

## International Food Festival

Every quarter, students have the chance to show off their culinary skills in the Quarterly Student Competition. This quarter's theme is "International Food Festival." Students are allowed to represent one country the best way they see fit. If you attended the last competition, "A Day at the Beach," you may have noticed several "mini" competitions throughout the day. The same concept will be happening this quarter. There will be a few mini competitions as well as the main one, the "Family Home-Style Meal." For more information about this event, please pick up a flyer at the front desk or visit the Q&A board by the break area. If you have already signed up, please fill out the registration form to include all of the names of your team members. The deadline to sign up is August 20th and the competition is set for August 31st.



## Expand Your Knowledge

Aside from the normal classroom and lab that we all attend, there are other avenues for us to use to expand our knowledge. Students should strive to learn as much as they can while they are in school. Chef Bonet would like to emphasize the value of students putting in extra time for the betterment of their school and education. He encourages students to participate in the Pastry and Wine Enthusiasts which is a great way to get hands-on experience in the bake shop as well as learn about wines all over the world. Students can also help during the Saturday Short Courses and volunteer during school and community functions. Chef Bonet would also like to personally thank three students that have gone above and beyond in their volunteer efforts: **Andrew Crony** for his assistance during Chef's CEC Certification, **Scott Petrone** for helping during the TV show demos, and **Miriam George** for her help during almost every Saturday short course that he has taught.

## Upcoming Events

Wed, July 29th  
Pastry Club  
Thurs. Aug 6th  
Wine Enthusiasts  
Tues, Aug 18th  
Blood Drive  
Mon, Aug 31st  
Intl. Food Festival

## Did You Know?

*The largest item on a menu is Roast Camel. It is stuffed with a sheep's carcass, which is stuffed with chickens, which are stuffed with fish, which are stuffed with eggs. This feast is sometimes featured in Bedouin weddings.*

## Tip of the Week

"Would you want to go to work everyday if you really didn't enjoy it? What's the use in that? If you don't leave your work with a smile on your face, then you should find another job more satisfying."  
-FCI Student



## HSN Casting:



The Home Shopping Network is casting chefs to represent several upcoming products. The perfect candidate will be proficient in the kitchen and must be able to teach and convey their expertise on air in a fun and inspirational way. See your weekly job listing for more info. Submit your picture, resume, and demo reel (if you have it) electronically or via email: **HSN/Casting Chef Search 1** HSN Drive St. Petersburg, FL 33729 [hsncasting@hsn.net](mailto:hsncasting@hsn.net)

## FL Restaurant & Lodging Show

At the Florida Restaurant & Lodging Show, you can learn new, cutting edge ideas about the foodservice industry. The show spans over the entire weekend of Sept 11th, 2009. Don't miss this great opportunity that is FREE to all registered individuals. Registration is easy and you can do it online at: [www.flrestaurantandlodgingshow.com/](http://www.flrestaurantandlodgingshow.com/) Cheney Brothers. The show will take place at the Orange County Convention Center in Orlando, FL. See you there!



## Scholarship Opportunities

**\*\*More info at the front desk.\*\***

### NRAEF Undergrad

Deadline JULY 31st.

### Noel Cullen Cont. Education

Deadline Aug 3rd. For those interested in writing culinary educational articles.

Win: \$500.

### Martha Ambrosio Cont. Educ.

Deadline AUG 3rd. Must be involved in the ACF and in your community. Win: \$500.

### Dexter Russell Cutlery

Deadline AUG 3rd. Write a 200 word essay. Win: Cutlery kit valued at \$595.

### Rest. Beverage Service

Deadline AUG 3rd. Write a 200 word essay. Win: \$250.

### R.L. Schreiber

Deadline AUG 3rd

Submit resume and essay detailing your financial need for this scholarship.

## Competitions

### Sweet Times with Vidalias

Deadline AUGUST 14th

1st Place takes \$1,000, 2nd takes \$750, & 3rd takes home \$500.

### America's Best Raisin Bread

Deadline AUGUST 15th

Create a recipe using California Raisins for the title of "Best Artisan" or

"Wholesale/Commercial Raisin Bread."

Visit: [loveyourraisins.com](http://loveyourraisins.com)

### Tilapia "Fishing for Recipes

Deadline AUGUST 15th Grand Prize \$5,000

Eight 1st Place Winners receive \$150.

**Blood Drive:** The Blood Drive takes place on Aug 18th from 9am-2:30pm. Donors are asked to eat a healthy breakfast before giving blood and to drink plenty of water. Your donation of 1 pint of blood will more than likely be transfused to a patient in Palm Beach County. You will also receive a non-fasting diabetes, cholesterol, and blood pressure screening which will be mailed to you.

## School Clubs

Every student is invited to attend the Pastry and Wine Enthusiasts Club. Learn more about pastry arts and appreciate wines from all over the world

***Pastry Club!*** At the last meeting, the club practiced piping borders. The club will be decorating cookies at the next meeting. Chef Gray would like students to sign up for this meeting at the front desk. Please meet in Lab 110 on July 29th at 4pm. Don't forget your toque, apron, and tools!

**Wine Enthusiasts Club:** Meet in Room 201 on Thursday, August 6th from 4pm to 5:15pm.

## Professionalism

**"PROFESSIONALISM means:** always keeping your knives sharp. The easiest way to cut yourself is by using a dull knife."

**"PROFESSIONALISM means:** getting involved in your school. You'll get more of an education that way."

**"PROFESSIONALISM means:** treating your classmates with respect. You must leave your attitude at the door."

*Submit your ideas in the What's Cooking? toque in the lobby.*

## Culinary Learning Experience

**Scholarship:** The Simplot Top of House Culinary Board and the Idaho Potato Commission will select 5 culinary students from various schools to take an all expenses paid 4-day, 3-night trip to Boise, Idaho to learn about the diverse agriculture industry of Idaho, from their famous potatoes to the natural spring water that has allowed them to become the world's largest trout producer.

Students will attend the Idaho Specialty Foods Showcase, tour the Clear Springs Food Trout Farm and explore onion and potato fields.

Write a 500-word minimum response to the question "If you are chosen for the Simplot Culinary Learning Experience trip, how will it affect your future as a culinary professional and what do you hope to get out of it?" For more information, pick up a flyer at the front desk. Hurry! The deadline is July 31st!!!

## General Education Classes:

Beginning in August 2009, all Gen Ed classes will no longer begin at 12:30pm. The classes will run from 1pm-4pm.

## 4th Week of the Quarter Trivia

What is the most expensive coffee bean and where does it come from? Hint: it comes from a mammal. Drop your answer in the What's Cooking? toque that's located in the lobby.

**Previous question:** 2/3 of the world's eggplant comes from which US state?

**Answer:** New Jersey

**Congratulations: Jessica Reddick**  
Chef Birney, Mid Day!

Stop by the front desk to claim your prize!

*Holy Frijole! Refried beans are only fried once. "Frijoles Refritos" actually means, "well-friend" beans.*

