



# Epicureans

October 2019

## Upcoming Meetings & Events:

### Next Social Meeting



#### NFCI - SAVOR

28 OLD FALLS STREET  
NIAGARA FALLS, NY 14303

**MON. OCT. 7<sup>TH</sup> • 6 pm**

**Hors D'Oeuvres  
and Cash Bar**

**RSVP TO ROB LUKASIK**

**716-270-5254**

**OR LUKASIK@ECC.EDU**

BUSINESS CASUAL/CHEFS WHITES  
PREFERRED FOR MEETINGS – NO JEANS

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

Greeting Chefs,

Cool crisp nights and warm crisp peach crumble. It is that time of year. Fall is coming and with it comfort foods and seasonal harvests. Bright harvest moons risings and menu changes. This is an exciting time in New York. Reminder to check out #wearechefs for stimulating and gorgeous plates to encourage and inspire.

We had an amazing meeting in September at Double Tree in NF. The food was out of this world delicious, prepared by Double Tree by Hilton's Executive Chef; Chef Buonopane and his staff. There were many stations; warm comfort foods, fresh cultural rich soup, macaroni and cheese bowls with toppings to pair. The speaker for the night was Tom Szulist, a garlic specialist and local farmer. Tom spoke of the health benefits, along with explaining the most valuable ways to prepare garlic while cooking and garnishing with it. Tom was so passionate about his trade it was hard not to feel it and become enthralled with his presentation. "From my heart to yours! May it give you the pleasure of flavor and the gift of health." ~ Tom

October's social meeting will be held at NFCI (Niagara Falls Culinary Institute) at 6pm. Chef Scott Steiner will demo his award-winning dish he created for the National Educator of the Year competition. This will be a free event, however in the spirit and blessed season of the holidays we will be collecting either can good(s) or a monetary donation (amount TBD by each) in place of a meeting cost. This will be donated in whole to the Food Bank of WNY. The board meeting will be one hour before, and all are welcome if you'd like to be more involved with the chapter. Please see the meeting minutes in this issue of Epicureans

Unopposed Nominated board members will be speaking their platform at this October meeting. Junior Board member; Phoebe Beiter, Secretary; Jean White, Treasurer; Benjamin Loomis, Director at Large; Calvin College, Associate; Ted Kavanaugh.

Applications for those chefs who would like to be inducted into the AAC® in 2020 are due in three months. If you need help filling these in please reach out, also know you can contact our AAC® Regional Directors, who are eager to offer their assistance. I have enclosed a link to the list of our AAC® Regional Directors' email addresses for you to use and share. [Click here](#). In addition, I am including a link to the AAC® application that you can use. [Click here](#)

Student members are the next generation of the ACF. For the first time ever, ACF national office along with the Greater Buffalo chapter are partnering with students attending an ACFEF-accredited program to offer free or extremely reduced cost memberships! Reach out to your school and become a member TODAY! These are now ONLY \$50. A Huge Thank-You to Canada Cutlery for sponsoring 6 post-secondary student's memberships!

If you're a culinary educator at an ACFEF accredited program, please click the link below to get your students enrolled right now!!

[https://www.acfchefs.org/ACF/Membership/Join/ACFI\\_Join.aspx?WebsiteKey=b3353b7b-2497-4bb3-8dae-4c6ecac72f92&hkey=944585cc-8ff6-4028-a5a0-ff70021f6dd4&ChapterChoice=NY061](https://www.acfchefs.org/ACF/Membership/Join/ACFI_Join.aspx?WebsiteKey=b3353b7b-2497-4bb3-8dae-4c6ecac72f92&hkey=944585cc-8ff6-4028-a5a0-ff70021f6dd4&ChapterChoice=NY061)

<https://www.acfchefs.org/ACF/Education/FreeMembershipforStudents/ACF/Education/StudentMembership/>

Please RSVP for our chapter's next social meeting. Cost; Can good(s) or monetary donation to Food Bank of WNY. Location; NFCI - Savor; 28 Old Falls St, Niagara Falls, NY 14303. Monday, October 7th • 6.00 pm Hors d'oeuvres and cash bar. Be sure to send your reservations to Rob Lukasiak's attention; 716-270-5254 or [LUKASIK@ECC.EDU](mailto:LUKASIK@ECC.EDU)

Check out American Culinary Federation's digital content hub.



#wearechefs <https://wearechefs.com>

Sincerely yours,  
Dorothy Morton, CPC, CFSP

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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

### BARTON SEAVER

Nov. 14th, 2019 – 6:30pm

Barton Seaver, one of the world's leading sustainable seafood experts and educators will be appearing at Buffalo State College at Rockwell Hall. This is a FREE EVENT and we hope to see many chefs and students in attendance.

### OCTOBER SOCIAL MEETING

Monday, Oct. 7, 2019 – 6pm

Savor Restaurant at Niagara Falls  
Culinary Institute

### 50TH ANNIVERSARY/ HOLIDAY PARTY

Nov. 18, 2019

The Admiral Room

(more details to follow)

### FESTIVAL OF TREES

Dec. 7th, 2019

Buffalo Convention Center

## 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

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### Buffalo Creek

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### 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 out 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 October 2019

Membership Type	Count	Percentage
Associate:	5	3.40 %
Culinarian:	4	2.70 %
Culinary Enthusiast:	2	1.30 %
Professional Culinarian:	105	70.5 %
Senior Professional Culinarian:	10	6.70 %
Student Culinarian:	23	15.4 %
<b>Total Membership Count:</b>	<b>149</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. Chocolate blended with hazelnut paste is called?
2. What temperature does butter melt at?
3. What is used to grind small chunks of cocoa nibs down into a thick liquid known as chocolate liquor?
4. The modern process that the cocoa beans go through that will give chocolate its taste, smell and texture is called?
5. How many Hershey Kisses are produced each day?



Answers on page 13

# Candidates for This Year's Board Positions

## **Ted Kavanaugh** *for Associate Member*

I have had the honor of serving as an Associate Board Member for the ACF of Greater Buffalo for the past two years. It has allowed me to see firsthand the footprint the ACF and our local culinary school programs have on the hospitality businesses in our communities and beyond, all while creating opportunity through the funding of scholarships. In working for Sysco, it is vital for us to support and engage with future culinary leaders and hospitality managers, building important relationships that will carry into an ever-changing and growing landscape.

If appointed, I look forward to serving a second term as an Associate Board Member.

## **Benjamin M. Loomis, CEC, CCE** *for Treasurer*

I have been the Treasurer of the American Culinary Federation Buffalo Chapter for the past 2 years. I hold an Associate's degree in Culinary Arts from the Culinary Institute of America. In conjunction with my culinary arts degree, I also hold a Bachelor's degree in Business Management from D'Youville College. I have just completed my Master's degree in Career and Technical Education from Buffalo State College.

My combination of degrees makes me a good fit for this position. Not only do I have schooling in business, culinary arts and education; I also possess a plethora of experience in each area.

I have four years of experience teaching post secondary culinary arts classes, and I am currently the Director of Community Education at The Niagara Falls Culinary Institute. I develop and coordinate the academic programs for community education courses that are offered at The Niagara Falls Culinary Institute. I am ServSafe and TIPS certified. In addition to being certified, I am also a registered trainer/proctor for both of these exams.

I have 13 years of experience as a chef in the culinary arts industry. This past winter, I spent the season managing Savor restaurant as a special assignment. In a previous role as the banquet chef of the Buffalo Club, I gained a deep understanding of classical French and American cuisines. At Wegmans, as a sous chef, I upheld globally recognized standards of hospitality, retail, and ethics across 5 departments and 40 employees. I am a member of the Erie 1 BOCES culinary and baking & pastry advisory committee.

I am a Certified Executive Chef and Certified Evaluator who is passionate about being the treasurer. I look forward to the opportunity to serve as Treasurer of this chapter for another 2 years, thank you for your consideration.

## **Calvin College CEC** *for Director at Large*

I have had the honor of serving as Chapter president of the ACF of Greater Buffalo and I am presently seeking a 2 year term as a Director at Large for this organization. I believe in the philosophy of the American Culinary Federation and I am determined to make a commitment to help this organization grow and succeed. Below is a list of my achievements and positions I have held in the Culinary Arts and Hospitality Industry. Thank you.

- ACF of Buffalo Professional Member 2005-Present
- Apprentice at the Buffalo Chef of the Year
- Competition 2005
- Certified Chef de Cuisine 2008-2014
- ACF of Buffalo Director at Large 2010-2014
- Planning committee ACF Northeast Regional
- Conference Niagara Falls NY, 2012
- Chaired the Taste of Culinary 2012-2016
- Certified Executive Chef 2014-Present
- ACF of Buffalo Vice President 2014-2016
- Executive Chef ACF of Buffalo Holiday Party 2015
- Executive Chef ACF of Buffalo Golf Outing,
- Brookfield Country Club 2016
- Chef of the Year ACF of Buffalo 2019

## **Phoebe Beiter** *for Junior Board Member*

My name is Phoebe Beiter and I started cooking and baking in my parents' kitchen at age thirteen. I loved trying new baking techniques regularly and I fell in love with food. After being homeschooled through 12<sup>th</sup> grade, I made the decision to attend Suny Erie Community College and pursue an A.O.S in Culinary Arts. This is where I was informed about the ACF. I have since joined, attended meetings, and volunteered at the Taste of Culinary.

To further my education in the industry, I began working at Chrusciki Bakery in November 2018 and The Country Club of Buffalo as a banquet cook in May of 2019.

I have an undeniable love and passion for food and the culinary industry. I love to learn, research, and experiment with new things related to food. I am excited for this opportunity to serve as the Junior Board Member and to be a part of The Greater Buffalo Chapter of the ACF.

## **Jean White** *for Secretary*

I am Chef Jean White. I began my cooking career at the age of 17 with Delaware North and held several positions throughout their kitchens. I then took a position at the Seneca Niagara Casino as a line cook. I worked my way from Garde Manger all the way to Sous Chef working in several outlets including the Western Door and Three Sisters over the course of 6 years. I began attending Culinary school at ECC City Campus during this time. Going to school was the best thing I could have ever done. School gave me the tools I needed to be a good chef but more importantly the structure and discipline I needed to get my life on track. I found my best friend at school Sydney Birmingham, a great chef who has moved on to Chef for the Minnesota Twins organization in Fort Myers, Florida. I also found two amazing friends and mentors that I consistently look to for advice and support in Kristin Goss and Jackie Bamrick. I wouldn't be where I am today without the Chefs at ECC. Upon my graduation I participated in a program that sent me to Italy for eleven weeks in a Michelin level hotel, Le Sirenuese. There I staged under Chef Matteo Temperini who at the time had just left working for Alaine Ducasse. Prior to that he spent time in NYC and France. It was a beautiful and humbling experience that shaped me into the Chef I am today. I was lucky enough to be there during their Michelin inspections and got to celebrate with the staff when they earned their first star. It was very special.

When I returned from Italy I took a position as a line cook at The Buffalo Club. My time there was incredible and Chef Dan King was a great teacher and mentor. After leaving the Club, I moved on to Sous Chef with Hyde Park Steakhouse. When Hyde Park closed I moved on to Dinosaur BBQ as kitchen manager. I spent some time in Syracuse and Rochester before being moved down to their new location in Park Slope Brooklyn. I had many years of high volume experience but nothing prepared me for that amount of covers. Dinosaur BBQ was the most challenging position I've held in my career. I returned to the casino as a Sous Chef and I spent a few really great months in LaCascata and then as Chef of Three Sisters Café and eventually ended up at the Western Door Steakhouse. From there a position became available at the Buffalo Creek Casino. I took the transfer down to Buffalo as Room Chef of three outlets: The Creek, The Creekstop and the Team Dining Room. I have acquired so much knowledge working in this career and now I have the privilege of passing that on to students as I was hired as an adjunct professor. I am in my third semester at ECC and everyday I get to spend with the students is a blessing.

I love being able to pass on to these young Chefs my experiences and the techniques I have picked up on this amazing career that has taken me to places I never thought I would see. Teaching has breathed new life into me as a Chef and it is an honor to return to the school that has given me support, friendship, purpose and a career that I truly love.

## People in the News

### **Chef Mark Wright AAC, CEC**

Congratulations for being elected to serve on the ACF National Board as Secretary.

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### **Scott Steiner AAC, CEC**

Congratulations! Northeast Regional Chef Educator of the Year and National Chef Educator of the Year!

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### **Maria Lacovitti AAC, CEPC**

Congratulations! Induction into the AAC 2019.

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# ACF of Greater Buffalo

## Upcoming Open Board Positions (2020-2021)

*(Jackie Bamrick to run ballots as the current Chairman of the Board; bamrick@ecc.edu)*

The Chairman shall accept nominations from eligible ACF members, verify the qualifications of the nominees, and present the list of qualified nominees to the ACF President and Epicurean Editor in Chief, for publication purposes at the close of nominations. Should you have any questions, please feel free to contact Secretary Jean White at [chefjeanwhite@gmail.com](mailto:chefjeanwhite@gmail.com).

- Junior Board Member (Needs to be a full- time student)
- Secretary
- Treasurer
- Director at Large
- Associate Member

### Open Board Job Descriptions

**Junior Board Member.** The junior board member will be responsible for writing at least one article each quarter (four per term year) to be inserted into the epicurean. He / She should target the junior and student population, but still share valuable current and trending information, all members would find useful. The junior board member will be responsible to relay information from the Social Chairperson to the President and members. The Junior board member will co-chair a fund raiser, each year. The junior board member will work with the treasurer (or person running the door for social meetings) or social chairperson to confirm member list is current and drive membership participation. This can be accomplished at sign-in location during meeting and events or call directly.

**Secretary.** The Secretary shall work with the President to create and ensure the timely preparation and distribution of all agendas, minutes and notifications to ACF Boards and pertinent committees. The Secretary shall be responsible for the oversight of policies and procedures for the ACF committees and task forces. The Secretary shall ensure that applications are properly vetted for candidates to elected committees. The Secretary shall oversee all communication from the ACF to the membership to include the safety and accuracy of all ACF records.

**Treasurer.** The Treasurer shall oversee the financial affairs of the ACF. The Treasurer shall see to the timely preparation of annual financial reports and budgets for presentation at the Monthly meetings and periodic financial reports for the Board of Directors. The Treasurer shall cooperate and coordinate with the Finance Committee to assure that its audit functions are carried out in accordance with the Bylaws.

**Director at Large.** The director at large will sit on the board, and assist in every event as much as possible. Given there are three director at large positions, there will be a rotation schedule per year, so there is fairness and equality in chairing of specialty events. The events run by these members are to include but not limited to, Silver Metal Award Diner, Taste of Culinary, Golf outing, other booth run events; food shows, county fair, trade shows, job fairs, etc.

**Associate Member.** The associate member will be responsible to attend each event and help out as needed. Collect and document event activities for the website/ Epicurean, including but not limited to collecting photographs of each event, and writing summery articles of each event. Providing marketing programs, posters, and social media coverage as needed. Co-chair events when able. Write one article and collect one chef created recipe or interview, for the Epicurean per term year.



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## 2019 Festival of Trees

The Festival of Trees is an ACF function that benefits Women's and Children's Hospital. The Chef's Association is in charge of a Premium hors d'œuvres party for 800 people. The date of the event is Saturday, December 7<sup>th</sup> at the Buffalo Convention Center. I realize that this is a bad day due to the holidays, but that is the more reason for anyone that can make it to volunteer. The ACF volunteers will be starting a 9:30 am, as we will be preparing all the food that day. Service is at 5 pm, some volunteers will work the whole day, some will come for prep and some will come for service. All members that want to help with any part of the event are totally welcome. It is fun and a great learning experience. This event does benefit the ACF financially as well, so this is will help us bring discounted events to our members and support our scholarships.

Please contact John Burden CEC AAC, at [chefburden@yahoo.com](mailto:chefburden@yahoo.com) if interested, you won't regret it. Please respond in advance so we can put together the culinary teams necessary.

*The Menu is as follows:*

### **Station 1 – Action Station**

#### **Tenderloin Bourbon Street**

*Spiced tasting of Tenderloin of Beef, with a touch of Lump Crab meat, a New Orleans-style Remoulade sauce, sprinkling of Scallion, on a Crostini*

### **Station 2 – Action Station**

#### **Shrimp with a Thai Jungle Curry**

*Fresh Herb Thai Curry, Sautéed Shrimp on a bed of Coconut Milk Jasmine Rice, Bean Sprout and a squeeze of Lime*

### **Station 3 – Action Station**

#### **Mojo Island Pork**

*Braised Adobo Spice Pork, laid on a Tri-color Potato Hash, Mojo Sauce and a Tomato and Roasted Shallot Toss*

### **Floating Station**

*An array of (pre-sliced) Prosciutto, (pre-sliced) Pepperoni, Salami, and assorted Breads.*

*A scattering of Brie, Port Salut Cheese, Smoked Bleu Cheese and Sharp White Cheddar Cheese. Fresh Fruits, Olives and tasting of the Chef Dujour Items*

### **Passed**

*Brie and Raspberry in Filo*

*Shrimp Cocktail*

*Spanakopita*

*Vegetable Spring Roll*



# ACF of Greater Buffalo

## Board Meeting – Sept. 9th, 2019

*Meeting was called to order at: 4:11 pm*

### **Roll Call:**

Dorothy Morton	Sabrina Faso	Jane Cook	Scott Steiner
Jean White	Monte Dolce	Rob Lukasik	Ben Loomis
Jamie Graves	Ted Kavanaugh	Nate Koscielski	

The minutes from the August meeting were approved by the board.

### **Treasurer's Report reviewed by Dorothy:**

ACF Checking Account: \$10,506.70

NFCI Savings Account: \$848.80

ECC Savings Account: \$2,069.37

### **Vice President's Report: Upcoming Events:**

October 7<sup>th</sup> - Social Meeting @ NFCI

October 8<sup>th</sup> - Chef and Child w/a rain date of 10.10

November 18<sup>th</sup> - 50<sup>th</sup> Anniversary/Holiday Party @ the Admiral Room

December 7<sup>th</sup> - Festival of Trees

- Board reviewed last meetings minutes
- Andrew from Food Service Enablers has done some work on our local chapter website.
- National office is making a push to boost student membership
- Price structure for local chapter student' needs to be discussed as our pricing differs from national standard. It is decided to abide by national's pricing structure for current promotion.
- Sabrina will reach out to Erie 1 BOCES and offer free memberships to students-other ACF accredited high schools will also be explored
- Ben would like to suggest combining the holiday and 50<sup>th</sup> anniversary parties to maximize attendance. Board agrees.
- Profit for the golf outing was roughly \$6900
- Chinese Auction was lacking, needs to be a lot more involvement/donations from the board for future outings.
- Rob to chair next golf outing
- Need a committee for upcoming 50<sup>th</sup> anniversary party. Jean and Scott Steiner to assist Dorothy
- Need to compile list of past presidents and years served, also need COTY recipients
- 300 people will be invited and receive 50<sup>th</sup> anniversary patch as part of invitation
- 2020 ACF awards coming up, please see Dorothy with any nominations NFCI Gingerbread competition drop-off dates: 12/5 and 12/6, reception 12/7 and 12/8

### ***Board Meeting called @ 5:05pm***

#### Open Positions for upcoming election:

Junior Board Member - Phoebe Beiter-nominated by Rob Lukasik

Secretary - Jean White - nominated by Jane Cook

Treasurer - Ben Loomis-nominated by Scott Steiner

Director at Large - Cal College-nominated by Rob Lukasik

Associate Member - Ted Kavanaugh-nominated by Scott Steiner



# ACF of Greater Buffalo







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