

HEF Entrée

a monthly e-newsletter from the
Hospitality Education Foundation



WHAT'S AHEAD IN 2019

A global hospitality company, Benchmark, released its 2019 Top 10 Dining Trends.

- 1) **Tea Parties**—Americans are viewing tea with greater respect, due to its many varieties, applications and benefits. Look for craft tea blending, nitro tea on tap and tea cocktails.
- 2) **Meat Lovers**—A renewed focus on value cuts include Vegas Strip Steak from the chuck; merlot steak from the heel and bavette from the sirloin flap.
- 3) **Probiotics (good gut bacteria) find a place in restaurants.** Chefs expand into restaurant prepared fermented foods. Look for kimchi, pickles, sauerkraut, tempeh, kefir, carrots and cream.
- 4) **Bring in the Bugs!** Chefs continue to look for new sources of protein. Currently, 80 percent of the world consumes insects which are low in fat and high in protein. Look for insect powders in cocktails and cricket flour in breads and pastries.
- 5) **Farm-to-table 2.0.** Custom farming and restaurants partner, as the produce is grown specifically for new-menu development.
- 6) **Takeout vs. Go Out.** Diners will seek more than the comfort and convenience of home delivery and will return to restaurant dining as they look for new cuisine experiences and social connections.
- 7) **Mainstream Vegetarianism.** New menu offerings abound as chefs apply unique and creative twists to vegetables providing an opportunity for a vegetarian menu section. Main dishes will be vegetable focused with a protein complement.
- 8) **Food and the Greater Good.** Natural disasters have focused chefs attention on humanitarian aid with the collective culinary community putting emphasis on the critical need of charities to provide food.
- 9) **Out with the Old.** Citrus (lemons, limes) will be replaced by citron, kumquat and shaddock. Kale is losing its position to wild weeds such as sorrel, dandelion greens and amaranth. Natural sweeteners such as honey and agave will be replaced with sugars from carrots, sweet potato, golden beet and butternut squash.
- 10) **Dietitians: the New Celebrity Chefs.** Professional dietitians will work with celebrity chefs to personalize and customize the guests food experience. Potentially, diners can craft their personal meals and portion sizes to their dietary and nutritional needs—a blending of the art and nutrition of meals.

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*Central Community College***FEATURED MONTHLY RECIPES**
FALL FRUIT FUN**PEAR AND BLACK CURRANT CHUTNEY (6 Cups)****INGREDIENTS:**

Ginger, Finely Chopped	2 TBSP
Red Onion, Fine Chopped	½ Cup
Apple Juice	2 Cups
Sugar, Granulated	2 Cups
Vinegar, Apple Cider	1 Cup
Currants, Dried and/or Raisins	¼ Cup
Cinnamon Sticks	Two Each
Red Pepper Flakes	Pinch
Pears, Peeled, Small Dice	4 Cups

**PROCEDURE:**

1. Peel and finely chop ginger. Place in saucepan.
2. Clean and fine chop onion. Place in saucepan.
3. Add apple juice, sugar, vinegar, currants, cinnamon sticks and red pepper flakes.
4. Simmer until mixture thickens slightly.
5. Peel and small dice pears. Set aside.
6. Add the pears. Bring to boil. Reduce heat. Simmer 5 minutes. Cool. Refrigerate.

FIRECRACKER SALSA (2 Cups)**INGREDIENTS:**

Cherries, Dried Tart	½ Cup
Cherry Preserves	½ Cup
Vinegar, Red Wine	2 TBSP
Onion, Red, Chopped	½ Cup
Bell pepper, Yellow, Chopped	½ Cup
Jalapeno Peppers	One Each
Cilantro, Fresh, Chopped	1 TBSP
Lime Juice, Fresh	1 TSP

**PROCEDURE:**

1. Combine dried cherries, cherry preserves and vinegar in a small saucepan. Mix well. Bring to boil.
2. Remove from heat and let stand 5 minutes.
3. Clean and chop onion. Set aside.
4. Wash, dry and chop bell and jalapeno peppers. Set aside.
5. Rinse and chop cilantro. Set aside.
6. Squeeze lime juice. Set aside.
7. Add red onion, yellow bell peppers, cilantro and lime juice to cherry mixture. Refrigerate, covered.

EXPERTISE WANTED

WHO: Restaurant Industry Professionals

WHAT: Visit ProStart classrooms, or mentor ProStart culinary or management competition teams

WHY: To assist the HEF Board in developing a Nebraska Restaurant Industry Directory to support the Nebraska ProStart Classrooms

WHERE: ProStart Classes in 24 Nebraska High Schools and Career Academies. Statewide Opportunities in Beatrice, Scottsbluff, Omaha, Milford, Crete, Papillion, Kearney, Norfolk, Hemingford, North Platte, Grand Island, Alliance, Lincoln, Elkhorn, Plattsmouth, Sidney, Fremont

WHEN: Flexible scheduling and hours available

APPLY TO: bnielson@windstream.net

2018 ProStart Sponsors



CALENDAR OF EVENTS

Building Competition Success Educator Forum: Friday, November 30, ICA, Metropolitan Community College

Central ProStart Regional: Tuesday, February 12, Central Community College

Western ProStart Regional: Monday, February 18, Scottsbluff High

"Cookin' At The Classic": Tuesday, February 19, Buffalo County Fairgrounds

ICA Culinary Invitational (Eastern ProStart Regional): Friday, February 22, ICA, Metropolitan Community College

State ProStart Culinary Competition: Thursday, February 28, ICA, Metropolitan Community College

State ProStart Management Competition: Friday, March 1, Southeast Community College

National ProStart Invitational: Wednesday, May 8 thru Friday, May 10, Washington, DC

Click here
for updates
on events!

