

# HEF Entrée

a monthly e-newsletter from the  
Hospitality Education Foundation



## KUDOS TO...

Tamara Nelson, Northwest High-Grand Island, and her four ProStart students who passed the Level I National ProStart Exam.

Louise Dornbusch, Papillion LaVista South and her students who represented ProStart at the Nebraska State Fair & demonstrated Flamin' Hot Husker Bacon and Spicy Italian Sausage Sliders.

Hannah Liptac, Scottsbluff High and her students—  
See Scottsbluff Star Herald Article.

McKenzie Potthoff, Lincoln Southeast; Louise Dornbusch, Papillion LaVista South; and Carol Kreutzer, Kearney High who received Nebraska Restaurant Association Scholarships to attend National ProStart Summer Institutes.

## 2018 - 2019 NEBRASKA PROSTART SCHOOLS

The following schools have been submitted to the National Restaurant Association Education Foundation for 2019-2020 academic year certification.

|                   |                          |
|-------------------|--------------------------|
| Alliance          | Lincoln Northeast        |
| Beatrice          | Lincoln Southeast        |
| Crete             | Lincoln Southwest        |
| Elkhorn           | Milford                  |
| Fremont           | North Platte             |
| Gretna            | Northwest, Grand Island  |
| Hemingford        | Papillion-La Vista High  |
| Kearney           | Papillion-La Vista South |
| Lincoln Bryan     | Plattsmouth              |
| Lincoln East      | Roncalli Catholic        |
| Lincoln High      | Scottsbluff              |
| Lincoln Northstar | The Career Academy       |

## ANNOUNCING BEST OF...AWARDS

ProStart Educators— Three Nebraska Commodity Groups are providing trophies and monetary awards in three culinary competition categories at the Nebraska State ProStart Competition. Nebraska ProStart thanks these groups for this competition support and ProStart Team Recognition.

### BEST OF BEEF

Plaque & \$100

### BEST OF DRY BEANS

Traveling Trophy & \$2500  
for ProStart Classroom Enhancement

### BEST OF PORK

Trophy & \$500

Additional trophies are awarded in the following categories:

### CULINARY

Best Appetizer  
Best Entrée  
Best Dessert  
Best Menu Presentation  
Best Recipe Format  
Most Accurate Costing  
Use of Local Ingredients

### MANAGEMENT

Best Restaurant Concept  
Best Logo  
Best Restaurant Design  
Best Menu  
Best Marketing Concepts  
Best Posters  
Best Critical Thinking

## FEATURED RECIPE

Just in Time For Halloween—with fall harvest ingredients: black beans and sweet potatoes

### Halloween Hash\*

Yield: 6 Servings

#### INGREDIENTS:

- 3-4 T. Olive oil
- 1/2 large onion, medium diced
- 3 t. Dried thyme leaves
- 1 red bell pepper, chopped
- 4 c. Cubed peeled sweet potatoes
- 8 oz. Shitake mushrooms, thinly sliced
- 2 cans (15 oz. each) black beans, rinsed and drained
- Salt and Pepper
- 3/4 c. crumbled goat cheese or feta
- 6 eggs, pan fried or poached
- Thinly sliced chives or scallions (green onions)
- Optional topping: 6-12 slices crisp bacon, crumbled



#### PROCEDURE:

1. In a large skillet, heat oil over medium heat. Sauté onion and thyme until onion is tender about 5 min.
2. Add pepper and sweet potatoes, sauté until potatoes begin to soften, about 8 min.
3. Add mushrooms, sauté 5 min.
4. Stir in beans and cook until sweet potatoes are tender, about 5 min. Season w/salt & pepper.
5. Spoon mixture onto plate. Sprinkle with cheese. Top with eggs, chives or scallions, and cooked bacon (if desired).

\*KB Kelley Bean Co. Cookbook 12th Edition<sup>4</sup>.

## 10 MAIN POINTS EVERY YOUNG CULINARIAN SHOULD FOLLOW

**(ProStart educators, please share with your students.)**

1. Always use a sharp knife, and learn how to hold it safely. Minimal pressure is all you have to apply if the knife is sharp. A dull knife isn't safe, and is often the source of culinary accidents.
2. Always read through a recipe before beginning, and do as much prepping as possible. Measure ingredients correctly. This is your "mise en place".
3. When you're cooking, season with salt as you go through the process, but remember to taste test. Most herbs and spices add to the overall flavor at the end of cooking.
4. Use a thermometer to check doneness in poultry, meat and fish. Don't just guess the temperature.

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5. It really does help to observe a demonstration or video before you start a recipe. This way you have a visual of the process, and explanation of terms.

6. Cook/bake at the recipe's listed temperature. Cooking /baking too high or low results in burned or undercooked food. If it's a pan sear you want, then a higher heat is used, but for a short amount of time. Once again, follow the recipe!

7. Try to use the freshest ingredients possible. Seasonable fruits/vegetables and fresh herbs are very flavorful ingredients to include in cooking or baking.

8. Using raw food, instead of processed ingredients adds to the cooking experience and helps you control flavor, nutrients and expense.

9. Cooking signs will increase with experience, but you should remain engaged in your observation of food colors, aromas and textures.

10. Last but not least, always clean as you go! Keep a sink of hot sudsy water and sanitizer available so you can clean a pot, pan, utensil or bowl as soon as finished using. This way when you are ready to enjoy the final food product, you won't be stressed over the kitchen disaster waiting for you!

## IT'S NOT TOO EARLY TO THINK COMPETITION\* PROSTART BREAKFAST CHALLENGE!!!

SCOTTSBUFF —"With 30 minutes on the clock, Scottsbluff High School students in Hannah Liptac's ProStart 2 class prepped for a breakfast competition Friday afternoon. Liptac said the students have been reading their "Foundations Level 2" textbook throughout the week learning about various egg preparations. "I like to tie in whatever we're learning into the competition," Liptac said. Liptac hopes the classroom competitions prepare her students for their upcoming competition. "I hope it plants seeds of time management and helps them know the level they have to get to," Liptac said.

Three teams worked together to come up with a menu with the parameters of serving a breakfast dish with a cooked egg within the time constraint. The teams found inspiration for their dishes from their life experiences and hoped it translated into the final product. One team chose to create a Mexican-style breakfast called Migas.

"We are making a Mexican-style breakfast dish," Liliana Cisneros said. "It's a traditional dish we have as a family." The dish contains onions, bell peppers and jalapeños mixed in with eggs and tortillas. "It's like scrambled eggs with a smooth texture, but with a little bit of crunch with the fried tortillas."

As the teams worked on their individual components of the dish, their time went by quickly and they had to carefully watch the clock to make sure their foods were properly cooked. With Liptac giving them minute countdowns, the teams turned their attention to plating their dishes.

Bella Sharp, Kayler Soule and Kinleigh Soule tested their waffle batter in the waffle machine to make sure they cooked it properly. "The hardest part is figuring the timing of it," said Kayler Soule. "We have to figure out when to flip each side so they don't get burnt." Once they moved the waffles to the plate, they decided to use a round cutter to make their waffles uniform for the presentation.

Team Pizazz was the first to finish its dish and place it on the table. They made French toast with whipped cream and strawberries, dusted with powdered sugar. Team Migas plated second. Now both teams watched as the final team stacked its fried chicken and poached egg on top of their waffles with less than eight seconds remaining.

With everything on the plate, Sam Vidlak picked it up to move it to the presentation table when the poached egg slid off the chicken and onto the floor. Everyone's heart sank as they looked at the yellow yolk scattered on the floor. "As a team, we did a great job," Vidlak said. "We worked separately on our tasks, but as a team to put out a dish." After finishing their chicken and waffles Benedict plate and reflecting on what it once looked like, Vidlak felt the challenge was a success.

Judging on presentation, difficulty and taste, Liptac named Migas the winner. "Their plating and saucing was good," Liptac said. "I was looking to see who created a well-balanced dish. They managed their time the best, kept their station neat and had no major safety violations."

*\*Abstracted from Scottsbluff Star Herald, Story by Lauren Brant*

## CULINARY & MANAGEMENT COMPETITION IDEAS

Competitions are just around the corner this fall into spring 2020. One of the competitions early next year will be the "BE"an At Your Best, or Best use of Nebraska Grown Dry Edible Beans Contest. Information about this contest has been provided by Fayrene. Over the next months, the Entree will provide some extra recipes using beans to provide ideas and encourage teams to participate in this contest. Contest sponsor is Nebraska Dry Bean Commission. Check out their website at [beangrower.com](http://beangrower.com).

Here's a bean recipe for fall as well as the competition:

### PUMPKIN WITH GREAT NORTHERN BEANS & BACON

Yield: 4 servings

\*An easy, nutritious entree or side dish perfect for a fall evening. This recipe could easily be changed to vegetarian by eliminating the bacon, and using vegetable stock instead of chicken stock.

#### INGREDIENTS:

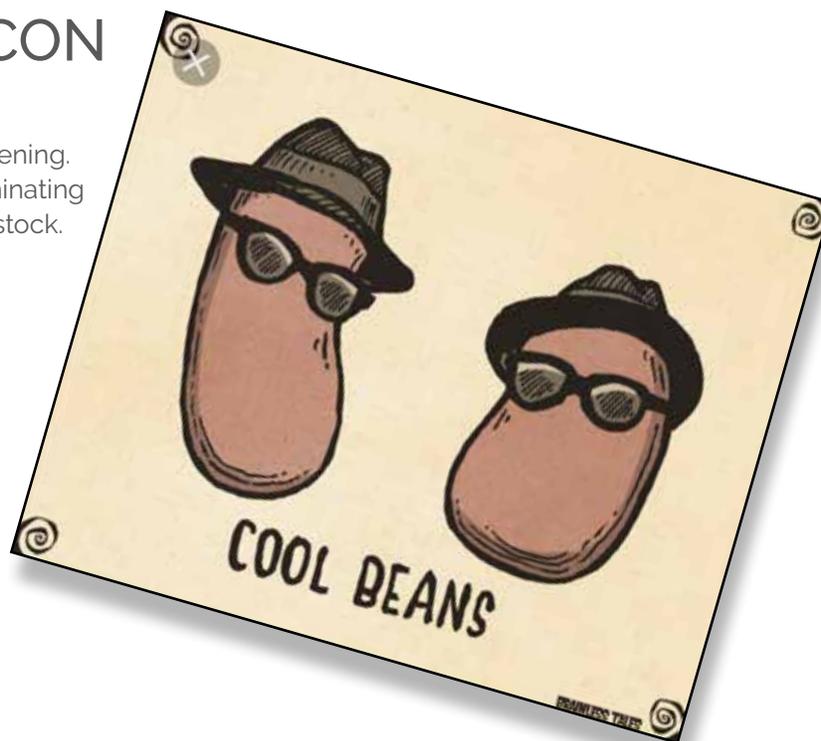
- 4 slices bacon
- 1 small sugar pumpkin (about 1 1/2 lbs.).  
Peeled, seeded & cut into 1 inch pieces
- 1 C. Low-sodium chicken broth
- 1 T. Chopped, fresh oregano leaves
- Kosher salt and black pepper
- 1 C. Dry Great Northern Beans, rinsed, soaked  
and cooked until tender
- 1 T. Red wine vinegar

#### STEPS:

1. Cook beans according to pkg. directions (may prepare a day ahead).
2. Clean and pre-cook the pumpkin in the microwave for 4 min. This will make it easier to cut, seed and peel.
3. Cook the bacon over medium heat in skillet until crisp, 6 to 8 min. Drain on paper towel then crumble. Reserve the bacon drippings in skillet.
4. Add the pumpkin to the drippings in the skillet; cook, stirring occasionally, until browned, 5 to 7 min.
5. Add the broth, oregano, 1/2 t. Salt, and 1/4 t. Pepper. Cover with lid and cook, stirring occasionally, until pumpkin is tender, 6 to 8 min. more.
6. Add the beans, vinegar and heat through, 2 min. Top with bacon.

By Sue Li - Real Simple

• Here's a hint for eating beans - Sprinkle about 1/4-1/2 t. dry fennel seeds on top of a serving of any bean dish before eating. This herb enhances the flavor and helps tremendously to reduce flatulence!



# CULINARY & MANAGEMENT COMPETITION IDEAS

Beef is another protein that should defiantly be considered for culinary team competitions. Nebraska has been referred to as the "Beef State". Why not represent our state with one of our main agricultural products?

The 2020 Nebraska ProStart Competition will also have a "Best of Beef" monetary and plaque award granted to a culinary team provided by the Nebraska Beef Council.

• Don't forget the Educator Forum on October 15th with Chef Lane Rosenberry at Lincoln Sysco on Beef Cookery!!!!

Check out the website [nebeef.org](http://nebeef.org) for additional recipes, cooking methods, nutritional facts, and other resources especially for educators!

Here's a beef recipe to consider:

## MU SHU STEAK & APPLE WRAPS

Yield: 4 servings Time: 30 min.

### INGREDIENTS:

- 4 beef Tri-Tip Steaks, cut 1 inch thick (about 4 ounces each)
- 3/4 t. Ground cinnamon
- 1/4 t. Black pepper
- 1/4 c. Hoisin sauce
- 1 T. Honey
- 1/4 t. Salt for the beef
- 3 C. Tri-color coleslaw mix (with green cabbage, red cabbage and carrots), or make your own
- 1 Granny Smith apple, peeled and thinly sliced
- 8 medium whole wheat flour tortillas (8 to 10 inch diameter), warmed

### STEPS:

1. Combine cinnamon and pepper; press evenly onto beef steaks. Heat large nonstick skillet and cook 9-12 minutes for medium rare to medium doneness, turning occasionally.
2. Combine hoisin sauce and honey in large bowl. Carve steaks into thin slices, season with salt. Add steak slices, coleslaw mix and apple to hoisin mixture; toss to coat.
3. Place equal amounts of beef mixture down center of each tortilla, leaving 1-1/2 inch border on right and left sides. Fold bottom edge up over filling. Fold right and left sides to center, overlapping edges; secure with wooden picks, if necessary.

Recipe from [beefitswhatsfordinner.com](http://beefitswhatsfordinner.com)

• Tri-tip Steaks are economical, versatile, boneless and fairly tender with full flavor. The tri-tip is a triangular cut from the sirloin. Grilling, broiling and skillet-cooking are recommended cooking methods. Be sure to slice across the grain.



**NATIONAL PROSTART INVITATIONAL**

THE ROAD TO THE NATIONAL  
PROSTART MANAGEMENT  
INVITATIONAL

May 8 to 10, 2020  
Washington, DC

**THE NEBRASKA JOURNEY**

**ELECTRONIC SUBMISSION (PDF) BY**  
11:59 PM ON Friday, February 7  
To [neprostart@windstream.net](mailto:neprostart@windstream.net)  
**ON TIME SUBMISSION BONUS: 10 PTS**

**STATE**

**\*\*\*FIVE TEAMS\*\*\***

**Great Plains Culinary Institute, Southeast Community College, Lincoln**  
March 6, 2020

**BEST OF TROPHIES TO BE AWARDED**

Best Restaurant Concept  
Best Logo  
Best Restaurant Design  
Best Menu  
Best Marketing Plan  
Best Poster  
Critical Thinking

**MANAGEMENT BOOT CAMP**

Date, TBD

**NATIONAL PROSTART INVITATIONAL**

*THE ROAD TO THE NATIONAL  
PROSTART CULINARY INVITATIONAL*

May 8 to 10, 2020  
Washington, DC

**THE NEBRASKA JOURNEY**

**MENU COMPETITION**

Deadline: 11:59 PM, CST, Tuesday, November 5, 2019

**ProPrep EVENT**

--Voluntary event, not required for Regional--

**REGIONALS**

**WESTERN:** Scottsbluff High School, Scottsbluff  
(SCHOOLS: Alliance, Hemingford, North Platte, Scottsbluff)  
Monday, February 17, 2020

**EASTERN:** Great Plains Culinary Institute, Southeast Community College, Lincoln  
(SCHOOLS: Beatrice, Crete, Grand Island Northwest, Kearney, Lincoln Bryan, Lincoln East, Lincoln High,  
Lincoln Northeast, Lincoln North Star, Lincoln Southeast, Lincoln Southwest, Milford)  
Friday, January 24, 2020

**METRO:** Institute for the Culinary Arts, Metropolitan Community College, Omaha  
(SCHOOLS: Elkhorn, Fremont, Gretna, Plattsmouth, Papillion LaVista High, Papillion LaVista South,  
Roncalli Catholic, The Career Academy)  
Thursday, February 27, 2020

**STATE**

**\*\*\*NINE TEAMS\*\*\***

**METRO: Institute for the Culinary Arts, Metropolitan Community College, Omaha**  
Thursday, March 5, 2020  
Best of .... Trophies

**FINAL THREE**

Great Plains Culinary Institute, Southeast Community College, Lincoln  
Date, TBD

**CULINARY BOOT CAMP**

Institute for the Culinary Arts, Metropolitan Community College, Omaha  
Date, TBD