



ACFLI NEWSLETTER



April 2008

Did You Know...

80% of all recycle-able plastic water bottles are thrown out instead of recycled.

Water bottling plants are self-regulating.

About \$35 billion is spent on bottled water every year.

Inside this issue:

ACFLI News	2
Buying Fish	2
Spring Calendar	2
Summer BBQ	3
Fresh Whipped Cream	4
ACF Certification	5
Sponsorship Opportunities	6

President's Message

By Christopher J. Neary CEC, CCA

First, I want to personally congratulate Team Long Island for their outstanding performance at the 2008 Evening of Good Taste. We all are very proud of their accomplishments! As we see summer approaching, I want to remind the entire membership that although we break from meetings in July and August, you are always a member of the ACF and we are all here to support each other 365 days a year.

I am looking forward to attending the National Convention being held in Las Vegas this July. The convention is open to all ACF members, so if you are interested in attending, book your reservations early!

I look forward to seeing you all in June for our annual Spring BBQ to be held at Timber Point Country Club. Visit our website for further details.

ACF TEAM LONG ISLAND TAKES HOME THE GOLD!

At this year's Annual Evening of Good Taste hosted by Executive Chef Stephen Bello and South Nassau Communities Hospital, ACFLI Team Long Island competed with over 35 other restaurants from all over Long Island in categories ranging from Best Appetizers to Best Dessert. This year, Chefs Edilerman Molina, Gerard Molloy, Chris Carpenter, James Chias and Phillip Cruse rounded out our representatives for Team Long Island. The burners were hot, the food was flying and everyone had a great time attending the event, which raises money for one of the Cardiac Units at the hospital. At the end of the night, all participants and guests gathered around the podium for the awards ceremony which was presented by Chef Bello himself. It was an honor to hear "Team Long Island" shouted out not only once, but twice during the awards presentation. Team Long Island received the Silver Medal for "Overall Culinary Technique" and the Gold Medal in the "Dessert Category." Needless to say, we are all very proud...Congratulations Team Long Island!

ACFLI NEWSLETTER

●Paul Jensen CEC, ACE, AAC and Larry Weiss CCC, CCE, ACE, AAC recently approved the Culinary Academy of Long Island as an ACF Approved Educational facility and has received the seal of approval from the National office as of February 25, 2008. Now the Culinary Academy has an articulation agreement to gain up to 12 credits with Johnson and Wales for continuing on for a degree in Culinary Arts.

●Larry Weiss received a new certification from National on February 26, 2008. ACE, approved certification examiner.

●**COOKING WITH CORAM.** Gravel-voiced corporate sous chef Craig Schneider, 31, of Coram, is among the 12 contestants on Fox's "Hell's Kitchen 4," premiering April 1 at 9 p.m. His competition includes private chef Corey Earling of Brooklyn and receptionist and ex-cook Rosann Fama of Staten Island.

●Gerard Molloy received his certification as a Certified Practical Examiner (CPE).

●Christopher Neary CEC, CCA and Phil DeMailo CEC will be inducted into the American Academy of Chefs in July at the Las Vegas Convention.

BUYING FISH - THE SMART WAY

By Bruce Sher

Anyone who has spotted rotting seafood at the fish counter has a good idea of what a poorly run seafood market smells like. But the absence of any strong odor doesn't mean that the seller is practicing safe food handling techniques.

Based on the FDA's Food Code, here are some other points to consider:

- Employees should not be eating, smoking or playing with their hair
- Employees should not be sick or have any open wounds
- Employees should be wearing clean clothing and some type of hair covering
- Employees should be wearing disposable gloves and change gloves after doing non-food related tasks
- Fish should be displayed on fresh ice, not melting ice.
- Fish should be displayed with the bellies down so the melting ice drains away from the fish

Always rely on your impression of the facility. Does it look clean? Does the facility smell clean? Is the facility free of flies and bugs? Always use your instincts.

SPRING CALENDAR

APRIL

14th– Member Meeting • Melville Marriott 6:00 pm

29th– BOD Meeting • Melville Marriott

MAY

5th– Member Meeting • Melville Marriott 6:00pm

BBQ - By Andrew Whitcomb

Long before refrigerators and chemical preservatives and additives, the history of smoking meat goes hand in hand with the history of civilization. The details may be lost in the sands of time. The need, however, are not difficult to congeal. One key motivator was the need for a way to preserve meat, a precious commodity for extended periods of time without refrigerators or canning. Smoke was used to extend the shelf life of food, particularly meat. Now, a day's smoking, as it relates to BBQ, is so much more. Smoking adds flavor, it tenderizes, and turns some of the worst cuts of meat into a wonderful meal to be shared by friends. Smoked food products, an ancient food preservation technique, are back in style, riding the wave of interest in big flavors and artisan craftsmanship. These days, they have as much appeal in form as they once had in function.

True BBQ starts with smoke. Now, that the change of seasons is here, everyone's thoughts are of spring and the promise of a great summer is in the air. I say BBQ and BBQ often. In the haze of summer, kick it up a little - that smell in the air is the smell of hickory, maple, mesquite, cherry... whatever your pleasure. Basic rules of smoking: You need to be able to control temperature. Hot smoking is done best in the range of 200-230 degrees. You need to bring the internal temp to a min of 165 to be safe to eat due to the long time it takes to reach desired flavor. Two reasons to keep the temp low are to give the smoke time to penetrate the meat and the other is to naturally tenderize the meat. Slowly cooking gives the natural fibers time to breakdown and become tender. Another basic role is to give the meat the space to let the smoke surround and keep the smoke moving and fresh to maximize exposure and prevent the smoke from making the meat bitter because of the build up of creosol. Another technique is dry rubs. Dry rubs are combinations of spices, massaged into the food before cooking. Originally developed long ago for food preservation, rubs seal in the flavor and add another dimension to taste and form a tasty crust. Mops or basting play an important role in traditional BBQ. They are mixtures of spices and vinegar that you apply to the meat during the cooking process and are an old, honed way of keeping foods moist and adding an extra layer of flavor.

Curing or brining is done to load the meat with preservatives and flavoring. The curing process can involve a liquid brine in which the meat is soaked for many days or it can be done dry cured. This is when the meat is coated day after day until the meat is ready to be smoked. Another method does not use preservatives added to the meat in these ways but simply the long application of wood smoke in a warm environment at low temp. Smoking acts more like a drying agent. The world of smoking is full of history and rich in tradition, so try it...you might like it.

Tips For Selecting the Best Summer Blueberries - From FabulousFoods.com

While size is not an indicator of maturity, color is. Berries should be deep purple-blue to blue-black in color

- When buying fresh blueberries look for firm, dry fruit that is smooth and relatively free of stems and leaves
- Reddish berries aren't ripe, although they may be used in cooking
- Avoid containers of berries with juice stains, which may be a sign that the berries are crushed and possibly moldy
- Soft, watery fruit means that berries are overripe, while wrinkled fruit means they have been stored too long
- Fresh berries should be stored covered, in the refrigerator
- Wash just before using and use within 6 days of purchase

Study Reveals: Fresh Whipped Cream Cannot be Beat Submitted by Erik Weiss

(Excerpted from *Hospitality News/ August Issue*)

Whipped cream is a force to be reckoned with in the foodservice industry. Dunkin' Donuts estimates that one-half of their customers order whipped cream for the appropriate beverage. Based on an informal poll, we also learned that more than one-half of our respondents selected whipped cream as their favorite dessert topping. But, will any whipped cream do? A recent study conducted by Lee Analytics, Massachusetts-based research, analysis and strategy consultants, reveals that fresh whipped cream is preferred.

This "blind" taste test compared the whipped cream from a leading foodservice aerosol product and the leading store-bought brand to the whipped cream made from an iSi whipped cream maker – the "Cream Profi."

Pre-screened tasters were first asked to select their preferred whipped cream from three different Cream Profi recipes: plain heavy cream; 14 oz heavy cream plus 2 oz Monin vanilla syrup; 14 oz heavy cream plus 4 oz Monin vanilla syrup. Tasters then tested their preferred recipe against the two aerosol brands.

Overall, tasters preferred their selected Cream Profi recipe 2-to-1 over the store-bought brand and 3-to-1 over the foodservice brand. All three Cream Profi recipes received significantly higher likeability ratings over the foodservice brand. The two sweetened recipes were also preferred over the store-bought brand.

Results of this test also reveal that there are notable differences in the perceptions of sweetness, richness, freshness and aftertaste of whipped cream, although there is little differentiation among products in terms of appearance, mouth feel or consistency. Of all whipped creams taste-tested, only the 2 oz vanilla syrup recipe received well-balanced sweetness ratings. The vanilla-sweetened recipes achieved the best profiles on flavor richness and were rated as tasting fresher than the aerosol products. Tasters were most likely to perceive an aftertaste from the store-bought brand, whereas the aftertaste from the 2 oz vanilla syrup recipe was most likely to be perceived as pleasant.

An important implication for foodservice professionals is to get the sweetness level of their whipped cream right. Consumers like products that are "too sweet" better than those that are "not sweet enough." The recipe using 14 oz heavy whipping cream and 2 oz of vanilla sweetener is a good starting recommendation, keeping the following in mind, in general: erring on the side of too sweet is better than not sweet enough; and the younger the customer base, the sweeter the recipe.

Furthermore, using a professional cream whipper allows for expanded menu options and creativity by adding or changing ingredients. Whether for a dessert or a beverage topping, experimenting with flavored syrups provides for a whole new array of whipped cream flavors, not usually available with aerosol brands. Foodservice professionals can offer customers colorful whipped toppings on special occasions and holidays, like orange whipped cream for Halloween and pink whipped cream for Valentine's Day. Special desserts like Crème Chantilly are also easily prepared with a cream whipper.

Not surprisingly, many coffee houses, ice cream chains, bakery and other quick serve restaurants are moving away from aerosol whipped cream and relying on professional whipped cream makers to create signature toppings and desserts. Stein Hunter, Proprietor of Crooked Tree Coffee House, St. Charles, MO, is just one example. "I had used canned whipped cream for years because I believe in consistency in my product. Then I discovered iSi [cream profis.] Now... I have consistent product, cost savings and quality perception in the eyes of my guests."

Other ways specialty coffee and foodservice providers can cater to their customers and increase foot traffic, is to offer holiday gift sets or baskets with their specialty coffee beans, a flavoring syrup, a whipped cream maker, respective chargers and coffee mugs. iSi produces dessert whips and coffee cream whippers that produce professional results and are just as suitable for home use.

The Lee Analytics study makes a strong case for foodservice professionals to serve only freshly whipped cream. Many, however, are reluctant to do so because they perceive canned cream as less expensive and more convenient. Rick Agresta, President and CEO of iSi North America, has learned that "those who make the switch often find that their "cost per dollop" does not increase and often actually goes down since they only need one [iSi] Cream Charger, which sells for less than a dollar, to make as much whipped cream as a can of aerosol product that can cost 2 to 3 time more. The convenience myth is shattered when they realize how much space a regular supply of aerosol cans takes up in the refrigerator."

Are you ACF certified?

by Larry Weiss CCC, CCE, ACE, AAC

American Culinary Federation (ACF) certification is a symbol of professionalism and a guide by which any culinarian can shape his or her career. It is an ideal ladder for career advancement. Certification is open to all culinarians, including chefs, cooks, bakers, culinary educators, and administrators. There are 14 levels of certification which require specific qualifications, in addition to knowledge of culinary nutrition, food safety and sanitation, and culinary supervisory management.

What ACF certification means:

It demonstrates to the industry that a chef has the initiative to take charge of their professional development and career.

It provides concrete markers of skill development and culinary expertise.

It verifies that professional chefs and cooks have the knowledge and skill required for elevated culinary positions.

It reassures consumers that the food they eat is safe and prepared to the highest standards.

What ACF certification means to an employer:

ACF certified chefs mean quality in the kitchen.

Employers value ACF certified culinarians because their education, skills and experience have been evaluated as competent.

Employers know that ACF certified culinarians possess a thorough knowledge of culinary nutrition, food safety and sanitation, and culinary supervisory management, a necessity in today's foodservice kitchens.

How do I become certified?

First you must check the ACF national website to find out what certification you can achieve at your present level of expertise? Remember, you can only certify at the level that you presently work at. In other words, if you are a sous chef, you can not look to certify as an executive chef. Then begin to gather any and all paperwork that you currently have to document all certification requirements. Only document what the Certification office is asking for...no more. You will need 3-30 hour classes that can be taken online on Nutrition, Sanitation and Supervisory Management. There is a written exam and practical exam for each level of certification. Write out a check and fill out the application and that's all you have to do and you are certified Confused or have a question, call me at 516-658-5390.



PO Box 121
East Rockaway, NY 11518

Phone: 516-887-2738
Fax: 516-887-2738
E-mail: cheftotf@optonline.net

We're on the web!
www.lichefs.com

The ACFLI was founded by nineteen Long Island chefs, whose common goal was to amplify the ACF's commitment to training, education and humanitarian efforts here on Long Island. Today, the ACF Long Island Chapter has over 200 active, junior, student and associate members and growing.

A few of our programs...

To further the ACF's commitment to humanitarian efforts, the ACFLI has developed the "Adopt A Kitchen" program. In this innovative endeavor, ACFLI chefs volunteer as "consultants" to many of Long Island's soup kitchens advising on subjects ranging from food preparation and purchasing to sanitation. The ACFLI was awarded a plaque by the "Every Fifth Child Campaign" for its outstanding work in developing the "Adopt A Kitchen" program.

At the ACF national convention in San Antonio, Texas the ACFLI was presented with the "Little Oscar" award from the National Office of "The Chef and the Child Foundation." This award recognizes the most outstanding chapter in the country for work that benefits the organization.

The ACFLI Certification Program has been assisting chefs to attain professional certification. Our goal is that one day, every chef on Long Island will be certified. The future is clear -- ACF certified chefs will be perceived synonymously with high quality food and it will not be uncommon for customers to inquire about the certification of every restaurant's chef .

THANK YOU TO OUR SPONSORS!!!

J Kings Foodservice Professionals

Gotham City Hospitality

M. Slavin & Sons Fish

The Melville Marriott

TO SPONSOR THE ACFLI

Visit our website at www.lichefs.com

Click on Sponsors

Look for Link to Corporate Sponsorship Information