BECOMING A PROFESSIONAL CHEF

ProStart, the first step in the formal education process, provides an excellent opportunity to begin the journey of becoming a professional chef. A post-secondary culinary degree, work experience and American Culinary Federation certification(s) facilitate professional advancement from Certified Culinarian (CC®) to Certified Executive Chef(CED®) or Certified Executive Pastry Chef(CEPC®).

In 2016, the Bureau of Labor Statistics reported the Number of Chef Jobs as 146,500. Between 2016 and 2026, employment opportunities are expected to grow by 10 percent, which is faster than average growth for most occupations. Median pay in 2016 was $43,180 per year for chefs and head cooks. However, individuals that have met the professional certification requirements of the American Culinary Federation may be more highly compensated.

Employment opportunities include positions in restaurants, hotels, private golf clubs, catering, product and equipment manufacture and distribution, ownership, education and non-commercial operations such as college and university dining, public schools, healthcare, and corrections. Coursework includes cooking and baking skills and techniques, plate presentation, menu planning, sanitation, nutrition, purchasing and inventory management combined with internships.

Chefs are responsible for the daily operations in restaurants or businesses that prepare and serve food and beverages including shift supervision, employee development, financial management and leadership. Qualities needed and to be developed include:

> Comprehension—ability to understand orders and follow recipes.
> Dexterity—eye hand coordination to use proper knife techniques for dicing & chopping.
> Physical Stamina—for standing in one place, cooking food over hot stove, cleaning.
> Sense of Taste & Smell—keen sense to prepare meals for guests to enjoy.
> Creativity—ability to develop innovative meals that appeal to guests.
> Leadership Skills—ability to motivate the culinary team.
> Business Skills—ability to budget, manage and ensure financial integrity.
> Communication Skills—ability to give clear instructions.
> Time Management Skills—ability to organize and efficiently manage their time.
NEBRASKA PROSTART
COMPETITION WINNERS

Two Nebraska ProStart teams served up their best at the National ProStart Invitational (NPSI) held April 27-30 in Providence, Rhode Island, and they placed higher in the competition than any previous Nebraska team. Team members Savana Moore and Jazmin Koebel from Papillion LaVista South High School’s “MoodFood”, competed against 45 other teams in the Management Competition and took a commanding sixth place finish.

‘Guac and Roll’. Lincoln’s Career Academy’s team of Francisco Chavira Gonzalez, Tessa Mariscal, Corbin Reinhardt, and Sagan Smith, placed in the top 25, a strong showing in a tough Culinary Competition.

ProStart is a program of the Hospitality Education Foundation, the educational arm of the Nebraska Restaurant Association. The curriculum is designed to teach high school students the culinary and management skills that lead to successful careers as professionals in the hospitality and food service industry.

Annually, over 400 of the top ProStart students from across the U.S. - the winners of Regional and State competitions - vie for scholarships in the secondary school invitational which focuses on restaurant management and culinary arts. At the 2018 NPSI, students had the opportunity to interact with more than 80 representatives from leading industry corporations, colleges and universities who judged the students on the skills they developed through ProStart.

As one of the 46 teams in the Management competition, the “MoodFood” team was required to develop their own unique restaurant concept. They focused on how food influences the mind, body, soul, and mood and created a plan for a casual, full service dining experience designed to provide patrons with a “mouthful of memories” and great food, good music, and local art. The team presented a written and oral proposal to a panel of world-class judges who then quizzed them on how they would solve some of the challenges restaurateurs face daily.

‘MoodFood” received invaluable support and training from Educator Louise Dornbusch and Mentor Casey Craven, a ProStart “alum”.

Culinary contenders, the “Guac and Roll” team showcased their creativity and proficiency by preparing a three-course meal in 60 minutes using only two butane burners and without access to running water or electricity. They prepared a starter of Mache Salad, an entrée of Pan-Fried Veal Chops with Mushroom-Cider pan sauce, Parmesan-dusted...
Polenta Fries and Braised Vegetables and for dessert, a White Chocolate Bavarian in a gold-dusted Dark Chocolate Pyramid with sweetened cream Quenelle, Fresh Berries & Mixed Berry Sauce. Judges evaluated “Guac and Roll” not only on taste, but on skill, teamwork, safety, and sanitation.

Chef Maybell Galusha, the Career Academy Educator, and Mentor Justin Stout, provided unparalleled professional guidance and assistance to the team.

Brandy Nielson, Nebraska Restaurant Association Membership and Marketing Director accompanied the group to NPSI and viewed the competition. According to Nielson, “It was an impressive showing by both the Culinary and Management teams. A huge thank you to Fayrene Hamouz and the Hospitality Education Foundation Board of Directors for their support, assistance, and advice.

The teams – along with Educators Chef Maybell Galusha and Louise Dornbusch and Mentors Justin Stout, Corporate Chef for ‘Eat Fit Go’, and Casey Craven of ‘Herbe Sainte’ - spent countless hours practicing and preparing to compete against the best of the best at Nationals. The future looks bright for these Nebraska culinary students – and the Nebraska food service industry!”

Attendance at the competition would not have been possible without the support of our National ProStart Sponsors: Don & Millie’s and Nebraska Pork Producers.

Since 1945, the Nebraska Restaurant Association has been the voice of Nebraska’s hospitality and food service industries. We represent, advocate and promote the industry and through our Hospitality Education Foundation, we foster the growth of professionalism in the industry by providing educational opportunities, programs, and scholarships. On the web at www.nebraska-dining.org and on Facebook at facebook.com/NebraskaRestaurantAssociation.

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**CALENDAR OF EVENTS**

**FUNDRAISERS**

**HEF Golf Tournament:** Monday, June 18, Quarry Oaks, Ashland

**2018 Teacher Forum Calendar**

May 30-June 1, in Scottsbluff: Local Foods with Chefs from the Culinary Institute of America, Greystone and Institute for the Culinary Arts, Omaha

June 11-22, ICA at Metro: CHRM 1030 Introduction to Professional Cooking, 2 Week Course (Flyer Attached)

July 19-20, Great Plain Culinary Institute at SCC: Management

July 24-26, ICA at Metro: Competition Ready

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[Click here for updates on events!](#)
ProStart Students: Where are they now? Kimbler Harrold

Kimbler Harrold enrolled in Omaha Roncalli’s ProStart program in 2007 – but not as a student. As a mentor… and not just for one year. Kimbler’s been mentoring for close to a decade.

He attended high school at Roncalli and worked in the cafeteria to earn money for tuition. At 15, and with the help of his mentor, Mr. Richard Jaros, Kimbler was hired at Omaha’s Westin Hotel, a beginner step to a successful career in the culinary arts.

After high school, he enrolled in the culinary arts program at Metro Community College, and as part of the curriculum, Metro offered college credits for mentoring culinary students. Kimbler took them up on that offer and contacted Cathy Leak, ProStart Educator at Roncalli.

From that point on, he was hooked on ProStart – and giving back.

“Miss Leak and I were a power team.” Kimbler went on, “I could give you a book on Miss Leak alone. I kept her on her toes and vice versa. Miss Leak knew the ins and out of ProStart and was the student advocate. I was culinary. I know that the judges want certain things because they’re my peers. So, we made sure the kids were prepared.”

Because Kimbler is a professional chef, now the Chef de Cuisine at the Hilton Omaha, he works from 2 pm to 2 am which doesn’t provide a good deal of flexibility in meeting with ProStart teams. Miss Leak worked her schedule around his availability and she and the students met with him Monday nights and Wednesday and Saturday mornings.

That team effort worked. The culinary teams from Omaha Roncalli won the Nebraska ProStart competition and went to the National ProStart Invitational in 2011 and 2012. The Nebraska Restaurant Association recognized both Kimbler and Miss Leak in 2012 for their exceptional commitment to the ProStart students and their unique contributions to the Nebraska ProStart program.

A certified culinarian of the American Culinary Federation (ACF) Kimbler believes ProStart has changed a bit. Students now have jobs and have countless activities, and ProStart competitions require extra time for students, educators, and mentors. Students must fit it into their schedules because they want to do it.

“ProStart is a good tool. When I mentor I want to show them the different aspects of hospitality – like photography. Show them all the things behind the scenes in a hotel. In high school I was into photography and drawing and never thought about culinary until I got paid to work in a hotel and found out there was art in culinary. People eat with their eyes.” Kimbler added that “Technology has taken away some of the positive things – like sitting down together for a meal. Now everybody’s on the phone and nobody’s helping the kids. But on the other side, when someone makes a really good plate they take a picture and post it on Snapchat. That’s really cool!”. 

So far in his career, Kimbler has continued to grow and has been a Lead Line Cook, Sous Chef, Pastry Chef and now Chef de Cuisine. He's worked in five of Omaha's finest hotels and is an MCC Culinary Institute Ambassador and recognized widely for his mentorship and competitive skills. His teams have participated not only in ProStart competitions, but Metro Culinary Institute High School and NACE Culinary Invitational. He also competes – and took first place in the Golden Fork Gala Culinary Competition for the National Association for Catering Executives (NACE).

It hasn’t always been easy for Kimbler. He grew up in a lower income, single parent household with his Mom and two sisters where he did a lot of the cooking. At one point he was placed in foster care.

(continued on next page)
Kimbler Harrold continued...

“People can become what they want to become if they have support. I’ve had mentors like Richard Jaros and Michael Boston who worked for the Kiewit Corporation. Boston ran a program for a time at Sacred Heart School that offered students a full ride scholarship if they got good grades and “didn’t mess around”. The program didn’t meet expectations and was abandoned, but Jaros stuck with me. Jaros and other mentors, like Chef Glenn Wheeler pushed me, and didn’t allow excuses. Jaros told me I could be whatever I wanted to be if I had the passion and did the work. He bought me my first letter jacket, taught me to drive, and brought this inner-city kid into his home and the whole family embraced me. And he was at my wedding.”

Married now with three children, Kimbler reflected on his past.

“Jaros, Boston, Chef Wheeler and my pastor Bishop Calvin Gould Sr. are prime of examples of mentors that helped me become who I am today. That’s why I stick to mentoring and giving back - even why I joined the Board of City Sprouts, an urban garden in Omaha. I like giving back. My mentors encouraged me. There might be somebody out there down on life or who doesn’t know where to go.”

“Maybe I can encourage them.”

To learn more about Chef Kimbler Harrold, visit: libertytavern.com/#ourChef

BACONFEST WINNER!

CUPCAKE WARS IN CRETE PROSTART

A great way to introduce competitions and add an exciting flair to a spring time classroom. Imagine enjoying a maple cupcake with maple buttercream & bacon!!!

A vanilla cupcake filled with green kiwi pastry cream with a blackberry buttercream and chocolate ganache was another of the “warring” cupcakes in the second semester ProStart class. See the photos for other interesting flavors. Sixteen cupcakes were judged by five Crete High Educators—an art teacher, a bilingual paraeducator, a life skills educator, a business & FBLA teacher and an independent paraeducator.

What an enjoyable experience to select the Lemon Cupcake with Blueberry Icing!
FEATURED MONTHLY RECIPES

STEAK SAUCES MADE IN MINUTES
All sauces serve two people...

**Green Peppercorn Sauce**
Ready in 20 minutes.

**INGREDIENTS**
- 2 TBSP Red Wine Vinegar
- 2/3 Cup Chicken Stock
- 2 tsp Green Peppercorns
- 1/4 Cup Cream, Heavy Whipping

**DIRECTIONS**
Place red wine vinegar into a large, non-stick frying pan and bring to a simmer. Add chicken stock and reduce the mixture by half over high heat. Add green peppercorns, crushing a few of them gently in the pan with the back of a spoon. Season and reduce. Whisk in cream. Simmer for one or two minutes until the sauce is slightly thickened. Season to taste and serve.

**Super-swift Mustard Sauce**
Ready in 10 minutes.

**INGREDIENTS**
- 2 TBSP Dijon Mustard
- 6 TBSP Creme Fraiche

**DIRECTIONS**
Combine the Dijon mustard and crème fraiche in a small saucepan. Heat gently until simmering. Season to taste and serve.

**Blue Cheese Sauce**
Ready in 10 minutes.

**INGREDIENTS**
- 2 TBSP Butter
- 1 TBSP Flour, All Purpose
- 2/3 Cup Milk, Whole
- 2 Ounces Bleu Cheese, Crumbled*

**DIRECTIONS**
Melt butter in a pan over a medium heat. Stir in flour. Slowly whisk in milk until the sauce is smooth. Bring to a simmer and add bleu cheese while continuing to whisk until cheese is melted and sauce has thickened slightly. Season to taste and serve.

*Select style based on flavor profile desired.

WHO ARE YOUR STUDENTS, EMPLOYEES AND GUESTS?

They are called “GenerationZ” or the “iGeneration” or post-millenials. They are the emerging demographic of 10 to 22 year olds—making up 17% of the total U.S. population or about 55 million individuals—and are the most diverse generation. These are the new consumers populating your classrooms as students or your restaurants as employees or guests.

GenerationZ’s have a distinct viewpoint—having grown up in the Great Recession, they are price-conscious and have high expectations. Whether educating, employing or serving, understanding this group is important for future successes in the restaurant industry. These customers of the future share the following qualities:

- They have an experienced palate
- They expect free Wi-Fi
- They are unafraid of anything that is new and different being less-picky eaters than previous generations
- They share visuals, experiences and opinions on social media
- They use social media reviews to determine where to eat
- They embrace Quality as fresh—defined as local, sustainable, prepared in front of them
- They expect delicious, healthful, convenient, inexpensive food—all in one
- They are interested in food functionality and pay attention to food allergens
- They frequent restaurants that treat their employees well, and in many cases, they are the employees

As educators, employers and managers, are we meeting these challenges?
Sponsorship Opportunities

Major Sponsorship Levels Available

4 Star Sponsor – $1,250
Registration for four players
Hole sponsorship of your choice
Corporate logo on event banner & program
Corporate logo on the association website
Corporate name in Nebraska Hospitality News Magazine
Half-page event program ad

3 Star Sponsor – $750
Registration for four players
Hole sponsorship
Recognition in the program
Recognition on the association website
Corporate name in Nebraska Hospitality News Magazine

Additional Sponsorships Available

Beverage Cart Sponsor – $750
Registration for four players
Company signage displayed on beverage carts
Quarter-page event program ad
Recognition on the association website
Corporate name in Nebraska Hospitality News Magazine

Ball Sponsor – 150 sleeves
Registration for four players
Quarter-page event program ad
Recognition on the association website
Corporate name in Nebraska Hospitality News Magazine

Hole Sponsorship – $250
Company signage on a hole
Recognition in the program
Recognition on the association website
Recognition in the Nebraska Hospitality News Magazine

Door Prize Sponsor:
Donate a door prize (or two) to be given away
Recognition in the program
Recognition in the Nebraska Hospitality News Magazine

Lunch Sponsor:
Provide a sack lunch for each golfer at the start of the event
Registration for four players
Recognition in the program
Recognition in the Nebraska Hospitality News Magazine

Ditty Bag Sponsor:
Donate giveaways (150+) to be placed in each player’s ditty bag featuring your company logo. Make it appeal to golfers!
Recognition in the program
Recognition in the Nebraska Hospitality News Magazine

Event Schedule

10:00 am Registration
11:00 am Shotgun Start
4:00 pm Burgers, Brats & Awards

Format
18-hole, four-player scramble. The field is limited to the first 144 players. Mulligans will be available the day of the event at registration.

Entry
Individual entry is $125 and includes a round of golf, golf cart, boxed lunch, contests, prizes and more. The driving range will be open for practice. Join us after for burgers & brats at the awards presentation.

Prizes
Gift certificates, redeemable for merchandise at Quarry Oaks Pro Shop, will be awarded to the top team in each flight: Champion, Presidential, Ambassador & Mixed-Team. Prizes will also be awarded to those winning the hole contests.

Join us for the 9th Annual Nebraska Restaurant Association Hospitality Education Foundation (HEF) golf outing on Monday, June 18th, 2018, at Quarry Oaks in Ashland.
HEF GOLF OUTING SPONSOR REGISTRATION FORM

Company _____________________________________________
Address _____________________________________________
City, state, zip _______________________________________
Phone number _________________________________________
Player’s names _________________________________________
____________________________________________________
____________________________________________________
____________________________________________________


SPONSORSHIP LEVELS:
☐ 4 Star Sponsor – $1,250
☐ 3 Star Sponsor – $750
☐ Beverage Cart Sponsor – $750
☐ Hole Sponsorship – $250
☐ Lunch Sponsor
☐ I will have my ditty bag or door prizes delivered to the Nebraska Restaurant Association by June 11th, 2018

Free Item(s) __________________________________________
____________________________________________________
____________________________________________________

☐ Ball Sponsor – 150 sleeves
   Deliver to the Nebraska Restaurant Association by June 19th
☐ Individual Players – $125 each

TOTAL AMOUNT DUE ________________________________________

METHOD OF PAYMENT
☐ Check – make payable to Nebraska Restaurant Association
☐ Bill Me
☐ Credit Card – circle one
   Visa  Mastercard  Discover  American Express

Credit Card Number _______________________________________
Expiration Date _________________________________________
Cardholder _____________________________________________
Signature ______________________________________________

Sorry, no refunds available.

Mulligans and raffle tickets will be available at the registration desk on the morning of the event.

DEADLINE FOR SPONSORSHIPS
June 11th, 2018 - or until event is sold out

Rainout Date: TBA

FOR ADDITIONAL INFORMATION PLEASE CONTACT:
Brandy Nielson
Nebraska Restaurant Association
1610 S. 70th Street, Suite 101
Lincoln, NE 68506
bnielson@nebraska-dining.org
402.488.3999 | 800.770.8006

The Nebraska Restaurant Association
Acts as the principal advocate for Nebraska’s hospitality industry and promotes the qualities of strength, unity and excellence in and of its membership.

The Hospitality Educational Foundation
Is a non–profit organization established to represent, educate & promote the restaurant & hospitality industry.
Overview: Hands-on, foundational culinary course at the Institute for the Culinary Arts

Attendees: Exclusive offering for FACS Nebraska high school teachers

Class length: 10 sessions, 2 weeks (June 11—15 + June 18—22, 2018), 800A-330P each session

Lessons: knife skills, egg cookery, poaching, sautéing, grilling, roasting and braising

Accommodations: Limited on-campus housing available for out-of-town attendees

Credit: 4.0 college credit hours awarded upon successful completion

Questions: Contact ICA Culinary Outreach Coordinator Cathy Curtis at cjcurtis@mccneb.edu or 531-622-2548