



Mise en Place

SPRING 2009

A Message from the President

Fredrick "Chuck" Meitner, President ACF Chefs of Milwaukee

Hello Again ~

As I sit down to write this, spring is upon us. We are looking at wrapping up our season's meetings, and looking at the events for this fall. As we do, I'd like to give you a summary of the recent State of the Chapter Address. Not everyone was able to attend, and not everything was covered in great detail. Hence, I'd like to give you a recap and possibly delve a little deeper into certain things.

One of my personal objectives is to tighten up how we handle our dinner meetings. We've never had a formal contract with any host venues. As a consequence, at times, the chapter has had to go back and repair some misunderstandings and perhaps pay off charges of which we were not aware in the beginning. There were too many of the "I

thought you were going to pay for that!" type comments, from both sides. Even active chapter members who've hosted events were not aware of how much they were getting paid. As a result, we've started writing contracts with host venues. These state what price we are willing to pay, what is expected of us as a chapter, what is expected of the host, any charges not related to dinner costs, etc. As a result, everyone knows going into a dinner, how much everything costs, whose paying for what, and there are no hard feelings at the end.

Another thing that we've improved at the request of certain members is our Traveling Chef Award. It has been suggested that the way we picked the Traveling

Chef is too vague. As a result, we've changed the criteria for winning by writing very specific guidelines for who is eligible and how you can increase your chances of winning the scholarship. We've even secured a sponsor for it, saving the club over \$2000. This is all in the interest of making things fairer to all involved.

We've tried as a board, to make things as clear as possible for you, the member; the calendar of

events is one example. Every so often, there are last minute changes or emergencies, but for the most part, we've gotten the schedules out to you in a much timelier manner. Our schedule is done through summer, and we're close to having the entire season booked for next year. That way, you can make your reservations earlier, and you can get it on



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your schedule. We won't always have a menu but at least you'll have the date and location.

In addition, all board meeting dates, times, locations and any deadlines are now published. I invite everyone who wants, to attend the board meetings. We need your input if you want the chapter to improve.

Before I let you go, I'd like to call your attention to two very important items that must be addressed early this fall. The first, nominations for new chapter officers must be done. If you are interested in serving on the executive board please let me know. We will be electing (or re-electing) the President, Vice President, Secretary, and Treasurer at the November business meeting, for installation in January 2010. The last thing I'd



like to say is that our Chef of the Year Awards Banquet is October 26, 2009. There are established guidelines for determining the COY nominees however, if you have suggestions for Student of the Year, Purveyor of the Year, Steady Eddie, or Shining Star, please let me know. The final call for suggestions is at the September 14 Board meeting.

That's about all I'd need to tell you right now. I'll see many of you at the Traveling Chef dinner in April at Pine Hills CC in Sheboygan, April 27. If I don't see you, have a safe, happy, and profitable summer. I'll see you again in September.

-Chuck Meitner

Membership

If you know of any potential new members for our chapter of the American Culinary Federation, please contact John Damico at northland@rocketmail.com so he can forward the prospect information on your behalf.

Website Updates

Board Meeting Minutes

Ever wonder what's happening at the board meetings? Wish you could be a fly on the wall and know what's being discussed? Check out the board meeting minutes!

The ACF Chefs of Milwaukee Board meeting minutes are now on-line at <http://www.acfchefsofmilwaukee.com/Boardminutes.htm>

ACF Chefs of Milwaukee Website

www.acfchefsofmilwaukee.com

Featuring:

Events Calendar
Membership Info

Bylaws
Contact Info

Job Marketplace
Newsletters

What is the ProStart Program?

The ProStart Program is a two-year industry-based high school curriculum that prepares students for careers in the restaurant and foodservice industry. Students gain valuable restaurant and foodservice



skills through their academic and workplace experiences.

ProStart started in 1997. Currently, 67 schools and 4004 students are enrolled in

the program. Wisconsin was the first state to win the National ProStart Competition twice – with Sheboygan North winning in 2005 and Badger High School in 2008

Whether students are looking to enter the job market or making plans for college, the ProStart Program is a great first step. Students are hired for internships by qualified foodservice operations. There they receive firsthand training with 400 mentored work hours. Back in the classroom, lessons and activities come

Additional Student Benefits

- Paired with professional mentor
- Job shadow opportunities
- Industry tours
- Scholarships – NRA, WRA, local Chapter, Johnson & Wales and Kendall
- ProStart Student Invitational – culinary and management competitions
- Sponsorship to National ProStart Student Invitational – Charlotte, NC

alive as students make real world connections.

Practical lively learning takes place both on the job and in the classroom. With the ProStart Program, students get the chance to see how bright their futures can be.

The ACF Chefs of Milwaukee is proud to have been a sponsor of the regional ProStart competition at the WRA Expo for the past four years.

As a member of the ProStart board and a judge at the Expo competition I am excited to see students who have the same passion for our industry as the culinarians in our organization.

I encourage each of you to participate in the ProStart program by mentoring students in your community.

If you want more information as to how you can participate, feel free to contact me.

~Gregg Wozniak

Mise en Place Advertising Rates

SIZE	COST PER AD	# OF ADS	TOTAL	All Ads are full color.
1/2 page	\$90	4 issue minimum	\$360	
1/4 page	\$60	4 issue minimum	\$240	
1/6 page	\$40	4 issue minimum	\$160	
1/8 page (business card size)	\$25	4 issue minimum	\$100	

Do you know a company that would be interested in advertising in the ACF Chefs of Milwaukee newsletter? If so, have them contact Chef Jeff King at chefjmk@yahoo.com

ACF Regional Competition: Pastry Chef of the Year

By Jeff King

For those of you who do not know Charles “Chuck” Stepanovich let me introduce him to you. Chuck has been the pastry chef at the Milwaukee Club for the past 14 years and was recently nominated on behalf of our chapter to compete for the title of ACF Pastry Chef of the Year.

In Chuck, they nominated a worthy and competent candidate to represent Wisconsin as our regional representative; this was the first nomination by the Milwaukee Chapter in quite a few years.

After Chuck was nominated there was a stringent and formal application process that had to be submitted to a selection committee. Required in this application, other than being a member in good standing, included: current resume, one page personal biography, a brief history of the current operation, copies of all current menus, a color photo of a plated dessert with accompanying recipes, a color photo of a chocolate, sugar or pastillage show piece and also a color photo and recipe of a decorated cake. If this sounds like a lot to get together in short amount of time Chuck would agree with you!

The competition format was a classic P/1 category in which the competitor has 60 minutes to produce four, identical, hot plated desserts; three for the judges and one for

show. The competitor must also provide five sets of a detailed picture with recipes to the judges prior to starting the competition.

There is a lot to accomplish in these 60 minutes where the only items that can be brought in are puff pastry and phyllo dough, prepared ice cream and sorbet bases.

Chucks dish was a very nice balance of seasonal flavors and classic techniques that showcased a blend of old world feel with a more contemporary presentation.

The three entries competing for the single regional spot to represent at the central region at the upcoming national conference in Orlando this coming July were:

**Ford Culbertson
Windy City Chapter**

Warm molten chocolate cake with macerated raspberries, raspberry sauce

Praline tuile with a fresh berry sorbet

**Chuck Stepanovich
Milwaukee Chapter**

Hot apple strudel with a spiced warm cranberry compote

Honey tuile with a cinnamon-caramel ice cream

**Matthew Crowe, CC
Texas Chefs Association**

Dessert trio: Hot dried fruit cobbler with a vanilla ice cream

Mocha mousse with chocolate-gold leaf

In my years of competing I have met a lot of different judges and the most humbling aspect of all competing comes at the end, when all the cooking is over and the kitchen is all cleaned up, those of you who have competed know exactly what I'm talking about. This is where the rubber meets the road or the match meets the wick, I'm talking about the critique. In the case of this competition they had three ACF sanctioned judges: two CMPC's (certified master pastry chef) and an accomplished Olympic gold medalist.

The judges' critiques were tough

yet fair and provided all three competitors humbling insight to their finished dishes. As Chuck put it, "The critique is the most important part of this process; it gives you a chance for one on one advice on how to make your dish better. These guys (judges) have a world of knowledge and are scrutinizing every part of your dessert, their words speak volume."

All competitors did an outstanding job and worked hard to get there. There was some great information sharing going on and although the three were competing in the same kitchen they all showed great respect and class towards each other.

The winner was announced the following night with the top honor going to Ford Culbertson from the Windy City Chefs Chapter. Chuck placing second.

Hats off to Ford for a job well done and we wish him well as he now has the honor to represent the entire central region on his quest to become the next national pastry chef of the year.

Also a big tip of the cap to Chuck from our own Chapter for a great effort and experience.

Next time you see Chuck please make sure you congratulate him on a job well done!



Sous Vide Cooking

By Jeff King

Over the past several months I've had the chance to put a tremendous effort into sous vide cooking at the Milwaukee Club and I'd just like to take a moment and share some thoughts on this topic. Originally this started as an experiment to see if the results justified the work involved. I was skeptical of this style of cooking, it seemed to disconnect the cook from the food and this made me hesitant in my approach.

During the past 15 months I've made quite a bit of progress and I can confidently report that there are limitless applications to my operation and potentially yours too. With the amount of information on the internet, new emerging cookbooks that are dedicated solely to this topic and a basic knowledge of the do's and don'ts, you will easily find an entire ocean of knowledge to explore. Anything from fruits and vegetables to lean or tough proteins to basic custards have found themselves vacuum packing and cooked sous vide. Some with dazzling and sublime results and others that never even made it to family meal!

When it comes to your first few efforts there is a need to be patient and accept successes as well as failures. This article is not designed to tell you absolutely everything there is to know about cooking sous vide, just as a guide to point you in the right direction. Following a few basic guidelines will help. Here are just a

few that have helped me:

- Always chill your product before vacuum packing. I like to place the product in the bag, then place in an ice bath for at least a 4 hours before I vacuum pack.
- Never under any circumstance use any thing less than the freshest food products while attempting to cook something sous vide.
- Seal chamber vacuum under highest setting. A good indicator is if the product sinks or floats. Neither is desirable since the product would not be completely surrounded by the water
- Use a logbook to track temperatures, products, weights, times cooked, textures, color and taste. All this will help you get more comfortable using sous vide as a viable cooking option.

As with any new technology, you need to follow the manufacturers guidelines and do not exceed the limitations of you equipment. I use a PolyScience Thermal Circulator. It has the ability to heat and maintain over five gallons within one-tenth of a degree Fahrenheit; my typical temperature zones fall within 130F (54.4C) and 185F (85C).

This is a good point to address a couple of main issues surrounding the sanitization and food safety. No one wants to get anyone sick and therefore you must educate yourself on

Here is a very short list of possible references to get you started in the right direction:

- *Under Pressure* by Thomas Keller
- *Sous-Vide Cuisine* by Joan Roca
- *Alinea* by Grant Achatz
- eGullet.com has multiple forums in which ideas, techniques and recipes are shared
- www.youtube.com has many different videos on this topic

Sous Vide Cooking, cont.

potential downsides and limitations to sous vide cooking, especially when it comes to prolonged cooking times with low temperatures. Cooking vegetables and fruits at higher temperatures and shorter times presents virtually no risk at all.

It is when you start to cook over long periods of time that presents certain challenges, such as foodborne pathogens and bacteria that are a result from time and temperature abuse. If you are not fully aware of all risks involved do not

attempt!

It is paramount that your proteins are extremely fresh, all of your utensils are properly sanitized and that you properly chill all ingredients to 38°F or below for at least 3-4 hours before vacuum packing takes place. Also make sure that there is a strong vacuum and an airtight seal on the bag used for vacuum packing.

Combining a sanitary atmosphere with the freshest possible product, the chilling and the absence of air in the vacuum packing procedure

will slow or stop all potentially bad bacteria from growing in this environment. Steps not followed along the way most certainly open the door for a potential foodborne pathogens outbreak such as botulism.

Whether it be baby apples, artichokes, potatoes or a NY strip steak, you need to follow the same steps each and every time to ensure consistent and safe results.

48 Hour Short Ribs

Cooked properly these will come out spoon tender and still have a Medium appearance, the true benefit to cooking ala sous vide -- good luck and cook strong.

Chef Jeff King

1 # kosher trim short rib (bone-in or bone-out)

Salt 100% and coarse black pepper 50 %

Small sachet containing: sprig of thyme, sliver of garlic, ¼ bay leaf and 1" piece of rosemary stem only

2 tablespoons cold cubed butter

1 oz. Scotch

1. Salt with 100% you would normally use and just 50% of the pepper you would use. The pepper tends to over power the meat with prolonged cooking.
2. Brown meat on all side until golden.
3. In vacuum bag add browned meat, sachet, cold butter and scotch.
4. Careful to not let any water enter the bag place in ice bath for 1-4 hours.
5. Chamber vac on highest setting-Chill 30 minutes.
6. Preheat immersion circulator to 140-145F just out of the temperature danger zone.
7. Place meat into vessel, it should sink to the bottom.
8. Cook precisely for 48 hours undisturbed. Make sure the temperature is staying constant, also be alert to water that may evaporate over this long cooking period add as needed.

Official Traveling Chef Point Program

- Points are included until the end of the March meeting. Any points accrued after the March meeting go on to the next year's totals. This prevents people from jamming up the system at the April meeting.
- Points have a 3 year life span. At the beginning of the 4th year, any points from the 1st year expire.
- Points are awarded in the following manner:
 - 1 point – Attending or hosting a chapter dinner meeting
 - 1 point – Serving as a committee chairperson or active committee participant for 1 year
 - Committees are: Budget, By-laws, Fundraising, Convention, Nominations (Awards or Officers), Chef & Child, Chef of the Year (Chair only), Membership, Education, Apprenticeship, Certification, Hot Food Competition, Other Ad Hoc Committee appointed by the Board of Directors
 - 2 points – Serving as President, Vice President, Secretary, Treasurer (4 elected members) for 1 year
 - Clarification Note: Elected members' terms are 2 years so they would get 2 points for each year
 - 1 point – Awarded at the discretion of the board for any special service that would not fit in any of the above categories. This **must** be approved by a vote at a board meeting.



American Culinary Federation, Inc.

National Headquarters
(800) 624-9458
www.acfchefs.org

ACF Chefs of Milwaukee Officers

President - Fredrick "Chuck" Meitner
chuckmeitner@yahoo.com
Western Racquet Club
920-207-4566

Vice President - Tom Surwillo, CEC CCE
surwillt@matc.edu
MATC
(414) 421-0292

Secretary - Jeff King, CSC
chefjmk@yahoo.com
(262)327-1073

Treasurer - Jess Koutecky
jess.koutecky@wholefoods.com
Whole Foods
(262)366-7018

Immediate Past President
Mic Pietrykowski CCC
Micmp2@hotmail.com
WCTC
262-691-0649 (h)
262-691-5590 (w)
262-691-5155 (fax)