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CARTE DU JOUR

RI ACF President's Message



Hello All Chapter Members and Friends! I hope everyone had a great summer filled with fun, family and food!

We are kicking off the month of September with a Lobster boil fundraising event in conjunction with Hope & Main on Sunday September 25, 2016. Before the event we are going to have a meeting on Sunday, September 11, 2016 at 5 p.m. at Hope & Main. The purpose of this meeting is to review the details of the event, introduce everyone to each other and make sure we are ready with all commitments from sponsors and volunteers who have decided to help and donate product. Please plan on attending this meeting if you are involved in any aspect of the event.

Don't worry, we are only planning on an hour for this meeting so everyone can get back home for Sunday night football! It's time to come together and sell tickets for the Lobster Boil! Keep an eye out for your invitation in the mail, if you are unable to make it give it to someone who you think might want to attend the event. Online tickets are available here <https://makefoodyourbusiness.org/events/lobsterboil-2/> Tickets can also be purchased direct by contacting Ali Montagnon, Director of Events @ 401-245-7400 or ali@makefoodyourbusiness.org

We have also partnered with the Epicurean Club of Boston and will be participating in the Great New England BBQFest @ Wachusset Mountain the very next weekend on Saturday & Sunday October 1st & 2nd. Please contact me for further information and to commit to help with the event.

I want to thank everyone who has committed to help with our events! Whether it is helping with production, planning, picking up product or reaching out to contacts in the industry and asking for donations your efforts are greatly appreciated!

Chef Daniel Van Etten



American Culinary Federation
Rhode Island Chapter

Associate Members

Foley Fish, Peter Ramsden
peter@foleyfish.com / 800-225-8102

Custom Culinary, Russell Ferreira
(401) 254-1557

Irincox, USA, Timothy Murray
(508) 725-1158

Sid Wainer & Son, Dr. Henry Wainer
(800) 423-8333

Sysco Boston, Steven Lautieri CEC
(401) 474-2891

Hope & Main, Luca Carnevale
info@makefoodyourbusiness.org

Infusion Sales group
Mark Botsch, Account Manager
(978)-689-0006

Snapchef, Jennifer Danaux
401-575-0079

Jens and Marie
(401) 475-9991
jens@jensandmarie.com

Quote of the Month

“ You are never too old to set another goal or to dream a new dream”.

C.S. Lewis

Officers

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Executive Chef
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Corresponding Secretary

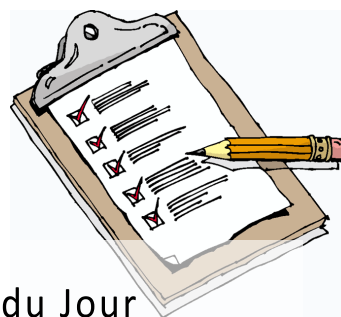
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American Culinary Federation
Rhode Island Chapter

● Monthly Meetings and events



Carte du Jour

2016-2017 Meetings and Events

Sunday, September 25, 2016
Hope & Main
Fundraiser—Lobster boil
(more details within newsletter)

October 1—2, 2016
The Great New England BBQ fest
joint fundraiser with
Epicurean Club
at Wachusett Mountain
Volunteers Needed

Monday, October 17, 2016
Proclamation Mushroom Farm
6:00 p.m.

Monday, November 14, 2016
Business Meeting
—location TBD at 6:00 p.m.

Sunday December 11, 2016
Christmas Party
Jacky's Galaxy
6:00 p.m.

Hasbro Gingerbread - Date TBD
Decorating Event
9:00 a.m.

January 9th or 23rd
Foley Fish at 6:00 p.m.
New Associate—Member

February 13, 2016
Business Meeting

Snap Chef
New Associate member
Monday, March 13, 2016
6:00 p.m.

April 2nd 9th, or 23rd
Chef of the Year Dinner
Waterman Grille

Monday, May 8, 2016
Joint Meeting with Epicurean Club at
Sid Wainer and Sons

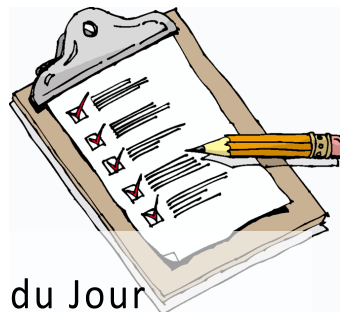
Monday May 26, 2016
26th Annual Golf Tournament
Jamestown Golf Course

Monday June 12, 2016
Gino A. Corelli
Scholarship Ceremony
Bristol Community College
at 6:00 p.m.



American Culinary Federation
Rhode Island Chapter

• CEC/CEPC



Carte du Jour

ACF NATIONAL NEWS

CERTIFICATIONS—UPDATED STANDARDS

Great News to share with your Chapter Members on the new updated standards for the CEC® and CEPC® certification path starting October 1st!

WORK EXPERIENCE

The new CEC® and CEPC® work experience requirements have changed to better help and develop candidates with improving their current knowledge and skills to a five-year requirement. These requirements have increased the experience of the (pastry) executive chef in the kitchen with the CEC® supervising of at least 5 full-time people in the preparation of food. The CEPC® requirement of supervising 3 full-time people has not changed.

MARKET BASKET

Another major change is the CEC® Practical Exam market basket ingredients. Chefs must use only 1 whole chicken averaging 4.5 pounds with demonstration of 2 cooking methods instead of 2 whole chickens. The addition of 1 whole round fish instead of the Salmon filet has really added value and increased the culinary skills to the Practical Exam. There are also different bitter greens, tomato varieties, using either pancetta or bacon, and other root vegetables besides carrots!

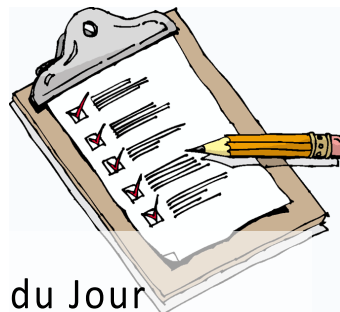
TOOLBOX

You can download the [CEC® and CEPC® Changes](#) on the [Certification Toolbox](#) of our ACF Website- please remember these changes will be effective October 1, 2016, with a 90-day grace period in which both sets of requirements are being honored to accommodate the chefs already getting ready for the Practical Exam.



American Culinary Federation
Rhode Island Chapter

• Fundraisers



Carte du Jour

LOBSTER BOIL—ACFRI AND HOPE AND MAIN FUNDRAISER - VOLUNTEERS NEEDED

IT'S A NEW ENGLAND STYLE LOBSTER BOIL & FUNDRAISER!

Sunday, September 25, 2016

5:30-8:30PM

at Hope & Main

691 Main Street, Warren, RI 02885

\$100/seat for tickets **For tickets please go to:**

<https://makefoodyourbusiness.org/events/lobsterboil-2/>

also you can buy tickets for the next few days at

ACFRI facebook page for tickets

- LOCALLY-SOURCED THREE COURSE MEAL
- OPEN BAR WITH LOCAL BEER, LOCAL WINE & SPECIALTY COCKTAILS
- LIVE BAND
- SILENT AUCTION

VOLUNTEERS can sign up with:

Chef Dan VanEtten at dvanetten@lifespan.org

Chef Ken Watt at Ken.Watt@jwu.edu

Chef Rolando Robledo at chefrobledo@gmail.com

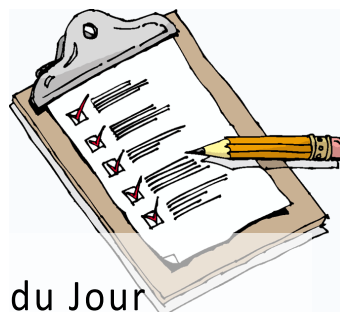
first meeting to be held on September 11, 2016

**A PORTION OF EVENT PROCEEDS WILL BENEFIT BOTH OF OUR 501c3 ORGANIZATIONS
THE AMERICAN CULINARY FEDERATION, INC (ACF)**



American Culinary Federation
Rhode Island Chapter

• Fundraisers BBQFEST



Carte du Jour

**JOINT FUNDRAISER WITH THE
EPICUREAN CLUB VOLUNTEERS NEEDED**



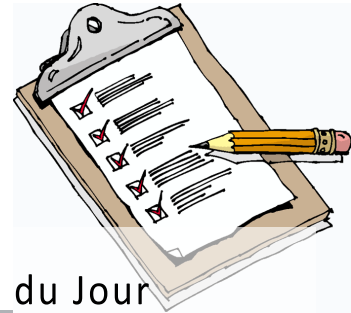
**JOINT FUNDRAISER WITH EPICUREAN CLUB
at WACHUSETT MOUNTAIN
BLUES, BREWS and CUES
OCTOBER 1—2, 2016
at Wachusett Mountain**

**VOLUNTEERS SIGN UPS WITH
Chef Dan VanEtten at dvanetten@lifespan.org
Chef Ken Watt at Ken.Watt@jwu.edu
Chef Rolando Robledo at chefrobledo@gmail.com**



American Culinary Federation
Rhode Island Chapter

• Flavors of Boston



Carte du Jour

FLAVORS
OF BOSTON, A CULINARY EXPERIENCE

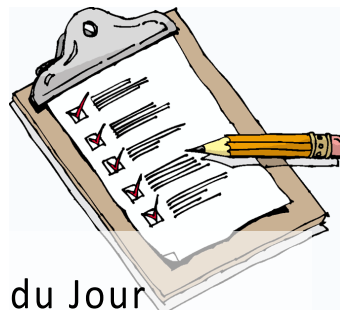
Tuesday, November 15, 2016
6:30 pm– 9:00 pm

Black Falcon Cruise Terminal
1 Black Falcon Avenue
Boston



American Culinary Federation
Rhode Island Chapter

• Flavors of Boston



Carte du Jour



FLAVORS

OF BOSTON, A CULINARY EXPERIENCE

Participating Chef's Dinner Responsibilities

It is the Chef/Caterer's responsibility to:

Provide and prepare a three-course meal for a table of 10 guests including appetizer, salad and main course.

Design a festive table setting that will be judged by the evening's guests.

Any and all labor and cooking utensils required to prepare and serve courses, including linen, china, glassware and silverware.

Provide a print quality headshot, short bio, restaurant logo and permission to use chef's image and identity to be integrated into promotional as well as printed materials for Flavors of Boston.

Have fun! Take this unique opportunity to interact with your guests, showcase yourself, and your restaurant and ENJOY; all while supporting the ALF Mission.

The American Liver Foundation will:

Provide each participating chef (2) 6-foot tables for service and prep, (1) 60" round table and chairs for 10 guests.

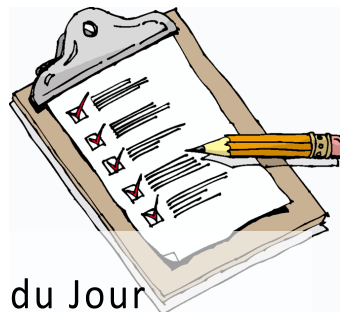
The American Liver Foundation and East Meets West Catering will provide each chef with one stewarding/wait staff to assist in serving your guests.

When you partner with the American Liver Foundation, we will provide you with comprehensive cross-marketing in the months leading up to the event, via all our social media markets; Facebook, LinkedIn, Twitter.



American Culinary Federation
Rhode Island Chapter

• Flavors of Boston



Carte du Jour



FLAVORS

OF BOSTON, A CULINARY EXPERIENCE

YES, I would like to be a featured Chef/Caterer at the Flavors of Boston 2016 event on Tuesday, November 15th at the Black Falcon Cruise Terminal and agree to comply with the responsibilities as outlined.

Restaurant: _____

Address: _____

Website: _____

Chef Name: _____

Contact: _____

Contact Title: _____

Email: _____

Telephone: _____

Day of Event Contact Details: _____

Signature: _____

Date: _____

Please return completed form to Sheri Singer, Director of Special Events,
ssinger@liverfoundation.org or fax to (617) 527-5636.

Note: Recognizing that life is not static, if you find at anytime you will not be able to follow through with your intention to be a part of Flavors of Boston 2016 please contact Sheri Singer immediately with contact information for your replacement. Thank you!

**Thank you for your support of the American Liver Foundation
and our Flavors of Boston event!**



American Culinary Federation
Rhode Island Chapter

SmartBrief



Carte du Jour

Salts and Peppers

A combination of articles by Alison Spiegel, tastingtable.com, 5/20/16 & 8/5/16

	Table Salt	Kosher Salt	Sea Salt
What it is:	Table salt consists of fine, evenly shaped crystals, which makes it denser than other salts. It's typically mined from salt deposits underground and may also contain anti-clumping agents, such as calcium silicate.	Kosher salt is less refined than table salt. Its larger flakes don't compact together as neatly, so a pinch is a little coarser and not as dense.	Sea salt undergoes the least processing. Flakes are collected from evaporated seawater and may contain residual minerals that could alter the color. The unevenly shaped flakes don't stack up evenly and create a less
When to use it:	As the name implies, it's good for keeping out on the table for last-minute seasoning. It's also good for salting pasta water or seasoning soups.	Kosher salt is the most versatile. It's great for seasoning before, during and after cooking. It's especially good for seasoning meat before cooking.	Sea salt is typically more expensive, which means you'll want to use it with caution. It's best for finishing.



Salts and Peppers

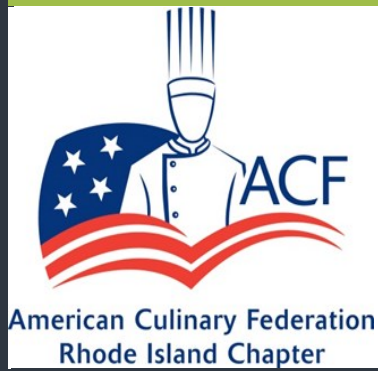
A combination of articles by Alison Spiegel, tastingtable.com, 5/20/16 & 8/5/16

Pepper:

Ever find yourself staring at the spice shelf in the supermarket, wondering about all those different colored peppercorns? What's the difference between black and pink? Is it worth buying white or green when a recipe for calls for it, or can you get by with what you already have at home?

With peppercorns being the most traded spice around the world, it's high time you knew what sets them apart. Here's a breakdown of the different kinds of peppercorns to settle your questions, once and for all.

Black	The most common variety, black peppercorns are just cooked green peppercorns that have then been left out to dry. They have the strongest, most pungent flavor. Freshly ground, they're the ideal seasoning—along with salt—for pretty much anything. There are many varieties, including Tellicherry, which comes from Southern India and has a sweet, well-rounded taste; Brazilian, which is particularly harsh; and Lampong from Indonesia, which leaves a citrusy, slow burn.
Pink	These aren't actually peppercorns at all, but are instead berries that come from a South American shrub. Though they still have a peppery bite, they also have fruity and floral notes. They're best for garnishing. Serious Eats recommends crushing them in a spice grinder or with a knife rather than a pepper mill, because they are so delicate.
Red	These peppercorns, left to fully ripen on the vine, turn a brilliant shade of red. It's rare to find red peppercorns as is; they're typically dried to then develop a black coat, or dried and stripped of their coat to become white peppercorns.
Green	These are under ripe black peppercorns that typically come in brine or vinegar, tasting fresh and tart. They might also come dried, but it's more common to see them in brine. Slightly spicy and aromatic, they're great for flavoring sauces for meat dishes.
White	White peppercorns are black peppercorns whose skins have been removed. They have both a fiery, but also less pungent taste, and are good for light-colored sauces and foods.



● Recipe of the Month



Carte du Jour

Prickly Pear Syrup

Courtesy of honest-food.net

Ingredients

- 3 pounds Prickly Pears
- Water to Cover
- 3 Cups Sugar
- Juice of 2 Lemons

Method

1. Place fruit in pot and cover. Bring to boil. Turn off, allow to steep 30min.
2. Mash the fruit with a masher, or push it through a food mill.
3. Strain through a fine mesh strainer, then strain again through a fine mesh strainer lined with cheesecloth.
4. Measure the liquid, place into a pot. Add an equal amount of sugar. Bring to a simmer, and cook 5min. Shut off, and allow to cool for 15 minutes.
5. Add the lemon juice slowly, while tasting. Stop when it has reached desired tartness.
6. Pour into clean mason jars and seal.

Looking for some good help?

If you are an employer looking for culinary, baking, hospitality, managerial or educational personnel, please contact James Pugliese (jpugliese@lifespan.org)

With area of business, job requirements and any pertinent information, so ACFRI can help you find students or professionals to fill your position.

Add your voice to Carte du Jour

If you have announcements to make or information to share, please send it to newsletter editor

Jeanette Scarcella at
Jeanette.Scarcella@gmail.com and
it will be considered for publication
in the upcoming issue of
Carte du Jour



American Culinary Federation
Rhode Island Chapter
PO Box 316
Saunderstown, RI 02874

To:
