



American Culinary Federation  
Greater Buffalo New York

# Epicureans

January 2020

## Upcoming Meetings & Events:



### Next Meeting

WINFIELD'S PUB  
1213 RIDGE ROAD  
BUFFALO, NY 14218  
**JAN. 13<sup>TH</sup> - 6pm**

\$10 Includes  
Appetizers and Cash Bar

**RSVP TO ROB LUKASIK  
by Thurs. Jan 9th  
716-270-5254  
OR LUKASIK@ECC.EDU**

Reservations are needed to assist our meeting facilities to better serve the amount of people attending – please be professional and make reservations in advance!

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## The President's Message

Hello 2020, A New Year is here!

With the beginning of a new decade upon us, a natural reaction to reevaluate and replicate that which has passed. Not only giving us the opportunity to reflect and repair faults, but also a chance to celebrate and embrace the accomplishments that which we are proud of! With the beginning of this new decade upon us, may we each learn from our past experiences and employ them for a prosperous future.

**“I always say, ‘Do you love it? Because if you don’t love it, your customers aren’t going to love it. So, do something to make everyone love it.’ ...Not only do I love culinary arts, (but) sharing my experience and knowledge with people is absolutely awesome.”**

*~ Scott Steiner is a Culinary Arts Program Coordinator at The Niagara Falls Culinary Institute (NFCI) and currently (after dozens of past honors) 2019 ACF National Chef Educator of the Year.*

**“A recipe has no soul. You, as the cook, must bring soul to the recipe.”**

*~ Thomas Keller (born October 14, 1955) is an American chef, restaurateur, and cookbook writer.*

I can remember being told that a food creation of mine, was identifiable that it came from my hands, after the passion and love I poured into it, was tangible and reflected in the taste. Each of us have the honored chore to offer that love and passion into our daily life and celebrate that principle.

As this New Year begins it brings with it my personal commitment to the chapter, to make the ACF of greater Buffalo better. I with the board will be seeking out openings of enriching the member's experiences. With that being said, I'd like the opportunity to find out from each member, “What additionally can the Chapter do for you”? We will be hosting an open forum at our first ACF meeting of the year (but please feel free to reach out to myself at any meeting you are able to attend).

New members are encouraged to attend the January meeting, (at Windfield's Pub 1213 Ridge Rd. 14218 on Monday 13<sup>th</sup> at 6pm, \$10 includes appetizers and cash bar), to be sworn in (please make note of your new membership while making your RSVP to Rob Lukasik 716.270.5254 or lukasik@ecc.edu), along with the new board members in our panel. In addition I will be hosting an entertaining short trivial pursuit list of questions, from the meetings in 2019. With Buffalo Sabers Suite tickets on the line!

Annually the ACF of Greater Buffalo offer over a dozen events throughout the year, for networking, restaurant and product exposure, current trend coverage, education, job opportunities, to certification, and competitions. Each crafted to develop your career path. This year we are hopeful to add to that list!

For current events please visit our page often:

<http://westernnewyork.localfoodservice.com/apps/microsites/microsite-ACF/index.cfm?microid=1&atoken=4560626734&microType=ASC&microcode=ACF>

Or read the Save the Date (page 3) of this newsletter.

*Cheers to a New Year!*

*Dorothy Morton, CPC, CFSP*

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## Epicurean Editor in Chief

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## Appointed Positions

Certification ..... **Mark Wright, CCE/AAC**  
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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.



# Save the Date

## Upcoming Events

### JANUARY SOCIAL MEETING

January 13th, 2020  
6:00pm  
Winfield's Pub

### FEBRUARY SOCIAL MEETING

February 9th, 2020  
6:00pm  
Campus House  
at SUNY Buffalo State College

### CHEF CONNECT

Seattle, Washington  
March 1-3, 2020

### CFSA SILVER MEDAL DINNER

March 11, 5:30pm  
The Avanti Mansion

### CHEF CONNECT

Nashville, Tennessee  
March 22-24, 2020

### CULINARY SALON AT NFCI

April 18th & 19th

### 15TH ANNUAL

### TASTE OF CULINARY

April 26th, Noon-3:30 pm  
Double Tree Niagara Falls

## BOARD MEMBERS

PLEASE NOTE THE BOARD MEETINGS  
WILL BE HELD EACH MONTH BEFORE  
THE REGULAR SCHEDULED MONTHLY  
ACF MEETINGS AT 5 PM.



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## HELP WANTED

Please contact Rob Lukasik- [lukasik@ecc.edu](mailto:lukasik@ecc.edu) 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.

### Seneca Niagara Resort and Casino

Sous Chef  
FT and PT Cook positions  
Fine Dining, Casual, High Volume,  
and Banquet positions available

### Buffalo Creek

Sous Chef  
FT and PT Cook Positions  
3 New Restaurants -The Creek,  
WD Bar and Grill, and Savours

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Supervisors and Cook positions at Sisters of Charity Hospital and Saint Joseph Campus. Use the website to apply.

CLICK TO APPLY

Bobby J's Italian American Grille looking for prep cooks and dishwashers please Contact Bob Desiderio at 395-3207

### Please Note Directions on How to Join the ACF Online:

- 1) Go to <http://www.acfchefs.org>
- 2) Find the JOIN option under the MEMBERSHIP tab
- 3) Click the blue JOIN TODAY button on the right side
- 4) Enter your zip code and select the ACF of Greater Buffalo New York (NY061)
- 5) Click the blue JOIN TODAY button and select your level of membership
- 6) Fill our your information (name, work address, etc.)
- 7) Click SUBMIT and wait for email confirmation of your membership
- 8) Welcome to the ACF of Greater Buffalo!

## Membership at a Glance

### December 2019

Membership Type	Count	Percentage
Associate:	5	3.40 %
Culinarian:	4	2.70 %
Culinary Enthusiast:	1	.07 %
Professional Culinarian:	100	67.6 %
Senior Professional Culinarian:	11	7.4 %
Student Culinarian:	27	18.2 %
<b>Total Membership Count:</b>	<b>148</b>	

## ACF OF GREATER BUFFALO DUES RENEWAL NOTICE

Please be aware if you are a chapter member with your dues up for renewal, and not updated by the due date, your newsletter will be delayed or not renewed until your membership is up-to-date.

Please be aware to also to check your certifications status for 2019.



## CULINARY QUIZ

1. A French braise customarily made from red meats, often beef, which is marinated before braising and includes red wine. The name comes from the French pot which has an indentation in the lid to hold hot charcoal.
2. This braising technique often associated with portion-sized meat cuts? This term implies dredging the main ingredient repeatedly in flour and pounding to tenderize.
3. A stew traditionally prepared from mutton or lamb, with a garnish of root vegetables, onions and peas?
4. The French term for stew, literally translates as "restores the appetite"?
5. A white stew, often made from veal, poultry or small game?



Answers on page 15

## People in the News

### **Congratulations to Rob Lukasik**

2020 CFSA Silver Medal recipient

### **Congratulations Newly Elected Board Members Calvin & Phoebe**

Calvin College CEC, Director at Large and Phoebe Beiter, Junior Board Member.



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# ACF of Greater Buffalo

## 2019 Festival of Trees Gala

The Annual Festival of Trees at the Buffalo Convention Center was another huge success for the ACF and Oishei Children's Hospital. Volunteers from the ACF, family and friends worked together to create four action stations in an elaborate appetizer party before the dinner meal created by the Buffalo Convention Center Staff.

A big thanks goes to Chef Ray, his staff and the Convention Center Staff; they couldn't have been kinder and more accommodating. A fellow Chef, Manny created a 2,400 Pound Ice carving center piece for the event. The money the ACF receives from this event goes completely to fund the ACF Scholarship Fund. Our contribution to the gala adds not only to the success of the party but financially Children's Hospital benefits in a huge way. We value our time and product donations to be over thirty thousand dollars not to mention the prestige we bring to the Festival of Trees Gala.

I would like to thank the following people for their help with prep work and service to this Event:

- Jean White, Co-Chair
- Ann Burden
- Jennifer Burden
- Dan Drees
- Jason Carozzi
- Bryan McAndrew
- Hilary McAndrew
- Brett Sawdye
- Patti Jankowski
- Dorothy Morton
- Sabrina Faso
- Myranda Nemeth
- Ben Sigmurel
- Phoebe Beiter
- Mackenzie Toponak
- Isaiah Lee
- Cathy Diske
- Equasia McBroom

Without the support from all members of the ACF this event, the benefit to our scholarship fund and Children's Hospital will no longer be possible.

Thank you,  
John Burden CEC, AAC

# ACF of Greater Buffalo

## 2019 Festival of Trees Gala



# ACF of Greater Buffalo

## 2019 Festival of Trees Gala





Always on task, rarely home. Moving together,  
standing alone. We create, we taste, we fuel the flame.  
Our passion for food shouldn't come at a cost.

**LET'S STAND TOGETHER.**

**T**ALK OPENLY

We speak out when we have something to say,  
we make sure others do the same.

**E**XCITE PASSION

We train, mentor and inspire the next  
generation. We fuel their flame.

**A**CT AS ONE

No matter our ethnicity, gender or religion, we share  
the same goal. We respect each other, hold back from  
abuse and ask "R U OK?" if we think someone's not.

**M**AKE TIME

We make time for breaks – for fresh air  
and daylight. We rest, relax and recharge  
where we can.

**S**AY 'GOOD JOB'

When one of us does a good job, we say it because  
a pat on the back can make their day.

**LET'S WORK AS TEAMS.  
LET'S CHANGE THE INDUSTRY.**



# ACF of Greater Buffalo

## 2019 Festival of Trees Gala



## AN HOUR FOR US: TAKE YOUR FIRST STEP WITH THE #FAIRKITCHENS CODE

An Hour for Us is the first step to creating a happy working environment for everyone. Getting started doesn't have to be complicated: pick an hour, sit down with your team, and talk through the [#FairKitchens](#) Code.

What makes a kitchen fair will be different for every restaurant. Listen and discuss with your team to decide what it means to you.



“ An Hour for Us [is about] putting it all on the table, working things out together. Everybody has a say in what happens and where we need to improve.”  
**Chef John Vitale, Caffe Anello, New Jersey, US**

### How?

1. Sit down with your team for one to go through the [#FairKitchens](#) code.  
*What do the values mean to you?*
2. At the end the hour, agree small actions for everyone in the room.  
*Even small changes add up to a big difference.*
3. Check in with your team regularly to see how these changes are working in practice. *Is there anything you need to change?*
4. Share your experience on social media so others can learn from you.  
Tag [@wearefairkitchens](#), [#FairKitchens](#) and [#AnHourforUs](#).

“ It's so important to me to have [#AnHourforUs](#) sessions. It a great time for the team to discuss some of the industry's biggest issues and talk about how we can make our new restaurant a beacon of [#FairKitchens](#)”.  
**Chef Claudette Zepeda, El Jardín Restaurant & Bar, San Diego, US**



**LET'S CHANGE THE INDUSTRY**  
**LET'S WORK AS *TEAMS***



**FOOD SERVICE NETWORK OF WNY**  
**Presents the 2020 CFSA**  
**41<sup>st</sup> Annual Awards Dinner**

**Where:** The Avanti Mansion  
 4409 South Park Avenue  
 Buffalo, NY 14219

**When:** March 11, 2020

**Time:** 5:30 pm Cocktails and Conversations  
 6:30 pm Dinner and Awards

**Price:** Only \$55.00 per person



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 \*cash bar throughout event-  
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Contact Rob Lukasik @ [lukasik@ecc.edu](mailto:lukasik@ecc.edu) or 716-270-5254

66 N. Transithill Dr.  
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Name/s: \_\_\_\_\_

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Total Tickets \_\_\_\_\_ x \$55.00 ea. = \_\_\_\_\_ (Make checks payable to ACF of Greater Buffalo)

*Thank you!*



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