



**Lincoln
Culinary
Institute**

www.lincolnculinary.com

WHAT'S COOKING Weekly Student Bulletin

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IN THIS ISSUE

What's Cooking at LCI?

Message from the Dean



While the rest of the Country freezes, we in South Florida enjoy sunshine and balmy breezes. Well maybe not exactly balmy, but it sure beats 17' of snow! Welcome to all the new students and welcome home to all continuing students. This quarter is one of my favorites because it is jam-packed with exciting opportunities. In order to fully appreciate LCI and the South Florida Foodservice experience, you need to move out of your comfort zone and explore all of the exciting opportunities. This quarter individuals and teams will compete in a variety of Culinary Competitions. A student team from LCI will travel to the American Culinary Federation's Southeast Regional Conference to compete in the Knowledge Bowl. This team will put their brains to the test as they compete against teams from other culinary schools in this Jeopardy – style competition. Please wish them well! We also have two students, **Chris Mckevitt** and **Charles Diebert** competing in the San Pellegrino Almost Famous Chef Competition. Please wish them luck! Next month the ACF meeting will be held here at LCI and of course the theme is education. Local Chefs, including Chef Mele CEC, CCA and Chef Schmidtke CMB, CEPC will share their special techniques with you. Next week LCI will host the American Culinary Federation Education Foundation Accrediting Commission meetings. Commission and committee members will gather from all over the country to represent all ACF accredited culinary programs. These include Secondary (high school), Post-Secondary (college), and Apprenticeship programs. Please welcome these dedicated professionals. But wait, there's more: LCI will host a Meet and Greet for the Palm Beach Chapter of Localecopia. This organization is dedicated to bringing together Chefs and Local Farmers in order to promote locally grown agriculture and sustainability. Coolly enough it will coincide this quarter's Student Culinary Competition. For complete details of these and all other important happenings, always check the What's Cooking and the LCI Lobby Counter.

And now, here's my "Dean Pantone's Big Tip of the Day": Take on a new culinary/personal/pet project. Here's one of my pet projects that I started over the past couple of months. I have always loved mushrooms of all shapes, sizes, and types, but I never really focused on their freshness. I guess that I just figured "they're fungus, does it really matter if they're fresh?" Well recently I researched on the Internet "Grow Fresh Mushrooms" and discovered www.gmushrooms.com. On this site you can buy mushroom growing kits for a bunch of different gourmet mushrooms. I bought and grew Shiitake, Blue Oyster, Brown Oyster, and Pom Pom Blanc. They are easy to grow and mature in about 18 days. When you harvest them and cook them immediately in some good butter, salt and pepper they taste AMAZING!!! I guarantee that they will be the best mushrooms that you have ever tasted.

As a Chef, I think that it is important to continue to explore and to never stop learning. Life long learning is the key to success. So there you have it. Have no fear! Try something new.

Get ready for a great quarter and get involved!

Chef Pantone

UPCOMING: (see page 3 of WC for other volunteer opportunities)
February Palm Beach Chapter ACF Meeting will be hosted by LCI. Volunteers will be needed for set up and food prep for this event. Look for sign sheet at Front Desk Lobby .



**January
General meeting
Monday, January 10,
2010
At
Sysco Foods
1999 Dr. Martin
Luther King Drive
West Palm Beach, FL**

**ALL STUDENTS ARE-
WELCOME**



Mark Your Calendar Student Volunteers Needed

In its 12th year, the pirate themed "Swashbuckler Ball" is Florida Oceanographic's major fundraiser of the year. The event is hosted under a tent on the beautiful grounds of Florida Oceanographic

Culinary volunteers needed for all prep stations. See information at Lobby Front Desk

S Pellegrino-Almost Chef LCI Students Chris Mckevitt and Charles Diebert compete.



Cheer them on and enjoy an evening of fine cuisine and competition. Come see promising young chefs compete for the chance to win a dream apprenticeship and up

to \$20,000.

Watch the competition action and sample the dishes with other supporters and top chefs from your region.

The S.Pellegrino® *Almost Famous Chef*®
South Regional Competition
January 13, 2011 • 6-8pm
Le Cordon Bleu College of Culinary Arts Miami;
Miramar, FL
RSVP at AlmostFamousChef.com



**CHEF ROBERT GREGSON,
CEC, CCE, ACE
LCI CHEF INSTRUCTOR
OF THE YEAR 2010**

Chef Gregson loves to cook and teaching is his passion. He came to LCI from Southern Oregon and as he tells me home of the best Pinot Noir's. Chef Gregson is the type of professional that everyone feels comfortable around. Very warm, friendly and always wants the best for his students.

Gregson, a 35-year veteran with culinary experience in Europe and the United States. He is a tireless student advocate, taking extra time to help any student perfect their culinary creations. Chef Gregson returned to LCI from a Directorship at the Oregon Coast Culinary Institute and previously taught at Florida Culinary Institute.

STUDENT AND CAREER SERVICES



Student Services-Shea Hunt

If you have not been formerly introduced to Shea Hunt yet, please make it a point of dropping by his office [Room 103]. He is here to assist you in a variety of areas throughout your stay here at LCI. You may reach him at 561 712-3427

Career Services-Chef Paul Kamen

New Student? Meet your Career Services Team! Need resume assistance? Tips and tricks to "acing" the interview? Sign up for workshops! Seeking employment? Signup for the email Job Distribution List and receive weekly job listings automatically via email. Need "one-on-one" assistance? Schedule an appointment with Chef Paul. 561-712-5857



Scholarship Corner

Throughout the quarter, our staff will provide you with information about a variety of scholarships that are available for students. The awards usually range from \$250 to as high as \$10,000. Unless you are earning more than \$250 per hour, the suggestion is to apply for as many scholarships that become available. You never know when the next opportunity will arise.

Check at the LCI Front Desk for info.

**MEET NEW CHEF INSTRUCTOR
DENNIS MATALON**



Chef Matalon will be teaching IBP 150 Artisan Breads and Viennoiserie starting Monday, January 3, 2011

STUDENT VOLUNTEERS NEEDED FOR ACF COMMITTEE RECEPTION, TUESDAY, JANUARY 11, 2011. WE WILL BE NEEDING FRONT AND BACK OF THE HOUSE, INCLUDING SETUP AND BREAKDOWN. PLEASE SEE CHEF MELE OR PAM FOR DETAILS. ALSO SIGNUP SHEET AVAILABLE AT LOBBY FRONT DESK. THIS WILL NOT ONLY BE A FUN EVENT BUT A GREAT OPPORTUNITY TO SHOW OFF YOUR CULINARY SKILLS TO A VERY APPRECIATIVE CROWD.

Serious Gardeners Wanted



Chef Schmidtke is heading up the LCI Garden Club this quarter to discuss all of the mouth-watering, delectable fruits and vegetables that will be planted in our garden. Students that have interest are asked to sign-up, this sheet is located in the Front Desk Lobby area.

PASTRY CLUB

Students who are interested in baking and making pastries are welcome to join the Pastry Club with Chef Gray. The sign-up sheet for this club is located in the Front Desk Lobby area

Please be prepared to bring an apron, toque, and all necessary tools such as pastry tips. Feel free to take pictures of your activities in the club and submit them to the What's Cooking . First meeting will be on Wednesday, January 12, 2011



CONGRATULATIONS CHEF JEANNE GRAY, INSTRUCTOR OF THE QUARTER FALL 2010

INDUSTRY NEWS

It's hard out there for restaurateurs.

In what is they hope-the tail end of the worst slump in decades, restaurant chains big and small are wrestling with higher prices for key ingredients and crops. The cost of corn, wheat, pork, beef and chicken have risen and are expected to jump more in 2011. The big question? When or even whether to pass along those costs. Sure, charging more could help protect profits-but it could also startle customers already shocked by the economy. Restaurants choice of strategy across the country will influence where Americans eat next year and how much they spend.. Some operators say they want to raise prices gradually if they feel consumers give them the go ahead. Others want to hold prices steady and see what competitors do.



KNOWLEDGE BOWL

TEAM FORMING

Anyone interested in being a part of the 2010 team is invited to contact IBP Chef Instructor Amber Moore

From Intro to Bachelor's students:
All are Welcome!



LCI STUDENT PARKING REMINDERS!!!

It is important that every student follow the following guidelines when using a vehicle on campus:

- Traffic flows **ONE WAY** around the building
- Exit to the **RIGHT SIDE**
- Slow down, **DO NOT SPEED**
- Student entrance is through the double doors to the **EAST** (near the bakeshops)
- Student Parking is **BEYOND** the second speed bump. Front spaces are reserved for visitors of the school

THANK YOU



COMING TO LCI CAMPUS
TUESDAY, JANUARY 4TH

See Menu flyer attached to What's Cooking.

PROFESSIONALISM!

DO YOU HAVE IT?

CULINARY STANDARDS EXPECTED BEFORE YOU BEGIN YOUR CLASS

DO YOU HAVE?

CLEAN UNIFORM, APRON, NECKERCHIEF W/ SLIDE, TOQUE AND BLACK NON-SKID SHOES?

KNIFE KIT W/ ALL YOUR TOOLS?

DAILY RECIPES WRITTEN AND READY TO GO?

ALL JEWELRY REMOVED?

CLEAN SHAVEN?

PAPER & WRITING UTENSIL?

REMINDER

***BE TIMELY TO AND FROM CLASSROOM.**

***TURN OFF ALL CELL PHONES.**

***BE RESPECTFUL OF OTHERS.**

***KEEP LANGUAGE PROFESSIONAL.**

Become an American Culinary Federation Member

Join For the Benefits

•Big Savings!

- Up to \$150 savings on certification and practical test fees
- Up to \$275 savings on registration fees at ACF regional conferences and national conventions.
- 15% savings at ACF's online store
- 10-50% savings on products and services from our Members Advantage Program participants
- Up to \$500 savings on conferences and trade shows from culinary industry partners
- Network** with renowned chefs, top industry professionals

Network with renowned chefs, top industry professionals and executives.

- Get involved with more than 225 chapters** and get plugged in to your community by joining your local ACF chapter.
- Feed your passion for food** through membership in the largest culinary organization and the only organization that promotes the professional image of American chefs worldwide through education of culinarians at all levels.
- Propel your career through certification.** Maintain your competitive edge in today's evolving culinary industry.
- Access ACF's Career Center.** Our web-based service allows job seekers to post résumés and view open positions across the nation.
- Access the latest trends and techniques in the industry** with our digital version of The National Culinary Review, ACF's award-winning magazine (10 issues per year).