

HEF Entrée

a monthly e-newsletter from the
Hospitality Education Foundation

Nebraska
RESTAURANT
ASSOCIATION
Hospitality Education Foundation

ANNOUNCING THE 2018 PROSTART STATE CHAMPIONS CULINARY MINI CAMP

PREPARE.....PRACTICE.....PUSH.....

The mantra of successful Institute for the Culinary Arts (ICA) Metro Community College Culinary Arts Teams will soon become the "cry" of the 2018 Nebraska State Culinary Champion Team. The objective of the Champions Mini Camp, coordinated by ICA Associate Dean Brian O'Malley, faculty and students, is achieving Nebraska success at the National ProStart Invitational in Providence, Rhode Island, in April. Associate Dean O'Malley's staff understands the commitment and practice needed in preparing for competitions and has invited the 2018 Nebraska ProStart Culinary Champion Team to the mini camp, which reflects the ICA model of culinary team development.

Camp begins Friday evening, March 16 and ends at noon, Sunday, March 18. The "hands on" workshop includes basic technique review (knife skills, sauteeing, mise en place) and team building. A highlight of camp includes filming of the competition practice. The team becomes the observers, providing the opportunity for the team to critique "best practices" and highlight "areas for improvement".

Preparing for national competition requires hours of effort, energy and practice. The Nebraska Restaurant Association Hospitality Educational Foundation thanks ICA for coordinating this camp and assisting the 2018 Nebraska ProStart Culinary Team with their development. Plans for a ProStart Management Competition Team Camp are underway.

CREATING BROWNE D AND FLAVORFUL MUSHROOMS



Enhancing a steak, salad or sauce with umami rich, browned, flavorful mushrooms requires a trick or two, but begins with understanding the nutrient composition of the white button mushrooms sets the stage for culinary success. Button mushrooms are rich sources of the B Vitamins, selenium, copper, fiber and protein. In addition, the mushroom is approximately 90% water which prevents browning and flavor development.

But enough science—let's focus on the art of turning the pale mushroom slice or quarter into an enjoyable dining experience. The chef's goal in sautéing is quickly achieving water evaporation while enhancing color and flavor development.

So how can this happen? Following a few tips results in the desired outcome. Quarter or thick slice (larger than one quarter inch) the mushrooms. Start with a heavy pan that will retain heat and medium high heat. After heating the pan, add clarified butter (or oil). Continue heating until the fat ripples. Cook only a handful of mushrooms at a time, sautéing until all the moisture has evaporated and a golden color develops. The addition of another handful of mushrooms, cools the pan and results in additional moisture release. This prevents the already browned mushrooms from burning. Continue sautéing until all mushrooms are golden and flavorful.

NOTE: Wild mushrooms contain less moisture. Saute with extra care and attention.

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WELCOME NEW HEF BOARD MEMBER, AARON OFFUTT

Tell us about your position with Heartland.

I am in a position to advocate for merchants. I run an analysis on their current position, and make recommendations as to how they can process payments and payroll more securely, with better service, and more cost efficiently.

How did you get started in the business?

After a long career in sales, many with positions lacking in autonomy and poor leadership, was offered a position in this crazy industry to be rewarded for my hard work, with true leaders encouraging me. If my kids are sick, I can take them to the doctor, if I need a day off to collect myself and reengage, I can take it; true autonomy.

What has been your most important achievement professionally?

Recently, I became fully vested with Heartland, meaning I own my portfolio forever. It truly defined the potential the salesforce has with Heartland, and was a real turning point in my thinking, solidifying that I have found a career I believe I will retire from.

What is your favorite thing to do on a day off?

Hang out with my wife and kids, cook, read, play chess, and visit with friends.

What is the most unique or interesting thing about you that most people probably don't know?

I know the alphabet backwards.

If you could have a super power, what would it be?

Time Control, with the ability to move within and without.

If you could have dinner with one famous person from the past or present, who would it be?

Nikola Tesla

What is your favorite food?

Chicken Cordon Bleu

What are you most proud of?

My Father

What is the best piece of advice you've ever received?

Always do the right thing, especially when no one is looking.

If you could choose only one descriptive word to be remembered as, what would it be?

Encouraging

What is the biggest challenge you've faced professionally?

Being put in a position where I knew the right thing and I was asked to do something differently at the cost of my job.

What is your favorite movie or TV show?

Game of Thrones / House of Cards - Tie

The Matrix / V for Vendetta - Tie

What is your greatest talent that you don't utilize in your daily work?

Advising friends, family, and sometimes complete strangers on life's struggles.

What talent would you like to have?

Man, I wish I could dance.



Nebraska Restaurant Association | Hospitality Education Foundation

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FEATURED MONTHLY RECIPE

BASIC VINAIGRETTE & VARIATIONS

NOTE: Basic vinaigrette ratio is 3 parts oil: 1 part vinegar. The following flavor profiles may be adjusted accordingly. Add herbs & seasonings as desired.

BASIC VINAIGRETTE

3 TBSP Extra Virgin Olive Oil
2 TBSP Vinegar (White or Cider)
Dash Salt & Pinch Pepper, Black, Fresh Ground
Combine all ingredients. Whisk to emulsify. Set aside.
After 10 minutes, whisk. Dress salad.

BASIC CREAMY

Basic Vinaigrette
2 TBSP Mayonnaise
2 TBSP Plain Yogurt
2 TBSP Sour Cream
Combine all ingredients. Whisk to emulsify. Set aside.
After 10 minutes, whisk. Dress salad.

CREAMY GARLIC

Basic Vinaigrette
2 TBSP Mayonnaise
2 TBSP Plain Yogurt
2 TBSP Sour Cream
1 Clove Garlic, Finely Minced
Pinch Italian Seasoning
Combine all ingredients. Whisk to emulsify. Set aside.
After 10 minutes, whisk. Dress salad.

PARMESAN PEPPER

Basic Vinaigrette (Delete Salt, Adjust Pepper)
2 TBSP Mayonnaise
2 TBSP Plain Yogurt
2 TBSP Sour Cream
1 TBSP Parmesan Cheese, Grated
1/8 TSP Pepper, Black, Fresh Ground
Combine all ingredients. Whisk to emulsify. Set aside.
After 10 minutes, whisk. Dress salad.

ITALIAN VINAIGRETTE

3 TBSP Extra Virgin Olive Oil
2 TBSP Red Wine Vinegar
½ TSP Garlic, Fresh, Finely Minced
½ TSP Italian Seasoning
Pinch Red Pepper Flakes, Crushed
Dash Salt & Pinch Pepper, Black, Fresh Ground
Combine all ingredients. Whisk to emulsify.
Set aside. After 10 minutes, whisk. Dress salad.

MUSTARD VINAIGRETTE

Italian Vinaigrette
1 TSP Dijon Mustard
1 ½ TSP Honey
Combine all ingredients. Whisk to emulsify. Set aside.
After 10 minutes, whisk. Dress salad.

BALSAMIC VINAIGRETTE

3 TBSP Extra Virgin Olive Oil
1 TBSP Balsamic Vinegar
½ TSP Garlic, Fresh, Finely Minced
Dash Salt & Pinch Pepper, Black, Fresh Ground
Pinch Italian Seasoning
Combine all ingredients. Whisk to emulsify. Set aside.
After 10 minutes, whisk. Dress salad.

CALENDAR OF EVENTS COMPETITIONS

State Culinary Showcase

Saturday, March 3, Great Plains Culinary Institute at Southeast Community College, Lincoln

Cookin' at the Classic

Tuesday, February 20, Buffalo County Fairgrounds, Kearney

Regional ProStart Culinary Team Competitions

Saturday, January 27, Great Plains Culinary Institute at Southeast Community College, Lincoln

Monday, February 19, Scottsbluff Senior High School

Friday, February 23, Institute for the Culinary Arts, Metropolitan Community College, Omaha

State ProStart Culinary Team Competition

Friday March 2, Institute for the Culinary Arts, Metropolitan Community College, Omaha

State ProStart Management Team Competition

Saturday, March 3, Institute for the Culinary Arts, Metropolitan Community College, Omaha

FUNDRAISERS

Chipotle

Wednesday, January 17, 6005 O. Street, Lincoln

StarCity Baconfest

Sunday, April 22, The Cornhusker Marriott, Lincoln

HEF Golf Tournament

Monday, June 18, Quarry Oaks, Ashland

It will be a busy year. We look forward to seeing you at the events and appreciate your support.

Click here
for updates
on events!

COMPETITION JUDGES NEEDED

Culinary Judges are needed for the Eastern Regional Culinary Competition on Saturday, January 27 at Southeast Community College and for the State ProStart Culinary Competition on Friday, March 2 at Metro Community College. Contact Fayrene at neprostart@windstream.net if you can assist.

CAUSE AN EFFECT



Make dinner a selfless act by joining us for a fundraiser to support ProStart. Come in to the Chipotle at **6005 O Street Suite A** in Lincoln on **Wednesday, January 17th** between **4:00pm** and **8:00pm**. Bring in this flyer, show it on your smartphone or tell the cashier you're supporting the cause to make sure that 50% of the proceeds will be donated to ProStart.

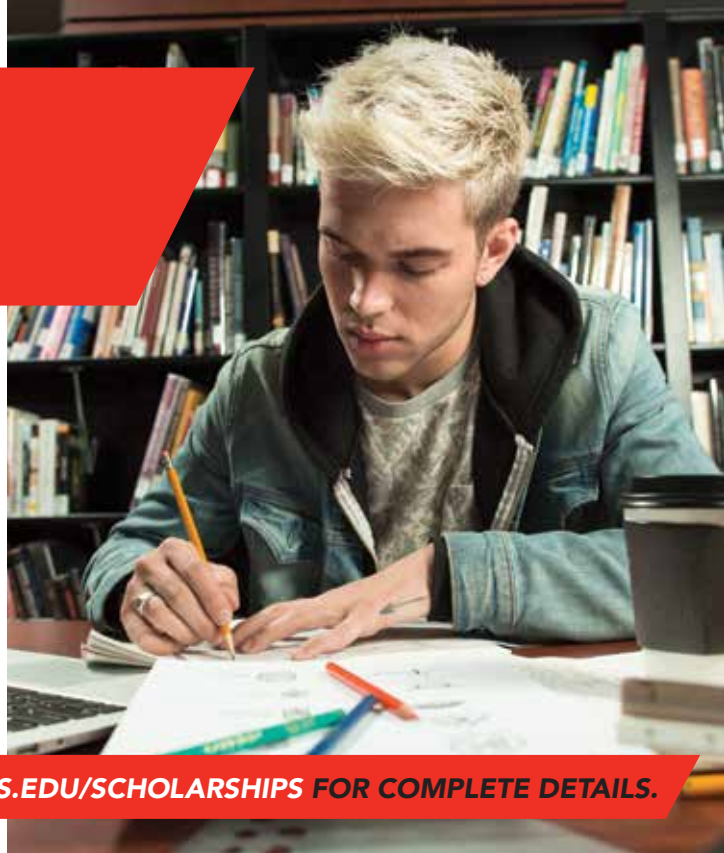


Online orders will not be included in the fundraiser total. To ensure your purchase is counted in the fundraiser, be sure to order and pay in-restaurant. Gift card purchases during fundraisers do not count towards total donated sales, but purchases made with an existing gift card will count.

ART GRANT & SCHOLARSHIPS

Your education can prepare you to leave a mark on the world. And we'll do everything we can to make your experience here more affordable. The Art Grant offers you an opportunity to do just that. Also, there may be additional scholarship opportunities, including merit, competition, and need-based. Full and partial scholarships are available to new and current students.

The tuition scholarships listed below are applicable at recruiting Art Institutes locations. Ask your local high school representative about additional scholarship opportunities that may be available in your state and region. Questions? Contact scholarships@aii.edu.



GO TO ARTINSTITUTES.EDU/SCHOLARSHIPS FOR COMPLETE DETAILS.

The scholarships listed to the right are applicable to those interested in the following areas of study:

Visual Design

Interior & Product Design

Marketing

Animation & Effects

Film & Production

Gaming & Technology

Fashion

Culinary

ART GRANT

The Art Grant can earn new and current students a grant award toward your tuition on average of up to 20% for Bachelor's degree programs and up to 15% for Associate's degree programs. For every 12 credits earned, as you maintain continuous enrollment and satisfy other eligibility criteria, you can earn an Art Grant to be applied to tuition. The Art Grant is offered at all Art Institutes schools except for The Art Institute of Pittsburgh—Online Division. Amounts vary by location. Check with the school you're considering attending for exceptions and details.

DECA SCHOLARSHIP

Open to high school seniors graduating in 2018 who are DECA members. There are varying numbers of DECA scholarships available nationwide and in various categories.

DECA membership scholarship: up to \$1,000

DECA state scholarship: up to \$1,500

DECA national scholarship: up to \$5,000

NATIONAL ART HONOR SOCIETY SCHOLARSHIP

Three nationwide scholarships are available and are awarded to high school seniors graduating in 2018 who are members of the National Art Honor Society.

1ST PLACE: \$20,000 tuition scholarship

2ND PLACE: \$10,000 tuition scholarship

3RD PLACE: \$5,000 tuition scholarship

FUTURE BUSINESS LEADERS OF AMERICA NATIONAL SCHOLARSHIP PROGRAM

Three \$10,000 nationwide tuition scholarships will be awarded to high school seniors graduating in 2018 who are FBLA members; students with a first-year GPA of 3.0 may earn an additional \$5,000 tuition scholarship.



The Art Institutes®

The scholarship listed to the right is applicable to those interested in the following areas of study:

Interior & Product Design

Fashion

Culinary

The scholarship listed to the right is applicable to those interested in the following areas of study:

Visual Design

Marketing

Animation & Effects

Film & Production

Culinary

The scholarships listed to the right are applicable to those interested in the following areas of study:

Culinary

Go to

artinstitutes.edu/scholarships
for complete details.

The Art Institutes is a system of over 45 schools throughout the United States. Programs, credential levels, technology, and scheduling options vary by school and are subject to change. Not all online programs are available to residents of all U.S. states. Several institutions included in The Art Institutes system are campuses of Argosy University. Administrative office: The Art Institutes, 210 Sixth Avenue, 33rd Floor, Pittsburgh, PA 15222 © 2017 The Art Institutes. All rights reserved. Our email address is materialsreview@aii.edu.

See aipprograms.info for program duration, tuition, fees and other costs, median debt, salary data, alumni success, and other important info.

FCCLA COMPETITIONS

(Family, Career and Community Leaders of America)

Open to high school seniors graduating in 2018 who are members of FCCLA and participate in competitions in the categories of Culinary (3 nationwide scholarships available), Interior Design (2 nationwide scholarships available), Fashion Design and Fashion Construction (1 nationwide scholarship available in each category), and Hospitality (3 nationwide scholarships available). Tuition scholarships are renewable for up to 4 years.

1ST PLACE: \$3,000 tuition scholarship (\$12,000 maximum)

2ND PLACE: \$2,000 tuition scholarship (\$8,000 maximum)

3RD PLACE: \$1,000 tuition scholarship (\$4,000 maximum)

SKILLS USA CHAMPIONSHIP

Open to high school and post-secondary students who are members of SkillsUSA and participate in competitions in the categories of Advertising Design, Culinary, and Photography (6 nationwide scholarships available in each category), as well as 3-D Visualization & Animation, Web Design, and Television Production (12 nationwide scholarships available in each category).

1ST PLACE: \$10,000-\$20,000 tuition scholarship*

**amount varies depending on the program in which the student enrolls*

2ND PLACE: \$5,000 tuition scholarship

3RD PLACE: \$2,500 tuition scholarship

C-CAP

(Careers Through Culinary Arts Program)

One nationwide, full-tuition scholarship will be awarded to a high school senior graduating in 2018 who is enrolled in a C-CAP program. Full-tuition scholarship valued at approximately \$38,000 to \$95,000.

PROSTART

(Advance Placement Credits)

High school seniors graduating in 2018 who complete the ProStart program with a C average or above and obtain a certificate of achievement may receive Advance Placement credits to any Art Institutes school. We encourage you to speak with your Chef's Chair at your campus of interest.

PROSTART STATE SCHOLARSHIPS

State level ProStart Scholarships are awarded to high school students who are first-place winners in ProStart Culinary Arts and/or Culinary Management competitions. The number of scholarships awarded varies by state. First-place award is a \$3,000 tuition scholarship, renewable for up to 4 years for a maximum of \$12,000.

NATIONAL PROSTART INVITATIONAL

High school students who are enrolled in a ProStart program are eligible for the National ProStart Invitational Culinary Competition Scholarship and Management Competition Scholarship. Competition winners may receive partial tuition scholarships.

1ST PLACE: \$10,000 non-renewable tuition scholarship

2ND PLACE: \$7,500 non-renewable tuition scholarship

3RD PLACE: \$5,000 non-renewable tuition scholarship

Check with your campus to see what additional local scholarships may be offered.



2018 SCHOLARSHIP
APPLICATION
DEADLINE TO APPLY:
APRIL 15TH

The Nebraska Restaurant Association Hospitality Education Foundation provides scholarship opportunities for qualified students that plan to pursue higher education within the state of Nebraska in the fields of culinary and hospitality.

Scholarship(s) will be awarded, at the discretion of the committee, of up to \$4,000.00.

PART A:

Name: _____

Cell Phone: _____

E-Mail: _____

Current Address: _____

City: _____ State: _____ Zip-Code _____

Current High School or Career Academy _____
GPA _____

Post-Secondary School Information

Post-Secondary School _____

School Address _____

City: _____ State: _____ Zip-Code _____

Major: _____

GPA: _____

Will earn a(n): Associates _____ Bachelors _____ Certificate _____

Are you a previous NRAHEF/NRAEF Scholarship winner? Yes _____ No _____

Employment Information

I am currently working in the restaurant/foodservice industry: Yes _____ No _____

My current position is _____ I am working Full-time _____ Part Time _____

I have participated in a Nebraska ProStart Culinary or Management Program: Yes _____ No _____

PART B:

On a separate piece of paper attached to this application, in 250 words or less, tell us why you selected the culinary or hospitality field, and how this scholarship might help you achieve your dreams.

PART C:

Additional Contact Information (Please list all 3)

Please provide the names and phone numbers of at least three people who will know how to contact you in the next six months or more (e.g., parents, siblings, friends)

Name/Relationship

Phone Number

Please e-mail or mail this form by April 15th to:

Nebraska Restaurant Association
Attn: Brandy Nielson
1610 South 70th Street, Suite 101
Lincoln, NE 68506
EMAIL: bnielson@windstream.net

If you are selected for a scholarship you will be required to give us your social security number.

Thank you for applying for a scholarship through the Nebraska Restaurant Association Hospitality Education Foundation.