



# Mise en Place

The Newsletter of  
AMERICAN CULINARY FEDERATION  
LONG ISLAND CHAPTER  
PO BOX 121, East Rockaway, NY 11518  
MARCH 2005 Volume 13, Issue 1  
VISIT THE WEBSITE: [www.lichefs.com](http://www.lichefs.com)

Next Meeting IMPORTANT IMPORTANT

CHANGE OF LOCATION

Monday MARCH 7TH, 2005

MARRIOTT ISLANDIA

See Map inside FRONT Cover

Demo: CAKE DECORATING

# March 05

# ACFLI

# NEWSLETTER



## **PRESIDENT'S MESSAGE**

From CHRISTOPHER NEARY, CEC

I am proud to be a leader of Cooks! That's what we are you know. We're all cooks. Some of us are line cooks, or pastry chefs. Some are sous chefs or executive chefs, but the bottom line I we all cook for a living.



CHRIS NEARY, CEC

As I looked around the room just prior to presiding over my first meeting, what I saw made me proud to be a member of the ACFLI. As many of you know, no matter how busy I am, I always make the time for a student if he needs a hand or has a question. Henry Michaud, (Regional Direction of Columbia Sussex) and I have been in contact with the ACF National Office and obtained all the information to start a NY State Dept of Labor Approved Apprenticeship Program in conjunction with the American Culinary Federation, Long Island. As I scanned the membership, I saw other chefs and students deep in discussions, vendor partners talking with chefs and students, and an encouraging amount of new faces.

I want to lead as well as my two immediate predecessors have and in order to do so, I will need the entire membership's participation. Bring down a friend, let him see what

# ACFLI BOARD OF DIRECTORS

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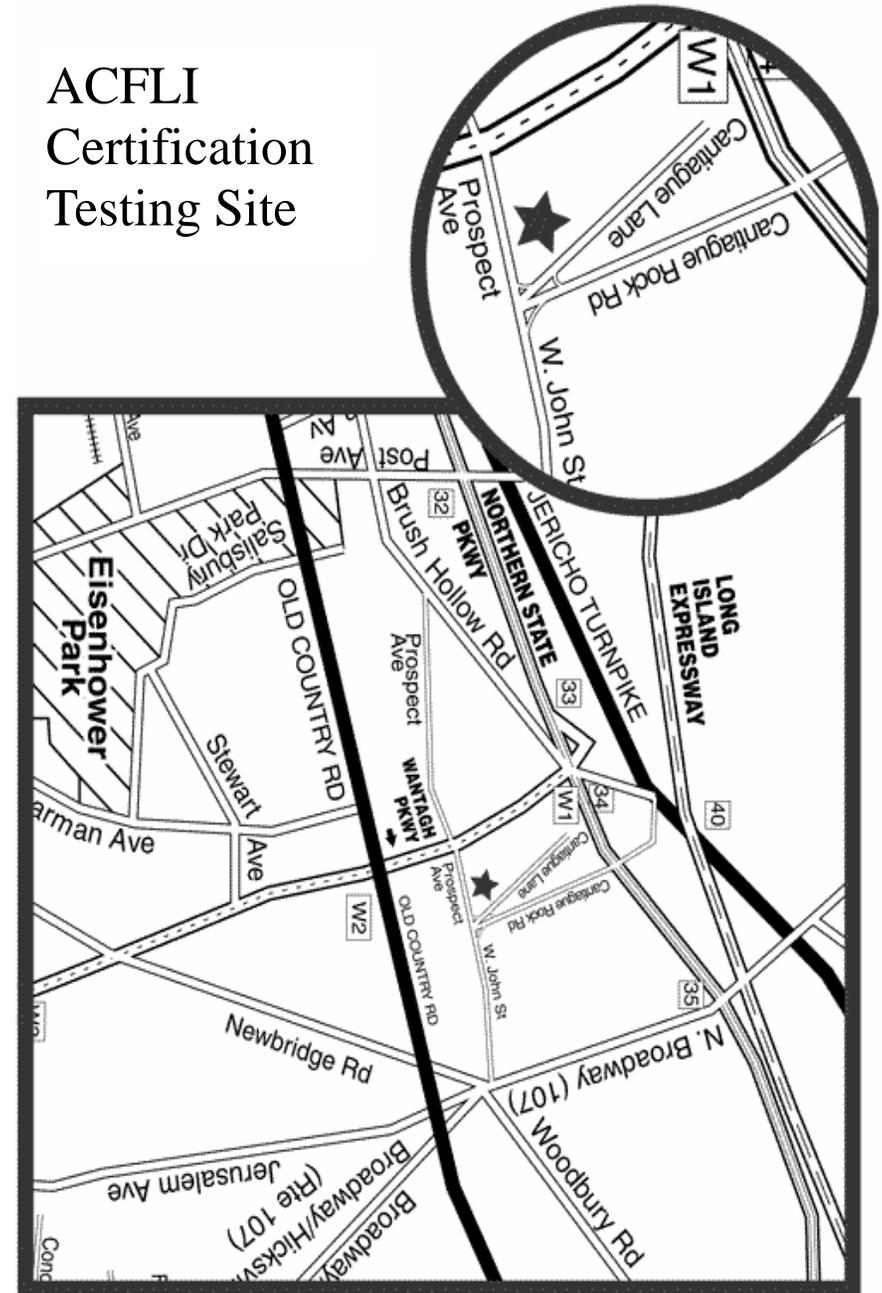
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**PLEASE SEE THE ABOVE CHAIR TO VOLUNTEER**

## DIRECTIONS TO BARRY TECH

ACFLI  
Certification  
Testing Site



**Official Application for  
ACF Long Island Chapter Culinary Salon  
Sponsored by J. Kings Foodservice Profes-  
sionals**

April 20, 2005

- ( ) Hot Food /Mystery Basket (category K/ 1-9 Professional Only)  
 ( ) Cooking category A-1, A-2, A-3, A-4, A-5  
     ( ) Professional ( ) Student  
 ( ) Cooking category B-1, B-2, B-3, B-4  
     ( ) Professional ( ) Student  
 ( ) Cooking category C-1, C-2, C-3, C-4, C-5  
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Signature \_\_\_\_\_

**Description of Entry.** Include picture if possible

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Approval of Show Chair \_\_\_\_\_

**MEETING REMINDER**

**March 7th  
Marriott Islandia**



From the West: Take the Long Island Expressway to exit 58. At traffic light make a left. (Old Nichols Rd) At next traffic light make left (Express Drive North.) Hotel will be 1/4 mile on the right.

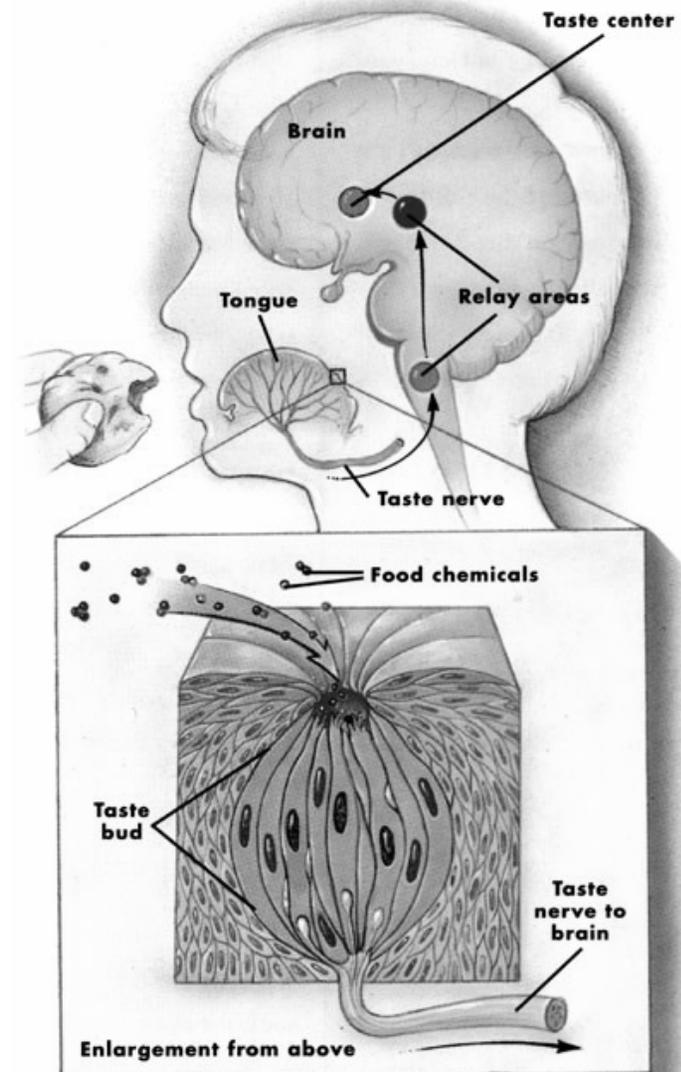
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we're about. Anyone can get involved on any committee, the chairs all need help. Please, do not be afraid to step up to the plate!

I might not be as eloquent as Steve, or as luminous as Larry, however I promise you, the membership, that I will work as hard for the ACF as I have for everything else in my life. You will get nothing but straight forward conversation from me, no skirting issues and no bull. I am looking forward to a fun year, a prosperous year, a year full of educational programs, and a year of new friendships being built and old friendships being re-kindled.

I'm looking forward to seeing you all at our next meeting!

**SAVE THE DATE**  
**J. KINGS SHOW**  
**AND**  
**ACFLI CULINARY SALON**  
**APRIL 20TH 2005**  
**HOFSTRA UNIVERSITY**  
**GRAND PRIZE**  
**TRIP FOR TWO**  
**NATIONAL RESTAYRANT SHOW**  
**CHICAGO**  
**LOOK FOR APPLICATION**  
**THIS PUBLICATION**  
**OR**  
**PICK UP AT MEETING**



Source-<http://web.sfn.org/content/Publications/BrainBriefings/tastedetectors.html>

our appetite for amino acids. This taste has been known to the Japanese for a long time - but has only recently been recognized by the West. Bacon really hits our umami receptors because it is a rich source of amino acids. Processed meats and cheeses (proteins) also contain glutamate.

On the way into your mouth, foods are already giving off vapors that waft up into your nose. Once you start chewing, more vapors travel the retronasal route, up the pharynx and into the nasal cavities. At the back of each cavity, the molecules hit the olfactory membrane, a postage stamp-sized patch of yellowish gray tissue. Each membrane contains an estimated 100 million receptor cells, which sounds impressive until you realize that a most dogs reportedly have a billion of these receptor cells. With your eyes closed and your nose pinched tight, you wouldn't be able to tell the difference between, say, a chunk of apple and a chunk of turnip.

A food's flavor doesn't usually depend on data from a single sense. Smell, touch, sight, and even hearing often come into play, and the best methods of exciting those senses during a meal is the challenge that we undertake as culinary artists. Most successful chefs have developed and refined the ability to transform food into harmonious and appetizing creations to suit the demands of the public,

### References

- [www.cf.ac.uk/biosi/staff/jacob/teaching/sensory/taste.html](http://www.cf.ac.uk/biosi/staff/jacob/teaching/sensory/taste.html)
- [users.rcn.com/jkimball.ma.ultranet/BiologyPages/T/Taste.html](http://users.rcn.com/jkimball.ma.ultranet/BiologyPages/T/Taste.html)
- [http://www.entnet.org/healthinfo/topics/smell\\_taste.cfm](http://www.entnet.org/healthinfo/topics/smell_taste.cfm)
- <http://www.sff.net/people/mberry/taste.htm>

THE EDITOR'S DESK  
By John Murphy



Time's they are a changing! That is the theme of the year so far. Many things in many ways. Hopefully all will be for the betterment of our organization.

It was with regrets that the Board of Directors accepted Larry Weiss's resignation. He has decided to step down as President. I'm sure we all hope Larry the best as he takes time for the family. Chris Neary is a ready replacement.

We were all glad to hear that Larry will remain our Certification Chair and as the Lead Tester of our local Certification Exam schedule. Please see upcoming events if you are interested in scheduling yourself for a practical test.

The second change will be the first in a very long time hot food competition being sponsored by J. Kings Food Service. This event is going to become a reality and this year will act as a practice/development competition as we get ready to make next year's an ACF Approved Culinary Event.

**Application left inside back cover, tear out and use.**

The development of this event into an ACF approved competition will be very important in the continuing development of our chapter on the National Level.

The series of certification exams will continue to through May so be sure to check the upcoming dates and call or email Larry Weiss if you are interested in taking the exam.

Because of construction at the Marriott Melville remember to keep an eye out for the meeting reminders because the next few months we will be continuing to move around to various venues.

Also please see the updated list of Board Members and their committee assignments. **See you at the meeting!!**

## Seafood; Fresh or Frozen or FRESH? By Chris Neary, CEC

Recently I was in a fellow chef's office talking about the food I have the most passion for, FRESH seafood. We were talking about fresh vs. frozen, the advantages of portion control and the difference between fresh seafood and FRESH seafood. My friend's hands were tied with his choice of purveyors and his director of purchasing told him if he didn't like Fred's Seafood, a private company, he could buy it from his company's nationally approved primary vendor. So he asked me what the difference would be. I told him the fish he was getting from Fred's was fresh but way out of line price wise. Probably because the company was not just a seafood company, but a jobber who sold a little bit of everything.

If you want FRESH fish, then you buy from a "seafood only" company, because that is their bread and butter, and reputable seafood dealers handle only the freshest and highest quality. The Big Corporations in the industry, (we all know who they are), all claim to have great seafood programs and they sometimes even have great prices, but think about it. You call a national vendor on Sunday for a Monday delivery of tuna. They have been closed since Friday and they put your "fresh" tuna on their truck 200 miles away from here at 2:00 a.m., so you can receive it by mid-morning. The "fresh" tuna you're going to receive is three days old on the inside, and it's still not a great price. I told him to call one of our vendor partner companies, (you all know who they are). They are local seafood dealers with decades of experience who pride themselves on the high quality of their products, their prompt delivery service, competitive pricing and the fact that they are in tune with today's chefs' needs, filleting, portioning and consistency of product.

By the way, I can purchase portion cut FRESH seafood if I choose for pennies more a pound and still beat the "Big Corporations" frozen portion control product prices. The best part of your local dealer's Monday morning delivery is it was butchered fresh minutes before the truck was loaded and is still bleeding when I inspect it. So just remember, when buying seafood, do you want fresh, frozen or FRESH?

PS: Something to ponder: Why would you purchase wet scallops over dry scallops? I know, because they're 20% cheaper, right? Wrong. They're pumped! They have 25% water added, it says that right on the container. Not to mention being treated with Tri-poly phosphates, would you want to serve that? So when they hit the heat they throw out the water, don't caramelize, still taste like chemicals and cost you more for an inferior product.

other dry foods. Rinse your mouth and dry your tongue after each test.

Smell and taste also warn us about dangers, such as fire, poisonous fumes, and spoiled food. Many flavors are recognized mainly through the sense of smell. If you hold your nose while eating chocolate, for example, you will have trouble identifying the chocolate flavor, even though you can distinguish the food's sweetness or bitterness. This is because the familiar flavor of chocolate is sensed largely by odor. So is the well-known flavor of coffee. This is why a person who wishes to fully savor a delicious flavor (e.g., an expert chef testing his own creation) will exhale through his nose after each swallow.

Taste and smell cells are the only cells in the nervous system that are replaced when they become old or damaged. Scientists are examining this phenomenon while studying ways to replace other damaged nerve cells. One study estimates that more than 200,000 people visit a doctor with smell and taste disorders every year, but many more cases go unreported.

As with many of our senses, your senses of taste and smell changes over time. The average adult reportedly has approximately 10,000 taste buds, but children have more, including some dotted along the inside of their cheeks. Infants seem to react instinctively to bitterness and sweetness, though the ability to detect saltiness takes six months or so to develop. Aging usually reduces the amount of taste receptors after the age of 45.

Taste sensations were traditionally grouped into the 4 familiar categories: salty, sour, bitter, and sweet. Some have suggested, however, that other categories exist as well—most notably umami, the sensation elicited by glutamate, one of the 20 amino acids that make up the proteins in meat, fish and legumes. Glutamate also serves as a flavor enhancer in the form of the additive monosodium glutamate (MSG)...We have an absolute need for protein, and amino acids are the building blocks for proteins, so the "new" taste quality umami (pronounced: oo-marmi) which is the meaty, savory taste drives

## **A Matter of Taste**

**By Barry Rosenthal, Chef Instructor**

*“Taste, which has as its excitement appetite, hunger and thirst, is the basis of many operations the result of which is that the individual believes, develops, preserves and repairs the losses occasioned by vital evaporation.”*

Brillat Savarin

Taste drives appetite and protects us from poisons. So, we like the taste of sugar because we have an absolute requirement for carbohydrates (sugars etc.). We get cravings for salt because we must have sodium chloride (common salt) in our diet. Bitter and sour flavors have been genetically ingrained to warn us against potential harm. Most poisons are bitter and unsavory food goes sour (acidic).

Taste is the ability to respond to dissolved molecules and ions (as contrasted with the sense of smell which detects airborne molecules). Humans detect taste with **taste receptor cells**. These are clustered in **taste buds**. Each taste bud has a pore that opens out to the surface of the tongue enabling molecules and ions taken into the mouth to reach the receptor cells inside. A single taste **bud** contains 50–100 **taste cells** representing **all 5** taste sensations (so the classic textbook pictures showing separate taste areas on the tongue are wrong). There are taste buds throughout the oral cavity, even on the upper palate. Any bud is capable of detecting all the basic tastes, although some are more sensitive to a particular taste than to the others. Each taste receptor cell is connected, through a synapse, to a sensory neuron leading back to the brain. The brain conveys this to conscious taste sensation.

In order for food to have taste, chemicals from the food must first dissolve in saliva. Once dissolved, the chemicals can be detected by receptors on taste buds. Therefore, if there is no saliva, you should not be able to taste anything. To test this theory, dry your tongue with a clean paper towel. Once your tongue is dry, try tasting a few samples of salt, sugar or

## **The Comfort of Soup**

**By Stephen Bello CEC, AAC**

When I think of soup, I reminisce of my early years as a child. My mom would prepare a batch of her homemade chicken soup for me when I was sick. To this day I can still taste and smell that wonderful pot of soup. In today’s age where comfort foods are in abundance, and trendy cuisine fads come and go, the preparation of soup continues to be at the forefront of comfort foods.

As the prelude to a good meal or in some cases the meal itself, soup always makes a memorable and lasting impression. Two of the most important elements in the preparation of a great soup are, quality ingredients and technique. As in all cooking applications there is a thought process that goes into the planning, developing and execution of the soup recipe.

Stocks are the foundation to all great soups. They are referred to in French as fonds de cuisine, or the foundation of cooking. Without stock, you will never achieve great flavor. Remember that there are no short cuts in cooking.

Based on seasonality of ingredients, I first establish my ingredient line, and then determine the application relating to those ingredients. I make intelligent decisions from the time I heat my soup pot to the final stages of seasoning. Each step in preparation must be disciplined and respectful for the ingredients that God has given us. I analyze textures in the soup so that each component is harmonious with the other. Then I think about the final stages of presentation. I want my soup to talk; visually I want to stimulate the customer in all senses. The bouquet, the vibrancy of colors, the rising of steam and then...the look on that person's face when they taste all the love and care that went into the preparation of that soup.

continued next page



## Building Relationships

Stephen A. Bello CEC, AAC

If I had to define the most significant attribute of being a member of The American Culinary Federation Long Island Chapter it can be summarized in two words, building relationships. “Warmth, kindness, and friendship are the most yearned for commodities in the world. An individual who can provide those qualities will never be lonely.”

Over the years I have been blessed with wonderful and meaningful friendships throughout the country. The American Culinary Federation has availed me the opportunity to build a network of friends and associates that add value to me as a chef and a human being. These positive relationships did not just happen. It took a constant and continued effort to build and reinforce those relationships day to day and year to year.

I encourage all of you to build relationships with growth potential. It’s true that everyone has something to teach us. “Interact with people that stretch you mentally”. Learning is often the reward for spending time with remarkable people. Try to identify individuals with uniqueness and strength. Relationships help us define who we are and what we become.

Several months ago I was doing some research for a management workshop and read a section from Dale Carnegie; it had a profound impact on me. The following is my translation.

Dale Carnegie states that there are six ways to make people like you:

1. You must become genuinely interested in others. It doesn’t matter how much power, education, or expertise you possess, people will respond to you more favorably if you first let them know that they matter to you as individuals. People don’t care how much you know until they know how much you care.
2. Smile, if you want to draw others to you, light up your face with a smile. Leave a wonderful first impression, it may be the only impression you get, so make it count.
3. Remember that a person’s name is to him or her the sweetest and most important sound. Remembering a person’s name leaves a lasting impression. Recollecting names has always been a trial of strength for me; I try to use specific identifiers to help me remember names. It is a challenge that I work on each day.

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## UPCOMING EVENTS CALENDAR

- March 7th— Membership Meeting  
Marriott Islandia, Exit 56/57 LIE  
See inside back cover for directions
- March 14th—Evening of Good Taste  
Cresthollow country club
- March 21st —ACFLI Practical Exam  
Barry Tech Westbury
- April 4th— ACFLI Meeting— Check  
Meeting Reminder for Location
- April 18th— ACFLI Practical Exam  
Barry Tech, Westbury
- April 20th—Kings Show: See application  
in rear of newsletter
- May 7th— ACF Meeting-Chateau Briand,  
Westbury: Visit to Mulberry Street
- May 21st— ACFLI Practical Exam  
Barry Tech, Westbury  
Last scheduled ACFLI Exam  
until September
- June Meeting Tuesday June 7th**  
**Annual BBQ, Fox Hollow, Woodbury**  
**PLEASE NOTICE CHANGE**

## Culinary Vocabulary

### **bagoong**

[bah-GOONG]

A Philippine condiment that's popular in Hawaii and throughout the Pacific. Bagoong is made from shrimp or small fish that have been salted, cured and fermented for several weeks. The resulting salty liquid (called patis ) is drawn off and used separately as a sauce or condiment. In addition to being served as a condiment, bagoong is used as a flavoring in many dishes.

### **yarrow**

[YAR-oh, YEHR-oh]

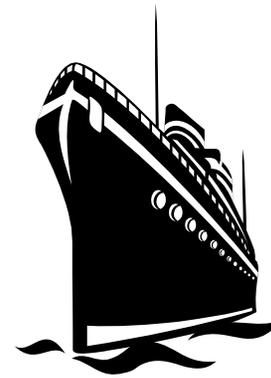
Any of several very pungent, aromatic herbs found in Europe and North America. Known as milfoil in Europe, yarrow has a very strong aroma and flavor and is therefore used sparingly to flavor salads, soups and occasionally egg dishes. It may also be used to brew a tisane (herb tea).

### **nameko**

[NAH-meh-koh]

A small Japanese mushroom that ranges in color from orange to amber to gold. The nameko has a soft almost gelatinous texture and a rich, earthy aroma and flavor. It's highly regarded and used primarily in Japanese soups and one-pot dishes. Though nameko mushrooms are seldom found fresh in the United States, they're available canned in Asian markets. The nameko is sometimes also called cinnamon cap.

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**Recipe: Soup Ab L' Oignon by Stephen Bello, CEC, AAC**

**Yields: 2 qts.**

<u>Ingredients</u>	<u>Amount</u>
Yellow onions	8 Large
Unsalted butter	4 tbsp.
Kosher salt	
All purpose flour	1 ½ tsp.
Beef stock	1 ½ qt.
Chicken stock	1 ½ qt.
Sachet Bag	1
Brandy	2 oz.
Sherry	1 oz.

*Sachet bag consists of 2 bay leaves, 12 black pepper corns and 4 large sprigs of thyme.*

### Method

#### **Step 1.**

*Cut a piece of cheese cloth into a 7 inch square. Place the bay leaves, pepper corns and the thyme into the cheese cloth and bring up the edges and tie with butchers twine.*

#### **Step 2.**

*Julienne the onions with the grain. In heavy bottom soup pot add the butter and onions and 1 tsp. of salt.*

#### **Step 3.**

*Cook stirring every fifteen minutes on a low flame. The onions should bubble gently for about one hour. Until the onions have release all of their juices and the onions are wilted lightly.*

#### **Step 4.**

*At this point you can turn up the heat a little so that the liquid in the onions start to evaporate. Stir so that you do not scorch the onions. When the liquid is evaporated lower the flamer and simmer for two hours, until the onions are caramelized through and through.*

#### **Step 5.**

*Add the flour and cook for two to three minutes. Add the brandy, sherry and reduce, Then add the stock and the sachet bag and cook and simmer for one hour. Liquid should be reduced to 2 quarts. Season with salt and pepper.*

#### **Step 6.**

*Cut eight 3/8 inch slice of a baguette. Brush with olive oil and toast.*

**Step 7.** *Ladle 8 oz. of soup tureens into a cup, top with crouton and Emmentaler cheese. Place under broiler and serve.*