



## Chef George Reis

By Johanna Clemons



Chef George Reis, Chef George Reis, Executive Chef and Owner of Ocean is Culinard's next guest chef. Ocean offers fresh seafood in a contemporary atmosphere. The menu features fresh fish arriving daily from around the world. Chef Reis was Voted Best Chef, and his wine list was voted best in the area. Enjoy Chef Reis's culinary creations by being a part of Culinard's gala dinner on November 29th at The Restaurant at Culinard. Stop by the restaurant to make your reservations. Hurry, seats go quickly. Seats only \$50.00, all inclusive.

If you visit Chef Reis at Ocean Restaurant you can expect the freshest fish, valet parking, bar dining, counter seating, a chef's table, spectacular wine list, a banquet and private rooms for large groups or parties, patio and outdoor dining, and a whole host of various amenities. The Ocean's entrees run between \$16-\$27 per person. Ocean has been awarded the prestigious AAA Four Diamond Award for 2007, has received the Wine Spectator Award for the years 2004, 2005, 2006, and 2007. Ocean was also rated as a 5 star restaurant in the Birmingham area.

Take-out is available and the restaurant serves dinner until midnight on weekends. Enjoy an evening of family friendly, smoke free dining at Ocean 1218 20th St. Make reservations by calling (205) 933-0999.

## Break n Bread 2007!



Earlier this Month students from Culinard were invited to be a part of *Break n Bread 2007* held on Sunday, October 7<sup>th</sup>. Those students who assisted Chef Gray were: Cherelle Santos, Ashleigh Condit, Brandy Brooker and Kay Collier.

The Restaurant at Culinard was one of many vendors at the Birmingham Originals event. Chef Gray's delicious samples, presented to tingle the palate of those in attendance, included yellow corn aerpas with guajillo chile, and braised pork with chimichurri sauce.

### **ACF-CERTIFIED PRACTICAL TEST SITE**

Culinard has been approved as an ACF-certified practical test location, and is listed under Certification and Test Sites on their website.

### **WELCOME NEW CULINARD STUDENTS!**

Welcome to those new students who have just joined Culinard. There are many changes happening at Culinard, with the new Fast Track program. If you have questions, please don't hesitate to contact the administrative office or a Culinarian – we're here to help!

Please send in your ideas, photos, and articles to [culinardscoop@yahoo.com](mailto:culinardscoop@yahoo.com)

### **UPCOMING EVENTS**

Nov 5<sup>th</sup> & 6<sup>th</sup> Fast Track Finals  
Nov 7<sup>th</sup> Fast Track Clean-up

Nov 29<sup>th</sup> Culinard's Gala Dinner w/Chef Reis

## Scholarship Winner!

Chef Osborne was pleased to present Ms. Diane Dalton with a \$1,000 scholarship from the International Gold and Silver Plate Society. Diane was nominated for this award by Chef Osborne and Chef Butties.



The scholarship name is "The Pete and Arline Harman Trust Fund Stipend" donated by Leon W. "Pete" Haman, a member of the International Gold and Silver Plate Society, and founder of Harman Management Corporation.

Winners of these scholarships represent a diverse range of segments including, restaurants, schools, health care, colleges, foodservice management, hotels and specialty foodservice.

Diane Dalton added "This award has taught me that hard work and excellence does not go unnoticed. Whether I had been awarded the scholarship or not, the honor of being nominated was a reward in itself."

## Phyllis Norris' Tablespoon Tidbits



- To get the most juice out of your lemons, place them in the microwave for about 10 seconds before cutting them.
- If your sugar has lumps, place a slice of bread in the container and cover tightly. The bread will absorb the moisture and eliminate the lumps.
- Do your apron strings ever get tangled in the wash? Try tying them in a large bow before washing.
- No Pot scrubbers lying around to use? You can improvise by wadding up a piece of aluminum foil and using a little detergent.

## Chef's Favorite Recipe By Cherelle Santos

### Chef Buttie's Favorite Recipe **IL BRUTTO** (The Ugly One)

#### Ingredients

1. 4-5 Diced apples
2. 3 cups sugar
3. 2 cups water
4. 1 cup oil
5. 2 tablespoons cocoa
6. 1 cup raisins
7. 4 cup flour
8. 3-1/2 teaspoons baking soda
9. pinch of salt
10. 1 cup chocolate bits
11. 1 teaspoon cinnamon
12. 1/2 teaspoon allspice nuts

Combine apples, sugar, water, oil, cocoa and raisins. Bring to a boil for 3 minutes. Cool to lukewarm, and then add the flour, baking soda, salt, chocolate bits, cinnamon, and allspice nuts.

Pour into 2 wax-lined loaf pans. Bake at 350 degrees for at least an hour.

## Student Appreciation

On Monday, October 15<sup>th</sup>, Culinarad sponsored a student appreciation luncheon. Jim 'N Nick's furnished their famous, succulent, southern cuisine for this event. Pulled pork bar-b-q, bar-b-q baked beans, creamy cole slaw, and old fashioned potato salad lay before us on a sideboard for students to serve themselves. Students could be seen enjoying this tasty meal (pictured below). Thank you to the Culinarad staff and students who worked diligently to provide this superb chow.



## Recipe for Lasting, Great Looking Chef Coats

1. Wash chef coats in cold water with *Tide* detergent (*Tide* is the key). Why, we are not sure, but it keeps the coats bright white instead of turning them dingy gray after repeated washings.
2. Add one scoop of *Biz* bleach into the wash cycle. *Biz* bleach is powdered color-safe bleach which uses enzymes to combat food stains. Again, why this works so well with *Tide*, we are not sure...but it works!
3. Allow the coats to air dry on hangers. We never throw ours in the dryer. Not that this is bad, but we don't want to give them an opportunity to shrink!
4. Iron! We recognize this is a hassle, but it keeps the chef coats in good condition. Use professional spray starch. (*Niagra* is a common brand...it's about \$.88 a can). "Professional" is the key because it is a heavy starch and gives a crisp finish to the fabric of a chef coat. You don't have to starch the coats every time you wash and iron, but every 3-4 times is good.
5. When you have stains that are going to be awful, like chocolate, mustard, red wine, tomato, etc. turn the wash cycle on and let that run for a few minutes. Then turn off the cycle and let the coats soak in the cold water for a few hours. This seems to loosen the stain and give the *Biz* the time it needs to remove any deep stains.

## Contests

### 2008 National Bread & Pastry Team Championship Registration

The 2008 National Bread & Pastry Team Championship will be held in Atlantic City, NJ on September 21<sup>st</sup> & 22<sup>nd</sup>. Now is the time to register, as the deadline to register a team or provide your name for a position on teams is approaching fast. If you are interested in competing and want more information, please contact Ms. Lisa Baron, Carymax LLC, at 212-239-0855 x29, [lisa@pastrychampionship.com](mailto:lisa@pastrychampionship.com) by 2<sup>nd</sup> November.



### October is National Tomato Month!



Go to [www.hunts.com](http://www.hunts.com)

### Cake Mate's Mother of All Bake Sales



Are your eye-catching, scrumptious goodies always the first to sell-out at the local bake sale? If so, Cake Mate wants you to enter the *Mother of All Bake Sales* contest!

This is the chance for all of those extraordinary bake sale chefs to dust off their aprons and show America what can be done with a mixer, some frosting and other decorating accessories.

Five winners will be chosen and inducted into the Cake Mate Bake Sale Hall of Fame. In addition to their new title, the Hall of Fame inductees will receive a \$1,000 cash prize and a \$1,000 donation to their favorite charity. For more information and contest application and rules, go to [www.signaturebrands.com](http://www.signaturebrands.com). Entries must be received between September 15, 2007 and November 15, 2007.

### TuttiFoodie and Scharffen Berger® Chocolate Maker introduce the Chocolate Adventure Recipe Contest

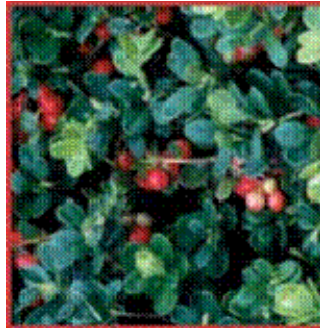
Artisanal chocolate offers a new realm of flavors for chocolate lovers. Combining it with just one herb, spice, or fruit can often transform its taste, creating something new and magical. That's why we're inviting you to explore, discover, and play. Choose a type of dark chocolate and an ingredient from our list of adventure ingredients. Then spend a little time in your kitchen, and create a new recipe.

The Grand Prize creation will be served in Café Cacao, located at the Scharffen Berger® Chocolate Maker factory in Berkeley, CA. And then there's the tasty little matter of a \$5000 award. To enter go to [www.tuttifoodie.com](http://www.tuttifoodie.com).

## Unusual Food

By *Stephanie Martin*

The lingonberry is a small, red, and tart berry. It is related to the cranberry, but is smaller and has superior flavor. This circular, low growing plant has a fragile root system and must be cultivated by hand. Lingonberries grow wild in the northern regions of the world.



It is a wild plant that grows densely in the forest and is harvested by raking. The berries are only available fresh in the areas where they are grown. However, they can generally be purchased as sweet sauces, jams, liquors, ice cream, or juice.



Lingonberry jam is a key part of Scandinavian cuisine. Superior lingonberry jam is simply prepared by using only berries,

sugar, and a small amount of water. Cheaper varieties may contain fillers such as diluted apples or pectin. This jam has been popularized in America by the well-known IKEA superstores.

### **Mustard-roasted Salmon with Lingonberry Sauce**

#### Ingredients:

- 2 tablespoons Dijon mustard
- 2 tablespoons unsalted butter, melted, divided
- 2 6-ounce salmon fillets
- 2 tablespoons chopped shallots
- 2 tablespoons lingonberry preserves
- 2 tablespoons raspberry vinegar

#### Directions:

Preheat oven to 450°F. Stir 2 tablespoons mustard and 1 tablespoon melted butter in small dish. Oil small rimmed baking sheet and place salmon on sheet, skin side down. Sprinkle salmon with salt. Spread top of salmon with mustard mixture and season generously with pepper. Bake until salmon is cooked through and mustard browns, about 10 minutes.

Meanwhile, heat remaining 1 tbsp butter in heavy small skillet over medium heat. Add shallots and sauté 2 minutes. Add preserves and vinegar; stir until preserves melt and mixture is smooth.

Bring to simmer. Season sauce to taste with salt and pepper. Spoon sauce over fish and serve.



#### Cited Sources:

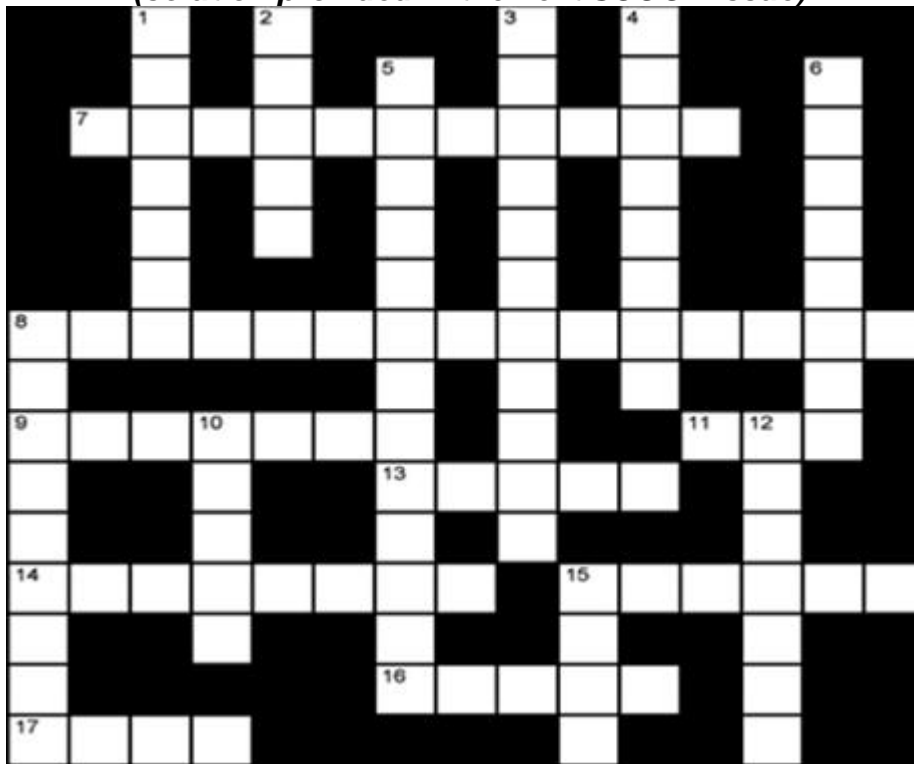
- [www.sln.potsdam.ny.us/lingonberries.html](http://www.sln.potsdam.ny.us/lingonberries.html)
- [www.inberry.com/cranberry.html](http://www.inberry.com/cranberry.html)
- [www.hort.purdue.edu/newcrop/proceedings1990/v1-321.html](http://www.hort.purdue.edu/newcrop/proceedings1990/v1-321.html)
- [www.ediblelandscaping.com/Plants/Lingonberry.htm](http://www.ediblelandscaping.com/Plants/Lingonberry.htm)

### **Solution to the last issue's "Sauces" crossword puzzle**



## Food Safety

(solution provided in the next SCOOP issue)



### Across

7. Controversial sterilizing treatment.
8. Frequent symptom caused by Salmonella enteritidis.
9. A frequent culprit in Salmonella outbreaks.
11. 'Mad cow' initials
13. Infectious protein particle thought to be responsible for diseases like scrapie, BSE
14. Disinfectant, Atomic number 17
15. Small usually single-celled reproductive body produced by certain bacteria and algae and fungi
16. A bacterium that's been the focus of recent illnesses related to fast food and the meat industry. \_ \_ \_ \_ \_
17. For a while, New Jersey banned selling them 'rare' or 'med rare'

### Down

1. A plant food possibly implicated in a 1996 E. coli outbreak in Japan involving over 8,000 people.
2. The low pH of fruit is unfavorable for bacteria growth, but is favorable for this single cell fungi which can cause spoilage in fruit.
3. Toxin produced by some bacteria that is specific for intestinal cells.
4. Recommended maximum time Hollandaise can be kept unrefrigerated.
5. Household kitchen item that is usually the most bacterial contaminated item in the home.
6. An animal or plant that lives in or on another and from which it obtains nourishment
8. An agent that destroys disease-carrying microorganisms
10. A fungus that infects various cereal plants forming compact black masses of branching filaments that replace many grains of the plant
12. Causes staphylococcal food poisoning \_ \_ \_ \_ \_