



IRON CHEF COMPETITION



BRANDON DEARDON & CARLOS (JOSH) FINO

The skies held up for most of the day for the 58 student competitors at the Iron Chef quarterly competition. Sponsored in large part by members of **Localecopia**, the students were treated to a variety of items in their Mystery Baskets from skirt steak, papaya, heirloom tomatoes, sun-dried tomatoes, patty pan squash, bronzino, tofu, quail eggs, and a variety of supports items in a common pantry. Each hour hosted five teams, ranging from students that have been in the school a mere nine weeks to those students in the Bachelor's program that have been here for more than three years.

But the smiles that you see above are from Overall First Place and **GOLD MEDAL** winners, Brandon Deardon and Carlos (Josh) Fino of Chef Goldman's AM management class with a Pan-Seared Skirt Steak with Potato Risotto, Heirloom Tomato-Basil Salsa.

"The competition was a lot of fun", said one competitor while another requested that we hold an Iron Chef competition each and every week. "Every time we hold a student competition it provides opportunities for students to hone their skills and refine their craft", Dean Pantone said. Chef Lecaroz used the excitement and momentum to call out to all students interested in joining the Student Team to meet this Thursday for team tryouts. Thank you all for a wonderful event. A good time was had by all.

Upcoming Events:

June 7
TODAY—ACF Monthly Meeting Cheney Brothers Picnic
All students are invited

June 8
Blood Drive

Cheney Bros Buying Show
Americraft Expo Center

June 10
Meet Your New Instructor

June 17
Last Day of Classes

MEET YOUR NEW INSTRUCTOR

Mark your calendars.
On Week 10, Day 4 [June 10th], immediately after attendance is taken, you will travel to your new classroom/lab to meet your new Instructor for the start of the July quarter. If you have any scheduling questions, please see Chef Sitnick.



NEWS FLASH



Chef David Pantone at Lincoln Culinary Institute's West Palm Beach Campus has been asked to participate in a new initiative led by White House Chef Sam Kass, called "Chefs Move to Schools". First Lady Michelle Obama is calling on chefs to get involved in their community schools in partnership with the U.S. Department of



Agriculture to help educate kids about healthy eating. The pilot launch of the program this fall will involve 100 chefs nationwide, the American Culinary Federation, the National Restaurant Association, and Share Our Strength.

RESPECT...

RESPECT your fellow students. Lend a helping hand to those in need of assistance.

RESPECT your Instructors. These are your mentors you'll remember throughout your career

RESPECT yourself. This provides you with the confidence to succeed in everything you do.

STUDENT TEAM COMPETITION TRYOUTS

There will be a *General Meeting* in the LCI Lobby for those students who have signed up with interest in becoming part of our culinary team, on Wednesday, June 9th at 11:30am and 5:30 pm. The meeting should last approximately 15 minutes.

Tryouts and Skills evaluation will be held on Thursday, June 10th at 4:00 pm. Bring your knives and be ready to display your skills using classical knife cuts.

Chef Lecaroz

GET ON THE BIG RED BUS!!!

BLOOD DRIVE

At Lincoln Culinary Institute and Lincoln College of Technology.

Tuesday, June 8, 2010

9:00AM—2:00PM

And

5:00PM—8:00PM

Donate on the **BIG RED BUS** and receive **FREE T-SHIRT and PIZZA!**



QUANTUM HOUSE
A Caring Place to Call Home

LESS THAN A WEEK REMAINS

The Quantum House Food drive is coming to the end. With less than seven days remaining, it appears that Chef Carreiro's class is in 1st place with Professor Maggiore's class is in close second. However, Chef Sitnick heard two students speaking in the hallway about how they were planning to "bring Chef Carreiro's class down", jumping over Professor Maggiore's class, and leap into the first place slot. Do your best. Give what you can. **THANK YOU!!!**



American Culinary Federation

Chapter Gathering

June 7th, 2010

Cheney Brothers Inc. has invited LCI students and members of the ACF Palm Beach chapter, to attend their annual picnic in lieu of the regular general meeting. Attend this gathering and network with others. Enjoy the event.

PLACE: The Boreland Center Campus -4885 PGA Blvd, in Palm Beach Gardens

TIME: 5:30 until 9:00pm

Iron Chef quote After the MC reveals the secret ingredient, the Chairman exclaims "**ALLEZ CUISINE**" in the words of his uncle.



Michelle Obama calls on top chefs to inspire kids



By MARY CLARE JALONICK (AP)

WASHINGTON — School lunches that are good for kids — and that kids will actually eat? That's a job for America's top chefs.

First lady Michelle Obama recruited hundreds of chefs gathered on the South Lawn of the White House Friday to join her anti-obesity campaign and help schools serve healthier, tastier meals.

Mrs. Obama is asking the chefs to partner with individual schools and work with teachers and parents to help educate kids about food and nutrition. She said healthy meals at schools are more important than ever because many children get most of their calories there.

"You can make a salad bar fun — now that's something," she said.

Rachael Ray, Tom Colicchio, Cat Cora and other celebrity chefs joined Mrs. Obama and children from a local school. They picked arugula, baby spinach, rhubarb and other vegetables from her garden on the lawn and showed the children how to wash, dice and cook the veggies as they all made a grilled chicken salad and rhubarb strawberry crisp together.

In addition to helping in school kitchens, Mrs. Obama encouraged the chefs to do cooking demonstrations, form cooking clubs, integrate food into lesson plans and help children plant vegetables in school gardens.

She also said they'll have to be patient, learning about the communities and understanding the schools. That advice could have been with celebrity chef Jamie Oliver in mind. British chef Oliver, who did not attend the event, recently turned his own effort to transform the unhealthy diet of school children in a West Virginia town into a hit reality television program. Many in the town were resistant to the effort, including some who worked in the school cafeterias.

"They're going to need your support, but it's got to be a collaboration," she said. "And we strongly encourage you all to go in with that spirit."

Chef Todd Gray of the Washington restaurant Equinox spoke about his recent experience partnering with a local school. As part of his project, students planted corn, squash and beans to learn about ancient civilizations, learned about decomposition by making real compost — worms and all — and sketched the school garden in art class.

"It will change your life professionally and personally," he told the other chefs.

Mrs. Obama also used the event to encourage Congress to pass a school nutrition bill. Legislation that passed a Senate committee earlier this year would ask the Agriculture Department to create new standards for all foods in schools, including vending machine items, to give students healthier meal options. It would also expand the number of low-income children eligible for free or reduced cost meals.

"Everyone out there needs to focus on this," Mrs. Obama said. "This is doable. It's right there. But we've got to make it happen."

"Each one of you has so much to offer when it comes to helping our children make healthy choices," she told more than 500 chefs, dressed in white uniforms and chef hats and seated on the South Lawn of the White House.



WINNING RESULTS FROM IRON CHEF COMPETITION

1ST PLACE

Brandon Deardon & Carlos (Josh) Fino

Pan-Seared Skirt Steak

Potato Risotto

Heirloom Tomato Basil Salsa

2ND PLACE

Jenna Bolante & Joe Confer

10am-11am

Brandon Deardon & Carlos (Josh) Fino

11am-12pm

Chris McKevitt & Katy Gastaldo

12pm-1pm

Tied

Simon Temprow & Francois Leonce

Hitesh Arora & Alexis Heastie

4pm-5pm

Monica Hale & Freddie Smith

5pm-6pm

Jenna Bolante & Joe Confer

6pm-7pm

Gabriel Audain Sr. & Felix Salgado

About 990 chefs are signed up for the "Chefs Move to Schools" program and Obama said she hoped to triple that number. The chefs adopt schools across the country to help students, their parents and school cooks learn how to make more nutritious, affordable meals.



PICS FROM IRON CHEF COMPETITION



The chefs taking part at the White House event included celebrity cooks like Rachael Ray, Tom Colicchio and Cat Cora, as well as local restaurateurs Jose Andres and our very own **Dean Pantone**



MORE PICS FROM IRON CHEF COMPETITION



"You know more about food than almost anyone, other than the grandmas, and you've got the visibility and the enthusiasm to match that knowledge," said Obama, who is leading the administration's campaign to combat childhood obesity now affecting one in three American children.

