

# ACFLI NEWSLETTER

September 2007

## Message From the President

### *Did you know...*

- Lemons contain more sugar than strawberries
- The onion is named after a Latin word meaning 'large pear'
- Ice Cream Is Chinese Food
- Cream is lighter than milk
- Carrots really can help you see in the dark
- Eggs will age more in one day at room temperature than in one week in the refrigerator

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As the summer winds down, we get ready to sail into our catering season and the holidays. Our September meeting promises to be a great starter for our new calendar. Chef Bello always provides knowledge emulsified with great food. Our Golf outing is only a month away, so lets shake the trees and gather up some sponsors and golfers.

We have been asked to judge at the Toast of the Town to be held at Chateau Briand—this event is a fundraiser for United Cerebral Palsy. The event will bring many press agencies and is a good opportunity for us to get in front of the cameras.

We have changed the

agendas of the meetings and will be starting with a roll call, a brief message from the president, a vendor spot and then right into the culinary presentation of the evening. This way anyone who needs to get home or back to work won't miss the educational part of the night.

November brings us to Ready, Set, Cook night and I would like everyone interested to let Chef Murphy know by the end of the October meeting.

We would like to have a holiday get together and we can toss that around at the October meeting.

I invite everyone to come down to the meetings, bring a friend or fellow worker, get involved, be a



PART OF, make yourself known and have some fun while increasing your culinary knowledge.

Epicuriously Yours,  
Chris Neary CEC, CCA  
President ACFLI

## FALL CALENDAR

### SEPTEMBER...

10th—General Meeting  
Melville Marriot 6:00pm

18th— BOD Meeting  
Melville Marriot 6:00pm

26th— Toast of the Town  
Chateau Briand Caterers

### OCTOBER...

8th— General Meeting • Melville Marriot 6:00pm  
Pastry Chef Robert Ellinger

15th— Golf Outing • Timber Point Country Club

26th-28th—ACF Northeast Education Forum • PA

29th— ACF Practical Exam • Barry Tech 3:00pm

30th—BOD Meeting • Melville Marriot 6:00pm

# DRY RUB APPLICATIONS

## By Stephen A. Bello CEC, AAC

Since the earliest days of Long Island's settlement more than 300 years ago, agriculture has been an important industry, providing fresh vegetables and fruit, fiber, seafood, poultry, and a variety of horticultural products for our residents. Today's farming activities also help to preserve wildlife habitats and the natural aesthetic beauty of the island. Long Island farmland provides an important buffer against urban sprawl, protects the water supply and helps maintain the traditional rural character of the wonderful East End of Long Island.

Farming is an economic force on Long Island. Agriculture employees over 10,000 people in the region with a multiplier effect generating jobs in the tens of thousands. Long Island agriculture is a billion dollar a year industry that generates billions of dollars more for Long Island's largest industry, tourism, travel and hospitality.

Long Island agriculture provides the scenic vistas desired by our visitors and close proximity to farm markets, where visitors and year round residents enjoy the advantage of locally produced fruits, vegetables, poultry, fish, flowers, herbs, specialty products, ornamental horticultural products, and the best varieties of wine from our local wineries.

Every year, millions of tourists come to take in Long Island's rural sights, shop at regional farm stands, visit more than two dozen wineries on the North and South Forks, gather up pumpkins at harvest time, and enjoy the best that Long Island has to offer, all centered on agricultural.

Long Island's agricultural industry is centered in, but not exclusive to, Suffolk County - the eastern two-thirds of physical Long Island. Bounded on the North by the Long Island Sound, between the twin forks by the Peconic Bay and on the south by the Atlantic Ocean, Suffolk County has a high water-to-land ratio that provides for moderate temperatures, mild winters, an average of 42 inches of rainfall annually, and extended growing seasons. Long Island Chefs live in one of the best growing areas in the world!

With excellent, well drained soils, more sunshine than any other area in New York State, abundant fresh water and nearness to wholesale and retail markets, it is not surprising that Long Island is one of the most important agricultural regions in the state. However, it does surprise many people to learn that Suffolk County is New York's leading county in the wholesale dollar value of local agricultural products. Out of 56 New York counties in 1999, Suffolk ranked near the bottom for number of acres in farmland and in the middle for number of farms, but was ranked 1st in market value, with \$168 million of agricultural products sold.

With over 100 different crops grown, Long Island growers and producers are proud to offer an agricultural diversity that few other areas in the state can match. Long Island farmers continue their commitment to provide abundant, high quality commodities, such as vegetables and potatoes, fruits, wine and grapes, poultry and livestock, nursery and floriculture products and seafood.

Some of Long Island Bounty include; Potatoes ,Wide range of Vegetables ,Sweet Corn ,Pumpkins, Cabbage , Asparagus , Beans, Broccoli ,Cauliflower ,Cucumbers, Eggplant, Lettuce, Peas, Peppers, Squash and Tomatoes.

As chefs, cooks and food lovers, take the time to appreciate all that Long Island has to offer. Most of us live and work on Long Island, if you haven't taken the initiative to educate yourself on Long Island's Bounty, please do so. There is nothing closer to freshness than what is in our own back yards. Let's support our local communities and more importantly, agriculture on Long Island.

# Retaining the Freshness of Herbs at Home

By Stephen A. Bello CEC, AAC

Like most people, my wife and I buy fresh herbs at the supermarket. It's not a confession -- there's no herb gardening guilt, brought on by pastoral scenes of Italian grandmothers standing at the stove. We just don't have the time to grow our own, we rely on modern industrial technology that conveniently sends herbs from greenhouse to produce aisle. Their delicate flavors and burst of freshness can make a pedestrian Tuesday meal worth lingering over.

Unfortunately, they often come packaged in large quantities, apparently for those needing to garnish a large feast. Many recipes call for a mere teaspoon, leaving a bag (or at least a clamshell pack) full of fresh leaves that we never signed up for.

One moment we're tossing heaps of beautiful fresh basil on pasta, and the next the refrigerator drawer (that alleged "crisper") has a large bag of unappetizing blackened slosh, which goes into the trash. Not only is it wasteful, but restocking the fridge every time a recipe calls for a teaspoon of parsley is expensive.

But for those who have experienced the fresh, there is no retreat back to the dusty spice cabinet, where one jar of crumbled leaves hides behind the other. That little shaker of dried basil might last a year, but is there anything further apart in the universe than fresh basil and its dehydrated counterpart?

With a few helpful hints, you can delay the deterioration of these fine herbs. First, rinse and dry herbs the day you buy them. Usually grown in sandier soils, herbs need a good shower. The extra 30 seconds it takes to wet a paper towel and wrap the herbs goes a long way, because the towel will both administer and absorb moisture as needed. Put them into a roomy bag with a punctured hole, keeping the leaves away from the interior surface of the bag (wrapped in the towel). You'll get at least a week with this method and can neatly label each bag.

Sometimes your nicely labeled bags are neglected and forgotten, just like the ones the store provided. Placing the herbs' stems in a glass of water and stashing the glass in the fridge will keep parsley and cilantro happy for just as long as if stored in the bag -- and in full view. You simply reach in and pull off a large hunk -- in the cold of winter, it's the closest you'll come to an herb garden. Cover loosely with a plastic bag (use the bottom of the one from the store) and pull off fronds as needed.

It is messier, and you might end up with bits of green leaf all over the fridge, but your herbs will stare you in the face every time you open the door. Just remember: As with cut flowers, the water should be changed every couple of days.

Although proper storage is a means of extending an herb's life, your best bet is to find recipes that are flexible, allowing whichever herbs are in your fridge to get along. Unlike their dried counterparts, fresh herbs aren't seasonings, like chili powder. Think of them as malleable components to a dish, like garlic. You've got a bushel of leftover mint, basil and sage? Stuff it all into the cavity of a roast chicken. The high heat will draw out what is still good in the herbs as the chicken meat picks up the delicate, pungent, fresh aromas.

Or, drain and rinse a couple of cans of white cannellini beans, cook them slowly over low heat with good olive oil and chopped garlic, and toss with lemon juice and your ailing herbs, serving warm. The broad, open taste of the beans will absorb the strong flavors.

But there are those desperate times. You've eaten out for four straight nights, come home exhausted, and remembered with guilt your neglected friends in the drawer. They're sitting there, half decayed, a day away from oblivion.

There is, for these dire circumstances, a saving grace. When the herbs' texture is less than appetizing, there is a simple solution: Throw them in a blender to make a pesto-style sauce. This method is quick and forgiving, and invites experimentation. Basil may reign supreme here, but parsley, cilantro, oregano, just about all things green can add unique flavor. And it's more than just replacing pine nuts with pistachios, or whatever else is in vogue at the moment.

You don't even turn on the stove; everything is easily thrown into a food processor to make a loose paste. There are two components when it comes to the herbs: the bulkier kind -- parsley, basil or cilantro -- and the more potent herbs such as rosemary, oregano, thyme, sage and mint. Use twice as much of the first kind (it's sometimes a good idea to buy a fresh bunch), a good olive oil, hard cheese and a handful of your favorite nuts. Our version adds a splash of balsamic vinegar to give it a more piquant taste and a roasted red pepper to help forgive the herb's blemishes and draw the flavors together.

A more complex option is to make Italian salsa verde (not to be confused with the Mexican sauce made of tomatillos), which enlivens the herbs with briny capers, gherkin pickles and anchovies.

Either way, you no longer have any excuses. However laughable the size of the bunch, it is possible to use every last leaf. Even so, sometimes you're just not fast enough: So the next time your herbs are turning, you will know what to do.

# The 2007 ACF National Convention

## By John Carr - CIA Student

The 2007 National Convention was held in Orlando, Florida. As a third year student at the Culinary Institute of America I had never been to a National Convention. I spoke with different chefs at a few ACF meetings about the nature of these conventions. I discussed the advantages of attending with John Murphy, Rich Simon, Chris Neary, and others who have attended previous conventions. They all agreed that this would be a wonderful opportunity for me. All of them seemed to think that it would be a great learning experience where I could gain valuable culinary information. It would also provide me with vital business information for my future. It was decided that this was an opportunity I couldn't afford to miss. I packed my bag and was on my way. At the airport I met Chris Neary, Steven Bello, and Philip DiMaiolo. We all anxiously awaited the plane's takeoff. Two hours later we arrived in Orlando, Florida and made our way to the Marriot World Center. After lunch we registered as members for the National Convention. The rest of the day we relaxed and enjoyed the beautiful surroundings. Eddie Molina met up with us that evening.

Each morning began with a 7:00am breakfast. Breakfast included egg sandwiches, assortments of bagels, fruits, juices, and coffee. After breakfast there were various seminars, including competitions, beef carcass fabrication, the chef's guide to umami, going back to the basics, and the long and short of rice. Many demonstrations by guest chefs were held throughout the day. One demonstration that I particularly enjoyed was a garnishing session, where Chef Ray took ordinary fruits and vegetables and turned them into mindful art sculptures. One was more magnificent than the next. He showed how you can take everyday scraps that many people would throw away and use them in a garnishing creation. For example, you can pluck the leaves off the top of a pineapple, and line a platter with them or turn the pineapple top upside down and create a Christmas tree. Chef Ray claims these simple ideas will make you money as they add value to any dish. I purchased his instructional DVD and it clearly demonstrates how easy it is to add beauty to your dishes.

We had the pleasure of meeting other guest chefs including Martin Yan, Norman Van Akin, Tracy Griffith and John Folsie. Tracy Griffith explained the step by step techniques in preparing sushi American style. John Folsie shared his passion for Louisiana's Cajun and Creole cuisines. Norman Van Akin discussed his appreciation for New World Cuisine. Martin Yan was especially interesting and informative. Having recently returned from China where I experienced the Chinese culture and cuisine, I enjoyed him that much more. He explained everything he uses, from cabbage to bean pastes to spices. He explained the differences between baby bok choy and baby cabbage. Baby bok choy has a base of white stems whereas baby cabbage has a base of green stems. A statement that I found very interesting in his speech was that he cut a lotus root completely in half leaving some strands intact and held the vegetable up and said, "You see those strands? Can everyone see? Well, no matter how far apart you are from someone or something in your career path, you will always have a connection."

One afternoon there was a fantastic trade show set up. There were student competitions, and vendors showing various products that they feel will help improve your business as a whole. There were also distributors selling chef coats and other products. The food was terrific. Many chefs commented that this food was of a higher quality than the food served at previous conventions. Later that day the Culinary Institute of America was hosting an Alumni reception which Chef Eddie and I attended. It was interesting speaking to older alumni about how much the college has changed over years.

We all attended the President's Grand Ball. Roasted baby queen conch, and pan seared filet mignon were among some of the dishes we were served. The final meal was the Viva Las Vegas Brunch. Chris Neary said that this brunch was an example of what not to do - having over 800 people go up to a buffet line, causing confusion, and chaos.

There were a few nights that we went out and explored Florida on our own. We had a wonderful dinner at the Capital Grille. They have locations across the country. Whether it was the mouth-watering appetizers, fresh seafood, chops, dry aged steaks or irresistible desserts - it was all great. Another night we ate at a Spanish influenced restaurant, Columbia.

Attending the ACF National Convention in Orlando Florida has broadened my knowledge as a young culinarian. It was very exciting to meet with chefs and other students from around the globe. I learned not only from the new people that I met, but sharing this experience with Chef Neary, Chef Molina, Chef Bello and Chef DiMaiolo made for a great week which I thoroughly enjoyed. Their expertise and input enhanced the many learning opportunities that were presented. We are all looking forward to the 2008 convention in Las Vegas. This is going to be an experience not to be missed.

# Recipe of the Month

## By Stephen A. Bello CEC, AAC

### Wild Salmon over Tillamook Cheddar bacon "Orzatto" with Heirloom Tomato Salad Vinaigrette

**Yields: 12 Portions**

<u>Ingredients</u>	<u>Amount</u>
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Wild Salmon	12 / 4 oz. Portions
Salt	To Taste
Pepper	To Taste
Olive Oil	2 Tbsp.
Clarified Butter	1 Tbsp

#### **Risotto**

Risotto	2 Cups
Butter	8 oz.
Bacon	8 oz.
Onion ( Diced )	10 oz.
White Wine	8 oz.
Chicken Stock	5 to 7

Orzo	1 Cup
Chicken Stock	1 Cup
Tillamook Cheddar	2 Cups
Heavy Cream	1 Cup
Chicken Stock	1 Cup

#### **Heirloom Tomato Salad Vinaigrette**

Yellow Cherry Tomato's	2 Cups
Red Cherry Tomato's	2 Cups
Olive Oil	4 oz.
Red Wine Vinegar	2 oz.
Red Onion ( chopped )	1
Salt	To Taste
Pepper	To Taste
Frissee	2 Heads

#### **Method:**

##### **Step 1.**

In heavy bottom pot add bacon and brown, and then caramelize the onions. Add risotto and brown. Deglaze with white wine and reduce until almost evaporated. Then add enough chicken stock to cover risotto. Reduce until liquid is evaporated. Repeat this process until risotto is al dente. Remove from fire and cool on sheet tray in refrigerator.

##### **Step. 2**

In sauce pot cook 1 cup of orzo in 1 cup of chicken stock. When al dente place on tray, oil lightly and refrigerate.

##### **Step 3.**

Prepare heirloom tomato salad and vinaigrette. In bowl cut cherry tomatoes in half. Add oil and red wine vinegar, red onion salt and pepper.

##### **Step 4.**

Season King Salmon with salt and pepper. In sauté pan add oil and butter and brown on both sides. Finish in oven to desired doneness.

##### **Step 5.**

Heat up risotto and orzo in heavy bottom pot with heavy cream and chicken stock. When mixture comes to a boil add shredded Tillamook cheddar.

##### **Step 6.**

##### **Plate up**

Place 4 oz. of cheddar orzotto in bottom of bowl. Place salmon over orzotto. Spoon 2 oz. of

Heirloom Tomato Salad over Salmon. Garnish with frisse and then spoon a teaspoon of the

# Culinary Quiz

## By Chef Edilerman Molina

Time to find out what you know-and what you don't have a clue about-in the culinary world. These are quizzes I used to get when attending CIA. The first culinarian that gets the right answers to me first, will get a chance to be my sous chef at the ACFLI Golf Outing for the day!

- 1) What country's flag was the inspiration for the shape of the croissant?
- 2) Where did sauerkraut originate?
- 3) What state amongst the United States consumes the most SPAM@?
- 4) How long should brown veal stock be simmered?
- 5) What French chef committed suicide when he noticed that his food wasn't going to be ready for service?
- 6) What is the most popular after-dinner alcoholic beverage in Italy?
- 7) What product was first marketed in 1886 as a "steamed brain tonic and intellectual beverage"?
- 8) What are "Variety Meats" called in Great Britain?
- 9) What Mexican sauce is made with spices, peppers, and a small amount of Mexican chocolate?
- 10) What are commonly used as thickening agents in Gumbo?

**Bonus:** What is the traditional drink sipped by the champion in the winner's circle at the Indianapolis 500?



ACF Long Island Chapter  
 15<sup>th</sup> Annual Golf Classic  
**OCTOBER 15, 2007 @**  
**Timber Point**

**Registration Form**

Golfer #1 Name: \_\_\_\_\_

Company: \_\_\_\_\_

Complete Mailing Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Golfer #2 Name: \_\_\_\_\_

Company: \_\_\_\_\_

Complete Mailing Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Golfer #3 Name: \_\_\_\_\_

Company: \_\_\_\_\_

Complete Mailing Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Golfer #4 Name: \_\_\_\_\_

Company: \_\_\_\_\_

Complete Mailing Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

**THE ACFLI WOULD LIKE TO THANK EVERYONE FOR THEIR GENEROSITY!**  
**RESERVATIONS ARE ON A FIRST COME, FIRST SERVED BASIS.**

Please complete this form and return along with your check(s) made payable to  
 ACFLI to: Nancy Kombert, C.E.C. – 153 Inverness Road – Holbrook, NY 11741



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**We're on the web!  
[www.lichefs.com](http://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 .

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