

# HEF Entrée

a monthly e-newsletter from the  
Hospitality Education Foundation



## IMPERFECTIONS REDESIGNED

WABI - My culinary friends would tell me spellcheck must have been off when I wrote this, because it should be "Wasabi"! Wabi is exactly what I meant to write.

"Wabi means things that are fresh and simple. It denotes simplicity and quietude, and also incorporates rustic beauty. It includes both that which is made by nature, and that which is made by humans. It can also mean an accidental or happenstance element (or perhaps even a small flaw) which gives elegance and uniqueness to the whole, such as the pattern made by a flowing glaze on a ceramic object." <http://mercury.lcs.mit.edu/~jnc/nontech/wabisabi.html>

I had a recent class titled "Architecture and Its Afterlife", so I assumed architectural features around the world would be viewed and discussed. The class included that, but so much more! When the term Wabi was defined, and examples were shown, my mind drifted to how this term so defines what happens in culinary labs, and especially food platings.

As a former ProStart educator, I have had my share of student lab experiences not going exactly as planned. I never want to throw food away and give up! So, I usually had students recreate from the mishaps. If one group meant to make meatballs, but forming wasn't happening, then on to a sauce with crumbled meat instead. A cake that fell apart - no problem -we would use that to make a trifle. We worked through the problems to save the food, and usually ended with a better product than what had originally been planned.

Food platings have guidelines. But some guidelines are merely suggestions, and I learned from my students to provide opportunities to let them break some of the rules. I remember stating "Don't use the color blue, because of the color association to mold". One student from the past, who had been very defiant took that to mean "Use blue no matter what she says!". When I held back and let her do her own thing using a clear caramel sauce with glittering blue and green sprinkles sticking to it, I discovered she made the most beautiful paisley design on a plate I had ever seen! I praised her creativity, and soon asked her to do a dessert plating at a culinary competition (which she did). Little did I know at the time, but this was a very troubled person who desperately needed some encouragement and creative time without judgement from me.

We so often think things have to be a certain way, on a scheduled day, following an exact plan. Food preparation can be unpredictable at times. It's a work in progress, based on experience and knowledge. Taking a food that isn't coming together even though the directions were followed step-by-step, and designing it into some other form can often provide a new masterpiece we never would have imagined. In ProStart classes, we often have students who don't come in on day one with a culinary passion, but just might need a creative outlet to help them through the imperfections of their day. We never know when their pathways might be redesigned.

Sherry McCranie

# NATIONAL FOOD DAY CALENDAR

Enjoy a food treat every day of the year!!

Read more at: <http://www.thenibble.com/fun/more/facts/holidays>

This website allows the viewer to be interactive with any day to gain more information about that national food day by clicking on the national day.

## NOVEMBER

- November 15 - Clean out your fridge day
- November 15: National Raisin Bran Cereal Day
- November 16 - Fast Food Day
- November 17: National Baklava Day
- November 17: National Homemade Bread Day
- November 18: National Vichyssoise Day
- November 19: National Carbonated Beverage With Caffeine Day
- November 20: National Peanut Butter Fudge Day
- November 21: National Gingerbread Day
- November 22: National Cranberry Relish Day
- November 23: National Cashew Day
- November 23: National Espresso Day
- November 23: National Eat A Cranberry Day
- November 24: National Sardines Day
- November 25: National Parfait Day
- November 26: National Cake Day
- November 27: National Bavarian Cream Pie Day
- November 28: National French Toast Day
- November 29: National Chocolates Day
- November 29: National Lemon Cream Pie Day
- November 30: National Mousse Day

## DECEMBER

- December 1: National Pie Day
- December 1: Eat A Red Apple Day
- December 2: National Fritters Day
- December 3: National Apple Pie Day
- December 4: National Cookie Day
- December 5: National Sacher Torte Day
- December 6: National Gazpacho Day
- December 6: National Microwave Oven Day
- December 7: National Cotton Candy Day
- December 8: National Chocolate Brownie Day
- December 9: National Pastry Day
- December 11: National Noodle Ring Day
- December 12: National Cocoa Day
- December 13: Ice Cream

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## 2019 – 2020 NEBRASKA PROSTART SCHOOLS

WELCOME TO THE NEWEST  
MEMBER OF THE NEBRASKA  
PROSTART FAMILY:

Gordon-Rushville

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

Alliance

Beatrice

Crete

Elkhorn

Fremont

Gordon-Rushville

Gretna

Hemingford

Kearney

Lincoln East

Lincoln High

Lincoln North Star

Lincoln Northeast

Lincoln Southeast

Lincoln Southwest

Milford

North Platte

Northwest, Grand Island

Papillion-LaVista Senior High

Papillion-LaVista South

Plattsmouth

Roncalli Catholic

Scottsbluff

The Career Academy, Lincoln

## PROSTART SUMMER CULINARY INSTITUTES – A GREAT LEARNING OPPORTUNITY

A day at the ProStart Summer Culinary Institutes begins with an overview of the day's lectures and labs, but the students are ProStart Educators from the 50 states and Department of Defense Schools in Guam and Europe. Summer Institutes are at culinary schools in Arizona, Washington, Montana, Minnesota, Wisconsin, South Carolina, and Florida.

Daily activities included note taking, demonstrations and "hands on" exercises. And, yes, even written exams and a market basket challenge. With completion of four summer institutes and exams, ProStart Educators are certified as Culinary Educators.

Skills learned at the 2019 Summer Institutes included making mozzarella cheese, sweet and savory scones, fabricating airline chicken breasts, fabricating a whole salmon, making rice pilaf, sautéing chicken breasts and making chiffon cakes. Labs focused how to use the principle of mise en place and how incorporate it into the ProStart classroom experience. Learning with and from their peers was also a valuable part of the experience.

Quotes from Nebraska educators include:

"The Institute has helped reinforce that I was doing many things right!"

"I would say that about 80% of the teachers at the Summer Institute work in a career academy setting or they only teach foods and have commercial kitchens. I was able to adapt things they do and apply it to how I could do in my classroom."

"I feel more confident doing demonstrations and explaining the HOW and WHY in the techniques I use."

Experiences at the Summer Institutes pay dividends in the classroom. A special Thank You to the Educators for supporting student learning and development in building a qualified Nebraska culinary workforce.

## KUDOS TO...

...and Welcome to Kay Kruger, ProStart Educator, and the students of Gordon-Rushville Public Schools-our newest Nebraska ProStart school.

Lane Rosenberry and Dan Watts, Lincoln-Sysco Chefs, for an exceptional beef cut & cookery educator forum.

Adam Wegner and the Nebraska Beef Council for sponsoring the beef cut & cookery educator forum.

# NEBRASKA PROSTART CULINARY COMPETITIONS

## REGIONALS

WESTERN: Scottsbluff High School, Scottsbluff  
Monday, February 17, 2020

EASTERN: Great Plains Culinary Institute, Southeast Community College, Lincoln  
Friday, January 24, 2020

METRO: Institute for the Culinary Arts, Metropolitan Community College, Omaha  
Thursday, February 27, 2020

## STATE

METRO: Institute for the Culinary Arts, Metropolitan Community College, Omaha  
Thursday, March 5, 2020

## FINAL THREE

Great Plains Culinary Institute, Southeast Community College, Lincoln  
Wednesday, March 11, 2020

# NEBRASKA PROSTART MANAGEMENT COMPETITIONS

## REGIONALS

BUSINESS PLAN ELECTRONIC SUBMISSION (PDF) BY 11:59 PM ON Friday, February 7  
To [neprostart@windstream.net](mailto:neprostart@windstream.net)

## STATE

Great Plains Culinary Institute, Southeast Community College, Lincoln  
Friday, March 6

## NATIONAL PROSTART CULINARY AND MANAGEMENT INVITATIONAL

May 8 to 10, 2020  
Washington, DC

## BYTES

### Recipe and Nutrition Information

[www.nebeef.org](http://www.nebeef.org)  
[www.beefitswhatsfordinner.com](http://www.beefitswhatsfordinner.com)  
[www.nepork.org](http://www.nepork.org)  
[www.nebraskadrybean.nebraska.gov](http://www.nebraskadrybean.nebraska.gov)  
[www.mushroomcouncil.com](http://www.mushroomcouncil.com)  
[www.idahopotato.com](http://www.idahopotato.com)  
[www.wholegrainscouncil.org](http://www.wholegrainscouncil.org)

### Education Sites

[www.chooserestaurants.org](http://www.chooserestaurants.org)  
[www.FamilyConsumerSciences.com](http://www.FamilyConsumerSciences.com)

Nebraska Restaurant Association  
Hospitality Education Foundation

1610 S. 70th Street Ste. 101,  
Lincoln, NE 68516

phone 402.488.3999

fax 402.488.4014

[www.nebraska-dining.org](http://www.nebraska-dining.org)

[dineout@nebraska-dining.org](mailto:dineout@nebraska-dining.org)

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# CRISPY PORK CUTLETS WITH FENNEL SALAD

- Another recipe for your ProStart Team Competition considerations!
- Don't forget the "Best of Pork" Award! Trophy and \$500!!!
- Fun Idea - If you decide to use this recipe, take photos and send to Sherry at [smculinary@yahoo.com](mailto:smculinary@yahoo.com). We want to post your photos!

This recipe is from *Bon Appetit*, June 2018

Yield - 4

## INGREDIENTS:

Dried Cherries or Cranberries	¾ C.
Unseasoned Rice Vinegar	2 t.
Black Pepper, freshly ground	¼ + ¼ t. Pork & Salad
Kosher Salt	¼ + ¼ t. Pork & Salad
Pork Tenderloin, cut into 1 to 1 ½ inch Medallions	1 ¼ to 1 ½ lb.
All-Purpose Flour	¾ C.
Eggs, large	3
Dijon Mustard	2 T. Plus more for serving
Panko (Japanese Breadcrumbs)	3 C.
Fennel Seeds	1 t.
Vegetable Oil	1 C.
Fennel Bulb, cut in ½ lengthwise, thinly sliced, fronds reserved	1 large
Lemon, halved lengthwise	1
Fresh Basil Leaves, torn	½ C.

## DIRECTIONS:

1. Dried fruit will be added to fennel salad mixture.
2. Working one at a time, place medallions in another large resealable plastic bag and pound to ¼ " think. Place flour in a shallow bowl; season with salt and pepper. Lightly beat eggs and 2 T. Mustard in another shallow bowl. Toss together panko bread crumbs in a third shallow bowl.
3. Season each cutlet with salt and pepper, then dredge in flour, shaking off excess. Transfer to bowl with egg mixture and turn to coat. Lift from bowl, allowing excess to drip off. Coat with panko, pressing to adhere.
4. Heat the oil in a large skillet over medium-high. Working in batches, pan-fry cutlets, shaking pan occasionally, until golden brown and cooked through, about 2 minutes per side. Transfer to a wire rack set inside a rimmed baking sheet; season with salt.
5. Place fennel in large bowl; squeeze ½ lemon over. Cut remaining lemon half into 4 wedges and set aside for serving. Drizzle fennel with vinegar and season with salt and black pepper to taste. Squeeze once or twice with your hands to help soften fennel, then toss together with dried fruit and fennel seeds. Add basil and gently toss again.
6. Divide the cutlets among plates and top with fennel salad. Serve with more mustard (if desired) and reserved lemon wedges.



# TURKEY (OR CHICKEN) AND CRANBERRY RAVIOLI

*\* Great recipe to consider for ProStart Team Entree or enjoy over the holidays!*

From Chef Craig Nassar - (<https://ideas.evite.com/author/chef-Craig-nassar/>)

Yield - 2 \*Easy recipe to increase yield.

## INGREDIENTS:

### Ravioli Filling

Ground Turkey or Chicken, preferably dark meat	¼ lb.
Cranberry Sauce with whole cranberries	2 T.
Romano Cheese, grated	2 T.
Bread Crumbs	1 T.
Fresh Parsley Leaves, chopped	1 T.
Egg	1 Large
Kosher Salt	¼ t.
Black Pepper, freshly ground	¼ t.

### Gravy

Butter	3 T.
Shallot, chopped	1
Chicken Broth	½ C.
Heavy Cream	2 T.
Fresh Parsley Leaves, chopped	1 T.
Kosher Salt	¼ t.
Black Pepper, freshly ground	1 t.

### Pasta Dough

All Purpose Flour	2 C.
Eggs (slightly beaten)	2 Large
Olive Oil	1 t.
Salt	¾ t.
Water, warm	2-3 T.



## DIRECTIONS:

1. To make the ravioli filling, stir together the ground turkey (or chicken), cranberry sauce, breadcrumbs, parsley, egg, salt, and pepper. Brush lightly with water using a pastry brush.
2. To create the pasta dough, mound flour in a large bowl. Make a well in the center, and add eggs, olive oil, salt and 2 tablespoons warm water. Combine all ingredients with a fork until dough forms. Add more water if the mixture is too dry.
3. Knead dough for 8-10 minutes, then cover for 30 minutes.
4. To roll out the ravioli pasta sheets, tear off a piece (bigger than a golf ball, smaller than a baseball). Flatten it out with a rolling pin. Sprinkle a little flour on the table and dough as you roll to prevent sticking. After a few firm rolls, flip the dough sheet over, adding flour as necessary. Repeat until the dough is paper thin. Don't worry about the shape - it won't matter!
5. To cut the ravioli, use a water glass (3-4 inches in diameter) as a mold. Place the glass upside down on the dough and trace a knife point around the dough until you have cut out a circle. Repeat, cutting as many pasta circles as you can. Collect scraps of dough and add them back into your covered dough ball for later.
6. To fill the ravioli, place a teaspoon of the turkey (or chicken) filling in the center of each circle. Beat an egg in a bowl, then spread a little beaten egg around the outside of the pasta circle with your finger; this will help seal your ravioli.

...continued on next page

7. Fold the pasta circle over the filling and press the top into the bottom, crimping with your fingers to seal the dough together. Try to work from one side to the other, squeezing the air out as you go. Once you've filled all your circles, place them on a floured baking sheet and repeat the cutting and filling process with the rest of your dough.

8. To make the gravy, heat butter over medium heat in a 10 inch, heavy skillet. Add shallots and cook until tender (5 min.). Add the flour and stir until cooked (1 min.). Slowly add the chicken broth, stirring quickly to avoid lumps. Add the cream, parsley, salt, and pepper, and simmer without boiling, stirring often (15 min.).

9. Meanwhile, bring a large pot of salted water to boil over high heat. Add the ravioli and cook until tender but still firm to the bite and the turkey (or chicken) is cooked, stirring occasionally (3 min.). Drain and top with gravy. Garnish with rosemary leaves and cranberries.

## DECEMBER 11th IS NATIONAL NOODLE RING DAY!

***\*Now's your opportunity to find that rarely used bundt cake pan! This is a simple recipe that makes an economical, fun lab! Make a competition out of this recipe with your lab groups and send us your photos! Your students could do an individual size in muffin tin cups or work as a group with bundt cake pans or tube pans. This is a good way to practice sauces, work with pastas and add some vegetables. (Chapters 3, 6, 7 Level 1 and Chapter 17 Level 2 of your textbooks)***

***\*\*We're starting a new twitter feed of Nebraska ProStart to show some of your students' culinary masterpieces!***

A noodle ring is a dish of pasta, cheese, eggs cooked in a ring mold. ... Creating a pasta 'nest' with a cooked food center has been around for centuries. One of the mid-century recipes of noodle ring is from The American Women's Cookbook, which was published in 1948. Foodimentary.com

### NOODLE RING RECIPE Yield - 6-8 From cooks.com

#### INGREDIENTS:

Noodles or pasta of your choice, cooked 2 C.  
 Bechamel Sauce, standard recipe 2 C.  
 Cheese, grated (Parmesan, Monterey Jack, cheddar) ½ C. (2 oz.)  
 Pimento ¼ to ⅓ C.  
 Green Pepper, finely chopped ¼ c.  
 Eggs, large slightly beaten 2  
 Salt and Pepper ¼ t. Each  
 Additional items: chopped ham, broccoli, green peas, asparagus, etc.

#### DIRECTIONS:

Preheat oven to 350 degrees. Cook pasta according to package directions, or make fresh (Good learning opportunity making fresh pasta!). Prepare bechamel sauce. Blend sauce, cheese, pimento and green pepper and salt and pepper together. Temper beaten eggs then add to sauce. Pour sauce over cooked noodles and mix lightly. Butter pan mold very well. Pack noodles (pasta) mixture in pan mold evenly. Place pan mold in hot water bath (bain marie) and bake in a 350 degree oven for 30-40 minutes until firm. Take out of oven, loosen with spatula, and allow to rest for 5 minutes before inverting over a serving platter to release and serve.

