



**Congratulations are in Order!**

For about two months now, Chefs Gregson, Goulet, and Bonet have been hard at work practicing for their Certified Executive Chef certification practical exam. The ACF conducted a job analysis resulting in a



detailed list of the knowledge and skills required for today's successful CEC.

Candidates are required to pass a written and practical exam. For this exam, the ACF provides a grocery list of ingredients that the chefs must use to come up with a 3-course meal for four judges within a three hour time frame.

**CONGRATULATIONS**

**Chef Gregson, Chef Goulet, & Chef Bonet** on receiving your Certified Executive Chef certification!

**Fresh Florida Tomato Contest Results**

In April, FCI held an in-house competition in which students provided an original recipe using Fresh Florida tomatoes. Many students provided their most creative recipes and Dominic Lo Galbo took 1st PLACE at this competition. He then went on to compete in the Fresh Florida Tomato Contest where he again took

**1st PLACE** and the **\$2,000 Grand Prize! Congratulations Dominic!**

His recipe, along with the 2nd and 3rd place recipes from the in-house competition, is featured in the student bulletin board. His "Sicilian's Grilled Cheese" recipe is creative and it goes to show that just a little effort on your part can win you thousands of dollars in cash prizes.

**Upcoming Events:**

- Mon, June 15th  
Culinary Creations
- Sept 18-Oct 2nd  
Tour of France & Spain
- Thurs, June 19th  
End of Quarter!
- Mon, July 6th  
Beginning of Summer Quarter

**Did You Know?**

The 1st American millionaire made his money by importing black pepper. He later used his fortune to endow Yale University.



**Tip of the Week**

"Use the ACF to your benefit. You can network at their monthly meetings, learn about new products or techniques that are out in the field, and you learn about new scholarships in the ACF newsletter. It pays to be a member.

-FCI Student

*Culinary Creations*

**Dinner:** This gourmet round-robin style dinner event benefits the Quantum House and the ACF Palm Beach County Chef in Distress Endowment. It is a 4-course dinner prepared by Palm Beach's best chefs, including our own Chef Erben! She will be providing her very own dessert trio: Poached pear in phyllo, praline bombe glace, and a mocha mousse demi tasse. There will also be a silent auction and raffle. Tickets are \$125 per person on Mon, June 15th at 6:30pm at the Kravis Center. Visit quantumhouse.org for more info or pick up a flyer at the front desk.

**Results for the World Pastry Forum**

The World Pastry Forum is a series of pastry demonstration classes taught by 10 world-renowned pastry chefs. The forum will be from July 1st-5th in Phoenix, AZ. The package that totals in value over \$1,500 will include the demos, a chef's coat, daily lunch, the curriculum book of all recipes, and admission to the Amorette 2009 National Pastry Team Championship. Students were required to submit an essay detailing why they deserved to attend the demos free of charge. Congratulations **Bridget Desalvo, Hitesh Arora, & Renée Lalonde** on winning admission the World Pastry Forum 2009!



## Scholarship Opportunities

### Sales & Marketing Association International

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

### NRAEF Undergrad

Deadline JULY 31st.  
Complete one grading term.  
Write 2 essays and fill out an application online.

## Competitions

### DOLE Premium Baby Blends

Deadline July 18th  
5 different contest equals 5 opportunities to win!  
Submit an original recipe using Dole salads.  
Visit [dole.com](http://dole.com)

### Tuscany Tonight Contest

Deadline July 31st  
Submit an original Italian recipe to win an Italian dinner prepared by Chef Donatella Zampoli. She will fly from Tuscany to your home! Pick up a flyer at the front desk.

### 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)  
\*\*Stay tuned for more information on the winners of the Taste of the West cake competition that was held last week on June 4th.\*\*

On behalf of the Florida Culinary Institute and Lincoln College, we would like to extend our deepest condolences to Sajan Chiapponi and his family. Sajan's brother passed away last week with funeral services held last Saturday.

## Over the Break

Can you believe that the Spring quarter is coming to an end already? We will be on break from June 19th-July 5th. Some students may not be returning to school because they may be graduating this quarter. If you're one of them,

**Congratulations and good luck!** For the rest of us, this two week break will give us some time to relax, re-group, and re-focus on our studies. Instead of letting all of the knowledge you learned this quarter stay idle in your mind, why not use your new-found knowledge to your advantage? Visit [acfchefs.org](http://acfchefs.org) to keep up-to-date in culinary competitions and trends. If you find anything interesting, let the *What's Cooking?* staff know about it so you can share it with the rest of us. We have many exciting things to look forward to next quarter, such as the new student competition: International Food Festival. Start brainstorming now because the end of the Summer quarter will be here before you know it.

## Extra Tools you may Need Next Quarter in:

Intro to Baking: Bench scraper, bowl scraper, triangle cake comb, small offset spatula, and a small rubber spatula.

Garde Manger: Exacto knife, fruit carving kit, and knife carving kit.  
Visit "Fortune Cookie," a local retail shop, here in West Palm for a large selection.

## Volunteers Needed!



Do you need to get involved in school activities and you don't know where to start?



The school newspaper will be a great start for you. We are looking for a team of students

to volunteer to write for *What's Cooking?*. Team members will be attending functions such as ACF meetings, student competitions, and fundraisers to take photographs of the events and compile your articles. If you are creative, responsible, punctual, have an interest in writing and are a team player, come to front lobby and see Chef Sitnick. Just know that you will be a part of the writing team that communicates important school information to more than 500 FCI students each week.

## 11th Week of the Quarter Trivia

What oil did the ancient Egyptians use before olive oil was known?  
Was it: avocado, whale, radish seed, or palm oil?  
Drop your answer in the *What's Cooking?* toque that's located in the lobby.

**Previous questions:** What is one of the ingredients in dynamite? Is it rice, oil, peanut, or sesame seeds?

**Answer: Peanut**

**Congratulations: Andrea Howard  
Chef Gregon AM**

Please claim your prize at the front desk!

