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# CASCO BAY CULINARY ASSOCIATION

Volume 1, Issue 2.....November 2003

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## Scheduled Meetings

**By: Kevin Fallen**

*Casco Bay Culinary Federation President*

### **November 10<sup>th</sup> 2003**

This meeting will be at Southern Maine Community College. Steve James, renowned Pastry Chef, Balsams Hotel, And Jennifer Bennet, Pastry Chef Extraordinaire, will be hosting chocolate night.

### **December 8<sup>th</sup> 2003,**

This meeting will be a dinner meeting at St. Josephs College, Hosted by Chef Richard Frost. Program to follow dinner.

**January 12<sup>th</sup>**, Marriott Hotel, Hosted by Chef Chris Merriam.

**February, 1<sup>st</sup>**, Sunday evening, Annual fundraiser, Marriot Hotel, at Sable Oaks.

## Letter from the President

**By: Kevin Fallen**

*Casco Bay Culinary Federation President*

Welcome,

Yes, welcome! This is the second issue of the Casco Bay Culinary Association - ACF newsletter and I welcome each and everyone of you to put in an effort to make this very informative for all of those that we send to. We are looking for Chef Profiles, Recipes, letters of news and events Chef's attended events, Promotions and new work assignments. Looking to fill a position let us know. Just pulled off the impossible ( which we are all called to do), tell us about it. Got a gripe, sound off here. Let's all get behind Chef Maurice and make putting together this newsletter as easy as possible for him by being contributing editors.

NOW! I said I was very excited about this year and I am. With our kick off Lobster bake held in September, that was our start. October, with the Dole and Bailey mini trade show was even a greater success. Thank you first to Greg Martin and Chef Mickey Beriau of Dole and Bailey along with the great, informative brokers that had participated in this event. From everyone that I spoke to, it was a huge success. Look for additional information on this in this issue.

Again, the CBCA-ACF will welcome Chef Steven James to SMCC for a remarkable demo on Chocolate. Two years ago, was the last time he made a visit and Chef's are still talking and using techniques he showed us back then. Please plan on attending this months meeting and be prepared to have all of your questions answered by one of the finest Pastry Chef's in New England.

If you have your calendar out, December 8th the Chapter will be traveling to St. Joe's College for a great dinner prepared by our own Secretary, Chef Richard Frost and the staff of Epicurean Food Service. Rumors have it that local cheese making will be the demo and a presentation by the Susan Curtis Foundation on summer camp sponsorship will be given. Along with this, our third Annual Gingerbread Decorating at the Barbara Bush Children's Cancer Hospital will be held in December. If you have not participated in this before, you have really missed out on some of the greatest smiles at Christmas time a Chef can create. Details at the next meeting.

I am sure Chef Beriau will be mentioning the Chef Touch Dinner coming up in February. Please note that due to the NFL scheduling the Super Bowl on our date, we graciously declined the date of February 1st and rescheduled our dinner for February 8th. I felt it was easier for us to change our date at this time versus the NFL.

In preparing for the Chef's Touch, we will be having the South Portland Marriott and Chef Chris Merriman host our January meeting. Along with an Ice Carving demo we will be given the full rundown on the Marriott and them hosting the Chef's Touch Dinner.

At the next meeting, we will be asking if Chef's are interested in meeting in February. The 9th would be a regular meeting night, the day after Chef's Touch. Either that meeting or March, unofficially, the Harrasekett will host that meeting. Details to follow.

I would like to hold a Chef of the Year Dinner Banquet for members and spouses. Is there any restaurant, hotel or facility interested in hosting this for us? Please let me know.

Like I said at the beginning, this year is off to a great start and looks to get better as the year goes on. Thank you to all that are making this a successful year, not for me, but for CBCA and ACF.

Keep out of the heat and hope to see you soon,

Sincerely,  
Kevin Fallen  
President  
Casco Bay Culinary Association- ACF

## New York Cheesecake Message

Hello Fellow Chefs,

I have a recipe for you to try that I think is one of the best cheesecake recipes I have tried. While I am not particularly enamored with cheesecake, this is a good one. If you follow the directions of passing a knife around the inside rim of the pan of the cake a few minutes out of the oven, it should prevent the cake from splitting, like most are wont to do. This is not my recipe; it was passed on to us from bon Appetite. I hope you try it and see it is an excellent formula.

I have been in contact with Steve James and he is looking forward to coming to our school and doing a presentation for us. I believe Jennifer Bennet will also be here and Jennifer is also a fabulous pastry chef. Please make every effort to be in attendance that evening as the presentation that these culinarians will give us in nothing short of great.

I hope to see all of you soon,  
Will Beriau.

## New York Cheesecake

By: Will Beriau

*Casco Bay Culinary Federation Vice President*

### Crust

Graham crax, crushed	1 cup
Sugar	1 tsp
Unsalted butter, melted	1 tbsp.
Melted butter for greasing pan	1 tbsp.

### Filling

Cream cheese, 1 inch pieces	2 ½ pounds
Salt	1/8 tsp
Sugar, granulated	1 ½ cups
Sour cream	1/3 cup
Lemon juice	2 tsp.
Vanilla	2 tsp
Eggs,	6
Yolks	2

1. Pre-heat oven to 325, place rack in lower middle position.
2. Combine crust ingredients and place into a 9 inch spring form pan
3. Brush pan with remaining butter. Bake till edged just starts to turn brown and it is fragrant, at 325, remove from oven, cool.
4. **Turn oven on 500.**

Filling:

1. Brush sides of baking pan with butter or pam.
2. In a mixing bowl, beat cream cheese with a paddle till soft. Low speed
3. Scrape bottom, sides and paddle. Add sour cream, mix, then add in sugar, mix about one minute
4. Add eggs yolks one at a time till mixed add eggs, 2 at a time till all are mixed, finish with vanilla, salt, and lemon.
5. Pour batter into pan, place on a baking sheet to avoid spills and bake at **500 for ten minutes**, and then turn oven to **200 till cheese cake registers 150\***. About 1 ½ hours. Be very careful that cake does not over brown.
6. Remove to wire rack, and after about 5 minutes, run a knife around the pan to facilitate removal. Cool 2-3 hours, around pan and wrap tightly with clear wrap and refrigerate.

### Glaze

Strawberries, fresh and hulled	2 pounds
Sugar	1/2 cup
Strawberry jam,	1 cup
Lemon juice	1 tsp

Combine berries and sugar, let sit one hour. Process Add jam, and simmer 3 minutes. Till dark Add juice, cool, serve with cake.

# USS Chafee: Adopt-A-Ship

By Michael Janosik

On October 10<sup>th</sup> I had the unique experience of going on board a brand new US Navy ship and sailing for a week. I was part of an American Culinary Federation project called Adopt-A-Ship. This is a project where certified chefs go on board and work with the Navy to help train their cooks.

My trip started in Bath where the USS Chafee was built. This was the maiden voyage of the ship on her way to Newport R.I. for commissioning then to the home port of Hawaii. I soon found out that I was not the only civilian on board and also not the only one who had never sailed on a vessel like this. A staggering 2/3 of this crew had never been to sea before!

We left Bath on a beautiful fall day. Workers at the shipyard stopped and watched the ship sail away. There was immense pride in their faces as they watched a full 2+ years of their work go down river. It must have taken about 45 minutes to reach the Atlantic Ocean. People waved and shouted as we passed by. When we reached the mouth of the river at Fort Poppam there was a small but dedicated crowd there to wish us bon voyage. The ship replied by blaring out the theme to Hawaii 5-0 through its speakers! Who said the military doesn't have a sense of humor?

As we headed out to sea I couldn't help but notice how smooth the ship ran with virtually no engine vibration and very little noise from its turbine engines. When we got further out to sea I could start to feel the roll of the ocean and was thankful that I visited the doctor for some sea sick pills. I was fine but some of the new sailors were getting a little green.

After getting all settled into my cozy rack, I made my way to the galley where I would spend the next 7 days. The galley is set up as close to amid ships as possible to have the least amount of roll. With 4 steam jacketed kettles, 2 convection ovens, 2 fryers and a griddle the galley must feed the crew of 340 three meals a day plus mid rats, (food for the late shift.) No small feat with basically 3 cooks (the Navy call them MSs) and a few helpers to wash pots and pans and help serve.

The Navy uses a cycle menu where the same menu is rotated every 5 weeks. This is necessary so proper purchasing can be forecasted and the storage areas can be utilized to the utmost efficiency. Much freezer and dry storage space is necessary as fresh refrigerated goods can only last so long.

I had planned on having a couple of classes with the cooks on board. But with going in and out of ports as well as practicing for the commissioning, things just didn't work out as anticipated. I dedicated my time working with the cooks on a one-on-one situation. I worked on their knife skills, their cooking techniques, as well as their overall organizational skills. We had to cook for a couple of special functions when I was on board, too. That was fun and gave the cooks something out of the ordinary to do. I had never set up a buffet on a helicopter landing deck before! It was another thing not too many civilians get to do.

## Organization Chart for ACF Fundraiser Marriott Hotel, 2/1/03

<u>Ticket sales</u> <u>Printing</u>	<u>Raffle prizes-</u> <u>Ticket sales</u> <u>that evening</u>	<u>Photography</u>
<u>Menu</u> Chef of the Evening	<u>Prizes</u>	<u>Advertisement</u> <u>media Notification</u>
<u>Photography</u> Mike Janosek	<u>Guest List</u> Kevin Fallen	<u>Wines for the night</u>
<u>Food Donations</u>	<u>Evening Host</u>	<u>Guest speaker</u>
<u>Procurement of</u> <u>Big Ticket Prizes</u>	<u>Donations in</u> <u>General</u> Mike Janosek	<u>Seating Plan</u>
<u>Ticket Printing and</u> <u>Sales</u>	<u>Complimentary</u> <u>Dinner Tickets</u>	<u>Prize Table</u> <u>Arrangements</u>
<u>Evening</u> <u>Decorations</u>	<u>Cash Receipts</u> <u>That Evening</u>	

Dear Fellow members,

It is time to start thinking about our fundraiser on 2/01/04, Sunday night at the Marriott.

I am hoping that at the next meeting On October 20, many of you will be willing to take on some of these responsibilities. We cannot rely on one person doing this alone.

**Chair, Will Beriau, 657-2363/741-5608**  
**Email: <<mailto:wberiau@smccme.edu>>**

## Letter from the Editor

**By: Maurice Leavitt**

*Casco Bay Culinary Federation*

I would welcome any and all input regarding these newsletters. If anyone has something to add, whether it is a formal announcement, a bit of food trivia, or anything anyone might deem worthwhile, please do not hesitate to contact me. This is a new way for the chapter to communicate and I am open to any and all suggestions that you may have.

My next efforts will to be establishing a website for the Casco Bay Culinary Federation. Creating a website will allow the members to keep more updated with current information. It will give us the ability to post pictures of past events. The intent is to increase membership by having more interaction within the chapter.

Please feel free to contact me at any time with suggestions and input.

Maurice Leavitt [Maurice@smccme.edu](mailto:Maurice@smccme.edu)

## USS Chafee: Adopt-A-Ship (con't)

The cooks on board were great. They were very receptive to constructive input and ideas to help make their day easier. They treated me with great courtesy and respect while making me feel very welcome. I have an open invitation to stay with many of them in Hawaii, something I hope to take advantage of!

I think that the Adopt-A-Ship program is a fantastic idea. It's a great way for us civilians to give a little something back to the folks that are willing to put their lives on the line for us. I plan on doing some more work with the Navy early next year at the Brunswick Naval Air Station. I won't need any sea sick pills there and I don't think that they cook on the P-3 Orion planes!

## DOLE & BAILEY SHOW A SUCCESS!!!

By Kevin Fallen

And I mean success. Over 80 chef's, colleagues and associate's came to SMCC to listen to Chef Beriau ( the one with the hair) talk one on one with everyone that sought him out. Not only was Chef Mickey Beriau a hit, but Greg Martin's fine list of invited brokers presented some great ideas and food presentations.

Another fine element to this show was that all ACF Chapters of Maine and Piscataqua of New Hampshire were invited and attended along with the host chapter, CBCA. What a great time being able to talk to each other in such a light hearted atmosphere.

In speaking to Greg and Chef Mickey at the end, Dole and Bailey prefers not to participate in the larger shows of Maine, N.H. and Vermont, but rather hold more one on one trade show to a more responsive group as we presented.

After much conversation, we would like to make this an annual event. To get on track with other shows, we would like to hold this event again in the spring and yearly thereafter. SMCC was a great location for them to hold this in with all facilities at their disposal. We did agree though that Chef Beriau would be a lot more informative to those attending if he could provide demo's right in the same room. An executive chef will be assigned by Dole and Bailey to provide the behind the scenes backup so that this can be accomplished.

Dole and Bailey would also like to hear from those that attended on any other ideas so that you can get the most from them and this show. Any and all ideas will be considered.

## FOOD SERVICE CONTEST!!

Soup Supreme, part of the NORPAC Foods Inc., asks foodservice professionals and culinary students to submit their best consumer-scratch soup recipes prior to Nov. 30 for consideration as part of the "Your Secret Soup Recipe" contest. Recipes will be judged by culinary professionals based on flavor, appearance, creativity, application to foodservice and consumer appeal. Interested entrants need only call NORPAC at (800) 822-2898 or visit [www.norpac.com/foodservice.html](http://www.norpac.com/foodservice.html) to receive a contest entry form and complete rules. Grand prize winner will receive airfare, accommodations and a one week course at The Culinary Institute of America at Greystone. Second and third prizes also will be awarded.

## OBESITY?

We have all heard about the lawsuits by now. In a recent pole by The Tarrance Group, Inc, full-service political polling firms, the overwhelming majority of the U.S. electorate believe that lawsuits targeting certain restaurants for the problems of overweight, obesity and heart disease among some Americans are frivolous and should be dismissed.

"Despite the fact that nine out of ten Americans are clearly against the idea of suing quick service companies, trial lawyers will continue to ignore popular opinion as long as there is money to be made by going after the industry." warns The Tarrance Group's Senior Vice President for Corporate and International Research, William Stewart.

These findings are not surprising and serve to underscore the National Restaurant Association's assertion that food cannot be, and is not, the sole culprit of the increasing rate of obesity in this country. This is according to Sheila Cohn, R.D., a registered dietician with the National Restaurant Association. "Experts agree that this problem is fundamentally about energy balance - how much we eat in relation to how many calories we burn off each day. One also has to take into account overall dietary choices, and consider family history and genetic susceptibility and other medical conditions.

### OBESITY - WHAT CAN WE DO?

I was approached this week by one of Portland's notable Fruit and Produce suppliers and they were inquiring as to how they might help with this growing trend. If we all look back to our Nutrition 101, Fruits and Vegetables are very high on the list for proper diet. As Chef's, what are your ideas we can pass on to this willing company and how they can be a major player in helping fight this growing problem (no pun here). Would seminars, pamphlets, or advertising help? My suggestion to him was to start in the lower grades, just as they have done with drug prevention programs and as the system is flushed through with more knowledgeable students, in time, education will combat the problem. Maybe there are chef's willing to go into the classroom and speak about nutrition and proper diets to young ones. Let me know. —Kevin Fallen

## **ACF - CERTIFICATION UPDATE**

By Kevin Fallen

Again this year, with the help of the Horizon Grant from ACF, Casco Bay Culinary would like to host the required courses needed toward Certification. Chef Alison McCormick has agreed to teach the Nutrition and Chef Beriau has agreed to teach the Supervisory courses. Along with this, SMCC will allow any chef interested in the Sanitation course to sit in on a current scheduled course.

If you need these courses, what better way to get them completed. We need 12 participants to get the Horizon grant, which reduces the cost of the course to \$25.00 each. We would like to present these in February. Anyone interested?

We have the space, the instructors, the course set up, now we need students!!!

Congratulations to Chef Michael Janosik, now Chef Michael Janosik "CEC" the latest chef of CBCA to get his certification. Who will be next?

## **"JOIN THE ACF"**

The American Culinary Federation (ACF) has been servicing American's cooks and chefs since 1929. For more than 70 years, ACF members have held some of the most prestigious positions in professional foodservice. Today, ACF continues to lead other cooks associations in building respect and integrity among culinarians everywhere. ACF's local chapter system allows cooks and chefs to network in their own communities to participate on a broader scale at one of ACF's regional or national conferences. Every member of ACF is also enrolled in the World Association of Cooks Societies (WACS), a global association representing cooks and chefs organizations from more than 70 different countries.

### **ANYONE INTERESTED ON BEING AN ACF REPRESENTATIVE TO THE BOARD OF DIRECTORS OF THE MAINE RESTAURANT ASSOCIATION?**

It has always been the procedure of the Maine Restaurant Association to automatically appoint the incoming President of either CBCA or ACF Maine to the board of directors on a rotating bases. In speaking to Richard Grotton about this, I felt that the timing of the appointments and the fact that it is automatic does not serve either association to it's best interest. I felt as an association, we should appoint a representative that is willing to attend the meetings and get involved on behalf of the ACF's of Maine. I felt that our newest Northern Chapter, with Chef Brian Langley, should be considered as part of this representation.

Now I would like to hear your thoughts so that I can present them back to Dick Grotton. If you have additional ideas on this or would like to be considered for this appointment and represent ACF on the Maine Restaurant Association's Board of Directors, let me know.

Kevin Fallen

### **CASCO BAY CULINARY ASSOCIATIONS ACF - BOARD OF DIRECTORS MEETING**

The next regular scheduled meeting of the CBCA will be held Tuesday, November 4th at Vinny T's Restaurant at the Maine Mall. 4:00 P.M. start time. This is a working Dutch, dinner meeting. All are welcome to attend.

### **REMINDER:**

Northeast Regional ACF Conference will be held March 18 - 21, 2004.

National ACF Conference will be held July 16 - 20, Orlando World Center, Orlando, Florida

## Maine Restaurant Association Board meeting minutes October 14, 2003

The first Item that was discussed at the board meeting was the chefs touch dinner.

Will Beriau is the chairman for this dinner.

The theme for the event is Pacific Rim. Chef Beriau is going to work on the menu with Chef Merrian and will have it ready for the next newsletter.

Tickets will be 55 dollars per person and a table of 8 for 400 dollars. Kevin fallen is going to make the changes needed to the tickets and print them. Allison McCormick is going to be in charge of ticket sales.

Prizes, Jean Meeder was going to be contacted to see if she would be in charge of the prizes.

Guest, Kevin fallen was going to invite the other vice presidents and the northeast regional vice president.

Dan gore was going to be contacted about taking care of the wines.

Will Beriau is going to be the Master of Ceremony, and Gary Crocker is going to be asked to be the auctioneer.

Benefactors, It was decided that the benefactors will be the Susan b. Curtis foundation, wayside kitchen, and the scholarships from the chapter.

### **Other business discussed.**

Secretary will announce the meetings in the public service page. Compile a new active member list and send a letter to those members and former members that are not active to urge them to become more active in the chapter.

The regional conference will be March 18-22 in new port Rhode Island

Chef of the year will be voted on at the April meeting. Any active member who has not been the chef of the year for the past 10 years is eligible.

## A Letter From The Northeast Regional Vice President

Hello Fellow Chefs,

Although, Chef Tom Macrina, CEC, AAC has already sent out registration forms and the particulars about the upcoming Northeast Regional Educational Forum, I wanted to personally invite all of you. It will be held at the Desmond Hotel and Conference Center, in Malvern, Pa. The actual forum starts at 8:00 a.m. on Saturday November 1st and will end at 12:00 with lunch on Sunday November 2nd. The cost for all seminars and all meals is \$120.00 per person. We have secured a room rate of \$79.00 per night. Just mention you are with the ACF. If you directions or other information please call Chef Tom Macrina at 610-249-2131. There will be a social gathering on Friday night, October 31, 2003 and the food for that event will also be included in your registration cost. I hope to see you all there, we will have a great time.

Sincerely,

Jim Taylor CEC, AAC  
Northeast Regional Vice President

### Culinary Challenge 2003 Wild Maine Blueberry Flan 12 Servings

1 ¾ cups sugar  
2 Tablespoons water  
2 Tablespoons orange juice  
1 ½ cups heavy cream  
1 cinnamon stick  
1 Tablespoon vanilla  
1 ½ cups blueberry puree  
4 large eggs  
4 large egg yolks  
1 pinch salt

Preheat the oven to 325 degrees F, have a pot of boiling water ready to pour into tie roasting pan when needed.

To make caramel: Have ready a 2-quart round cake pan and a large roasting pan. Combine 1 cup of the sugar and water in a heavy bottom saucepot. Place over a medium high heat until the sugar begins to melt. Stir the sugar to make sure that it is dissolved. Let the pan sit on the heat untouched until the sugar starts to turn a golden brown. Then stir the sugar to make sure that it caramelizes evenly. Cook until it darkens to a medium amber color. Remove from the heat immediately and add the orange juice, stir to combine, be careful not to get splashed with the hot caramel. Pour into the cake pan and swirl to coat the bottom of the pan and go a little up the sides.

Combine the cream, cinnamon, and vanilla in a small saucepan over medium low flame. Bring the cream to a simmer, stirring occasionally. Do not let the cream come to a full boil.

## **CRUNCH TIME APPROACHES FOR COMPLIANCE WITH "CREDIT CARD RECEIPT TRUNCATION" LAW**

by Will Lund, Director, Maine Office of Consumer Credit Regulation

Starting January 1, 2004 it will be illegal for a merchant to give a customer a credit or debit card receipt listing the full account number and expiration date of the card.

The measure, titled Public Law 2002, Chapter 527, "An Act to Reduce Identity Theft by Regulating Electronically Printed Credit Card and Debit Card Receipts," was enacted by the Legislature more than a year ago in the spring of 2002, but it contained an extended effective date of this coming January 1st so as to permit an 18-month transition period for merchants.

Now that the time for mandatory compliance is near at hand, however, merchants around the state are calling their associations and state regulators with questions. Those questions, and our responses, include the following:

Q: What exactly does the law prohibit?

A: The law (10 MRSA section 1149) states that Maine companies that accept credit or debit cards and that produce electronic receipts (handwritten transactions and older-style, manually-operated imprinting machines are exempt) may not print more than the last 5 digits of the account number, or may not print the expiration date of the card, on the receipt provided to the cardholder.

Q: Does the law contain penalties for non-compliance?

A: Intentional violation could lead to penalties of \$250 for the first violation, and \$1,000 for subsequent violations.

Q: Who enforces the law?

A: No specific regulatory agency is designated to administer the law. Therefore, an enforcement action could be initiated by a county District Attorney or by the Attorney General's Office.

Q: Why didn't I hear about this law?

A: Although it is sometimes difficult for the public to keep track of the hundreds of bills considered by each session of the Legislature, this proposal received a full measure of public hearings and debate. Sponsored by Senators Betty Lou Mitchell, Paul Davis, Thomas Sawyer and Edward Youngblood, as well as by Representative (now Speaker) Patrick Colwell, the bill was heard by the Insurance & Financial Services Committee in January of 2002. Since preventing opportunities for identity theft is an important goal of consumer and business groups alike, favorable testimony was presented by consumer groups, by regulators and by the bank and credit union associations. Input from merchants' groups resulted in the amendment to the bill delaying its effective date for more than a year after enactment. It is worth noting that the Maine measure was modeled on existing laws enacted in California and in many other states, and further that both the US House and US Senate versions of the Fair Credit Reporting Act reauthorization bill currently under consideration in Congress contain credit and debit card receipt restrictions identical to those found in Maine's law.

Q: Until I can reprogram my existing machine or lease a new system, can I comply with the law by manually blocking out the account number or the expiration date on the customer's receipt?

A: Because no regulatory agency is designated to enforce the law, any such opinion by this office would be merely speculative. It would be within a prosecutor's discretion to decide to bring such an action, and for that reason merchants should seek advice of their own attorneys. If an enforcement action were brought, the merchant's attorney could attempt to defend the practice by arguing that the intent of the law is to prevent receipts displaying both the account number and the expiration date from being given to the consumer, and that their client is not in violation if that data is made truly unreadable on a receipt before the receipt is provided to the consumer. A prosecutor could argue that the law is violated when the data is first printed on the receipt, or that information that is blacked out on a paper receipt can be recovered by a clever identity thief. A judge would then issue a decision based on his or her interpretation of the statute.

Q: How do I find the exact wording of the law?

A: Go to the internet site <http://janus.state.me.us/legis/statutes/>, click on "TITLE10: COMMERCE AND TRADE" and locate Chapter 202-D: CREDIT CARD AND DEBIT CARD RECEIPTS, §1149.