



**Lincoln
Culinary
Institute**

www.lincolnculinary.com

WHAT'S COOKING Weekly Student Bulletin

Winter Quarter Vol.
19, Issue 22
January 31, 2011

Lincoln Culinary Institute ACF Accrediting "Three"peat!

The week of January 11 through the 16th, the American Culinary Federation conducted it's reaccreditations process at LCI. All LCI programs, faculty, administration, student, curriculum and facilities were examined in detail. At the end of this the ACF determined that for the **3rd** time in a row (something never before done at any school) LCI had zero non-compliance issues, and were accredited for another 7 years.

Here is a summary of some of the commissions findings.

- Highly motivated instructional staff and students. Both feel a strong bond with the success of the program.
- Program curriculum is designed for maximum outcomes for student learning.
- Dedicated Career Services position-tracking system for graduates and employment opportunities.
- Graduates are very satisfied with the program, and many now serve on the advisory board.
- Employers are very satisfied with the graduates skill level.
- Ability of students to sample the daily lesson and taste what has been prepared.
- Group involvement of instructor's for student networking within the area for job opportunities.
- Students have an understanding of the value of the education for the money spent to take the program.

Again thank you to all the student volunteers who helped to make the commission members visit more pleasurable.

IN THIS ISSUE

- ACF Accreditation Findings
- ACF Monthly Mtg.
- ACF Contest
- Industry News
- Scholarships
- Club Corner
- Career Opportunities
- Knowledge Bowl
- Volunteer Opportunities

STUDENT VOLUNTEERS NEEDED :

For High School Culinary Class Workshops which are held on Fridays from 9am till 1pm.

Upcoming course dates are:

Feb. 4 , 2011

See Chef Lecaroz or Chef Baquero to assist with this hands-on program.

Next class is Friday,



STUDENT CULINARIAN INVITATIONAL

ALL STUDENT CULINARIANS 18 YEARS OR OLDER ARE INVITED TO APPLY TO PARTICIPATE IN THE ACF PREMIERE STUDENT CULINARIAN INVITATIONAL. A CULINARY EVENT DESIGNED TO FOSTER MENTORSHIP AND NUTURE CULINARY EXCELLENCE. TAKING PLACE, JULY 23, 2011, AT THE ACF NATIONAL CONVENTION AT THE GAYLORD TEXAN IN DALLAS. THERE WILL BE FOUR 2 PERSON TEAMS AND THEIR MENTORS REPRESENTING EACH,OF THE FOUR ACF REGIONS

SEE ALL CONTEST INFORMATION AT THE LCI FRONT DESK LOBBY AND PAM OR CHEF MELE FOR ADDITIONAL DETAILS.



Commit To Excellence

Shannon Vernon
Stephen Slaton
Heather Brice
Petros Jaferis
AJ Leonard
Jennifer Evans
Your 2011
Knowledge Bowl
Team



WHAT "IS" COOKING



Name that dish!

This is one of the recipes which will be prepared by the students going to CUL170 during our February 2011 start. Put your guess for the name of this dish in the What's Cooking mailbox on the Lobby Front Desk and win a prize.

Chef Amber Moore will lead these students to the Southeast Regional portion of the competition on February 18th through the 21st In Atlanta, GA. Wish them well as they prepare for this Jeopardy style battle.



LINCOLN CULINARY INSTITUTE HOSTS THE FEBRUARY GENERAL MEETING OF THE

ACF PALM BEACH COUNTY CHAPTER

Monday, February 7th, 2011—4:00pm

FEATURING

A Campus of Education

4:00pm Membership Gathering

4:30-5:15pm General Meeting

5:30-5:55 pm Educational Seminar A

6:00-6:30pm Educational Seminar B

6:30pm Networking

Lobby and Café Protégé

(Cash Bar)

Stephanie Stelliga (2009 Chef of the Year) will be featuring a Pastry and Dessert demonstration as one of the segments.

LCI students needed to serve as volunteers.

See signup sheet Lobby Front Desk.



Bloomington's PGA is looking to hire Lincoln Culinary Institute students in order to execute cooking demonstrations for our customers in our "bloomie's kitchen" on level 3, from time to time.

Our kitchen is state-of-the art and offers our guest chefs a bird's eye view of the entire floor as well as all of the support equipment required.

Looking at our season at-a-glance, the first event coming up where we would be able to layer in a chef demonstration component is our "Fashionable Fundraiser" where we are having all sorts of experts coming in for our "At Home 2Gether is Always in Fashion" event to present 'how to design the perfect floral arrangement' to 'selecting the perfect color palate for your walls' to 'cooking together at home'...which is where student chefs would come in.

If interested please contact
Nicole.biscuiti@bloomingdales.com

(this is a paying position)

Commit To Excellence

NEWH Scholarships

NEWH is a non-profit organization dedicated to the Hospitality Industry. It's goal is to further our industry through education.

Requirements for these scholarships are:

- Must have completed half the requirements for a degree or certification program in which enrolled.
- Must demonstrate financial need.
- Must have a minimum 3.0 GPA.
- Must be pursuing a career objective in Hospitality Industry.

Scholarship Application forms can be found at the LCI Lobby Front Desk or can also be accessed at www.newh.org.

INDUSTRY NEWS

(www.usfoodsight.com/seafood)

Continuing with our "trend" focusing on the Top Hospitality Trends in 2011. We here in South Florida live in an area rich with fresh bounty from the sea, so this week we will look at the Seafood market.

5 Top Trends in Seafood:

- **Fish Tacos Take on a new taste. Much success is being seen in quick service restaurants creating fried seafood wraps using flavorful coatings such as a chile-lime batter**
- **Sushi gets spicy. Many rolls now featuring hot peppers and other Latin flavors**
- **Southern accents. A wide variety of Southern-style seafood, particularly Cajun and Creole and Low Country cuisine from the South Atlantic coast.**
- **Surf and Turf 2.0. Generally a staple on upscale menus, this combo is now coming in new forms. Such as, build your own Surf & Turf, pairing a nice sirloin with garlic prawns, seared scallops or stuffed sole.**
- **Sustainability. Depletion of the world's commercial fisheries is a real and growing problem. Some restaurants have pledged to no longer offer seafood species that have been overfished.**

Garden CLUB NEWS

By: Cindy Smith



Our Persian Lime tree is currently in full bloom and has many small limes already growing. We are looking forward to a very exciting harvest. Did you know that 90% of the limes found in the market place are Persian Limes. They have many uses in both savory and sweet dishes and can be found in many different cuisines. They are highly acidic which makes them a necessary ingredient when making Ceviche. The acid reacts with the seafood protein which causes it to "cook". The proper term would be denatured. This is the process in which the acid traps the moisture and causes it to turn into a semisolid gel structure. I know that I am looking forward to making some Ceviche at home real soon with limes from our garden.

There are lots of things needing to be done in the garden right now and we are looking for eager people ready to help. Some jobs are quick and could be done on a class break and some just require more people. I know that we all have busy schedules but if you are interested we would love to work with you. Look for the gardening notebook at the front desk and leave your name and number. I will let you know how to get started!

******FEDERAL WORK STUDY ON-CAMPUS JOBS******

- \$9.00 per hour
- Up to 25 hours per week
- Several positions available

Library Assistant (s)

Career Service Assistant (s)

Tutor (s)

Lab Assistant

How To Apply:

Pickup Employment Application at the Financial Aid Reception Desk

Interviews will be scheduled with FWS Coordinator after eligibility is determined.

LINCOLN CULINARY INSTITUTE OUR PRESENT AND FUTURE



(Top) Olympic Heights Culinary Academy High School Students visited our Campus this past Friday. They received decorative cake icing instruction from Chef Instructors Jeanne Gray and Peter Bonet. See to the right one of their creations. Everyone enjoyed the lesson and all went home with their own individual creation.



(Below) Chef Instructors Joe Mele and Robert Gregson along with student Cindy Smith turn on the ovens in preparation of test cooking all recipes for one of our new culinary classes "Advanced Skills-Meats"

(below left) Assisting Chef Mele and Chef Gregson, LCI student Matt Asea checking a critical part of our mystery plate featured in this weeks What's Cooking!



Commit To Excellence