



# Epicureans

September 2018

## Upcoming Meetings & Events:

### ACF of Greater Buffalo SOCIAL MEETING

UB CENTER FOR TOMORROW  
FLINT & MAPLE ROADS  
AMHERST, NY 14228

SEPTEMBER 10, 2018  
6:00 PM

\$10.00 W/ CASH BAR

RSVP TO CHEFNATEK@GMAIL.COM  
OR CALL OR TEXT 716-417-4468  
BY SEPT. 4TH

BUSINESS CASUAL/CHEFS WHITES  
PREFERRED FOR MEETINGS – NO JEANS

Reservations are needed to assist our meeting facilities to better serve the amount of people attending– please be professional and make reservations in advance!

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## The President's Message

Welcome back. Hope everyone enjoyed the beautiful and very warm summer months. We now begin the start of our new ACF calendar year. It kicks off with a social meeting September 10, 2018 at UB's Center for Tomorrow. The culinary and catering team at UB graciously offered to host our Chapter yet again, after just putting on a wonderful Chef of the Year Dinner in June. This will be an educational meeting with a presentation from the Chefs at UB and Domaine Lachaal Imported Olive Oil. Please note reservations are necessary to properly plan successful meetings. Chef Nathan Koscielski, CCE accepts reservations for meetings via email or phone call. Please contact Nathan one week before the meeting to confirm your reservation.

The Chapter Golf Tournament was August 6 at Hickory Stick in Lewiston. Thanks to all who participated, it was a very successful event. Thank you to Chef John Matwijkow, CCE, AAC and the committee for all the hard work and planning. It was a great day for the golfers. A percentage of the proceeds from this event help fund the ACF Scholarship Program.

At the September meeting, nominations will be open for Chapter Leadership Positions. Chef Neal Plazio, CEC, Nominations and Elections Chair will present the positions that are open for election and re-election for the 2019-2020 term. It is a good way to get involved and remain active with our Chapter. Please see information regarding Elections in this issue.

Other topics on our agenda for the upcoming business year include participation in the annual Chef and Child Event being held in conjunction with SUNY Erie and Waterfront Academy at Canalside. Also, the annual Festival of Trees Gala, set for December.

For those interested in Certification, an exam will be held at SUNY Erie North Campus September 29, 8:00 am. Please check the ACF national website for more information. Chef Mark Wright, CEC, AAC is the Certification Chair and test administrator. Any questions, please contact Chef Wright at wrightm@ecc.edu.

The ACF is currently promoting a membership campaign to attract new members to our organization and promote the benefits of being a member. Please see information in this issue regarding the campaign.

We have another busy year ahead for our members. Please continue to support our endeavors, it benefits the community and our profession. Thank you for your continued support and privilege to serve this great Chapter

Fraternally yours,

*Jacqueline Bamrick, CEC, AAC*

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E: cmartin@maplevalefarms.com

**Dorothy Morton**  
**BHS Foodservice Solutions**  
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dorothym@bhsfoodservicesolutions.com

## Appointed Positions

Certification ..... **Mark Wright, CEC/AAC**  
Erie Community College - North Campus  
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Articles and information for the newsletter are subject to editing and condensation. Because of the limited space in the newsletter, we are not always able to publish all articles and information. In addition, use of articles and information without express permission of the ACF of Greater Buffalo is strictly prohibited.



American Culinary Federation  
Greater Buffalo New York

# Save the Date

## Upcoming Events

**NEXT SOCIAL MEETING**  
UB CENTER FOR TOMORROW  
MONDAY, SEPTEMBER 10, 2018

**OCTOBER SOCIAL MEETING**  
SITE HAS BEEN CHANGED,  
DETAILS TO FOLLOW  
OCTOBER 8, 2018 • 6:00 PM

**CHEF AND CHILD EVENT**  
ECC LEARNING GARDEN @CANALSIDE  
BUFFALO, NY 14202  
THURSDAY OCT. 4TH • 9 AM – 6 PM

**SOCIAL MEETING**  
J. WILSON MARKETING  
NOVEMBER 12, 2018  
2928 WALDEN AVENUE  
DEPEW, NY 14043

**FESTIVAL OF TREES**  
BUFFALO CONVENTION CENTER  
DECEMBER 1

## BOARD MEMBERS

PLEASE NOTE THE BOARD MEETINGS  
WILL BE HELD EACH MONTH BEFORE  
THE REGULAR SCHEDULED MONTHLY  
ACF MEETINGS AT 5 PM.



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## HELP WANTED

Please contact Rob Lukasik - lukasik@ecc.edu if your facility is in need of employees. We can post the ads in our newsletter and get the news to all of our local culinary schools.

### Seneca Niagara Resort and Casino

Sous Chef  
FT and PT Cook positions  
Fine Dining, Casual, High Volume,  
and Banquet positions available

### Buffalo Creek

Sous Chef  
FT and PT Cook Positions  
3 New Restaurants- The Creek,  
WD Bar and Grill, and Savours

### Both Locations offer competitive pay upon experience

- 2 weeks vacation
- 7 paid holidays
- Medical/Dental/Vision Coverage
- 401K/Life Insurance
- Laundry Service
- Free Gym Membership
- OnSite Medical Assistance

## Please Note Directions on How to Join the ACF Online:

- 1) Go to <http://www.acfchefs.org>
- 2) Find the JOIN option under the MEMBERSHIP tab
- 3) Click the blue JOIN TODAY button on the right side
- 4) Enter your zip code and select the ACF of Greater Buffalo New York (NY061)
- 5) Click the blue JOIN TODAY button and select your level of membership
- 6) Fill our your information (name, work address, etc.)
- 7) Click SUBMIT and wait for email confirmation of your membership
- 8) Welcome to the ACF of Greater Buffalo!

## Membership at a Glance

### August 2018

Membership Type	Count	Percentage
Associate:	7	4.30 %
Culinarian:	9	5.50 %
Culinary Enthusiast:	2	1.70 %
Professional Culinarian:	110	63.1 %
Senior Professional Culinarian:	10	6.10 %
Student Culinarian:	25	15.3 %
<b>Total Membership Count:</b>	<b>163</b>	

## ACF OF GREATER BUFFALO DUES RENEWAL NOTICE

Please be aware if you are a chapter member with your dues up for renewal, and not updated by the due date, your newsletter will be delayed or not renewed until your membership is up-to-date

Please be aware to also check your certifications status for 2017





# CULINARY QUIZ

1. Pebble shaped Mediterranean spice that transfers its pale orange color to the foods in which they are cooked. It is a staple in Indian cuisines and especially used in curries and chutney's.
2. a. The Fat content of European Style Butter i.e. Plugra is?  
b. The fat content of American grade AA butter is?
3. The popular Spanish blue-veined cheese is?
4. Name the 4 herbs that make up Fines Herbes.
5. Which edible oil has the highest smoking point and what temp. does it smoke at?

Answers on page 13

**Deepest Sympathies** to the Family of Mr. David Male. David was a member for many years and served in many capacities notably the Editor of the Epicureans. David was a member of the Chaine des Rotisseurs and the Buffalo Food and Wine Society.

### Welcome New Members:

Dennis Lukasik, *Executive Chef Irondequoit Country Club*

Alexa Wajed, *Culinary Arts Instructor, SUNY ERIE*

Deborah Romaneo, *Culinary Arts Instructor, SUNY ERIE*

Kara Guariglia, *Culinary Arts Instructor, SUNY ERIE*

Margaret Carmen, *Culinary Arts Instructor, SUNY ERIE*

### Certification Test

September 29, 2018 SUNY ERIE, North Campus, contact Chef Mark Wright



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## ACF Certification Chair Network News | July 2018

### National News



Apply now!

CMC® Handbook

**2019 CMC® Exam Date Announced!**

**March 1-10, 2019**

**Registrations Now Open!**

To reserve your station, you must be Pre-Approved.

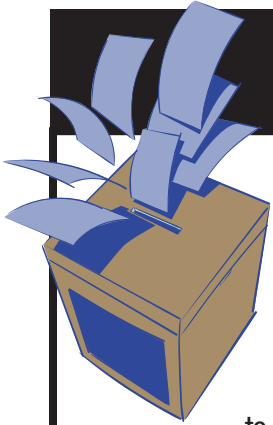
Check out the

**NEW AND IMPROVED CMC® Handbook**  
for exam details!

Already in pre-approval?

Reserve your station now!

## upcoming election criteria



The Nomination Committee will open nominations at the September meeting; nominations can be made by any ACTIVE member in good standing (members not in good standing will be informed by Sergeant-at-Arms before the meeting or if by mail by the corresponding Secretary). Nominations may be made by mail to the committee before the October issue of the EPICUREAN. Candidates need not be present at time of nomination but must be present at the October meeting to be "placed on the ballot". Nominees will be screened thoroughly before the October EPICUREAN is issued. Deadline for nominations will be the October EPICUREAN deadline. The candidates will be given time at the October meeting to express their views and platforms. The ballot will be printed in the November EPICUREAN. Nominations will be declared closed on the date of the October EPICUREAN deadline. There will be no nominations from the floor after the September meeting.

Any member wishing to withdraw his nomination must do so by letter to the Chairman of the Nominating Committee prior to the presenting of the ballots at the election meeting in November.



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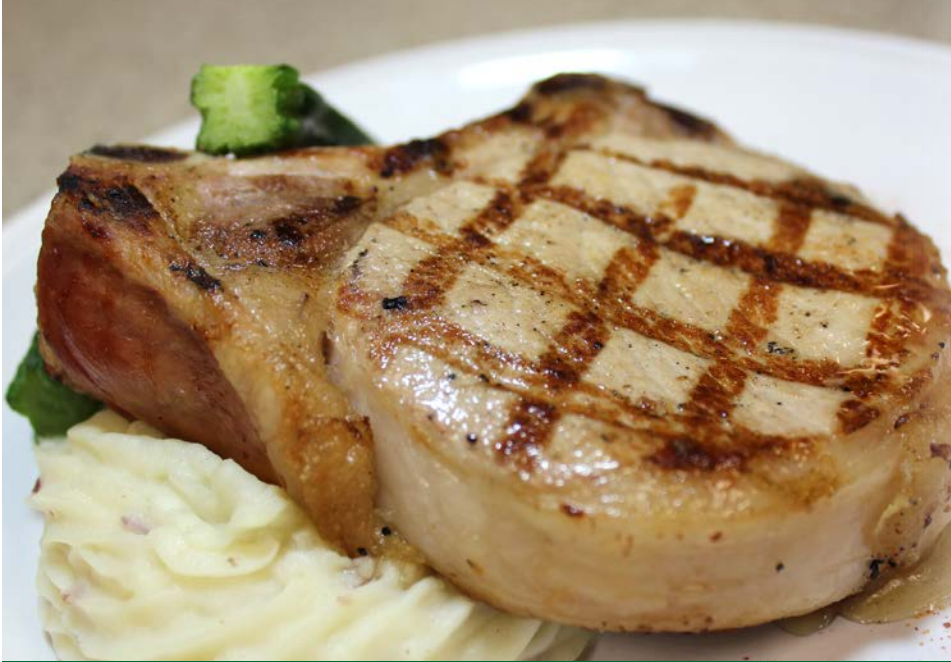
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***For More Information***

***North Campus 851-1391 City Campus 851-1034***



## **2018 Chef to Chef 90 Day Challenge Campaign**

- Starts August 1<sup>st</sup> a 90 day campaign ending on October 31<sup>st</sup>
- Existing chefs are challenged to recruit as many new (or over 6 months lapsed) **Professional** members to join a local chapter
- Each new Professional member will receive a free chef coat
- At the end of the 90 days the recruiting member will receive gifts based on the final number of chefs they recruit. Recruiting members must be current on their dues in order to be eligible for the gifts.
  - Recruit 1 to 4 members and receive a Free Chef Coat
  - Recruit 5 to 10 members and receive a Free Chef Coat and Pants
  - Recruit more than 11 members and receive a Free Chef Coat, Pants and a Membership or Certification plaque (member can choose which). These top recruiting chefs will also be entered to win a \$500 AMEX gift card.
- **Additional bonus:** The chapter with the most new members will receive a Customized Chapter Marketing kit to include; Pull up banner, tablecloth, marketing materials, giveaway items, etc. Cost under \$500
- Full promotional details and restrictions will be released on August 1<sup>st</sup> via email and social media.
- There will be directions provided and back up procedures in place that staff will conduct to ensure that recruiting chefs receive credit for each chef they recruit.



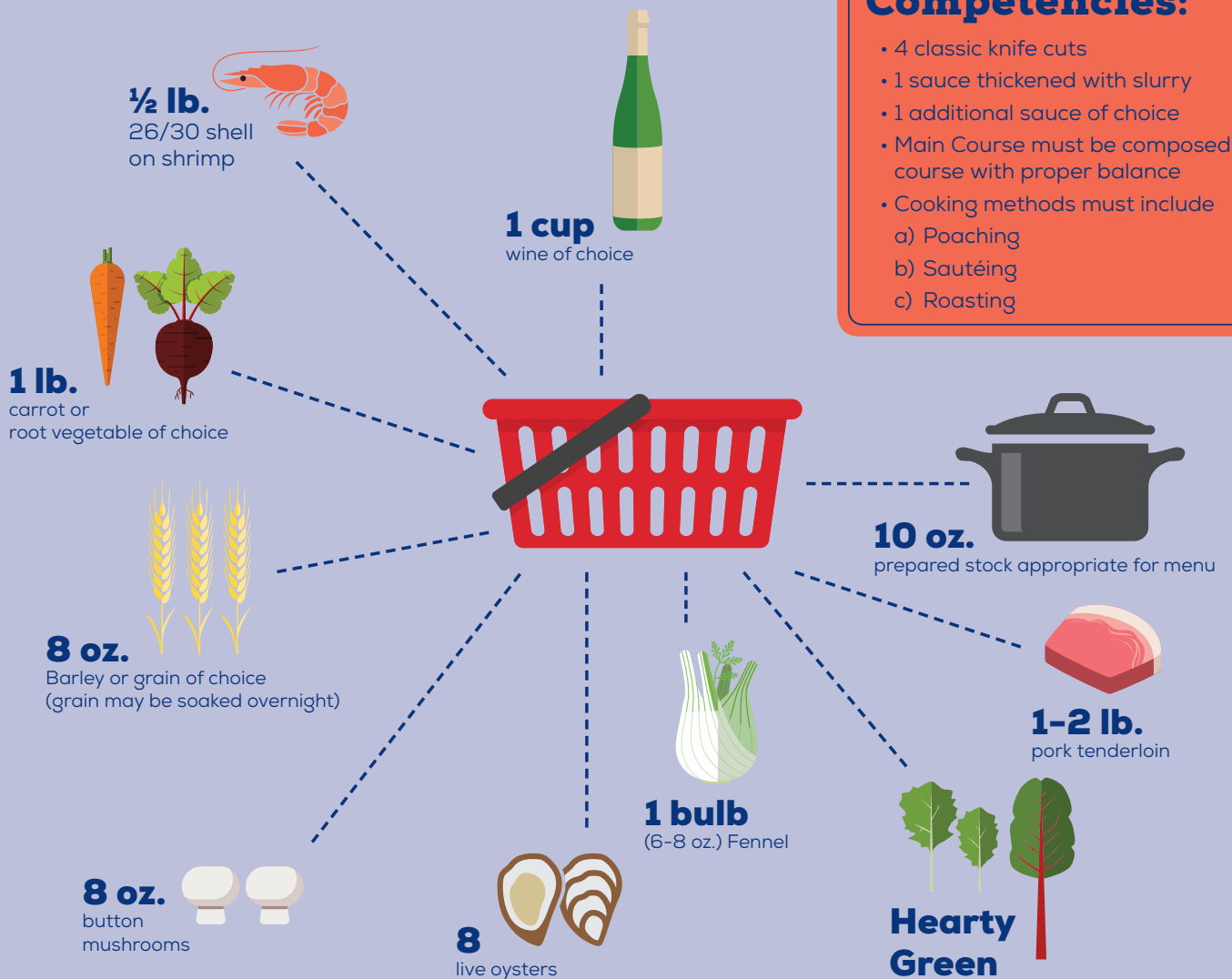
# CCC<sup>®</sup> Market Basket

## Certified Chef de Cuisine<sup>®</sup>

Starting  
August  
1st, 2018

Candidate will have 3 hours to prepare the following plus a 15 minute window to present: One appetizer/first course (hot or cold) to serve 4, one soup course (hot or cold) to serve 4, and one main course to serve 4 using the following market basket and demonstrating the defined competencies below.

### Market Basket:



### Competencies:

- 4 classic knife cuts
- 1 sauce thickened with slurry
- 1 additional sauce of choice
- Main Course must be composed course with proper balance
- Cooking methods must include
  - a) Poaching
  - b) Sautéing
  - c) Roasting

### Knowledge of the following:

- Mise En Place (to include properly spelled menu)
- Safety and Sanitation
- Proper thickening
- Depouillage
- Proper Vessel of service
- Silver skin removal/fabrication
- Sauces
- Final plate of entrée with sauce, garnish, and sides
- Label, Date, and Rotate
- Doneness of Foods



## **Certified Chef de Cuisine (CCC®)** *Practical Exam – Evaluator Guide*

### Domain IV: Finished Product Skill – 40%

#### **Menu Presentation – Achieving Stated Menu - Accurate Costing – weighted value for each course = 5%**

Each course assessed using the following guide:

- Menu typed using easy to read font
- Food presented matches menu description
- Menu written as a customer would read
- Proper grammar used/ no misspellings
- Menu items costed per ingredient
- Total cost per serving identified
- Recommended Target Food Cost identified (Candidates choice) for the course
- Food Cost Target is accurate to industry standards (believable)
- Proposed sale price identified
- Accurate calculations used



Certified Chef de Cuisine (CCC)  
Menu Costing Form

Candidate Name: \_\_\_\_\_

ACF ID#: \_\_\_\_\_

Date: \_\_\_\_\_

Menu Item: \_\_\_\_\_ (example: Carrot Soup)

Total Yield: \_\_\_\_\_ (example: 2 quarts)

Portion Size: \_\_\_\_\_ (example: 6 oz)

Ingredient	Amount/Weight/Volume	Cost	Total
Example: Carrots, peeled and chopped	2 pounds	\$0.45/lb.	\$0.90
Chicken Stock	1 quart	\$5.24/gal	\$1.31
Heavy Whipping Cream	1 pt	\$3.29/qt	\$1.65
		Recipe Cost	\$3.86

Cost per serving : \_\_\_\_\_ ( example: \$0.36)

Food Cost Percentage: \_\_\_\_\_ (example: 28%)

Proposed Selling Price: \_\_\_\_\_ (example: \$3.99 (\$1.28 minimum))

Rationale (Optional): \_\_\_\_\_ (example: As the minimum selling price to achieve the target food cost is low, customers will not be opposed to spending \$3.99 for a 6 oz. serving of this item.)

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## CULINARY QUIZ

### ANSWERS:

1. FENUGREEK
2. A. 82-86%  
B. 75%
3. CABRALES
4. PARSLEY, TARRAGON, CHERVIL AND CHIVES
5. AVOCADO OIL, 520 DEGREES F