

HEF Entrée

a monthly e-newsletter from the
Hospitality Education Foundation



MAKING A DIFFERENCE FOR MENTORS & MENTEES

Casey Craven doesn't know what he'd be doing today if he hadn't taken ProStart as a Senior at Papillion-LaVista High school. He met educator Carol Fairfax, graduated, and became a ProStart mentor. Seven years later he's still mentoring.

"Without ProStart what would I be doing? Probably something boring like sitting in front of a computer." Casey flatly stated, "but probably not doing anything I love as much as I love what I'm doing now".

Casey's the Assistant Catering Manager at Metro Community College Institute of the Culinary Arts, where he caters two or three events each week. He uses his "spare time" to mentor Louise Dornbusch's ProStart students at Papillion-LaVista South High school. He tries to mentor two or three days a week but lately it's been one day a week and some weekends because of his busy work/school schedule.

Last weekend, Casey and four other people did a mini competition run through for students. They prepared a three-course meal on butane burners while students took notes, asked questions and participated in some team building games. Afterward, teams were given 45 minutes to talk about what they had seen, plan, and then prepare the same meal.

"When I was in ProStart, I didn't have this kind of opportunity with mentors. I want to give these students as much time and attention as I can – I feel it's your duty to pass on the knowledge you have. Not prevent others from learning. It's done so much for me. It fortifies and solidifies my knowledge, as well as increase my skills. When I'm mentoring, and go through each step in a process, I realize that I really do know what I'm doing! And you build bridges - and strong relationships with teachers and students You see the kids grow up and come back and tell you that you really helped them – even when it's not culinary related!"

Casey went on, "I've learned a lot as a mentor. I've learned patience and that just because it's an easy task doesn't mean everyone knows how to do it. And that sometimes simpler is better. We've tried some crazy elegant things and it's turned out be nothing but stressful."

When "Mood Food", the 2018 Papillion-LaVista Management Team, was preparing for the National ProStart Invitation, Casey mentored. The team was committed and passionate about the project and there were times Casey would say "we don't really need to stay until 3 am and they'd say no, we need to figure this out." So, he stayed during the long and sometimes trying nights, through the tears shed, and hours of frustration.

At one point, two other mentors stepped in to help. Two industry professionals, Joel Priest of Hospitality Management Systems, and Chef John Benton, Champions Run, turned theory into real life answers to things that Casey and the team didn't know how to even guesstimate on, like ROI and forecasting.

"Mood Food" came in 6th out of 46 teams from around the U.S. – the best showing of any Nebraska team at Nationals. According to Casey, the team wouldn't have gotten that far without the help of Joel and John. The team would add "and Casey".

Casey is currently enrolled at Metro Community College. Asked how long he'd keep mentoring with his busy schedule. "Well, they keep letting me come back. The day I'll stop mentoring? The day I'm the teacher!"

LET'S GROW THE NEXT GENERATION OF CULINARY EXPERTS!



FUTURE CULINARY PROSTARS OF NEBRASKA

Sunday, January 12th, 2020 | 4-6 p.m.
Timber Wood Fire Bistro
Omaha, Nebraska

JOIN US

in supporting ProStart® high school students and your future workforce!

This is a fun and interactive event, where ProStart® student teams are paired with celebrated local chefs to prepare and serve small plate tastings. Attendees will have an opportunity to sample the dishes while networking with industry professionals and meet rising Culinary ProStars of the future. Poultry, Beef, Seafood, Pork and Vegetarian small plates will be served for you to enjoy.

Evening activities include a Silent Auction, Gift Card Pulls, Cash Bar, Artesian Christopher Elbow Chocolates & More!

Tickets go on sale December 6th, 2019. Cost: \$60 per person. Discounts on purchases of 2 or more until the end of the year! Your tax deductible donation goes directly to support the Annual ProStart® Invitational Competition.



ProStart Schools	Participating Local Chefs:
Team Blue / Papillion-La Vista South High School	Chef Michael Rhoades – US Foods Nebraska
Team Black / Papillion-La Vista South High School.....	Chef Tim Galligher – US Foods Nebraska
Team Blue Devils / Plattsmouth High School.....	Chef Michael Boisseree – Reinhart Foodservice
Team White / The Career Academy	Chef Dan Watts – Sysco Lincoln
Team Red / The Career Academy.....	Chef Brian Everman – Sysco Lincoln

Also featuring dishes from Today's Culinary ProStars of Nebraska!

TODAY'S CULINARY PROSTARS OF NEBRASKA!

CHEF JOHN BENTON
CHAMPIONS RUN

CHEF JARED CLARKE
TIMBER WOOD FIRE BISTRO AND
RAILCAR MODERN AMERICAN KITCHEN

Buy Tickets Online:
www.nebraska-dining.org/Culinary-Prostars

NATIONAL FOOD DAY CALENDAR

Enjoy a food treat every day of the year!!

Website: thenibble.com Food Holidays

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.

JANUARY

January 1: Apple Gifting Day

January 2: National Cream Puff Day

January 3: National Chocolate Covered Cherry Day

January 4: National Spaghetti Day

January 5: National Whipped Cream Day

January 6: Epiphany: Make an Epiphany Cake, National Shortbread Day & National Bean Day

January 7: National Tempura Day

January 8: National English Toffee Day

January 9: National Apricot Day and National Cassoulet Day

January 10: National Bittersweet Chocolate Day and National Oysters Rockefeller

January 11: National Milk Day

January 12: National Curried Chicken Day, National Hot Tea Day

****This is also the ProStart Fundraiser Day! "Future Culinary ProStars of Nebraska - Small Plate Tasting at Timber Wood Fire Bistro, Omaha. 4-6 P.M.**

January 13: National Peach Melba Day and National Gluten-Free Day

January 14: National Hot Pastrami Sandwich Day

January 15: National Bagel Day and National Strawberry Ice Cream Day

January 16: International Hot & Spicy Food Day and National Fig Newton Day

January 16: National Quinoa Day

January 18: National Peking Duck Day

January 19: National Popcorn Day

January 20: National Buttercrunch Day, National Cheese Lover's Day, & National Granola Bar Day

January 21: National New England Clam Chowder Day and National Blonde Brownie

January 23: National Pie Day

January 24: National Peanut Butter Day

January 26: National Green Juice Day and National Pistachio Day

January 27: National Chocolate Cake Day

January 28: National Blueberry Pancake Day

January 29: National Corn Chip Day

January 30: National Croissant Day

January 31: National Hot Chocolate Day

FEBRUARY

February 1: National Baked Alaska Day

February 2: Crêpes Day and Heavenly Hash Day

February 3: National Carrot Cake Day and National Tater Tot Day

February 4: Homemade Soup Day and National Stuffed Mushrooms Day

February 5: National Chocolate Fondue Day and World Nutella Day

February 6: National Chopsticks Day and National Frozen Yogurt Day

February 7: National Fettuccine Alfredo Day

February 8: National Molasses Bar Day

February 9: National Bagels and Lox Day and National Pizza Day

February 10: Cream Cheese Brownie Day

February 11: Peppermint Patty Day and Don't Cry Over Spilled Milk Day

February 12: National Plum Pudding Day

February 13: National Tortellini Day

February 14: National Cream-Filled Chocolates Day

February 15: National Gumdrops Day

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“COOKIN’ AT THE CLASSIC” COMPETITION

The Nebraska Cattlewomen have announced Tuesday, February 18, 2020 as the fourth annual “Cookin’ At The Classic” Competition. Individuals compete in the Beef Appetizer category for a Best Appetizer trophy; while teams compete in the Best Beef Entrée category for the Best Entrée trophy.

The event is held in conjunction with the week long Nebraska Cattlemen Classic at the Buffalo County Fairgrounds in Kearney.

Contact Sheri Wieden at sheriwieden@gmail.com.

BYTES

Recipe and Nutrition Information

https://youtu.be/_xi3FKPcCR0

What is Umami?

www.mushroomcouncil.com

www.americanlamb.com

www.popcorn.org

Education Sites

www.mccneb.edu

www.cccneb.edu

www.southeast.edu

www.chooserestaurants.org

www.FamilyConsumerSciences.com

IMPERFECTIONS REDESIGNED.....

The continuation of last month's article begins with “Kintsugi”, another Japanese term from the architecture class. This term is an example of Wabi. Artifacts of pottery and china will break, chip, and crack with use, carelessness and mishaps. The technique of Kintsugi involves using gold dust and resin or lacquer to reattach broken pieces. I own treasured family china pieces that have a few cracks and chips. How beautiful those pieces would be with gold filling in the imperfections.

As ProStart educators instructing young culinarians, may we remember to take the broken pieces many students carry, and guide repurposing, creativity and mending. We just may be providing a new opportunity, or even a future career aspiration unsought until that ProStart class. May we help provide connections to golden futures through the information we share about the restaurant and foodservice industry.

Sherry McCranie



KUDOS TO...

The Winners of the Menu Competition. Team members each received a medallion, educators received grocery certificate.

First Place: Plattsmouth, Team Blue Devils. Lisa Micek-Johnson, Educator

Second Place: Hemingford, Team Gomez. Suzanne Neefe, Educator

Third Place: The Career Academy, Lincoln, Team Rockefellas. Maybell Galusha, Educator

Chefs Brian O'Malley and Cathy Curtis for the Flavor Development Educator Forum on December 6.

The fourteen educators who attended the Educator Forum.

To the Nebraska Restaurant Association and The NRA Hospitality Education Foundation Members who have volunteered as judges and support for the upcoming ProStart Culinary and Management Competitions.

STACKED LINTEL AND YOGURT SALAD

By Andrew Dole - Prep Time: 10 mins Cook Time: 10 mins. Yield: 4

INGREDIENTS:

Greek yogurt	1 Cup
Lentils, drained and rinsed	1 can
Garbanzo beans, drained and rinsed	1 can
Ground Cumin	1 tsp.
Garlic powder	½ tsp.
Salt and Pepper to Taste	1 pinch or more
Avocado, cubed	1
Cilantro, fresh, rough chopped	2 Tbsp.
Onion or Shallot, finely chopped	1 Tbsp.
Roma tomato, deseeded and small diced	1



DIRECTIONS:

1. Combine the first six ingredients in a bowl. Stir to mix well. Taste and season with additional salt and pepper as needed. Place bowl in refrigerator to chill.
2. Combine diced tomato and onion together. Toss with spoon to mix. Reserve.
3. To build salads or appetizers begin layering the ingredients using glass cups or ring mold. Place about ¼ of Avocado down as bottom layer.
4. Top with a layer of yogurt mixture. Press gently but firmly.
5. Spoon tomato and on mixture on top. Press gently.
6. Garnish with leftover cilantro and serve with corn chips, toasted baguette or with a poached egg.

COBB SALAD

Developed by Dole Food Company, an expression of creativity, color and design.

Six Servings

INGREDIENTS:

APPLE BLEU CHEESE VINAIGRETTE

Lemon Zest	2 teaspoons
Lemon Juice, Fresh	3 Tablespoons
Vinegar, Apple Cider	3 Tablespoons
Honey	1 Tablespoon
Salt	½ teaspoon
Pepper, Black, Freshly Ground	¼ teaspoon
Olive Oil	3 Tablespoons
Bleu Cheese, Crumbled	¼ Cup

SALAD

Romaine Hearts, Chopped	9 Ounces
Turkey, ½ inch, Diced	2 Cups
Brussels Sprouts, Cooked, Sliced	2 Cups
Potatoes, Sweet, Cooked, ½ inch, Diced	2 Cups
Tomato, ½ inch, Diced	One
Avocado, Peeled, ½ inch, Diced	One
Apple, Unpeeled, ½ inch, Diced	One
Blackberries, Fresh	1 Cup

DIRECTIONS:

APPLE BLUE CHEESE VINAIGRETTE

1. Wash and zest lemon. Squeeze lemon juice.
2. Combine lemon juice, zest, vinegar, honey, salt & pepper in small bowl.
3. Whisk in olive oil, followed by Bleu Cheese

SALAD

4. Toss romaine in vinaigrette.
5. Arrange romaine on serving plate. Beginning in center or plate, arrange turkey.
6. Working from right to left, stripe Brussels Sprouts, and apple to left of turkey.
7. Working from left to right, stripe sweet potatoes, blackberries, tomato and avocado to right of turkey.
8. Serve immediately.



IT'S THAT TIME OF THE YEAR.....

January is the month to begin the nutritional surge to start the year off with foods rich in flavors, nutrients and energy after a couple months of high calorie, and loads of carbohydrates! This is a good month to have educators work with their students on Chapter 14 (Introduction to Nutrition) of Level 2 Foundations textbook. We want to encourage you to combine chapters such as Ch. 15 Lev. 1 and Ch. 6 Lev. 2 (Salads and Vegetables) to create healthy recipes. Level 2 also has great information in Ch. 7 on potatoes, grains and pasta. Try a grain lab that would make an excellent base with simple roasted vegetables.

*January vegetables in season include: beetroot, broccoli, artichoke, carrot, cauliflower, white cabbage, Savoy cabbage, Brussel sprouts, beet tops, fennel, endive, lettuce, leek, turnip, spinach, Jerusalem artichoke. It's also an excellent month for citrus fruits such as orange, lime and lemon. Use the zest to enhance flavor of your dishes! Those of you that went to the Flavor Forum on December 6th will have many flavorful ideas to use!!!

January 16th is National Quinoa Day! Check out this website:

<https://www.spendwithpennies.com/cook-perfect-quinoa/> for information about Quinoa & correct way to prepare it!

Why not try an economical lab using quinoa and vegetables to make a nutritious meal that will give fuel to provide energy for the winter!

Here is a recipe educators might consider doing in a lab: If lab groups prepare this recipe or one similar, **send us your photos** on NE ProStart Twitter or to Sherry at smculinary@yahoo.com

*This recipe allows students to practice knife skills, cooking methods (steaming, boiling, sauté - if you decide to cook kale). You can also teach emulsification with the dressing.

*Good time to practice plating skills too!

*This is a simple recipe packed full of protein, fiber, antioxidants, calcium, beta carotene, potassium, vitamin C and iron!
It includes beans - remember the Dry Bean Contest!!!

POWER SALAD BOWL

From allrecipes.com Prep time - 20 min. 1 Serving per recipe

554 calories, 22.9 g fat; 72.5 g carbohydrates, 20.4 G protein; 212 mg cholesterol

INGREDIENTS:

Kale, finely chopped	1 C
Quinoa (remember to rinse before use)	½ C. (Cooked)
Canned Great Northern or Garbanzo beans	½ C.
Red Bell Pepper, med. dice	½
Carrot, grated	1
Egg, hard-boiled and chopped	1

DRESSING

Lemon, juiced	½
Olive Oil	1 T.
Fresh Parsley, chopped	1 T.
Dijon Mustard	1 t.
Maple Syrup	½ t.
Salt and Pepper	To taste

DIRECTIONS:

Arrange kale, quinoa, beans, red bell pepper, carrot, and egg in a bowl.

Whisk lemon juice, olive oil, parsley, mustard, maple syrup, salt, and pepper together in a small bowl until dressing is well emulsified. Pour dressing over salad. Enjoy!



THE ROAD TO THE NATIONAL PROSTART CULINARY INVITATIONAL

May 8 to 10, 2020; Washington, DC

THE NEBRASKA JOURNEY

REGIONALS

WESTERN: Scottsbluff High School, Scottsbluff

Monday, February 17, 2020

(Alliance, Gordon-Rushville, Hemingford, North Platte, Scottsbluff)

EASTERN: Great Plains Culinary Institute, Southeast Community College, Lincoln

Friday, January 24, 2020

(Beatrice, Crete, Grand Island Northwest, Kearney, Lincoln Bryan, Lincoln East, Lincoln High,
Lincoln Northeast, Lincoln North Star, Lincoln Southeast, Lincoln Southwest, Milford)

METRO: Institute for the Culinary Arts, Metropolitan Community College, Omaha

Thursday, February 27, 2020

(Elkhorn, Fremont, Gretna, Plattsmouth, Papillion LaVista High, Papillion LaVista South, Roncalli, The Career Academy)

STATE

Institute for the Culinary Arts, Metropolitan Community College, Omaha

Thursday, March 5, 2020

FINAL THREE

Great Plains Culinary Institute, Southeast Community College, Lincoln

March 11, 2020

CULINARY BOOT CAMP

Institute for the Culinary Arts, Metropolitan Community College, Omaha

March 27-29, 2020

*THE ROAD TO THE NATIONAL PROSTART MANAGEMENT
INVITATIONAL*

THE NEBRASKA JOURNEY

ELECTRONIC SUBMISSION (PDF) BY

11:59 PM ON Friday, February 7, 2020 to fhamouz1@unl.edu

ON TIME SUBMISSION BONUS: 10 PTS

STATE

Great Plains Culinary Institute, Southeast Community College, Lincoln

Friday, March 6

MANAGEMENT BOOT CAMP

Date, TBD