



# Mise en Place

a Publication of ACF Chefs of Milwaukee, Inc.

## Spring 2008 Contents

Message from the President . . . . .	1
Chapter News . . . . .	3
Student News . . . . .	5
Techniques . . . . .	7
Equipment Spotlight . . . . .	8
Seasonal Food . . . . .	9
Open Positions . . . . .	10
Recipes . . . . .	11
Calendar . . . . .	11

Competing for Gold p 3



Student News pg 5



Recipes p 11



### Message from the President

*Fredrick "Chuck" Meitner-- President, ACF Chefs of Milwaukee*

## What can the ACF do for you?

Hello. As it turns out, there are 8 times that I will be writing to you in this way. With this being the first, I've thought a great deal about what I would say. Perhaps, I would say something profound or wise. With the national elections coming up, maybe I'd say something inspirational about a great new ACF, coming soon to a meeting near you. Maybe it would be fire and brimstone about how everyone should be more active in the chapter. I decided on the words below. You decide into which category they should be assigned.

#### What does the ACF do for me?

I always learn something at every meeting. Going in, I never know what I'll learn, but I always learn something. Sometimes I learn the email address of someone off whom I can bounce an idea. When I was younger, it might have been someone who might hire me some day. Someone who might actually make me a better leader. Maybe I learned a new twist on an old menu idea.

**Raising standards.** Do you measure yourself against the skill of that other chef? I do. "I could do this better," or "Wow, this is really something!" I'd

never admit out loud where I rate myself, but I do rate myself. Did you ever go back and work harder because of something you learned or something someone said at a meeting?

**Social networking.** In his book, *The Millionaire Mind*, T. Harv Eker said that virtually every person, truly wealthy, who didn't inherit, had a huge rolodex. Why do you think that is? Social networking.

**Giving back.** Voltaire said, "If God did not exist, it would be necessary to invent Him". Do you know why? Because the realization that nothing continues after you go, is absolutely terrifying to the vast majority of people. Giving back to society is one of the greatest ways of ensuring that you will continue on long after your body is cold. Personally, I choose to give back by being active in my professional organization. If you don't give back to society through the Chef and Child Foundation, or by mentoring a student, or by helping to educate your fellow chefs, please, please find some other way to get that in your life. The cool thing is that you get back twice what you put in.

# President's Message

continued from page 1

**Knowledge.** Certain people, at various times in my life, decided to teach me a thing or two. Why? Because I was good looking? (true, but not the right answer) Because they had nothing better to do? Because they could get some cheap labor out of me? (Yes, but that wasn't the main reason.) When I was an apprentice, my chef drilled into me how he was given knowledge by someone else and now he was giving it to me. Not for my benefit, but to honor and thank the one who had given it to him. And when it was my turn, I would do the same. You pay it back by passing it on. Ask yourself, do you owe any debts that haven't been paid back? Are you comfortable with that? Start sharing your experiences with a student. Start sharing ideas with your peers. Help them succeed.

For whatever time I spend as your president, I promise to do my absolute best to better the quality of the chapter, to better the return on your investment, and to better my profession as a whole. I can not do it alone. If you want a better ACF, please help me create one.

I'd like to leave you with an excerpt by Theodore Roosevelt from his speech the Sorbonne University in Paris. It's on my desk right now and I read it every time

I am discouraged. Over the years, it has given me a lot of comfort. At the end of my term, those of you who are active in the chapter, who attend meetings, who mentor and help students, who will strap on the gloves and get in the ring, who will stand beside me in the trenches, you may judge my performance. Those of you who do not, may refer to words below.

*It is not the critic who counts, not the man who points out how the strong man stumbled, or where the doer of deeds could have done better. The credit belongs to the man who is actually in the arena; whose face is marred by the dust and sweat and blood; who strives valiantly; who errs and comes short again and again, because there is no effort without error or shortcoming; who knows the great enthusiasms, the great devotions and spends himself in a worthy cause; who at the best, knows in the end the triumph of high achievement, and who, at worst, if he fails, at least fails while daring greatly; so that his place shall never be with those cold and timid souls who know neither victory or defeat.*

Thank you,  
Chuck

## 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](mailto:northland@rocketmail.com) so he can forward the prospect information on your behalf.

## ACF Chefs of Milwaukee website

[www.acfchefsofmilwaukee.com](http://www.acfchefsofmilwaukee.com)

- Job Marketplace
- Updated monthly
- News and meeting announcements



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# Chapter News

## Competing for Gold

by Jeff King

On Thursday March 13th Chefs Jeff King and Chuck Stepanovich competed in the Team Mystery Basket Competition at the WRA Food Show. For those of you who are not familiar with the format of this competition it can be a very grueling four hours.

It starts with the kitchen setup, and then leads into the introduction of the "Mystery Basket" with all of the ingredients. Next the menu is written based on those products.

This year the competitors were challenged with: bone-in pork loin, three whole rabbits, two whole whitefish, two dozen oysters, purple Peruvian potatoes, parsnips, red beets and blood oranges. After receiving the basket, King and Stepanovich had thirty minutes to craft the menu and another thirty minutes to return any unused product. That's already one hour down and they haven't even begun cooking yet!

"It's a rush when you get the basket," said Stepanovich.

"You need to maintain an energized pace throughout the full four hours," added King, who has now competed in more than 10 mystery baskets, four of them with Stepanovich.

After the four hours of mincing, chopping and cooking they had to be ready to plate up, or as the judges would say, "Chef your window is open."

One of the criteria for this competition is for the chefs to be able to produce twelve settings of each of the courses. Three of the settings go to the tasting judges, one for display and the remaining eight go to feed a dining room table that has been sold to various people from the show.

Stepanovich and King' core belief coming into their fourth event together was "to keep the menu simple yet elegant and to focus on details and fundamental cooking principles," according to King.

Between the two of them and with the assistance of a student apprentice they crafted a gold medal menu that also won first of show!



Here is their award winning menu:

*Hot smoked whitefish atop a risotto cake with stewed oysters*

*Terrine of Rabbit, tarragon aioli with baby greens tossed in a blood orange-beet vinaigrette, crispy parmesan Tuile and wild rice*

*Cider glazed pork loin atop a mustard-rosemary reduction*

*Purple potato and parsnip puree with tourneed root vegetables*

*Layered Terrine of Hazelnut cake, apple jelly, ganache filled raspberries and a vanilla bean mousse served with a roasted apple sorbet and warmed fruit compote*

# Chapter News

## Winners of the ACF/Wisconsin Restaurant Expo Competition

### Contemporary Competition

Place	Medals	Name	Establishment	City	State
1st	Gold	Tim Bucci	Joliet Junior College	Oak Forest	IL
2nd	Silver	Corey Arndt	Big Tomatoes	Green Bay	WI
3rd	Silver	Kevin McGuinnis CC	Madison Area Technical College	Madison	WI

### Mystery Basket Teams

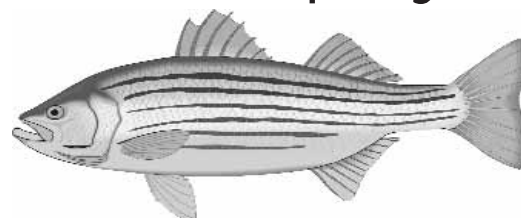
Place	Medals	Name	Establishment	City	State
1st	Gold	Jeff King	The Milwaukee Club	Milwaukee	WI
1st	Gold	Chuck Stepanovich	The Milwaukee Club	Milwaukee	WI
2nd	Silver	Timothy Bucci	Joliet Junior College	Oakforest	IL
2nd	Silver	Andy Chlebana	JOLIET JUNIOR COLLEGE	PLAINFIELD	IL
3rd	Silver	John Johnson CEC CCE	Madison Area Technical College	Madison	WI
3rd	Silver	Dan Almquist	Madison Area Technical College	Madison	WI

### Cold Food Competition

Place	Medals	Name	Establishment	City	State
1st	Gold	Tim Bucci	Joliet Junior College	Oak Forest	IL



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# Student News

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## WCTC Hospitality and Culinary Students Host Students from Kathe Kollwitz Schule

By Ellen Lilburn

Since the year 2000, the Hospitality Study Tour of Waukesha County Technical College has been involved in the exchange of students and international study opportunities with a sister school in Marburg, Germany. This year, the Hospitality and Culinary Club planned and hosted events in Milwaukee and Waukesha to highlight the visit and international study of 22 students and four faculty members from Kathe Kollwitz Schule.

The German students and faculty arrived in Milwaukee, Wisconsin on March 28, 2008. The next day they were introduced to new places and people and events in a steady stream that would have most tourists reeling regardless of the beautiful weather. We found the students and faculty to be enthusiastic, adventurous and quite the walkers. Their mind set was motivating to the entire group and their English was impeccable.

When we weren't sightseeing in the cities, the German students enjoyed cooking and mingling and learning with other Hospitality and Culinary students and faculty on campus at WCTC. We escorted the students on tours and invited them into classrooms. Question and answer sessions were lively, humorous, and enlightening. After a sanitation lesson from Chef Mic, we gave them culinary and hospitality reign in the kitchens and Classic Room. During the week, the German students derived a menu of German cuisine and prepared the delicious buffet on Thursday evening for the host families.

The group of German students and their escorting faculty members for 2008 was 'The best group we have ever hosted'. It was truly a pleasure to see their faces light up as they experienced the sights, sounds, and tastes of American culture. And with grateful hearts and tears in our eyes we, both German and American students, hope that paths will cross again.

Special thanks to WCTC staff, including Chef Mic Pietrykowski, Randy Grippe, Tim Graham, and Brad Piazza for enabling this opportunity.

## Five Star Food & Wine Event Raises \$10,000 for Culinary Scholarships

by John Reiss CEC, CCE

Milwaukee Area Technical College Culinary Arts Department raised \$10,000 for scholarships at their first fundraiser. The event, held on Monday, March 10, drew over 450 people and featured foods from around the world prepared by culinary arts students and faculty. The event paired ethnic cuisines with wines generously donated by General Beverage, and the unique beers of Sprecher Brewery. As part of the evening gala a silent auction offered restaurant and hotel packages, wines, and other auction items donated by industry supporters. The MATC Culinary Arts department is looking forward to next year's planned event in March, 2009. The Culinary Department would like to extend a big thank you to all who donated the beverages, food, and auction items. The generosity of Reinhart Foods, Sysco Foodservice of Southeastern Wisconsin, Empire Fish Company, Marchese Produce, Sprecher Brewery, General Beverage, and Canopies Party Rental helped us to achieve our goals.

## Chef Benny Visits Milwaukee

Chef Benny D'Epiro from Ristorante Barberini in Rome, Italy was in Milwaukee and spent time at MATC to teach our culinary students about the nuances of Roman Cucina. He also had an opportunity to attend the Chefs of Milwaukee dinner meeting at the Milwaukee Club, and tour the WRA Expo including the ACF competitions.

Chef Benny presented a demonstration to our culinary students on risotto and "Guazzetto di Pesce", a saffron fish stew. He described the differences in aborio, carnaroli, and vialone nano rice commonly used in risotto, and how each can make subtle differences in the presentation of this classic Italian dish. The MATC Cuisine restaurant also featured a menu from his restaurant in Rome that was prepared by our culinary students and very popular with the restaurant's guests.



# Student News

## NEW PROGRAM....CALLING ALL MEMBERS!!

by Rebecca Skroback

The Culinary Exchange Program is a mentoring program that involves students, mostly non-ACF members, and ACF Culinary Professionals.

Created to introduce students to the ACF Chefs of Milwaukee, the program offers students the opportunity to meet and have dinner with chefs in their chosen field.

During the dinner meeting, chefs are asked to introduce the students they are mentoring for the evening to other chefs as well as have dinner with them and share their culinary experiences.

The second step is the student and professional schedule a time when the student can gain some practical, hands-on experience at the chef's place of employment or event. These hours are used towards the students' field experience hours that are needed for graduation.

This is a great opportunity for students to really understand and learn all about the field that interests them. Plus, the ACF member has been a direct influence in the careers of these future culinarians and has helped to possibly bring a new member to ACF.

Interested in getting involved, please sign up at future dinner meetings or contact Rebecca Skroback MATC/ACF Liaison at [MATCCulArtOrg@yahoo.com](mailto:MATCCulArtOrg@yahoo.com) for more information. Find the inner educator in you....you can make a difference.

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# Techniques

## Marinade

by Jeff King

The world of marinating dates back hundreds, even thousands of years. In some of its earliest applications it was used as a preserving agent to protect food from the lack of refrigeration. Certain foods were rubbed with salts or packed in large drums that were covered with fat or oil when they were to be carried long distances. The history of marinating foods has been affected by many things including culture, history, religious beliefs, traditions and interpretations, and the evolution of human tastes.

Marinades can be divided into a couple of different categories: wet or dry rubs and marinades. Technically you could also include cures and brines in this category, but the desired outcome of brining is entirely different than that of marinating. A sub-category could also be made for raw or cooked marinades.

A dry rub can be defined as a blend of dry spices that is sprinkled or rubbed into the meat; typically before a pork shoulder is smoked it is rubbed thoroughly with a dry rub. With the addition of a liquid it then becomes a wet rub or a paste. Usually water or oil is the wetting agent, but your imagination. A marinade is usually just a wet rub with the addition of more liquid.

The liquids that comprise a marinade can come in many forms such as flavored oils and vinegars, various juices or concentrates such as blood orange juice or thyme compound. Many different spice combinations can help bolster a marinade, such as curry powder or Chinese Five Spice. In most cases marinades are used to both add flavor and tenderizer proteins.

When using marinades make sure you keep in mind the basics. Typically the longer the product is marinating the less salt you use, if any is used at all! Also remember the higher the acid level the less time the food should be exposed to a marinade, otherwise the food starts a process known as protein denaturation. A perfect example of this process is ceviche, and that's an entirely separate and lengthy article.

The amount of time a product is marinated is really in the chefs' hands, but here are a couple of hard and fast rules:

**Very large pieces of meat**, such as brisket, shoulder or prime rib need 12 to 24 hours. Large sized pieces of meat like pork tenderloin, whole chickens and whole fish need 6-12 hours.

**Medium pieces or cuts** like porterhouse steaks, chicken breasts and small whole fish require about 3-6 hours.

**Smaller cuts of meat**, depending on the strength of the marinade, may need only 15 minutes to 2 hours. Some example of these smaller cuts would be: tenderloin steaks, shrimp or fish fillets.

*continued on page 11  
Recipes featured on page 11*

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Or by e-mail to: [gbi@tripolicc.org](mailto:gbi@tripolicc.org)

No calls or drop-ins please.

For more information on these and other positions see the ACF Chefs of Milwaukee Website: [www.acfchefsofmilwaukee.com](http://www.acfchefsofmilwaukee.com)



*American Culinary Federation  
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# Techniques

continued from page 7

From Thailand to South America and everywhere in between, when it comes to marinades there are endless possibilities for flavor combinations. These aromatic baths that coat your steaks and chops can be what set you apart from the rest. Next time you put a steak on the grill either at work or home try one of these marinades to add a new dimension of taste to your meal.

## Pork Loin Marinade:

This marinade also works well with prime rib

- 1/4 Cup Kosher Salt
- 1/2 Soy Sauce
- 1 Cup Apple Juice
- 1 Cup Balsamic Vinegar
- 1 Cup Grape Seed Oil
- 1/2 Cup Brown Sugar
- 1 Tb. Mustard Powder
- 2 Tb. Onion Powder
- 4 Garlic Cloves Pureed
- 1/4 Cup Smoked Paprika
- 1 Tb. Fresh Thyme Minced



## Turkish Garlic Marinade:

- 2 cup plain yogurt
- 1/2 cup EVOO
- 4 Tb. lemon juice
- 2 shallots minced
- 3 garlic cloves- minced
- 1 tsp. sea salt
- 1/2 tsp fresh ground black pepper
- 1/2 tsp. red pepper flakes

*Many different spice combinations can help bolster a marinade, such as curry powder or Chinese Five Spice.*

## Fish Marinade:

- 1 cup herb oil
- 1/2 cup mixed citrus juice
- Zest from 1/2 lemon, 1/2 lime and 1/2 orange
- Pinch of Salt
- Pinch of white pepper
- 1 Tsp. Grated fresh ginger
- 1/4 chopped cilantro

## Save the Date

### Watch the Chapter website

[www.acfchefsofmilwaukee.com](http://www.acfchefsofmilwaukee.com)  
for all meeting information.

Dinner Meeting Dates  
Please watch the website  
for location and  
reservation information.

August 25, 2008

September 24, 2008

October 27, 2008  
Chef of the Year

November 17, 2008  
Business Meeting  
MEMBERS ONLY

January 26, 2009  
State of the Chapter

February 23, 2009

March 23, 2009

April 27, 2009  
Traveling Chef