



Epicureans

November 2011

Upcoming Meetings & Events:

MONDAY, NOVEMBER 14 • 6PM SOCIAL MEETING

Hamburg Fairgrounds Casino
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Dress Code: Business Casual
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For reservations contact:
Monte Dolce at 604-8881 or
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Reservations are needed to assist our meeting facilities to better serve the amount of people attending—please be professional and make reservations in advance!

DECEMBER MEETING

Shango Bistro
Tentative - Details to follow

JANUARY 2012 CHRISTMAS PARTY

Brookfield CC
Details to follow

Inside:

Officers and Board	2
Help Wanted	3
Save the Date	3
Enhancing Monthly Meetings	3
New Members Swearing In	4
Enhancing Monthly Meetings	4
Northeast Regional Conference Update	4
People in the News	5
Website Info	5
ACF of Greater Buffalo 2011 Meeting Schedule	5
Culinary Nutrition	7

Our Chapter Rocked October With Activities

Wow! It seems that October is one of the busiest months of the year lately. We were certainly active the past month and we should be proud of our accomplishments.

We started the month of October with a great meeting at Buffalo Hotel Supply hosted by Jim Bedard – President of Buffalo Hotel Supply and his staff. Mark Mistriner CEC and Monte Dolce put together this continuing educational meeting pertaining to IRINOX blast chillers and RATIONAL combi-ovens. Thank you to Chef Timothy Murry (IRINOX – corporate chef) for demonstrating varying cooking and chilling techniques with this equipment and Catherine Sexton (RATIONAL Regional Sales Director) for conducting the demonstration. Thank you to Thomas Lanzone and Joseph Niedzwiecki who are the sales reps with Food Equipment Distribution Services, Inc. for bringing the equipment in. Special Thanks to Ed Gould and VENTURE Sales group for the hors d'oeuvres' at the meeting.

Our annual Chef of the Year Dinner was held on October 16 at the Saturn Club honoring Scott Steiner CCE. Thank you to Chef Mike Ferraro, Rob Seth – General Manager, and the Saturn Club staff for an enjoyable evening. Thank you Mark Wright CEC, for emceeding the event. Chef Steiner has been deserving of this award for a long time and he did a great job thanking the many people who guided him there in his acceptance speech.

On October 19, we hosted our annual Chef and Child Event at Artisan Kitchens

and Baths on Amherst Street in Buffalo. We had 150 students and teachers attended from Buffalo Public School - Pfc. William J. Grabiarz Campus School of Excellence, PS 79. The event focused on healthy cooking demonstrations and healthy food choices while having fun with nutritional trivia games. Thank you to ECC North Culinary Arts program, Mark Wright and his students for demonstrating fruit smoothies and yogurt parfaits for the students. Thank you to Chef Monte Dolce for his guidance at the whole grain station that NCCC students helped out with. Thanks to NCCC's John French and students who demonstrated a vegetarian lettuce wrap station. Thank you to Amanda Vizcarra-Crafts from Becker Farms for donating the apples and cider.

The students received grab bags to take home courtesy of Kevin Barron & Sysco Food Service, and Canada Cutlery supplied bowl scrapers for the bags. Thank you to our co-chairs for this event: John Davidson CEC, and John French CEC. Special thanks for our assisting staff Mike Sullivan and Ed Hildebrand for helping out for this event.

The Festival of Trees Gala will be Saturday, November 19th at the Buffalo Hyatt and we are again taking care of the cocktail party portion of the event. Please call me if you are interested in helping out with the event.

John Matwijkow



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Articles and information for the newsletter are subject to editing and condensation. Because of the limited space in the newsletter, we are not always able to publish all articles and information. In addition, use of articles and information without express permission of the ACF of Greater Buffalo is strictly prohibited.

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Help Wanted:

Ralph Wilson Stadium is looking for cooks for the football season. Contact Paul Deiana-Molnar at 860-4533.

Brookfield Country Club is looking for all cooks positions. Contact Mike Olday at 632-2500

Please contact John Matwijkow at 716-574-0209 if your facility is in need of employees. We can post the ads in our newsletter and get the news to all of our local culinary schools.

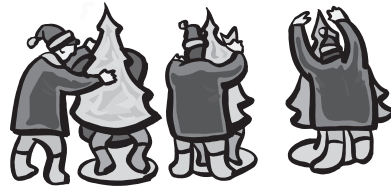
Save the Date

NOVEMBER 14, 2011
Social Meeting
Hamburg Fairgrounds Casino
5600 McKinley Parkway
Hamburg, NY 14075

NOVEMBER 19, 2011
Festival of Trees Gala
for Children's Hospital
Help Needed – Contact John Matwijkow (716-574-0209)
Volunteer Schedules
(10am – 4pm) and (3pm – 9pm)

DECEMBER 12, 2011
Social Meeting
Shango Bistro – Tentative

JANUARY 8, 2012
Christmas Party
Brookfield Country Club



ENHANCING OUR MONTHLY MEETINGS

In an effort to enhance our monthly meetings the board has authorized Chef Monte Dolce and I to develop a plan to format every other meeting as educational in nature. Chef Monte and I will register these meetings with ACF National to assist our certified and those aspiring to certify members that our educational meetings will accumulate Continuing Education Hours (C.E.H.) points for you as you progress in your career. If anyone has any suggestions or topics they would like to see covered please contact Chef Monte or myself and we will do what we can to work it into the schedule. Mark Mistriner, C.E.C

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New Members to be Sworn in at the November Meeting

If you need to be sworn in please make it to the next meeting. Please contact Mike Sullivan by email at ChefMike957@verizon.net so we can include you in the swear in list for the November meeting

Board of Director Positions

Our Chapter did not have the following positions contested for election. This 2011 season we will not need to have an election. The following people will fill the positions on our ACF of Greater Buffalo board of directors and will be sworn into their positions at the January Christmas party.

Recording Secretary:

Dorothy Johnston, CEC/CCE

Associate Board Member:

Alex Ognibene

Treasurer:

Rebecca Formwalt, CSC/CCE

Junior Board Member:

Christy Zipper

Directors-at-Large:

John Davidson, CEC

Calvin College, CCC

Northeast Regional Conference 2012 UPDATE

The Northeast Regional Conference scheduled for April 27th - 30th 2012 is coming together nicely. In early October, we had a meeting / site visit with the ACF national staff. Tracy Smith, Kevin Brune and Jennifer Keith had a three day stay, up in Niagara Falls where they finalized all of the contracts with the Sheraton at the Falls Hotel, The Niagara Falls Conference Center, Niagara County Community College and our ACF Chapter.

In attendance at the meeting was: John Matwijkow, Rebecca Formwalt, Mike Sullivan, Monte Dolce, Mark Wright, Calvin College, Mark Mistriner and Scott Steiner. We received clarification on many topics we had questions about. The conference schedule is posted on the national website www.acfchefs.org. However, the schedule is obviously subject to change being this far out from the conference. We are working on securing Alfred Portale of Gotham Bar and Grill in New York City as our key note speaker for the General Session. The national sales team and I have been working closely to try to secure many sponsorship opportunities for the conference and trade show.

The competition piece seems to be under control. Mark Mistriner, John Matwijkow and I met with Tracy Smith of National up at NCCC and did a kitchen walkthrough. Tracy was happy with the kitchen set up and we established what kitchens would be utilized for which competition, judges room, storage etc....I am confident that the competitions will go off without a problem.

As far as presenters go, I have several local individuals who are willing to present at the conference. However, if there is anyone who has a specialty that they would like to share in the form of a 1 hour class / demonstration, please email (ssteiner@e1b.org) me your contact information and a brief description of what it is you would like to present on. At this time, I cannot promise everyone will get a chance to present. The sponsors take up a lot of the presentation times so we will be used to fill in where needed. How many slots will depend on how much sponsorship is sold. I would like to be over prepared so we have several topics to choose from when we find out where we will need to fill in.

The chapter event / Ice Breaker is also coming together nicely. We have some great ideas that we are ironing out. We are also coming up with some ideas for a Dine-Around tour trip for the Saturday night of the conference. Chef Wright is in charge of the American Academy of Chefs Dinner at the Buffalo Club and Executive Chef Dan King will be in charge of creating and cooking the menu. These are two chefs that I have a tremendous amount of respect for and I am positive the night will be perfect. Once again if you are interested in getting involved with the conference please contact me. We can use help at every level.

Our next meeting will be in early December at the Niagara Falls Conference Center where we will look at the schedule, do a walkthrough and get an idea of where everything will be and how it will flow. The exact date will be posted on our chapter website when I confirm a date with the Conference Center. Until Then...
Scott Steiner CCE

Thank you Buffalo Hotel Supply for hosting our November meeting.

Congratulations to Scott Steiner 2011 ACF of Greater Buffalo Chef of the Year. Scott has worked hard to get our organization to where it is today, and he is truly deserving of this award.

Thank you to our Chef of the Year Committee for organizing a tremendous Chef of the Year Dinner in Scott Steiner's Honor at the Saturn Club on October 16th. This Committee included: Rebecca Formwalt, CCE/CSC, Mark Wright, CEC/AAC, Jacqueline Barrick, CEC, Monte Dolce and Phyllis Venezia.

Thank You to all who helped out with our Chef and Child Event on October 19th:

- Artisan Kitchens and Baths on Amherst Street in Buffalo
- Elena Cala (Special Assistant to the BPS Superintendent) for organizing our guests from Buffalo Public School - Pfc. William J. Grabiarz Campus School of Excellence, PS 79. She also helped out with Media Coverage.
- Event Co-Chairman: John Davidson CEC, and John French CEC.
- ECC North Culinary Arts program, Mark Wright CEC/AAC and students
- Chef Monte Dolce
 - NCCC Culinary Arts program, John Matwijkow and students
 - Amanda Vizcarra-Crafts and Becker Farms.
 - Kevin Barron & Sysco Food Service
 - Canada Cutlery
 - Mike Sullivan and Ed Hildebrand
 - William Metzgar (Media Coverage)



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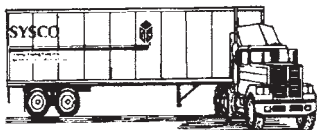


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ACF of Greater Buffalo 2011 Meeting / Epicurean Schedule

June	Golf outing 6/20/2011	Board Meeting 6/6/2011
July	Social Meeting None	Board Meeting 7/11/11
August	Social Meeting None	Board Meeting 8/22/11
September	Social Meeting 9/12/2011	Board Meeting 9/26/11
October	Social Meeting 10/10/2011	Board Meeting 10/24/11
November	Social Meeting 11/14/2011	Board Meeting 11/14/11
December	Social Meeting 12/12/2011	Board Meeting TBA



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Culinary Nutrition: What we can do?

— Vince Filippelli

Almost anyone that has watched the news in the past year, or picked up a newspaper in that time, has heard or read about growing obesity in the U.S. This trend has been increasing noticeably since 1985 (Overweight and Obesity, 2010) and is accelerating. Today, a full 2 in 3 adults are overweight, with 1 in 3 defined as obese or more than 30lbs over their ideal weight. It is too simple to point out that McDonalds had been sued for making people fat and won, so that fact relieves every culinarian and restaurateur of nutritional responsibility. It's ironic that since 2008, the beginning of the still current economic recession, that the this rate continues to climb when Americans have less disposable income and food prices have either risen or remain unchanged. As far as eating out statistics, online sources are mixed but what is certain is that mid- and up-scale dining is down and fast food/value dining and cooking at home has increased.

Nutritionally, Americans do not need the calories they once needed. From the turn of the century until the 1970s, industrial and manual labor jobs helped keep overweight numbers down, in addition to an average caloric intake for Americans in 1970 of 2,170. In contrast with 2010 statistics, the average American works in an office and is much less active but guzzles, on average, 2700 calories (Godman, 2011), Yes, that is a really dismal picture.

While Chefs and Restaurateurs cannot force customers to eat less or consume healthier items, we can ensure there are nutritionally balanced and good food choices available on the menus. Grilled and broiled entrées are popular and calorie friendly as long as they avoid sauces laden with cream or butter. Pickled or grilled accompaniments and garnishes are healthier than cheese or butter sauces. One of my favorites is a grilled filet mignon and skipping the herb butter or what I used to really love, Maytag bleu cheese, the Argentinian chimichurri "salsa" instead. Some restaurants are working on or have in place nutritional programs that keep customers informed and provide good choices. Applebees' "Under 500" menu developed with Weight Watchers is a popular choice. Red Lobster has been giving their menu a makeover with more grilled choices and they are as popular as ever.

We can all help by making sure we give our customers not only the best food, but the best nutritionally balanced meals we can creatively and expertly create.

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• Next Meeting •

November 14 * 6pm

SOCIAL MEETING

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• Epicurean Deadline •
3rd Monday of the Month.