquid thus varying this *cuisson* over a very large temperature range. The surface temperature of a grill can also vary greatly depending on the food being cooked, and manufacturer of the equipment and design (proximity of heat source to food, infrared or wood fired and so forth).

**Equipment and tools utilized in the cooking technique**—It's almost important to understand cooking methods and the array of cooking vessels, machinery, hand tools, and variations that exist. For instance, it is common knowledge that *Sauté* utilizes a *sautoir* on top of a range with either an open burner or closed "French" top. But it also can be accomplished in a fry pan on an induction cooker. The effect on the food being cooked is of course the same—medium high heat with a small amount of fat; developing color and finishing *à la minute* with a *jus* made from the *suc* (bits in the bottom of the pan). In addition you will most likely use tongs or a fork to manipulate the food and a wire rack to keep the cooked item dry while the *jus* is created.

Look for part two of this discussion of Classical Culinary techniques in our next issues of *Ingredients*. ■

## There's More Than One Way To Skin The Culinary Cat

By R.C. Skye, Graduate - Western Culinary Institute

It was entirely by accident that I graduated from the University of Colorado about a thousand years ago. Had I danced and dodged around required courses a little more successfully, I might still be in Boulder. However, a letter came one day from the College of Arts & Sciences which read, in effect, "Ha ha ha, you messed up. You're graduated. Get out of here and make room for somebody else."

Within a couple of weeks, I also blundered into my first grownup job. I interviewed for a spot in the art department of a Denver ad agency, but they hired me as a copywriter. Go figure. Anyway, I was eager to share the good news with friends and relatives. All were supportive, except my Aunt Lucille, who sighed and looked at me almost tearfully. "Skye," she said, "you're much too nice a boy to be in advertising."

It took me three decades to realize she was absolutely right. So, at age 54, I bailed out of the ad biz and started culinary school. After graduating from Western Culinary Institute in '03, I launched a busy and profitable business as a personal chef and provider of elite, small-scale catering services in Palm Springs, California. It seemed I was in the right place at the right time with the right concept.

Then some moron slammed into me from the rear, demolishing my car and permanently screwing up my back. No more lifting, no more lugging, no more schlepping. No more business. Now what?

Well, how about putting together my communication skills and culinary experience to write cookbooks and maybe even tinker with food show concepts for television? It all seemed like a good fit. And, I was encouraged by what my chef/instructors at WCI in Portland had emphasized: "There's more than one way to skin the culinary cat". What didn't seem like a good fit anymore was Palm Springs.

So, I took a road trip in search of someplace that resonated with my desire to live and work a little like Ernest Hemmingway, but with pots and pans in one hand and a computer mouse in the other. My obscene profit from a one-bedroom condo in the desert turned itself into a big, brick home with a to-die-for kitchen on seven forested acres. Swimming pool, too. Plus a private pond full of bigmouth bass.

Just a few miles south of my place in Mobile County, Alabama lies hurricane-battered Bayou La Batre, the storied home of Forrest Gump in the film of the same name. Finding myself here in Gump's backyard is definitive proof that "life is like a box of chocolates...you never know what you're gonna get."

What I'm hankering to get, of course, is published. Two books are underway. One of them, speaking of Katrina, is tentatively entitled "The Hurricane Gourmet." It's a sort of let-them-eat-cake and fiddle-while-Rome-burns approach to living and eating well while the world is blowing down and washing away.

The second book is – oh eek – yet another chili cookbook. However, *The Legendary Chili Cookbook* contains not only 100 fantastic recipes, but 100 fantastic lies to tell about them – featuring twisted history, fractured folklore and mangled movie land mythology that explain how the recipes came to be. And yes, there's a recipe for Bubba-Gump Chili, and an extremely tall tale to go with it. Yep, it contains shrimp. Chocolate? Ya think? ■

# Bunnell's Big Break

By Kari Engstrom, PR - Scottsdale Culinary Institute



Imagine working practically your entire life in a career that was “comfortable” – raising children and having grandkids while living a normal existence. Suddenly, a new turn in the road of life takes you to a million-dollar yacht that hosts well-known celebrities while you’re scratching records with famous disc jockeys.

Shasta Bunnell is a mother of three daughters and grandmother to three grandchildren. Her initial career primarily was spent as a travel agent for 15 years. After the tragic effects of 9/11, she was forced to leave the industry to pursue another occupation, one that she dreamed of doing her whole life – a chef.

Shasta’s culinary profession began with an independent contracting firm where she was hired as a caterer to fraternities and sororities on the University of Nebraska campus. After finding this experience enjoyable she moved on to attend Scottsdale Culinary Institute (SCI). Shasta is currently enrolled to receive an Associate of Occupational Studies Degree in the Le Cordon Bleu Culinary Arts Program.

After being out of school for decades, the student in Shasta came alive when she attended SCI. She finds the education intense yet very proficient in the information-accelerated classrooms. “Missing one day is like missing a whole week of studies,” says Shasta.

The self-esteem and confidence she gained on both professional and personal levels allowed her to excel beyond many of her classmates. Today, Shasta runs her own catering business on the side, but primarily focuses on the job and soon-to-be externship she received through SCI as a personal chef to a well-known R&B entertainer touring with his group. She is flown around the country for large and small engagements, cooking for people who have star-status.

With only a few weeks left in her schooling before she goes on externship, Shasta is literally beaming with enthusiasm. “This is an experience of a lifetime!” Shasta says, “Reinventing yourself will keep you young, and the challenges you create only make you better.” ■

## PCI Students Finish Top Two

### in San Pellegrino Almost Famous Chef Competition

By Chef Raymond Wesolowski, Instructor - Pennsylvania Culinary Institute

This past fall Pennsylvania Culinary Institute students John McKnight (fifth cycle student) and Thomas Leonardo (on externship) competed in the 5th Annual San Pellegrino Almost Famous Chef Competition regional event in Philadelphia.

There are two stages to the competition, the Regionals, where the winner who is selected will represent their institution at the National Competition, and the National Competition where the Regional winners compete to become the overall San Pellegrino Almost Famous Chef winner.

The students from Pennsylvania Culinary Institute prepared for the competition by creating their own entrees as well as practicing under my supervision as well as Chef Instructor Scott Fetty. At the Regionals, students had a two hour-time frame in which to produce and plate up eight servings of an entrée. A judging panel, consisting of six judges, evaluated the cooking habits and taste of the final entrée for scoring.

Both Tom and John performed extremely well during the event, receiving first and second place, respectfully. Thomas Leonardo will be moving on to the National Competition which will be held at the CIA, Greystone in Napa Valley. While in Napa, Tom will be preparing 200 small tapas servings of his signature dish, then participate in a mystery basket cook-off with nine other regional winners to determine the overall San Pellegrino Almost Famous Chef winner. First place is \$10,000 cash, one year of media tours and interviews with various food shows throughout the U.S. and a one year contract to work in a high end Napa Valley restaurant to be determined. Congratulations to both of these hardworking and dedicated students! ■

## Heating Things Up After Harvard

By China Millman, Student - Pennsylvania Culinary Institute

In September of 2003, I had just entered my junior year at Harvard. A little burnt out, and never one to overlook an opportunity for travel, I decided to take a week off in October to visit a friend who was studying abroad in Paris. It was not my first time in Paris; but on this visit, I had a particular mission in mind. Here, a little background is in order; I was raised a vegetarian by parents, who, while they certainly understood the difference between eating for pleasure and eating for sustenance, did much more of the latter than the former. By the time I was seventeen or eighteen, I longed to break out of the confines of vegetarianism, but I was having some difficulty getting over the taboos that family meals had instilled in me. Sometimes, meat barely looked edible much less enticing.

The summer before I took this trip to Paris, I read about a chef, who had recently removed almost all of the meat from the menu of his three-star restaurant in order to concentrate on the glories of the vegetable. I was intrigued. I was determined to go to his restaurant, and despite the fact that a lunch for two would cost more than my round-trip ticket to Paris, I decided that my parents would someday forgive me for putting the meal on their credit card (intended for emergencies). Besides, I rationalized, surely in eighteen years my parents had saved enough money by not buying meat to cover this one meal. I also informed my friend that this meal constituted her birthday presents for the next fifteen years.

While I could certainly write a few thousand words on that tremendous, intoxicating, five-hour lunch, the most important aspect of that meal was that this chef made my relationship to food somehow more permissible. Up to that point, my passion for food had been a somewhat frivolous hobby, but at that meal I experienced something both frivolous and extremely serious. Over the next few years I became a dedicated omnivore, and as my understanding of technique and ingredients grew, I also developed a passion for the way that food interacted with the disciplines I studied. I studied the way eating informed social status in caste-based Indian

societies and wrote a research paper on the history of chocolate in America and Europe. I realized that despite a lack of variety, my childhood had hardly been bereft of positive food experiences. After all, not everyone had been privileged to grow up in the food-mecca of the San Francisco Bay Area, where my neighborhood farmers' market provided organic produce from local farms, free range eggs and local goat cheese well before the rest of the country caught on to the idea of sustainable farms and agriculture.

Slowly, I became known as the foodie of the group. While house-sitting, I had my friends over for risotto. My boyfriend and I spent our weekends searching for the best hole-in-the-wall Chinese and researching lunch-time tasting menus that moved some of Boston's best restaurants into our price range. Still, the idea of a career in food barely occurred to me. I enjoyed my weekends and evenings far too much to seriously consider a career as a chef. Graduation came and went. I considered teaching high school English and even went so far to get my credentials, but my work felt uninspired. Suddenly, we were moving to Pittsburgh, and I was weighing my options. One afternoon on a whim, I searched "Pittsburgh + Culinary School" on the internet and discovered the Pennsylvania Culinary Institute. Over the next few weeks, I made a lot of lists and a lot of phone calls. Gradually, I began to believe that I could find a fulfilling job in the food world that did not involve working in a restaurant kitchen. I would go to culinary school, and not just any culinary school, to *Le Cordon Bleu*, where Julia Child and James Beard learned about French cooking and transformed America's tables.

When told that I decided to follow up a Harvard degree with a year studying culinary arts, some people still give me strange looks. After all, what could have possessed me to ignore the lucrative and fascinating worlds of banking and consulting which were the more-than-typical destinations of my classmates? But for me, this path feels logical, even obvious. Whether I wind up writing restaurant reviews, working to reform school lunches or lobbying for governmental support of sustainable agriculture, my culinary knowledge and my passion for the theater of dining will underlie my beliefs in the transformative power of good food. ■

## Character Building

By Walter Wittwen, Chef Instructor - Le Cordon Bleu College of Culinary Arts  
Minneapolis / St.Paul

I am sure that many Chef Instructors have come upon a situation where there is a student that is just outstanding—a great example to others and a *Leader* in the classroom. He or she is always willing to do extra chores such as cleaning, copying handouts and staying late for extra practice. However the student is a bit behind with paperwork, notebooks, comes to class late maybe once or twice, and toward the end of the class, when time comes to do the final grades, he or she has a final numeric grade of 89.4 or 89.5, just short of getting an "A" for the class.

Several years ago I came upon a situation like that. I really liked the spirit that a particular student was exhibiting; he did a wonderful job in my class and was very eager to learn. When I was getting ready to enter his final grade, I pondered about it for quite a while whether to interpret his grade as an "A". After all, he finished with 89.5- just at the line between the "B" and "A". I decided however that I should not let my personal feelings get the best of me and entered the true final grade, which was a "B".

Since at the end of every class I go over the grades with every student individually, I felt a little badly when I covered the grade with that student, and he let me know that he was pretty disappointed. I did meet up with that student again about five month later, and he was in a very good mood, telling me how well he was doing in school. He also proceeded to confide to me that he was very happy that I gave him a "B." I was shocked at this revelation and had to ask him, "WHY??" He said that by me giving him the correct lower grade, even if it was less than he expected, it helped to really open his eyes, and made him pay more attention as to where he could improve. WOW, I was impressed.

To top it off, he proudly told me that from that time forward he earned "A's" in every class thereafter. ■

*“In the end, my success and the success of every student is achieved only by the effort and passion he/she possesses.”*

# Study, Listen and Learn

An Interview with Chef Miki Hackney, Corporate Chef - Melissa's/World Variety Produce – Graduate of California School of Culinary Arts

Interviewed by Michael Klein, CEC



Q: Chef Hackney, having graduated from a Le Cordon Bleu Program, what advice would you offer our new students?

A: Before ever offering advice, I would ask the student what is the REAL reason they are attending. If it is truly for the individual's opportunity to learn and develop good basic skills in the industry and they show a passion for the culinary world, then here are a few points I would offer.

Immerse oneself at every opportunity in related information; i.e., surfing the web, reading publications, STUDY plating layouts and ingredient combinations, chef profiles, etc.

Make time to volunteer to work one-time events offered by the school;

Most importantly, and this applies to any skill one wants to become adept, don't be afraid to ask questions, ask for help when you really need it, LISTEN, and practice on your own time what you cannot learn, hone, or research during class time. I cannot tell you how many sacks of potatoes and

chickens I purchased and used for knife cuts and fabrication practice. My family was really happy once I felt confident in both those skills!!

Q: Your job as Corporate Executive Chef for a specialty produce company is unique and very different from many of the “traditional” chefs' jobs. What is your day like?

A: My day is never the same. In a ‘normal’ day, I begin in the kitchen by 6 a.m. and work non-stop (except for a short break if I can fit it in) until 2 p.m. I often work at least one day of the weekend as well. Oftentimes we will work several hours longer if an unexpected guest arrives, or there is additional preparation required for a photo shoot or show. I generally compose a weekly product tasting menu based on the new and exotic products arriving that week, or any convenience items we package under our name (soy products, sauces, etc.) that will be added to the myriad of inventory. The items are then served to the sales and marketing staff to experience so they may have better knowledge and understanding of what they are selling. *Melissa's* now has about 2,000 items available, so you can see how this keeps us pretty busy. While the product tasting is served, I tell them how the main ingredients were prepared, and the other methods that can be used to prepare them. If the item is unusual or exotic, it is displayed in whole, raw form, and an uncooked, prepped form beside it. Also, I do a little research on my own to inform the staff of the origin, traditional use, other forms the product can be found, and if there are any special nutritional concerns or advantages. If there are any ‘quirks’ about the product during preparation, I discuss with the buyers and procurement—package size, consistency of product quality, variations in flavor, recipe editing suggestions, etc.

Q: I also suspect that your job includes travel. What can you tell us about that?

A: Since we are a nationally known company in the produce industry, we constantly have promotions and trade shows, expos, and demonstrations booked. I travel out of state at least once a month, and travel throughout southern California weekly, providing the culinary aspect of the product. As tiring as it may seem to most, traveling for *Melissa's* is exciting as it gives me an opportunity to see how consumers use our product in their homes (demonstrations), what the demographic needs of our product are (expos), and the needs of our direct customers (trade shows). Every place I have been is different in some way, but no matter where one travels, people are interested in the food they eat and how it is presented to them.

Q: Some would say that you chose an unusual career path for a chef. Instead of heading to the hotel or restaurant kitchen as many of our graduates do, you found a unique direction.

A: I agree, my job is unconventional, but that is what I wanted. It isn't for everyone; especially the impromptu guest situations and one-on-one contact with consumers. If you don't want to deal with people, then what I do is definitely not the job you're seeking. I have a classmate who is now in the publication industry, writing columns for various magazines and papers. Another is working in food styling and food art. There are several individuals who may not have direct contact with the food preparation, but are in the culinary industry. I just spoke with a gentleman at a trade expo who designs kitchen gadgets—a very lucrative industry. Other individuals are involved with costing, flavor combination packaging, recipe composition, marketing, etc. There is quite a bit of process prior to the raw product reaching the chefs' kitchen.

Q: What is the best part of your job?

A: The best part of my job is that there is something different to do each day, different questions to probe and answer, and a great team to support what you need to accomplish. The world of produce literally at your back door is quite a perk and privilege. We often have the opportunity to work with produce that others have yet to see.

Q: How much of what you learned in culinary school has come to play in your career?

A: With the type of work I do, I have utilized every single aspect of the educational experience from California School of Culinary Arts. Not just the lab experience, but the academic as well, especially since I work with the general public and the internal staff, research, and write.

Q: Do you have the opportunity to visit CSCA these days now that you are an Alumni?

A: The campus is between my home and Melissa's. So I periodically return because CSCA has a great cook store and I know they have what I am looking for or can order it for me. Besides, catching up with the chefs and checking out the current menu of *Restaurant 561* when I am able is always fun.

Q: Chef Hackney, any other thoughts on your culinary school days?

A: CSCA provides a terrific exposure to the culinary world and its chefs and academic staff provides the encouragement and knowledge. I have only fond memories of everyone at CSCA and still confer with some of my chefs whom I felt were integral in my educational success and always value their input.

In the end, my success and the success of every student is achieved only by the effort and passion he/she possesses. Regrets? Only that I never started my notebook soon enough, didn't have a chance to participate in the various clubs the school offered, or took full advantage of the extensive reference materials the library houses. ■



## A Taste of Tate

By Vivian Liberman, Instructor - Le Cordon Bleu College of Culinary Arts Miami

Working at the *Tropibleu* Restaurant kitchen is the last task the students experience before going on their externship and the final step towards accomplishing their goal of graduating from Le Cordon Bleu College of Culinary Arts Miami. For Tate Roussel, however, this opportunity presented itself only within three months of his start at Le Cordon Bleu.

While he was in Meat Fabrication, Tate applied to work as the Student Chef's Assistant although he did not have much restaurant experience at the time; Chef Lemon hired him for the position and began to guide him through the running of a restaurant. Since then, he has been assisting Chef Lemon with the food preparation as well as guiding the students through their restaurant kitchen experience at *Tropibleu*.

Tate took the challenge very seriously since the first day. He came in earlier than expected every day and left after every student had gone home. He set out to absorb as much knowledge and gain as much experience as possible. In June 2006, Tate, who had also been a part of Le Cordon Bleu College of Culinary Arts Miami Junior ACF Culinary Team last October became the Sous Chef at the restaurant. "A chef is only as good as his sous chef," says Chef Lemon and he realizes that Tate, not only has the potential but the heart to make a good sous chef.

As you walk into the kitchen there is silence drowned out only by loud orders like those from a Captain in the military. Tate, a former Marine and Officer of the New Orleans Police Department has taken charge of the kitchen to help free Chef Lemon so he is able to work one-on-one with the rest of the students. Tate has also assisted in raising the level of service at the restaurant. Dinner service now includes an amuse bouche, which Tate creates and assembles daily. In addition, the newly featured menu is now, a joined effort between Tate and Chef Lemon.

Tate's Cajun background is featured in the BBQ Duck Confit with sweet corn grits, one of the new appetizers on the *Tropibleu* Dinner menu. His love for all things Asian, particularly Sriracha is displayed on the Sriracha mashed potatoes on the Sesame Crusted Tuna as well as the Coconut Red Curry Ice Cream on the Banana Spring Rolls.

This past September was Tate's last class at Le Cordon Bleu College of Culinary Arts Miami before he heads out to his externship. In those last three weeks, he was not only the sous chef, but also a student in the class. However, his classmates look up to him and in many cases forgets he is one of them. Tate's attitude, character, and self confidence have allowed him to become an authority figure to his fellow students. As for Chef Lemon and I, and the PM instructors at *Tropibleu*, Tate's graduation is bittersweet. Although we wish him success in his career and take pride in his accomplishments, it is hard to imagine *Tropibleu* without Tate. ■

# School Scoops

School Happenings



## Atlantic Culinary Academy

a Division of McIntosh College

### It Took A Village...

By Jim Gallivan, MAT, CCA, CCP, CFBE,  
Executive Chef/Director of Education - Atlantic  
Culinary Academy, a division of McIntosh  
College

Not so long ago, a few years to be exact, the back forty of the Atlantic Culinary Academy was not an inviting site. The main building of the school, its heritage being a hotel, showed the scars of the amputation of a row of guest rooms, and the back yard had the ambience of a construction area. A few raised beds of plants helped the appearance, but only were a hint of what could be.

Under the guidance of Chef Instructors Michael Graves, Julienne Guyette and Geoffrey Boardman, and the schools *Herb and Garden Club*, a transformation has occurred. For starters, the land just behind the school is a park, but not just any park. Its perimeter is vegetable plants and sunflowers, its center hosts a stone fountain, and amid its gravel paths, herbs—clearly labeled with tiles.

Just across the way, is the real jewel. On weekends, it is very easy to find. Just listen for the sound of mowers and power tools, and look for the bustle of student activity. The garden itself has the relocated raised beds. Some of them are filled with herbs, unlabeled ones. These are only identified by numbers, so that they can be used by instructors with students for product identification purposes. Other beds are filled with Heirloom Tomatoes, with such inviting names as *Mister Stripey*, *Brandywine*, *Flamme*, *Rowdy Red* to name a few. Thanks to the material and spiritual support of *TomatoFest's* Gary Ibsen, the early planting of seeds under grow lights in chefs' offices lead to the annual tomato plant sale which supports much of the club activity.

Fortunately, the chef advisors are also skilled carpenters. A Japanese Tea Garden style bridge as well as an earthen bridge fords the stream to the garden plot. A Nantucket Cottage Style shed, complete with trellis climbing roses, keeps the garden work well organized. A stone meditation bench adds local color, this, after all, being *The Granite State*. This past weekend's activity featured the whirr of a table saw, a salt box style greenhouse is

in the works to be finished before snowfall and to ease into the next growing season.

Look beyond the garden proper, and you'll find the Three Sisters...corns, beans and squash in synergism, and a bank of strawberries, fruit trees and lots of purple loosestrife for color. Amble a little further, up the blazed path, and past the ducks, and just barely in the forest is the mushroom grove. Oak logs inoculated with spawn of shitake and lions mane stand at attention under a tree canopy. We are expecting our first harvest in November.

In the course of the garden activities, Chefs Guyette and Boardman have become Master Gardeners through state university extension programs, resulting in work with local children's programs, work in estuarine areas, and the plans for the planting of an educational "grain garden," not only contributing to the professional development of the faculty, but ultimately the enrichment of the student experience. What's next? Now where will the bird houses go? And how easily with a painted sink basin from Mexico becoming a birdbath? ■

## Atlantic Culinary Academy

A Division of McIntosh College

### Teaching Community Service

By Chef Michael Graves and Chef Charles Limoggio - Atlantic Culinary Academy, a division of McIntosh College

This past summer, student volunteers and chefs from the Atlantic Culinary Academy helped AIDS Response Seacoast, an important Portsmouth, New Hampshire charity, raise tens of thousands of dollars at their 21st benefit auction. For the fourth consecutive year the Atlantic Culinary Academy has provided a lavish buffet for the attendees of this important annual fundraiser. During *A Food Tour of America* this year's diners sampled cuisine from selected regions of the US, enjoying New England Seafood Chowder, Rainier Salad, Maryland Crab Cakes, Dirty Rice, Chipotle and Roasted Corn Salad, Classic Indian Pudding and New Orleans Beignets as well as many other food offerings.

After months of planning, weeks of soliciting food donations from purveyors, days of food preparation, and a very long Saturday of cooking, service and clean-up, the students recognized the importance the Academy places on participation in community service. Monies raised on this specific occasion help provide financial assistance and services to our region's HIV/AIDS victims and their families. Not only does involvement in events like this fundraiser provide the individual volunteers with a feeling of satisfaction and fulfillment, but it also underscores the importance of our maturing industry's participation in highly visible charity events. We regard exposing students to this kind of altruistic service as an important part of their education. Not surprisingly the Academy has already committed itself to participating in next year's ARS benefit. ■

## California Culinary Academy

### Reasons To Celebrate

By David Chomsky, Senior Vice President of Academics – California Culinary Academy

There are many new and exciting events happening at California Culinary Academy that give us reason for celebrating. The Academy recently participated in a community event to celebrate the 2nd anniversary of *Project Homeless Connect* which is a city supported organization that provides support and resources to people in need. In San Francisco we know how to celebrate! The Academy donated

over 100 cakes, all decorated by our students, along with a large sheet cake presented to the Mayor and *Project Homeless Connect* to feed over 2000 people.

The Academy is also celebrating the promotions of Chef Michael Weller to Executive Chef/Program Chair of Culinary Arts and Chef Tim Grable to Executive Chef/Program Chair of Baking and Pastry. Congratulations to two wonderful and talented people who will continue to bring value to all the students and faculty. The new team will be supported by Dr. Albert Lowe, Faculty Development Coach, who started teaching advanced education courses to the faculty.

We are also celebrating the regional winner of the 5th Annual San Pellegrino Almost Famous Chef Competition, CCA student Sakiko Tani, who competed in the National Competition in Napa, California. ■

## Orlando Culinary Academy

### Dedication and Commitment

By Chef Joe Utera, CEPC, Instructor - Orlando Culinary Academy

A few years ago the ACF took a giant step forward by announcing that all levels of certification would include a practical exam. This not only test-

ed every individual's skill sets, but added value and credibility to obtaining ACF credentials. This year Orlando Culinary Academy became an official Practical Exam Certification Testing site for the American Culinary Federation. To commemorate this event we held the first practical exams for our faculty. The practical exam is one step chefs have to accomplish to obtain certification; and exemplifies the dedication and commitment our faculty have towards their profession and to their pursuit of excellence.

Fourteen chefs and one student stepped up to the challenge to pursue their professional certification. The levels of certification ranged from Certified Chef de Cuisine to Certified Executive Pastry Chef and Certified Executive Chef. Through hard work and many practices everyone who attempted their exam passed with flying colors.

We are committed to the advancement of our faculty and students and believe that raising the bar for our faculty to achieve certification is an excellent way to improve our standards and creditability amongst our students. ■





unloading fresh seafood. Some of the local women had filed and blackened teeth because they believe that only savages, wild animals and the demons of the underworld had long white teeth. Mutilating the teeth at puberty assured that no one would mistake them for an evil spirit. Although an ancient legend, the travelers witnessed that this practice is still done in some villages today.

Perhaps the most poignant part of the trip was the visit to the Vietnam War Remnants Museum. The images and accounts of soldiers' struggles during the war brought back memories of the stories many of their fathers told. In addition to the pictures the museum contained fighter planes, tanks and rocket launching devices as well as some of the actual prison cells and torture chambers. The students then went to the Cu Chi Tunnels, a system of passages used to hide locals from the barrage of firepower. Along with the small entrances, the tunnels were laced with booby traps to protect those seeking refuge.

Even though the focus of the trip was to experience the unique food of Vietnam, Hickson realized that the full appreciation of the country's culture and people could not be achieved without seeing the beautiful things it had to offer. First on the list was the Thien Hau Pagoda. Here, surrounded by beautiful carvings and motifs, people worship, light incense, and pray for family and friends. The students climbed up the Marble Mountain via steps carved right into the mountain's side. Inside the mountain is a cave containing Daoist and Buddhist shrines. They then ate a vegetarian lunch at a Buddhist Nun's Convent, which was very "peaceful and calming".

Hickson, along with everyone else, agreed that the trip provided them a fabulous experience of an entirely different culture. While the focus was on the preparation, procurement, and production of food, the travelers received an encompassing view of a world very different from their own. ■

*“Culinary education also includes learning how the products are produced.”*

## Orlando Culinary Academy An Amazing Experience

By Hanna Kruczek and Chef Dale Pyle – Orlando Culinary Academy

John Hickson, along with his fellow Orlando Culinary Academy students and Chefs Eric Tran and Dale Pyle took a culinary excursion to Vietnam this past spring. The trip was an amazing experience that the participants will treasure for the rest of their lives.

The highlights of the tour were the cooking lessons and wonderful food from various parts of the country. First was a session at *Miss Vy's School of Cooking*. Hickson and the other students prepared fresh spring rolls; a papaya salad garnished with shrimp and pepper flowers, and grilled white mackerel with turmeric. Miss Vy travels to Australia regularly and does a cooking show there, which can be seen here in the U.S. Following was a hands-on cooking class with one of Vietnam's most famous chefs, who has a restaurant in Saigon and cooking shows that play nationally. The class made little spring rolls filled with pork and shrimp and a rolled mustard leaf stuffed with noodles, shrimp, and pork.

Hickson, as well as others, was inspired by a cooking school started to provide street kids with hospitality skills that would enable them to gain employment. One of the graduates, gave the American students cooking lessons and inadvertently proved that the vocabulary of cooking transcends language barriers. At one point Thuy misplaced an item and called out something in Vietnamese. One of the American culinary students immediately picked up a bowl and handed it to her, somehow knowing that was what she wanted.

Culinary education also includes learning how the products are produced. Hickson accompanied

his fellow students as they visited a woman who made fresh tofu, a process which he discovered was practically identical to cheese making. Eaten while it's still hot with a sprinkle of salt, the tofu taste like light eggs. They also visited a family who makes noodles in a small factory behind the house. The group observed that to create these traditional noodles, rice is placed in a big grinder and put into sacks where it is weighed and drained. Once the mass is compressed it is then ground again until it is a paste, ready to be cut, cooked, and cooled. Despite the size of the domestic factory, the whole family working together is able to make over four hundred pounds of pasta a day.

Another family is in the business of making rice paper. Ground rice water is spread evenly on plastic lids which are placed on large pots of simmering water and then covered for a minute. A flat stick is used to carefully lift the cooked paper off the lid and place it on a round pin to be rolled and finally unrolled onto bamboo mats to be dried in the sun. Even though the family is able to make about 30,000 sheets a day, their profit only turns out to be 30,000 Dong – equivalent to \$2.00 a day.

Hickson discovered how important the markets are to Vietnam. They reminded him of American flea markets. There are pens with animals, women cutting and butchering pork, beef, ox, fish, shrimp, frogs and squid, and a copious supply of produce. Chef Pyle remarked, "You name it and they sell it. It is so cheap by our standards that you think 'Why not?'" Of course at the end of the day you look at your wallet and realize just how persistent (and successful) they were." Inside the shoppers could get food cooked and served to them. As the students ventured further into the market, people were selling clothes, jewelry, and kitchen utensils.

To reach the *Hoi An* fish market the group took a boat ride where they saw hundreds of people

## Scottsdale Culinary Academy

### SCI Puts Out The Welcome Mat

By Richard Exley, CEPC, Program Chair of Pâtisserie and Baking – Scottsdale Culinary Institute

On July 4, 2006, some of the finest pastry chefs from around the world came to the desert to take part in the World Pastry Team Championship, held in Phoenix, Arizona. Twelve, three-person teams competed in a grueling 13-hour, two-day competition, which highlighted some of the finest international pastry talents from around the globe.

Scottsdale Culinary Institute played an important roll in this high-end event by hosting five of these International teams in their practice and prep sessions before the actual competition. Team France, Team Singapore, Team Russia, Team South Korea, and Team Poland all enjoyed the use of individual kitchens, student assistance, and product support as they prepared for the big event.

Each team arrived in Phoenix at different times; Team France arrived two weeks early to prepare and practice, while Team Poland arrived just days before the competition. The challenge of competing internationally can bring with it several headaches; lost shipments, product held in customs and language barriers, all of which were made much easier with the gracious support of SCI.

If preparation is the key to success, Team France proved that philosophy to be true with their entourage of eleven chefs, which included one who just cooked meals for the team while they practiced. The French team went on to win the World Pastry Team Championship, sweeping the Chocolate BonBon, Frozen Entremet, and Artistic categories.

The five international teams enjoyed their visit to Scottsdale Culinary Institute. All included benefited greatly from the camaraderie, networking, and knowledge offered to the students and instructors. The South Korean Team was so appreciative of their visit to SCI that they included their praise of the school and host contact, Chef Richard Exley, in their country's major baking journal.

The opportunity to host teams of this magnitude comes once in a lifetime and Scottsdale Culinary Institute will continue to benefit from it for years to come. The positive "word of mouth" of SCI will spread throughout the globe as an institution at the forefront of the culinary industry here in the United States. The students, instructors, and school are thankful to all the international chefs that took part in the 2006 World Pastry Championship and we know that our paths will cross again sometime soon. ■

## Le Cordon Bleu College of Culinary Arts Las Vegas

### Da Poi Pounder

By Chef Tony Ramos, Le Cordon Bleu College of Culinary Arts Las Vegas

*Howzit, howzit, howzit and aloha!!!*

The Le Cordon Bleu College of Culinary Arts Las Vegas Student Council was formed in the Spring of 2006. The first big event was a luau which was held this past summer, here on campus. I believe it is safe to say that everyone who attended the luau had a really enjoyable evening. There was a lot of *ono* Hawaiian food such as *lomi salmon*, *shoyu ahi poke*, *kalua pork*, and *haupia*.

There were over 25 students who participated with the preparation and production of the food for the event. They all had an opportunity to learn about some of the traditional and modern preparation methods of typical dishes served at a luau. For example, some of them had never eaten raw fish before. The *shoyu ahi poke* dish is raw fresh tuna, cut into bite-sized cubes, seasoned with soy sauce, sesame seed oil, onions, and green onions. Some of the students were hesitant at first, but by the end of the night a lot of them had acquired a taste for it and even took some home with them.

Of course, at most luaus, the highlight of the program are the hula dancers. However this luau did not feature island maidens telling stories with their hands and swaying hips. It featured three well-coordinated men in grass skirts. Students TJ Rawls, Marlon Williams and Patrick Lemon had the audience howling as they demonstrated their polished choreography to "The Hukilau." Their performance was hotter than an erupting volcano!

Based on the success of the luau, the student council plans to make this an annual event. Personally I'd like to see the luau become a school wide *pa'ina* for all the students, faculty and staff to enjoy. ■

## Western Culinary Institute Pride

By Tim Lejarcegui, Culinary Student – Western Culinary Institute

Several things have inspired me to the cooking profession. Some of them have been the result of the culture that I was raised in; others are things that are involved in the organization and the profession itself. My family has played an integral role in my becoming attracted to the field.

During several trips to Spain to visit family, I noticed that food was a way of life. It was food that brought families together as well as strangers. Food is an element that brings enlightenment to the human soul. My uncle owns his own restaurant in the city of Gernika in the heart of the Basque Country. The pride that he has for the food that is served in his restaurant is displayed on every plate. My uncle showed me that same passion as he introduced me to the kitchen and the fine foods of Spain. From the many different types of meats to the various vegetables, there was a way of preparing the food that was simplistic and elegant.

One important aspect of the chef is the prestigious uniform. The tall white hat along with the double breasted white chef coat is a paradigm of pride. The pride of being able to serve people from all over the world is shown through different styles, techniques, and cuisines. The heart of pride comes from the American Culinary Federation and the selective rankings of chefs. Currently, only 104 certified Master Chefs have earned the right of passage. The stringent requirements and prerequisites are extreme, but upon earning the title you gain the respect of your entire field.

In closing, it is the simple nature of pleasing people that I am attracted to in the profession. I enjoy making people feel like royalty. The many things I have learned through my previous experiences have provided a solid foundation for my desire to build on. My inspiration is to become a Certified Master Chef with the American Culinary Federation. There are many things to be learned, and the restaurant is evolving as it changes daily with new foods, techniques, and styles. In this field it is difficult to learn everything, as Chef Escoffier had said, "I have only begun to learn". This is an ever-evolving field. ■



## Western Culinary Institute Summer Café Workshop

By Joanne Lazo, Director of Marketing,  
Western Culinary Institute

For a few days this past summer, 25 high school and post-secondary educators from across the country descended on Western Culinary Institute (WCI) for a weekend of fun and skill updates. The event was hosted by Western Culinary Institute and The Center for Advancement in Food Service Education (Café).

Thursday evening teachers were welcomed by WCI President, Jennifer White and several other members of the staff and faculty. The group was treated to a tour of the facility, followed by the acclaimed International Buffet at *Restaurant Bleu*, where guests dined on everything from leg of lamb to polenta with wild mushrooms. But as always, the favorite was the extensive dessert bar featuring a wide assortment of cakes, cookies, and even flambeéd fruit with fresh northwest berries.

The following morning, teachers began their day with a catered breakfast and overview of the days to come. Highlights of the agenda included a special workshop on Indian cuisine hosted by Chef Stephanie King, which was an overriding theme for the weekend, as well as a special honey lecture and demonstration by Le Cordon Bleu Chefs Kirk Bachmann and Michael Klein. "Chefs Bachmann and Klein really went all out for their Saturday event, featuring uses for honey in everything from main courses and proteins to desserts. They also offered tastings and explanations of several different types of infused honey. French music filled the air in the classroom and they even displayed a beautiful map of France to complete the Le Cordon Bleu experience" said Western Culinary Institute Vice

President of Marketing and Admissions Janine Carnel.

The workshop concluded on Sunday afternoon when Western Culinary Institute presented each educator with a \$1000 Western Culinary Institute scholarship to take back to their schools and award to a student of their choice. Several of the teachers commented that the event was an "inspiration" and among the best they had attended. Asked if they would be willing to return next summer, many said yes. The only thing they would do differently is set aside some additional time to tour beautiful Portland, Oregon! ■

## Western Culinary Institute Chefs In Raingear

By Chef Ginger Gross - Western Culinary  
Institute

I am currently involved with a Chefs Collaborative project called *Seafood Solutions*. The subject matter for *Seafood Solutions* is all about sustainable seafood meaning the seafood that is caught, cared for, and processed in a manner that does not impact the environment or existing populations in a negative way. A few of the committee members were present at the *Chefs in Raingear* event, as well as other Chefs Collaborative board members.

The adventure took place off the far north coast of Washington. We showed up at the Inn for a tour of the farm, grabbed a bite to eat, checked into our rooms, and then we were off to Legoe Bay to fish. We donned our raingear and caught a ride out to the "gears". There are only eight of these gears left off of Lummi Island, but there used to be upwards of 125. This way of catching sockeye salmon dates back centuries to the Native Americans.

Each gear is two boats stationed about 50 feet apart at its widest point. There are nets draped between the boats that simulate reefs. In earlier times, the nets were weighted by rocks that had holes bored through the middle of them. The nets now have ribbons tied to them to simulate grass reeds. The nets at their deepest are 180 feet deep and go up in 10 foot increments. It creates a sort of funnel that the fish, in their natural migration pattern swim through until they go over the top of the "reef" where they are caught in another net. Perched atop of these tall ladders on either side of the boat are fishermen watching for the schools of fish to come through.

Suddenly we heard, "Here they come! Nobody move!" Then silence. A couple of times we heard, "Oh wait, they are turning around. I don't know if they are going to take it. Wait, wait, they are turning back. I think they are going to go for it! Okay, here they come! Pull her!" Then, all of a sudden, gears were flying, there was an incessant "ding ding ding" from the gears and the nets were pulled up, capturing the fish in the net. We pulled the net and released the fish onto the boat alive and free where they are kept in a live tank. This way, if any other species of fish are caught, they can be released back into the water. Between the two gears that we were on, we caught 1,500 sockeye salmon!

After we caught the fish, we went back to the inn to clean ourselves up. I had sea salt crusted in my hair and blood all over me. Once cleaned up we all gathered in the kitchen where they had brought fresh produce from the farm.

The chefs then gathered what we wanted and made a huge feast for ourselves and guests. It was quite delicious. Unfortunately, we were not given any salmon to play with. The inn's chef roasted it in a wood stone oven. After the meal we all retired to our quarters. I woke up early and headed downstairs for some coffee and found the fisherman who owns the inn, farm, and is part of the Lummi Island Wild co-op. He was headed up to the farm to clean some of the fish.

I asked to come along and help, at which I received a shocked look. He said, "You want to clean the fish?" I answered back that it was all a part of the process, and I would love to. We went back to the farm and he showed me the *princess dress*, which is the salmon whole with the gills cut out as well as the guts and blood line. He stated that the fish stay fresh like this for ten days! We made it back to the inn for a hearty breakfast and then got ready to head back home with fresh fish packaged for our trips. What an amazing and fabulous experience this was. I highly recommend it to anyone that is interested in seeing the whole process of a highly sustainable way of commercial fishing. ■

# Chefs Rising

## Chef Instructor Awards and Recognition



### “Hall Of Fame” Awards Excellence In The Tomato World

By Jim Gallivan, MAT, CCA, CCP, CFBE,  
Executive Chef/Director of Education – Atlantic  
Culinary Academy, a division of McIntosh  
College

The TomatoFest “Hall of Fame,” is an awards program to recognize persons who have consistently demonstrated excellence in their field, who have contributed greatly to the success of the Carmel TomatoFest and the resurgence, diversity and sustainability of heirloom tomatoes; to culinary artists committed to quality, healthful living and innovation; and to farmers, journalists, educators and persons in public service dedicated to enhancing our lives through a unified community and healthy foods.

**2006 CULINARY EDUCATOR:** honoring a vocational or avocational educator who exceptionally communicates creativeness, knowledge of food and culinary studies, and healthful sustainability of harvested foods.

- **Jim Gallivan**, MAT, CCA, CCP, CFBE, Executive Chef/Director of Education, Atlantic Culinary Academy, a division of McIntosh College. ■

### SCI Takes The Gold Pastry Champions Crowned

By Richard Exley, CEPC, Program Chair of  
Pâtisserie and Baking – Scottsdale Culinary  
Institute

Driven by a love for the art of pâtisserie and baking, Chefs Tracy DeWitt and David Smoake, along with their coach Chef Richard Exley won first place at the 2006 National Bread & Pastry Championship held in conjunction with the 2006 American Baking Expo in Atlantic City, New Jersey.

This is considered to be one of the most challenging combined bread and pastry competitions as it consisted of the preparation and presentation of fourteen plated desserts, three entremets, two entremets glace, twenty various Viennoiserie, ten baguettes, twelve specialty breads, one sugar-chocolate showpiece, and one bread sculpture showpiece, all having to be completed in a short 13-hour timeframe.

Combining their sixty-plus years of experience together to bring home the gold, the team spent the last seven months practicing and planning all the necessary components for this prestigious competition. The 2-day competition proved to be an exciting event for the audience and a challenging one for the team. Dealing with typical team competition challenges like having to boil their own hot water for kitchen clean-up or unreliable freezers for their entremets glace, the team persevered in their pursuit of victory.

The excitement at the end of the competition, with the mandatory moving of the showpieces to their display table, kept the audience on the edge of their seats. The team’s bread showpiece ended up being 6 inches larger than the opening of the competition kitchen. Chef DeWitt had to push the hanging banner up with a broom so Chef Smoake could gingerly slide the 5-foot showpiece out to be put on the display table. The team’s sugar/chocolate show-

piece was built with so many components that Chef DeWitt had to muscle the awkward, thirty-pound piece to the table on her own. After a long hush from the audience, both pieces successfully made it to the display table, which erupted in massive applause from the competition audience.

Team Smoake/DeWitt approached the competition’s theme of “Invention” through a diverse menu that included: a Chocolate/Hazelnut & Apricot Entremet, a Pistachio Ice Cream-Cherry Sorbet & Nougatine Parfait Entremet Glace, Fig-Apple & Praline Cheese Viennoiserie, Creamy Caramel Kugelhopf with Yogurt sorbet Plated Dessert, Caramelized Onion Specialty Bread and classical French Baguettes. ■



## A Chef's Journey To Team USA

### National Culinary Team Announced

By Chef Scott Fetty – Pennsylvania Culinary Institute

In February, the American Culinary Federation began the long and arduous task of selecting teams to represent the United States in International competition. The selection process begins with an application that includes resumes, competition experience, and a letter explaining why one wants to represent the USA. As a former member of Regional Team USA 2004, I once again wanted to have the honor of representing the chefs of America in the International arena. There was no way to describe the feelings that our team had as we achieved a third place over-all standing and straight gold medals in 2004. I wanted to experience this again!

The first phase of the tryouts, held in Chicago, required each chef to execute a buffet platter, three-course fine dining menu, and five varieties of finger foods, both hot and cold. The chef was given twelve hours total to achieve this, with the help of an apprentice. The chef's ability to execute classical charcuterie and garde manger, as well as safety and sanitation were the means by which judging commenced. After a long and rough day in the kitchen, it was time for critique. In spite of some adversities in the kitchen, I was able to earn a silver medal and move on to the next phase.

Round two was held at the National Restaurant Association show held in Chicago in May. The final eighteen chefs were asked to execute a four-course signature menu, including dessert, for ten people. To add to the challenge, a mystery course featuring seafood was also required. The chef's could only hope that their signature menu would compliment the mystery seafood. Each chef was given three hours to prepare and serve the menu, with a twenty minute service window.

At the end of this process, there is a sense of relief and accomplishment. Regardless of the outcome, I felt that all the practice, research, and hard work that led up to the tryout was the true reward. I always feel that competitions help me improve as a cook, and to me that is what it is all about, not medals.

When the teams were announced, I was named again to the Regional Team that will compete in Germany in 2008. I will also be working with the team in Luxembourg this fall, and I will have the

great honor of competing as a National Team Member at the American Culinary Classic in 2007.

I am very fortunate to have the support of Pennsylvania Culinary Institute management, Chef William Hunt, Dean of Le Cordon Bleu Culinary Arts, Pearce Miller, Vice President of Academics, and Al Dobbs, President. I would also like to thank Chef Kirk Bachmann and Theresa Hopkins from Career Education Corporation for their continued support. I would also like to extend special thanks to the team at the CHIC school in Chicago for their help while I was in town for the tryouts.

The process is over but the work has yet to begin. In the words of my mentor, Keith Coughenhour, CEC, "making the team is the easy part, staying on it is the challenge." ■

## Always Learning The World of Culinary is a Journey

By Chef Mary Pepka - Pennsylvania Culinary Institute

I recently had the honor and privilege of attending a week-long pâtisserie and baking co-training workshop offered by Le Cordon Bleu Ottawa Culinary Arts Institute in the stunning capital city of Ottawa, Ontario, Canada.

Le Cordon Bleu Paris offers faculty and chef instructors from each of Le Cordon Bleu North America schools the opportunity to attend these co-teaching seminars. Culinary and pâtisserie and baking sessions are offered several times a year. Each seminar consists of four sessions in which the visiting chefs are familiarized with Le Cordon Bleu philosophy and standard of excellence.

The specific objectives of the demonstrations, seminars, and practical classes are to expose the visiting chefs from Le Cordon Bleu Schools North America to Le Cordon Bleu methodology. They also improve knowledge of the foundations of French pâtisserie techniques and methods, terminology and improve on the demonstration of Le Cordon Bleu curriculum.

The school itself is housed in an elegant turn-of-the-century mansion on Laurier Avenue among perfectly restored homes that once belonged to Canadian industrialists and political figures. The school is superbly outfitted with industry current facilities and equipment in the demonstration kitchens and classrooms. It is also home to *Signatures*, a five diamond restaurant run by the Le Cordon Bleu chefs.

The week began with an orientation and tour of the school in which the objectives, schedules, and expectations were clearly stated. The orientation was followed by the first of two demonstrations given by Chef Hervé Chabert. Chef Chabert expertly did an intense, seamless lecture and demo that included methods, history and application of each product.

I also attended two seminars conducted by Chef Philippe Guiet on Le Cordon Bleu Teaching and Learning Resources. Through an informative presentation and accompanying text, I was able to learn about development, planning, preparation and evaluation skills that embrace the Le Cordon Bleu learning experience.

All visiting chefs were scheduled to give a cooking demonstration of a previously assigned product. The Le Cordon Bleu faculty, staff, as well as fellow visiting chefs were observers of the demonstrations, and led discussion and gave feedback to the chefs regarding their demonstration and teaching styles.

Finally, all visiting chef instructors were guests at an unforgettable dinner. Perfectly prepared food was paired with Canadian wines and impeccably served to us by the Le Cordon Bleu staff.

The entire week was one of the most positive, professional and worthwhile experiences I have encountered in my culinary career. No detail was overlooked, every question was answered, and I was privileged to be among consummate professionals whose primary focus was to help me be a better teacher and culinarian. ■

*"I was privileged to be among consummate professionals whose primary focus was to help me be a better teacher and culinarian."*



## When East Meets West In The Kitchen!

### Introducing: “Academic Fusion”

By William Hunt, Dean of Culinary Arts and  
Carla Kochel, Management Instructor –  
Pennsylvania Culinary Institute

We have probably all heard of fusion in the kitchen and the blending of two cultures’ cuisines, but have you heard of “*academic fusion*”? This was the result of Chef William Hunt’s presentation at the American Dietetic Association’s 2006 Food and Nutrition Conference in Honolulu, Hawaii. The conference focused on the blending of new ideas from different cultures, however, when Chef Hunt spoke at the session entitled “From the Training Table to Competition: Fueling Athletes for Success”, there was a definite culinary/nutrition fusion between Chef and Dietitian!

Chef Hunt impressed conference attendees with his knowledge and culinary expertise. He shared his experiences of training sessions in Beijing, China, which he began conducting in 2003 alongside Chef Byron Bardy. These sessions in Beijing were developed to train Chinese chefs at the Beijing Olympic Sports and Olympic Center how to cook and serve Western foods. A Western restaurant was designed and opened in the center. This restaurant was where the culinary training took place and later became a restaurant for the athletes to dine in for breakfast, lunch and dinner. The focal point of the planning phase was to expose the Chinese athletes to Western foods in order to have a better awareness of different cuisines when traveling internationally to insure better nutritional outcomes during competitions.

Chef Hunt shared the conference presentation stage with Dr. Ellen Coleman, a respected and well-known dietitian who has written several books on sports nutrition. The blending of the two speakers was like a hearty gourmet soup; containing a lot of good substance and yet a delicate blend of enticing spices to pique your interest to have more. This chef/dietitian infusion has been growing for years. We all know the importance of good nutrition as

part of a healthy lifestyle and its importance in preventing illness, however, if food has no flavor and looks boring, it really doesn’t matter how healthy it is for you, because your body can’t obtain good nutrition if the food remains on the plate! Just as culinary students need to understand the importance of good nutrition, dietetic students need to learn that nutrition was actually food at one time and that food can taste good even without salt or added fat. The Food and Culinary Practice group of the American Dietetic Association has become quite successful in promoting this concept over the past several years. More dietetic students are going on to culinary school after obtaining their dietetic registration and culinary students are going on to receive bachelor’s degrees in food-related studies. The outcome is definitely obtaining win-win results.

The result of the conference was not only learning about other cultures around the world, but between the cultures of culinary cuisine and dietetics as well. The understanding and fusion that is developing between the two latter cultures is the result of knowledge and acceptance of the other cultures’ beliefs. It would be great if the rest of the world accepted this concept. ■

## Getting Personal Through Podcasting

### Culinary Commentary Goes Digital

By Chef Tom Beckman, Chef Instructor – The  
Cooking and Hospitality Institute of Chicago

Wouldn’t it be great to learn about a myriad of topics on the web on your own time? Well you can now with podcasting. I have been making podcasts for over a year now and talk with faculty members and folks in the food community about a variety of food related topics.

It started out as another way to communicate with my students. I’ve had a website for many years, [letsbake.frostbitten.org](http://letsbake.frostbitten.org) but with this new medium, podcasting, I can talk directly to my students through their portable media devices or their computers either at home or at school. Topics have ranged from French culinary terms as pronounced

by one of the school’s French speaking chefs to favorite food, movies and cookbooks. Most recently I was seen talking with the two nutrition instructors about whole grains and trans-fatty acids.

Podcasting is easy for everyone to get into. The Cooking and Hospitality Institute of Chicago’s President, Lloyd Kirsch, has been very supportive of my podcasting efforts and has been listening to podcasts for over a year. Podcasts are mp3 files that reside on the web and can be listened to by just clicking on links on a website. However, the real power of podcasting reveals itself when you subscribe to the podcast. Some free software is required to subscribe but it’s very simple to use. Every time you start up the software it looks for new episodes of shows you have subscribed to and downloads them directly to your computer. Then you can choose to listen to them on the computer or transfer them to your portable media device.

There are thousands of food related podcast shows available on the web. I belong to the Culinary Podcast Network and it brings together 12 of the best food related podcasts in one place. What’s great is you can subscribe to the network and get all the shows at once.

Podcasting will continue to be a driving force in supplementing our students’ education in the next decade. More and more schools are adding podcasts to help students find what really interests them. We hope that other Career Education schools will add podcasts as part of their school life. I also extend a helping hand to any school that would like some guidance in starting their own podcast. ■

# Pots and Pans

What's simmering in the world of the culinary arts



## Bleu Benefits

By Katherine Yeo, Marketing Manager - Le Cordon Bleu Australia

The internationally acclaimed Le Cordon Bleu Culinary Arts and Hospitality Management school is helping develop tomorrow's restaurateurs and hospitality high-flyers by providing more than one million dollars in scholarships to Australian high school students.

Le Cordon Bleu extends its scholarship program to offer *Australian High Schools* an annual scholarship for one of the Le Cordon Bleu Bachelor of Business Degrees in International Hotel & Resort Management or International Restaurant & Catering Management.

These Scholarships are worth \$20,000 each over the duration of the 2 1/2 year program and are aimed at providing passionate young Australians with the opportunity to gain excellent international qualifications and a fast-track to hospitality industry employment.

Adelaide is the only place in the world offering these entrepreneurial hospitality management degrees, through Le Cordon Bleu and partnering institute, the University of South Australia.

The degrees are also rich in industry-placement, with students spending a total of 12 months working within their chosen industry (i.e., restaurants, hotels, resorts and convention centers) to gain valuable practical knowledge.

Current Le Cordon Bleu Scholarship recipient *Lauren Savin* has just completed her industry placement at a Hotel in Melbourne and loved every minute of her work. She described the experience as enriching and rewarding.

Lauren knew from an early age that she would work in the hospitality industry. "I knew from the age of ten that I would work in hotels and resorts and all my high school subjects were geared to the hospitality sector, and nothing's changed since."

There is no doubting Lauren's commitment, passion, and dedication to the industry. "I applied a year in advance for Le Cordon Bleu's degree program because I already knew what I wanted to do in life, and the degree is exactly what I wanted."

Her ultimate goal: "I want to become highly specialized in a particular area of a hotel and work my way up to become a regional manager of a hotel chain someday."

The scholarship winners will study alongside international students from more than 30 countries including South Korea, the US, Spain and India.

Le Cordon Bleu Australia General Manager Rodger Griffiths described the scholarship program as "an integral part of Le Cordon Bleu's dedication to local industry and a terrific opportunity to prepare Australians for the competitive environment they face internationally". ■

## Adopt A Ship

By Charles Limoggio, Chef Instructor - Atlantic Culinary Academy, a division of McIntosh College

A few years ago, I was sitting at a monthly meeting with the Piscataqua Chapter of the American Culinary Federation. Our current president was reading a letter about the ACF's "Adopt a Ship Program". This is a program where local chefs partner with naval vessels in their area and actually go onto the ships to cook alongside the Navy mess cooks. We have the Portsmouth Naval Shipyard basically in our back yard. I proposed that we invite the mess cooks, from the submarines in for refitting at the shipyard, to attend culinary classes. They had already gone through their basic cook's training with the Navy. I was in constant contact with Chef Michael Harrants, Corporate Executive for the US Navy. I was actually able to meet Chef Harrants at the Northeast Regional Conference of the ACF in Newport, RI.

We proposed to offer complimentary culinary classes to the mess-cooks at the Navy Yard on an as needed as well as space permitting basis. This was welcomed with open arms by Chef Harrants. We have had mess cooks from the USS Providence

attend *Soups and Sauces* as well as *International Cuisine*. I was invited to the Navy Yard to cook with the mess-cooks for the commanding officer, his commodore, and his executive officers. The commodore is in charge of 5-6 attack class submarines on the east coast.

We were shutting down for our two week summer break, when Chief Chris Nailon explained that the commodore would expect seafood on the New England coast. When I explained that I was able to secure a whole beef tenderloin, a quart of demi glace and a Linzer Torte from Bakeshop. He figured tenderloin on our budget was better than seafood out of his. We prepared a field green salad with a citrus vinaigrette topped with pan seared scallops (the commodore was happy), followed by Tournedos du Boeuf with a Morel Mushroom/Cabernet jus served over grilled sour dough crostini, accompanied by Rösti potatoes and sautéed sugar snap peas and grape tomatoes. Finishing the meal with the Linzer Torte with Chantilly Cream and coffee, I was asked if their cooks would be able to duplicate meals such as this. With some additional training and the higher end food stuffs, I explained it should be no problem. A great meal and nice time was had by all.

Talk about cramped quarters! We were cooking on the tender barge that serves as home for the submariners while their sub is getting the necessary work done. I received a tour of the submarine and was totally shocked to see the size of the galley. It is smaller than the walk-in in our Sauce kitchen. I'll stop complaining of lack of space! ■



Marcel Biró at his flagship restaurant, Biró, in Sheboygan, Wisconsin.

## Q&A With Marcel Biró

By Shannon Kring Biró – Biró Internationale

This month, Marcel Biró returns to Le Cordon Bleu, this time visiting our Miami campus for a lecture, cooking demos, and a book signing in his new role as Ambassador of German Cuisine. Here, the charismatic, young chef shares his insights with our readers.

**You work with the National Restaurant Association's ProStart program, as well as welcome apprentices into your professional kitchens. Why is mentoring so important to you?**

It's important that we give back to the profession. I want to give others the same great opportunities I had as a young culinarian. Sharing my knowledge like my chefs shared theirs with me makes for a more educated work pool, and that knowledge is passed onto the customer. The more educated a customer is, the more they appreciate what you are doing. This translates to more guests, and the more guests you get, the better our industry does as a whole. It's a win-win situation for everyone.

**You've presented at numerous culinary schools, and return to Le Cordon Bleu time and time again. Why?**

I love to work with passionate students from any school. I was trained under the European system, which is very similar to your program (though mine was longer). But the foundation you give your students is similar to what I was given, and I want to support your mission as much as possible. The ability to work as a chef is a great honor, and your students recognize this. I appreciate Le Cordon Bleu's vision, and I share your dedication to classic culinary technique.

**What words of advice do you have for aspiring chefs?**

When you start out, work at as many great restaurants as possible. It's important not to stick with one chef, even if you like him, because versatility is key in today's industry. Even if you're most passionate about French cuisine, learn Asian techniques. There's something to be learned in every kitchen, and continued growth is extremely important to becoming a great chef. Even today, when I meet a chef who wows me, I do a work exchange with him or her. In 2007, I'll be traveling to Tokyo, where I'll study under a sushi master.

**How has the business changed since you were an apprentice?**

Today, being a great chef isn't enough. You've got to be a savvy businessperson, as well, and you've got to diversify. There are many great chefs out there, but in today's world, you have to get out in front of the public. Public speaking skills and the ability to entertain are nearly as important as being able to cook well today. I have started offering chef media training at *Marcel Biró Culinary School*, and I think all schools should start offering training in public relations.

**You've gotten a lot of experience in front of the public in the past couple of years. Tell us about your media work, and how it has changed the way you cook.**

I started my Emmy Award-winning PBS series *The Kitchens of Biró* in 2004, as a natural extension of the teaching I do. I love being able to share my knowledge with groups large or small, and the television platform enabled me to connect with 83 million US households. In May 2005, my first cook-

book, *Biró: European-Inspired Cuisine*, was released, and as a result of both projects, I spent six months on the road in 2005, conducting more than 100 cooking demonstrations and classes, and appearing at food shows and on television and the radio. To me, absolutely nothing is better than meeting other people who are passionate about cuisine. I've learned so much from those I've encountered along the way, and it's made me a much better chef.

**If you weren't a chef, what would you be?**

I wouldn't be anything but a chef!

**About Marcel Biró**

Marcel was born in the former East Germany in 1973. He began cooking with his chef/restaurateur father at the age of six and entered culinary school and the kitchens of the Deutsche Demokratische Republik (DDR, or Communist East German Party) at the age of fifteen. By twenty-one, Marcel was a European certified chef instructor, teaching aspiring chefs by day and cooking in Michelin-starred restaurants by night. At twenty-four, he became one of the youngest chefs in European history to attain the title Master Chef de Cuisine and had already served as chef to German Chancellor Helmut Kohl. At age thirty, he became the first German citizen to land a national television cooking show deal in the US, and in 2006, at just thirty-two, he was appointed Ambassador of German Cuisine. ■





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