

Road to the ACF Salon

"The Road to the ACF Salon" is a series of meetings held every month to prepare students for the 12th Annual ACF competition held here at FCI. Chef Sitnick has invited ACF chefs to come to these meetings to give you first-hand knowledge about ACF competitions. Last month, Chef Patrick Fagan held a Q & A session about ACF Competitions. He also talked about what judges are looking for when you are competing. The second meeting of the "Road to the ACF Salon" is Monday, Feb 23rd. At this meeting, Chef Fagan will be joining us again and we will be discussing the philosophy of menu planning and design as well as ACF competition scoring guidelines. Everyone is more than welcome and it doesn't matter whether you are in Intro or you are about to graduate. You also don't have to be an ACF member to attend; However, you have to be an ACF member to compete in the competition. Join us in the Practicum (room 201) from 4pm-5:30pm.



Student Competition: Sports Town, USA...and the World!



Each quarter, a student competition is held here on campus. The competition entails several groups of students and instructors taking the theme of the competition and delivering their interpretation of it through food. In previous quarters, the themes have been "Hooray for Hollywood" and "Fire and Ice." The first competition of '09 will be Sports Town, USA...and the World! It's up to you to interpret this theme. It could mean what you eat when you watch the Super Bowl, concession stand food, what people eat in England when they play soccer, Michael Phelps' diet during the Olympics...the sky is the limit. Pick up a flyer at the front desk and register your team for this event. You must register the time you will present. Spectators will pick the People's Choice Award and the winning team will be awarded the Golden Chef Award. The winning recipes will be featured in *What's Cooking?* Write any questions on the Q&A sheet located in the break area.

Upcoming Events:

Wed, Feb 18th
Wine Enthusiasts @ 3:45pm & Bread Baker's in Lab 115
Mon, Feb 23rd
Road to the ACF Salon @ 4pm in room 201
Tues-Wed, Feb 24-25th
Sodexo interviews 12pm-5pm in the lobby
Mon, Mar 2nd
Sports Town, USA
Fri, Mar 6th
ServSafe Re-test 8am-4pm
Frankie & Chef Mah fly out to CA for Pellegrino
Sat-Sun, Mar 28-29th
Metropolitan Cooking & Entertaining Show 9:30 am show time
Fri, Apr 24th
GRADUATION!

Tip of the Week

"Visit foodservice.com and restaurant.org for up-to-date information on industry changes and food trends."
-Chef Goldman

Pellegrino Update: Frankie and Chef Mah have been practicing for the upcoming San Pellegrino *Almost Famous Chef* competition. So far, Frankie's mystery basket dishes have been braised rabbit with leaks and bacon served with an orange risotto, and a seafood duo of grilled swordfish and snapper mousse, served on a bed of spinach with a mango and red pepper burre blanc. They will fly out to California on March 6th where Frankie will compete against the other 9 regional winners.

Let us Know More About You! Stop by the front desk, fill out the student questionnaire, and drop it in the chef's toque. Each week, one FCI student will be featured in *What's Cooking?* Let your fellow students and instructors know more about you, your hobbies, interests, goals, and anything else you'd like to share.

VOLUNTEERS NEEDED:

6 students are needed to work with West Boca high school students while preparing delicious hors d'ouerves for the March ACF meeting. Sign up at the front desk.

Scholarship Opportunities

Fresh Florida Tomato Contest

Deadline MARCH 25th.
Submit a recipe to Chef Sitnick using fresh tomatoes. He will choose which FCI student's recipe gets submitted to the competition.

NRAEF Undergrad

Deadline MARCH 31st.
Complete at least one grading term. Write two essays and fill out an application online.

NEWH

Deadline APRIL 3rd.
Have completed half of graduation requirements. GPA 3.0 or higher. Write an essay covering various topics.

SMAI

Deadline JUNE 15th
Good academic standing. Submit 3 essays. Have industry-related experience.

It's time again for the Florida Tomato Committee's "Best of the Best" recipe contest for culinary students. The objective is to create an original recipe using fresh field-grown tomatoes. Recipes are due to Chef Sitnick by March 25th. He will evaluate all recipes and choose **one** recipe to compete in the competition. Pick up a flyer at the front desk for more information.

March ACF Meeting

The ACF meeting will be held at West Boca High School on Monday, March 2nd at 4pm. It will be located at the cafeteria on the east side of the school. During school hours, several ACF chefs will be joined by the WBHS culinary students to develop and prepare a dish for all to taste at the meeting. Please bring culinary books for donation to the student's library if you would like to.



Bread Baker's Club

The club has had a tasting of several breads that they made: French Country Sourdough, Ciabatta bread, Lavosh flatbread, Cottage Cheese Dill bread, NY boiled bagels, and Dark German Rye bread. Join Chef Schmidke Wed, Feb 18th at 3:45pm in lab 115 and learn how to make more sourdough breads from scratch!

Wine Enthusiasts Club

We have sampled various wines from California. Join Chef Sitnick on Wed, Feb 18th at 3:45pm in the room 201 to join in the tasting of several Italian wines. Everyone is welcome!



Pastry Club!

Last week, the club made delicious bacon truffles, éclairs, and Chef Gray did a demonstration on a heart box. Previously, the club made a football-shaped cake with Swiss butter cream icing and chocolate and vanilla Swiss rolls with hazelnut praline butter cream. Join the Pastry club on March 4th to make pastries in theme of St. Patrick's Day.

GET INVOLVED!

There are many avenues for students to get more involved in their career other than just coming to school. There are culinary competitions that students can participate in as well as volunteer opportunities for students to give back to their community. For example, FCI's student competition is coming up on March 2nd and everyone is more than welcome to participate. It doesn't matter what quarter you are in, how much experience you have, or what degree you are pursuing. Also, if you find any competitions or scholarships out there, feel free to share them with the rest of the school!



Watch Your Speed! The speed limit on both campuses is 15 MPH. Be mindful of pedestrians and correctly follow the flow of traffic in the front of FCI. The entrance to FCI is one-way and there is a sign directing traffic.



Knowledge Bowl Trivia

"What is the correct way to wash your hands? Be specific."

Drop your answer in the What's Cooking? toque that's located in the lobby.

Previous question: "What are the 5 categories that cold hors d'oeuvres are divided into?"

Answer: "Canape, Caviar, Crudites, dips, and sushi."

