

HEF Entrée

a monthly e-newsletter from the
Hospitality Education Foundation



WHAT'S NEW FOR 2018 - 2019

Welcome to the Nebraska ProStart Family
Grand Island Northwest High and Educator Tamara Nelson

New Teachers:

- Grand Island Senior High, Diane McCray
- Lincoln Southwest, Joan Hines
- Sidney, Lacey Russell
- Norfolk, Bethanie Miller

Congratulations to Papillion LaVista South ProStart Educator, Louise Dornbush who was named the Papillion School District Secondary Teacher of the year at the recent Papillion District Wide Welcome Back Ceremony.

Welcome Back to these National Education Foundation Recognized 2017-18 Nebraska ProStart Schools:

Beatrice	Lincoln Southwest
Crete	Milford
Fremont	Norfolk
Grand Island Senior High	North Platte
Hemingford	Papillion LaVista South
Kearney	Plattsmouth
Lincoln East	Scottsbluff
Lincoln High	Sidney
Lincoln Northeast	The Career Academy
Lincoln Southeast	

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FROM POD TO PLATE EDUCATOR FORUM

What do aquafaba, parmesan broth, kitchen made chorizo, ProStart students, flourless black bean muffins, and Chester B. Brown have in common? Ask the attendees of the Dry Beans: From Pod to Plate Teacher Forum, co-sponsored by the Nebraska Dry Edible Bean Commission and Nebraska Restaurant Association ProStart in Scottsbluff.

Courtney Schuler, Trinidad Benham Bean, reviewed the history and economic impact of dry edible beans in Nebraska. In the early 1920's, Brown planted the first fields of Great Northern Beans near Morrill in western Nebraska. Today, the Nebraska Dry Bean industry contributes \$200.3 million to the economy of the Panhandle. In 2017, Nebraska was the leading producer of Great Northern Beans, second largest producer of pinto and light red kidney beans and ranked third in the US for all dry bean production

Chefs Brian O'Malley and Cathy Curtis, The Institute for the Culinary Arts, Metropolitan Community College, baked gluten free black bean chocolate muffins and demonstrated aquafaba, whipped canned garbanzo bean liquid, that can be used in place of meringues. ProStart educators practiced their knife skills in preparing fresh vegetables for Greek Bean Salad—a lite summer salad that paired perfectly with Sautéed Shrimp.

Chef Anthony Seto, The Culinary Institute of America—Greystone Campus, used beans in soups, appetizers and entrees that were equally exciting. With a focus on Southwestern and Italian cuisine, ProStart educators and students made chorizo with black beans, parmesan broth to enhance soup and entrée flavors, and enjoyed turkey-bean meatloaf and sautéed ripini.

Five Scottsbluff High ProStart students and their ProStart Teacher, Hannah Liptac, supported the chefs in organizing each day of the workshop. In addition to learning valuable culinary tips, the students were the first to sample each item that was prepared. One student commented that the learning in the workshop was equivalent to a semester in the classroom.

Lynn Reuter, Executive Director, of the Nebraska Dry Bean Commission wrapped up the forum by saying all goals--equip attendees with new recipes and ideas to teach the next generation innovative ways to eat & use dry beans, discover the impressive health & nutritional benefits of dry beans and understand the contribution of dry beans to Nebraska's economy—had been met.

Nebraska ProStart appreciates the support of Lynn and the Dry Bean Commission in co-sponsoring the forum.

QUESTION OF THE MONTH

Be the first to respond with the correct answer to win a \$25 restaurant gift card.

Aquafaba is:

- a dish soap designed to remove burnt on food
- a vegetable-based foam that can replace traditional meringue
- a spice grown in Spain used to flavor paella
- a vegetable grown in Antiqua typically used in salads

PREPARING THE PROSTART MANAGEMENT COMPETITION TEAM

Enthusiastic 2018 Nebraska ProStart Management Competition Team members and Papillion LaVista South students, Savana Moore and Jazmin Koebel, shared their journey to success as the 6th place winners at the 2018 National ProStart Invitational. Throughout the journey, their concept, Mood Food, was reviewed and edited by their teacher and mentors, restaurant and design professionals, and English and business teachers. With this feedback, their confidence and passion built, although there were challenging questions from each professional. Specific advice for teachers and students: start early, seek feedback, work hard and practice, practice, practice.

Concept development, the initial step in business plan development was presented by Dipra Jha, Associate Professor of Practice, UNL Hospitality, Restaurant and Tourism Management Program, Associate Professor of Practice. HEF Board Member, Joel Priest, discussed integrating the menu and facility design and HEF Board Member, John Benton, discussed establishing the financial foundation.

Teachers attending received "Developing The Management Competition Team Project Management Calendar" authored in Fall 2017 by John Coffey & Michelle Daize. The Calendar integrates curriculum and management competition components into a guided semester long classroom project or into a guided independent study project. Included in the schedule are pertinent questions to be addressed, selected readings and assignments which support the business plan required in the competition guidelines.

FEATURED MONTHLY RECIPES

BEANUT BUTTER

INGREDIENTS:

Beans, Canned (Navy, Pinto OR Kidney), Drained & Rinsed 30 Ounces, AP Cottage Cheese, Large Curd 1 LB Mustard, Prepared 2 TABLESPOONS Chili Sauce 2 TABLESPOONS Onion, Coarse Chopped 1/4 Cup Sweet Pickle Relish 1/4 Cup Bacon, Cooked, Coarse Crumble 4 Ounces Pepper, Black 1/2 Teaspoon

PROCEDURE:

1. Drain and rinse beans.
2. In food processor or blender, combine all ingredients.
3. Process until smooth.
4. Transfer to serving container(s), refrigerate immediately.

NOTES: Use purchased Natural Bacon Crumbles (Not Imitation Crumbles). Delete bacon for vegetarian option.

Service ideas: Stuff celery, romaine or endive leaves; Individual portions with carrot chips, corn chips or crackers; salad bar, or base for vegetable wraps.

CALENDAR OF EVENTS

HEF Golf Tournament: Monday, September 10, Hillcrest Country Club, Lincoln

Western Culinary Regional: Monday, February 18, 2019, Scottsbluff

Cattlemens Classic: Tuesday: February 19, 2019, Kearney

Central Culinary Regional: Tuesday, February 12, 2019, Hastings

Eastern Culinary Regional: Friday, February 22, 2019, Omaha

State Culinary: Thursday, February 28, 2019, Omaha

State Management Project Submission: Thursday, February 21, 2019

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on events!

