
CASCO BAY CULINARY ASSOCIATION

Volume 1, Issue 1.....October 2003



Dole & Bailey, Inc.

Serving Up an Evening of
Fine Food and Culinary Camaraderie!
Monday, October 20th
6:00pm - 8:00pm
Southern Maine Community College
2 Fort Road, South Portland ME 04106

IN CONJUNCTION WITH AN
ACF JOINT MEETING AND OPEN HOUSE

*Stop by
and see what your
ACF Chapter and Dole & Bailey
are all about!*

Scheduled Meetings

By: Kevin Fallen

Casco Bay Culinary Federation President

October 20, 2003

This meeting will be at Southern Maine Community College along with all other Maine ACF Chapters. Dole and Bailey will be hosting this meeting and will have some very special food experts on hand.

November 10th 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 8th 2003,

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

January 12th, Marriott Hotel, Hosted by Chef Chris Merriam.

February, 1st, Sunday evening, Annual fundraiser, Marriot Hotel, at Sable Oaks.

Letter from the President

By: Kevin Fallen

Casco Bay Culinary Federation President

September saw the kickoff to our 2003/2004 ACF-Casco Bay Culinary Association fiscal year, and personally speaking, it started of great. Our "introductory" Lobsterbake went over very well and thanks to all those that made it a great success.

We have planned quite a year so far and look forward to some very informative meetings coming up. To start, our October meeting has been moved to the 20th. This meeting will be a joint venture with ACF Maine, ACF Downeast and the Southern N.H. ACF. Dole and Bailey, along with Corporate Chef Micky Beriau will host the meeting. Several Brokers and a Wine Distributor are expected along with culinary demonstrations by Chef Micky Beriau. I am in hopes of getting the full agenda prior to press time. If so, look for it further in this issue.

We follow this up with a Presentation in November from Chef Steve James, renowned Pastry Chef of the Balsams. Again, I would like to welcome anyone interested in attending.

Don't forget about our Christmas Time Gingerbread Project at the Barbara Bush Children's Hospital. This is a great way to find the true meaning of Christmas.

We are also at that time of the year where we are planning our Annual Fund Raiser, The Chef's Touch Dinner. This will be held February 1st at the Marriott. Our goal this year is 150 tickets and Chef Will Beriau has kindly offered to chair the project. We have a sign up list started and need everyone's input. We will speak more on this at the next meeting.

Along with this newsletter, we will be printing a "highlight" sheet to pass out. Some of our Associate members have expressed a willingness to post such a highlight sheet in kitchens around the greater Portland area. Maybe in this way we can reach those chefs, cooks, bakers etc, that have an interest but not aware of our meetings. To follow up with this, please stay tuned to our new Web Site Chef Maurice Leavitt will be designing. This is for the chapter, about the chapter and for the chapter. We look to you to keep it exciting and alive with news and goings on in the industry. Get the information to us, so we can make it a part of our communications.

I am really excited about this year and the start we have gotten. This chapter is for everyone and if there is something we can do let us know.

Fresh Tomato Sauce Message

Hello members,

It is not often that any of us get to make a nice tomato sauce with fresh tomatoes, but with a plethora of tomatoes this summer, and my inherent Yankee frugality (cheap) I was not going to throw away, nice, ripe, fresh tomatoes. With that being said, being a little experimental, I made the sauce using the exact method stated and came out with a very good sauce. I concluded that I could repeat this and freeze the sauce complete, rather than put a raw product in the freezer that never reconstitutes with the same good quality. Next time I make it I will probably, like most chefs, be a little more efficient with the method. Enjoy my experiment and let me know how the recipe came out for you.

My vice-presidential duties this year will include the chair of the fund-raiser on February 1st, at the Marriott Hotel. I have included an organizational chart with a space for people to sign up and be responsible for that portion of the dinner. As you can see, Mike Janosek has already filled two positions and I expect a few more people that have been responsible for various parts of the dinner will do so again. Please, if you know you will take a certain job, do not wait as I am anxious to get started. We need to print the tickets immediately to start moving them, and to start getting prizes right away. I have asked Jeanne Meader, who is the prize guru, last spring to get started. No prize is too small or too big. Movies, dinners, week-ends, tools, books, etc. "Get hoppin" and let's move on this soon.

On another note, Dole and Bailey has promised quite a show at our college and we have invited 3 other chapters.

Those chapters are Northern Maine, The Maine Chapter, and Piscataqua Chapter to come on the 20th of October. I hope all of you will be there and bring a friend or two. My best to all of you.

Will.

Great Fresh Tomato Sauce

By: Will Beriau

Casco Bay Culinary Federation Vice President

Whole, Fresh Tomatoes, diced, large	3 lbs
Onion, diced	4-5 oz.
Diced Red pepper	1 cup
Carrot, diced	¼ cup
Garlic, minced	1 tsp
Jalapeno, diced	¾ tsp.
Red wine	½ cup
Beef Base	2 tbsp
Chicken base	½ tsp or 1 cube
Basil, chopped	2 tbsp
Oregano, fresh, chopped	1 tsp
Parmesan, freshly grated	To Taste

1. Sauté all the vegetables in O.O. till slightly brown.
2. Add the wine and tomatoes with beef and chicken base, and simmer covered 15 minutes or so.
3. With a skimmer or slotted spoon, fish out the solids into a blender or processor, and puree the ingredients. In the meantime, keep reducing the pan liquid to about ½.
4. Add back the puree, boil then reduce to a simmer and cook about 30 minutes, or as long as you like. This should need no thickener as it has reduced.
5. Add cooked pasta to a bowl, grate the cheese on and toss well, then add tomato sauce to taste.

Are You Following The Maine Food Code Menu Advisory Requirement?

The 2001 Maine Food Code requires a Consumer Advisory Statement when restaurants offer consumers “Animal Foods that are Raw, Undercooked, or Not Otherwise Processes to Eliminate Pathogens”

If an animal food such as beef, eggs, fish, lamb, milk, pork, poultry or shellfish that is raw, undercooked or not otherwise processed to eliminate pathogens is offered in a ready-to-eat form as a deli, menu, vended or other item; or as a raw ingredient in another ready to eat food, the permit holder shall inform consumers by brochures, deli case, or menu advisories, label statements, table tents, placards or other effective written means of the significantly increased risk associated with certain, especially vulnerable consumers eating such foods in raw or undercooked form.

This notification shall read “this food is or may be served raw or undercooked or may contain raw or undercooked foods. Consumption of this food may increase the risk of food borne illness. Please check with your physician if you have any questions about consuming raw or undercooked foods”

Written by the Maine Restaurant Association

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

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

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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

ACF CERTIFICATION

ACF Certification provides an ideal career path within the foodservice industry. When you become ACF certified, you are demonstrating to current and future employers that you have the initiative to take charge of your professional development and your career. Candidates for ACF certification must have a high level of work and educational experience and pass both a written and practical cooking/baking examination. In addition, they must complete course-work in food safety, nutrition, and supervisory management. The highest ranks of certification are the prestigious certified master chef and certified master pastry chef.

On our local chapter level, we are making it possible to obtain your certification requirements in the course-work. For the Food Sanitation, contact Chef Will Beriau at SMCC for details on how ACF members can obtain the required Food Safety Course through SMCC for a very reasonable cost. Should Chef Beriau's courses not meet your schedule, and then contact the Maine Restaurant Association which has scheduled two Sanitation courses coming up in October.

The Casco Bay Culinary Association would also like to schedule the required Nutrition Course work this winter. We need 12 individuals to sign up for the course which will be subsidized through a grant from the ACF. Course costs are very reasonable and can be completed in a very short period of time.

With these two courses behind you, and with hopes of a Supervisory course to be taught in the spring, Maine can realize many newly Certified Executive Chefs this year. Let's go for it!!! Details at the next meeting.

”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.

DID YOU KNOW?

EFFICIENCY MAINE

"Lighting Program is - bright idea!"

Efficiency Maine is a small business program that offers cash incentives to small businesses that purchase and install energy efficient equipment. Efficiency Maine programs were launched this year by the Maine Public Utilities Commission. The Efficiency Maine Small business Program is for companies with 50 employees or less and offers cash incentives for making a variety of energy efficient upgrades.

The dollars can be significant - up to \$20,000 per business - and projects range from lighting and refrigeration to heating, ventilation and air conditioning equipment. Convenience stores, restaurants, laundromats, and manufacturers from Madawaska to York are some of the businesses that have already applied.

I encourage any Maine small business owner to visit their website or contact the Efficiency Maine program to learn how energy-wise decisions can impact their business' bottom line. Working in a small business? Then pass this information onto upper management. They will appreciate your concern.

Visit www.energymaine.com or call 866-376-2463 to learn how to qualify. The deadline is December 31, 2003

SEPTEMBER WAS THE ninth annual National Food Safety Education Month. This year's theme is "Store it. Don't ignore it".

WEB SITE OF THE MONTH: We've all seen the news articles accusing the restaurant industry of intentionally causing obesity. Here are two sites with balanced information on nutrition and diet. Great sources to learn more about accommodating your customers with special dietary needs.

American Council on Science & Health www.acsh.org

American Dietetic Association www.eatright.org

National Restaurant Association Serv-Safe Sanitation Program

By: **Maurice Leavitt**

Casco Bay Culinary Federation

There are numerous members of the association that are certified to teach the Serv-Safe sanitation program, me being one of them. I cannot emphasize enough, the importance of keeping your establishment sanitary. It will protect you (the owner) from frivolous lawsuits as well as protect the general public.

Unfortunately, it is not a requirement in the State of Maine to have someone Serv-Safe certified on premises at all time. It is up to the owners/managers to maintain the level of sanitary quality that is satisfactory to their clientele.

I would like to offer my services as a certified Serv-Safe instructor to anyone that may be in need of educating their employees. Contact me at any time.

Maurice Leavitt

<mailto:mMaurice@smccME.edu>

Piscataqua Culinary Association

President's Message October 2003

Greetings colleagues and friends,

In my previous message to the members I made comment about being rejuvenated in regards to the culinary industry. I mentioned the camaraderie that we share at the monthly meetings. (Not weekly as I put in the message last month) The camaraderie that we share at our local level is just as important to share at a regional level.

On Monday night October 20, our members have been invited to join the Casco Bay Chapter and the Maine Chapter of the ACF in Portland at Southern Maine Community College. Dole and Bailey of Woburn MA will be conducting a food and wine pairing for the ACF members. Corporate Executive Chef and fellow ACF member Mickey Beriau from Dole and Bailey will be facilitating the presentation. I hope that we will be able to have a group of our members attend this event. I will try to have more information available at our October 6th meeting.

I know that our September meeting falls at a difficult time for many members to join us. I would like to express my gratitude to Chef Eric Delano, Executive Chef of the Cliff House and Frank Wetenkamp, Director of Food and Beverage for their bountiful array of food. Also accompanied with some samplings of the wines we will be featuring at our Chef and Child Dinner. Everything was great.

As we move quickly into the fall season, our Chef and Child Dinner will be fast upon us. I know that we have many more things to do for the dinner and only a few months and two meetings to do so. I hope that many of you will join us at the October meeting, which is being hosted by Chef Jim Thompson of the York Harbor Reading Room. If you plan on joining us, we will be looking for items for the silent auction, gift certificates from your properties and always our best items, our Chef Auctions. The more items we have the more money we can raise for those in need.

So I hope to see many of you at The York Harbor Reading Room on October 6th for our next meeting.

Fraternally yours,

Norman

School Is Back In Session!!

BE SURE YOU ARE COMPLYING WITH ALL CHILD LABOR LAWS

Fines can be very hefty and are on a per-incident basis. What's more, if violation is found, the Department of Labor can review your records for three years! While there was discussion in this year's legislative session to allow those under 18 to work more hours, there was no change. The only change in statute was a clarification regarding the school schedule. The language was changed to reflect the minor's school. This means that if you have employees from different schools or school districts, they may have different hours of availability.

14-15 Year Olds – Including Home Schooled

Work Hours

- Not before 7am or after 7pm during the school year.
- Not during school hours

Maximum Hours When School Is In Session

- 18 hours per week
- 3 hours per day – INCLUDING Friday
- No more than 6 consecutive days

Maximum Hours When School Is NOT In Session

- 40 hours per week
- 8 hours per day
- No more than 6 consecutive days

16 & 17 Year Olds - Including Home Schooled

Work Hours

- Not before 7am on a school day
- Not before 5am on a non-school day
- Not after 10pm the night before a school day
- Not after midnight on a day that does not precede a school day

Maximum Hours When School Is In Session

- 20 Hours per week
- 28 Hours in a week with unscheduled school closure (such as snow days)
- 4 Hours per day on school days
- 8 hours per day on the last day of a school week or an unscheduled school closure day
- No more than 6 consecutive days

Maximum Hours When School is NOT in Session

- 50 Hours per week
- 10 Hours per day
- No more than 6 consecutive days

Written by the Maine Restaurant Association