

HEF Entrée

a monthly e-newsletter from the
Hospitality Education Foundation



HEF HAPPENINGS!!!

CONGRATUALTIONS

Congratulations to Aaron Offutt, newly elected Nebraska Restaurant Association Hospitality Education Foundation secretary. Aaron joins Michelle Daize, Joel Priest, and John Coffey, as they provide leadership for the Foundation.

NEW CULINARY COMPETITION

New to Nebraska ProStart culinary competitions in 2019, is a Final Three competition. The top three teams from the Nebraska state competition will compete for the opportunity to represent Nebraska at the National ProStart Invitational in Washington, D.C., May 8 to 10. Selection of the top culinary team begins in three regional competitions (Scottsbluff, Hastings, Omaha) and the state competition and culminates in the Final Three competition on March 8 at The Institute for the Culinary Arts, Metropolitan Community College.

Nebraska ProStart management teams submit their Business Plans electronically in late February for judging. Selection of the management team that will represent Nebraska in Washington, D.C. will occur at Southeast Community College on March 1.

BEST OF NEBRASKA COMPETITION AWARDS

Proudly displayed in Nebraska ProStart trophy cases are Best of Awards, sponsored by Nebraska's commodity organizations and awarded yearly for the best entrees at the state competition. Criteria and recognitions are selected by representatives from the respective organizations.

New for 2019 is the Best of Nebraska Dry Bean Trophy awarded by the Nebraska Dry Edible Bean Commission. The trophy will be awarded to the team that prepares the best appetizer or entrée or dessert using Nebraska grown Great Northern, Pinto, Black or Light Red Kidney Beans.

Best of Beef, sponsored by the Nebraska Beef Council, and Best of Pork, sponsored by the Nebraska Pork Producers, are awarded for the best center of the plate presentation. Students are encouraged to use these Nebraska commodities in their menus as they truly represent Nebraska.

Other trophies awarded at the state competition this year will be ProStart trophies in the following culinary categories: the best appetizer, entrée, dessert, menu presentation, recipe format and accurate costing and use of local ingredients. Correspondingly, ProStart trophies will be awarded at the state management competition for the following: best concept, logo, design, menu, marketing concept, posters, critical thinking.

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EDUCATOR FORUM

Thank you to Chefs Brian O'Malley and Cathy Curtis for the excellent "Preparing Your Team for Competition" Educator Forum held at The Institute for The Culinary Arts on November 30. Activity packed sessions included understanding competition rules; organizing the plate presentation station and writing recipes. My benchmark for a successful day is five new learning experiences, I was at eight and counting.... Thanks again to the Metro faculty. Funding for the Forum was provided through a grant from the National Educational Foundation.

HEF STRATEGIC PLAN APPROVED

The Nebraska Restaurant Association Board of Directors recently approved the Hospitality Education Foundation Strategic Plan for 2018-2023 which identifies the following components.

Established on the Core Values of the HEF IDEAL (Impacting Industry, Driving Development, Enhancing Education, Advancing Results, Leading with Integrity and Professionalism), the Vision is that HEF be a thriving entity widely recognized throughout the industry, by NRA membership and the community for its commitment to excellence and its success.

The Mission, to foster the growth of a professional hospitality industry in Nebraska by providing educational opportunities, programs and scholarship, will be fulfilled by:

- Promoting and supporting Nebraska' hospitality industry including the ProStart program, its students and teachers, as well as the sponsoring schools.
- Providing training and support to ProStart teachers across the state.
- Using volunteer hospitality industry professionals as mentors, trainers and judges for competition.
- Offering scholarships to students entering post-secondary hospitality education.
- Sponsoring annual culinary competitions to enable students to demonstrate their skills in the culinary arts and restaurant management.
- Developing partnerships with food service providers and restaurateurs for fund-raising events and activities.
- Connecting students and teachers with area food service professionals and providers.

Four goals will be the focus of the next five years:

- Financial: To be a self-supporting financially stable organization with diversified funding sources.
- Programs and Services: To be the hospitality industry (culinary/management educational program of choice.
- Capacity: To have the needed organizational capacity to be a long-term, respected, effective and stable organization.
- To be the premier resource and top of mind professional and valuable partner for hospitality industry education in Nebraska.

The HEF Board of Directors appreciates the support of the hospitality industry and looks forward to working with you thru the next five years.

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Central Community College

2018 - 2019 PROSTART SCHOOLS & EDUCATORS

Alliance High.....	Monique Jensen
Beatrice High.....	Chelesy Walters
Crete Public.....	Anita Schwartz
Elkhorn High.....	Laura Feller
Fremont High.....	Carolee Cronin
Grand Island Northwest.....	Tamara Nelson
Grand Island Senior High.....	Diane McCray
Hemingford High School.....	Suzanne Neefe
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Lincoln East.....	Brittany Staack
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Lincoln Southeast.....	McKenzie Potthoff
Lincoln Southwest.....	Joan Hines
LPS Technical Career Academy.....	Maybell Galusha
Milford Senior High.....	Joyce Potthoff
North Platte High.....	Patricia Saner
Papillion LaVista High.....	Audrey Jarvis
Papillion LaVista South.....	Louise Dornbusch
Plattsmouth High School.....	Lisa Micek-Johnson
Scottsbluff Senior High.....	Hannah Liptac

FEATURED RECIPE CRANBERRY-WALNUT BRUSSEL SPROUTS (4 SERVINGS)

INGREDIENTS:

Walnuts, Toasted, Coarse Chopped	1/3 Cup
Brussels Sprouts, Fresh	1 LB
Olive Oil	1/4 Cup
Dried Cranberries	1/2 Cup
Water	2 TBSP
Vinegar, Balsamic	2 TBSP

PROCEDURE:

1. In a heavy skillet, over medium heat, toast walnuts, stirring periodically to distribute heat, until lightly brown. Cool. Using chef knife, coarse chop. Set aside.
2. Wash Brussels sprouts under running water. Drain. Removing outer leaves from Brussels sprouts and trim stem end. Cut in half lengthwise.
3. In a skillet, heat oil over medium heat until shimmering. Place Brussels sprouts in skillet, cut side down; cook approximately 4-5 minutes until bottoms are browned.
4. Add cranberries and water; cook, covered, approximately 1-2 minutes until Brussels sprouts are crisp-tender.
5. Stir in toasted walnuts; heat, uncovered, stirring until water is evaporated.
6. Stir in balsamic vinegar to coat ingredients. Serve immediately.

CALENDAR OF EVENTS

Regional ProStart Culinary and Management Competition Registration Deadline: February 1

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

ProStart State Management Competition Electronic Submission Deadline: February 21

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

Nebraska Restaurant Association Scholarship Application Deadline: Friday, March 1

ProStart Final Three Culinary Competition: Friday, March 8, ICA, Metropolitan Community College

Star City Bacon Fest: Sunday, April 7, Cornhusker Marriot, Lincoln, NE

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

Click here
for updates
on events!

