



What's

Cooking?

Weekly Student Bulletin
Volume 15, Issue 1
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Welcome to the Florida Culinary Institute Fall Quarter - 2008

What's Cooking at FCI? Message from the Dean

Finally, summer is over and the heat is gone. This is a great time of the year to live and spend time in South Florida. 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. This Saturday FCI will host the 11th annual ACF Culinary Salon. Chefs from all over the Southeast USA will compete for top honors. Our Jr. ACF Culinary Competition Team will represent you. Wish them luck! Also this weekend, on Sunday, another FCI Team will be competing in a Rib Competition sponsored by the American Institute of Wine and Food. Wish them Luck! You will also have an opportunity to participate in the quarterly student culinary competition "Hooray for Hollywood" and Share A Supper, the Thanksgiving Dinner that serves some of our community's most needy, and Salsa Fest. This is also the perfect time of the year to plant our fall garden. The Rosa Tusa Kitchen Garden will be full of heirloom tomatoes and other vegetables. There will be eleven different varieties of tomatoes. We can watch them grow and then we'll have a formal tasting. They should all be ready to harvest at the end of this quarter or at the start of next quarter.

My words of wisdom to you: taste something completely new. Step out of your comfort zone. That's where real learning happens. Get ready for a great quarter. GET INVOLVED!

Chef P

Hooray for Hollywood! CULINARY COMPETITION

Monday, December 1, 2008

FCI will host this exciting Student Team Competition

FUN, FUN, FUN..... It's a PARTY

Winning Team will be awarded the coveted Golden Chef Award and will also be invited to join FCI's Top Chef Club.

Winning recipes will be featured in What's Cooking.

Rules and regulations are posted in the downstairs hall.

Upcoming Events

Today, October 6th

ACF Vendor Fair

Saturday, October 11th

ACF Culinary Salon
Hosted @ FCI

Sunday, October 12th

AIWF Rib Cook-off

Monday, October 13th

ACF General Meeting

Tuesday, October 14th

Childhood Hunger Day 3PM

Wednesday, October 15th

Pastry Club Meeting 3:45PM

Friday, October 31st

Deadline for
NRAEF Scholarship

Tuesday, November 4th

Election Day

Saturday, November 22nd

Salsa Fest, Wellington

Monday, November 24th

& 25th

Share A Supper

Monday, December 1st

Hooray for Hollywood

Get Involved in
Activities!!

Sign up sheets for all
volunteer opportunities are
located at the front desk.



Culinary Salon 2008



The feeling of excitement is in the air, the Culinary Salon is here at last. This incredible event brings electrifying thrills and chills to all who participate in this wonderful and educational experience. This ACF Palm Beach Invitational competition will be held this Saturday, October 11th and hosted right here at Florida Culinary Institute. Competitors will receive ACF medals, and a team trophy will be awarded to the top team finalists. This competition comes around only once a year... so don't miss the opportunity to learn. Volunteers are needed to assist in delivering competition plates to the judges. **Sign up at the Front desk** if you want an "insider's" perspective of the competition.



Welcome Back Chef Erben

By WC Contributing Writer: Charles Willis

“Ask questions and pick their brain”, is what Pastry Chef Melanie Erben advises her students. Chef Erben, a former graduate of Florida Culinary Institute (class of 2000), has returned to the staff at F.C.I.. Growing up on a self-sustained farm, she quickly learned everything from making sausage to milking goats. She was influenced by her mother who made her help out with cooking and baking. Chef Erben’s love and passion for cooking inspired her to start up her own wedding cake business. Café L’Europe and The Ritz-Carlton are some of the places Chef Erben has worked. Her most memorable moment in the industry was meeting Harrison Ford at Café L’Europe. She always wanted to teach, to give back, and pass on her knowledge to others. Now she has that chance. Welcome back Chef Erben!

Welcome Chef Gregson

Born just outside Manchester, England, Chef Gregson immigrated to the U.S. as a child when his father became the chef of “La Tour” restaurant in Austin, Texas. He grew up working in “Gregson’s”, the family restaurant located in Ruidoso, New Mexico. After serving in the U.S. Army, Chef Gregson attended The Culinary Institute of America in Hyde Park, New York. Through this school, he had the opportunity to work for the Grand Hyatt Resort and Spa, a newly opened five star, five diamond resort located on the island of Maui in Hawaii. He stayed there for two years and then relocated to Florida with his wife and children. After working for the Broken Sound Country Club for two years in Boca Raton, Gregson joined a team for the grand opening of Donald Trump’s Mar-a-Lago Club on Palm Beach. He remained at the club for eleven years then went into co-ownership of his own restaurant in Lantana, Florida.

Welcome Professor Agbeh

A Professor Emeritus, Certified Hotel Administrator, veteran administrator and educator, send a special welcome to a new member of the FCI staff. This semester he will be teaching our Hospitality Management and Events Planning courses. Professor Agbeh has served as Program Director and Department Chairman in several University’s Hospitality Management Programs. He has served on several boards both on the regional and national level, including the Board of Trustees for the Educational Institute of American Hotel and Educational Foundation and the Board of Directors of the Mecosta County Convention and Visitor’s Bureau. He is accomplished in the area of hospitality industry administration and faculty development. Professor has led many scholarly activities via presentations and panel discussions. He consults with a variety businesses in areas such as customer service, leadership, motivation, high performance teamwork, time management and conflict resolution. His passion keeps him constantly involved in multicultural and diversity efforts. In addition, Professor has been selected to the Who’s Who in American Teachers and Educators. Professor Agbeh is originally from Nigeria. In his spare time he enjoys traveling, reading, tennis and other sports. Unable to shake the manager out of him, he has been known to coach soccer teams into winning seasons. This man exudes leadership! Welcome Professor!



FCI would like to **WELCOME** all our new International Students

ServSafe Answer:

Store LIVE, 45 degrees or lower
Save tags 90 days.

Pastry Club

Hosted by Chef Gray: She will have the first meeting on Wednesday, October 15th at 3:45 p.m. in Lab 110. The club will be creating everyday and seasonal projects including gingerbread houses, cookies, cakes, etc. The meetings will run from 3:45 p.m. to 5:00 p.m. Let’s see who is interested. All students can join, culinary arts or baking, new or old.



What’s Cooking? Staff

Charles T. Willits
Jessica DuMond
Roma Altoveros
Chef Sitnick
Sandra Stewart

Does anyone else want to help with What’s Cooking?

Why should you join the ACF?

- *The ACF is the largest and oldest professional organization of chefs
- *The ACF is "The Authority of Cooking in America"
- *Stay on top of the Industry Trends in Cuisine through the ACF newsletter and *Sizzle Magazine*
- *ACF Membership is \$80 if you register as a student
- *The ACF offers over 100 culinary and pastry apprenticeship programs around the United States, including Walt Disney World
- *Many scholarship opportunities are available only to ACF members. Please see Sandra Stewart for more details.



Salsa Fest



The 2nd annual Salsa Fest event is scheduled for Saturday, November 22nd at the City of Greenacres Community Park. This is a family festival featuring Salsa music, dancing, Chihuahua races, domino contests, dancing contests, and a big named Hispanic entertainer for the main event, along with food booths and business booths.

Last year close to 7,500 people attend (an excellent turnout for a first year event). This year, they expect even more, and would like to add a Young Chef's Salsa Challenge.

We are looking for students to participate. Information on the competition will come out in a near-future What's Cooking?

ACF Palm Beach County Childhood Hunger Day Event

Tuesday, October 14th
3:00 PM – 5:00 PM

Located at Meadow Park Elementary School
Volunteers Needed



Participating Chefs from around Palm Beach County will be presenting an educational program for 175 children from kindergarten through 5th grade. Following the educational portion of the afternoon, participating chefs will man stations doing demonstrations and exhibits representing ingredients from the Food Pyramid with the help of the children. FCI will be participating and need students to help. **Sign up at the Front desk**

Stop, Hammer Time!

By: Charles T. Willits



Ever wonder how to open up a coconut? All you need is a hammer and a screwdriver. With your hammer, pierce the screwdriver through two of the coconut eyes (this will help to drain the juice as well). Just tap the screwdriver with your hammer until the coconut breaks in half. Once open, you can peel off the skin although it is edible as well. Take out the meat by cutting it out with a table or paring knife.

Very Important... VOTE!!

November 4th

Find out more about your choices for president @

www.presidentialelection.com



Scholarship News!!

National Restaurant Association Educational Foundation Academic Scholarship
Deadline Friday, October 12th

American Academy of Chefs Chaîne des Rotisseurs Scholarship
Deadline Saturday, December 1st.



All applications and information located at the front desk.

ACF First Annual Vendor Appreciation Showcase



This is an opportunity to view new products from local vendors who have supported "your" local chapter throughout the year.

Admission is free to ACF members as well as Junior members and students.

WHEN: October 6th, 4-7 PM

WHERE: The International Building at Lynn University, Boca Raton, FL

There will be Free Valet Parking, Cash Prize Drawings, and a cash bar, with proper ID.



Trivia

What is gelatin derived from?

Drop the correct answer in the What's Cooking? Toque. to win this week's prize.

Previous Question: Bone and stuff a pig's leg with minced pork, herbs, truffles, and bacon. Cure it and smoke it, then soak it in water for 10 hours, simmer it in water and vinegar for several hours, and serve with lentils. Name this dish and the country of origin.

Answer: Zambone, Modena, Italy

Grand Western's Third Annual Tri-County Rib Cook-Off Presented by

The American Institute of Wine & Food-South Florida
The Student Chefs + The Ribs + The Bluegrass Band + Silent Auction = AIWF's Rib Cook-off

Don't miss out on all of the fun for the Rib Cook-off sponsored by The American Institute of Wine & Food - South Florida Chapter and Grand Western Brands.

Sunday, October 12th, 2008 4:00 pm

at the Anne Kolb Nature Center Mangrove Hall .. 751 Sheridan Street in Hollywood (west of the inter-coastal on the north side of Sheridan)

This beautiful, pristine preserve is well worth your visit.

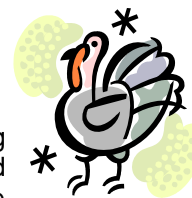
Come on down to support your FCI BBQ team





SHARE A SUPPER

Tuesday, Nov. 25th
Thanksgiving Dinner



This is our 17th year working with the city of WPB, cooking for the less fortunate of Palm Beach County. All the food items have been donated and delivered to our purchasing department. Every class will have their hands in the preparation, so cooking for 1500+ guests will seem simple.

Our Holiday Menu

- 200 dz. Rolls & 40# Butter
- 100 Whole Turkeys
- 9 cases of Turkey Stuffing
- 40 Gallons of Turkey Gravy
- 140# of Candied Yams
- 260# of Mashed Potatoes
- 90# Famous Vegetables
- 125# Cranberry Sauce
- 425 Donated Pies, Cakes, and Pastry
- Coffee & Soda

**Many Volunteer Hands
make this EASY !!!**

The Plan

Monday, November 24th

- Turkeys delivered to upstairs kitchens during AM Session.
- Turkeys boned & tied to help with cooking.
- All bones and trimmings prepared for our famous **Turkey Stock**.
- We cook and cool all Turkeys for the Mid Day & PM Classes to wrap for service.

Tuesday, November 25th

- Reheat Turkeys, cook the fixings, and send to back staircase @ **1:30 PM**
- Load everything into hot boxes and in the back stairwell.
- Chef Sitnick and selected students will **depart @ 2:30 PM** to the Community Center to set up and **serve by 4:30 PM.**

Attention Online Gen Ed Students

If you have yet to receive your online course login credentials, please see **Shea Hunt** immediately, so that he may assist you.



ServSafe Question

What is the proper storage of oysters?



Florida's Largest Wine Expo

The 7th Annual Miami International Wine Fair, to be held October 25-27 at the Miami Beach Convention Center, is the largest wine expo in Florida and one of the leading in industry events in the country, featuring over 65,000 sq. ft. of exhibit space and some 1,200 wines from 15 countries for tasting.

Congratulations

To all the students that made the Dean's List. Student names are posted in the student east entrance.

"Dean's List Honorees"

have earned a 3.7 GPA or higher during their course of studies for the Summer Qtr 2008.



FCI Student Parking Reminders!!



It is important that every student follows this plan to **PREVENT** accidents.

- *Traffic flows **ONE WAY** around the building to the left.
- *Exit to the **RIGHT SIDE**.
- *Slow down, do not speed.
- *Student entrance is the double doors to the **EAST** (near the Bakeshops)
- *Student Parking is **BEYOND** the second speed bump. Front spaces are reserved for guests only.

Career Services Announcements

Please direct any questions to Angela Moeckel regarding career placement.

Be sure to visit the job opportunities bulletin board located in the back stairwell or come to her office. Career opportunities are posted every Monday, hard copies are available as well as weekly email classifieds.

