



Congratulations Team Danks! Placing 4th in the 2007 National Pastry Competition in Nashville, Tennessee

Country Music was the theme at the National Pastry Competition held July 2nd and 3rd. Each team had a total of thirteen hours to produce one sugar showpiece, one patillage tray, one chocolate showpiece, twelve identical plated desserts, three identical entremets, (desserts) three identical entremets glace, and three petits gateaux. The sugar showpiece was required to be a minimum height of 3' 6" from the top of the table to the top of the piece and comprised of sugar only.



Chef Danks, Chef Susan Notter, and Chef Natasha Capper were sponsored by Culinard. Their showpieces exemplified their hours of practice and dedication to their art and we are extremely proud of the hard work and effort they gave in this competition.

(See Additional Competition Information on page 3)

Welcome Wilma



Please join us in welcoming Wilma Yu to the Staff at Culinard. Wilma is our new Placement Officer as of August 20th. She is a wife and mother of 2. Wilma served as the Jr. ACF President from November 2006 until June 2007 when she graduated with her degree in Pastry.

Coming August 23, 2007!



John Fleer, former executive chef at The Inn at Blackberry Farm in Tennessee, is Culinard's next Guest Chef! Call 271-8228 or go by the Restaurant now for more information or to reserve your place. Each meal is only \$50.00 and all-inclusive. Join us to share in Chef Fleer's culinary talents.

Cross-Contamination Cited In Recent E. Coli Outbreak

By Johanna Clemons

Tainted lettuce was the culprit in a recent E. Coli outbreak in Huntsville. The local health department determined that a head of lettuce that was served to several customers was not handled properly by kitchen staff during preparation. This outbreak proves to us the importance stressed on sanitation. Those of you who have had the pleasure of participating in Ms. Rice's sanitation class knows the importance of this subject. Proper hand-washing and the use of sanitized equipment and clean prep stations should be at the forefront of any kitchen. This outbreak affected several people and has drawn negative results for the restaurant, including negative media coverage, loss of customers and community status, along with a large cost to the restaurant for attorneys and legal fees. Even if employees are re-trained, this restaurant may never have the customer following it once had.

UPCOMING EVENTS

- Aug 14th Hosting Birmingham Originals at the Restaurant
- Aug 22nd Lunch and Learn with Chef Fleer
- Aug 23rd Guest Chef John Fleer, Blackberry Farms
- Sep 6th Grand Buffet

Chef Gray a hit at Pepper Place

By Jennifer Ash (pictures courtesy of Jennifer Ash)



On Saturday June 30, Chef Gray Byrum was the Guest Chef at Pepper Place. Takara Shelton, Jennifer Ash, and Jason Owen assisted. During the demonstration Chef

Gray presented his Sautéed Gulf Shrimp with Feta and Lemon Butter Sauce as a crowd watched and sampled his dish. Chef Gray and his assistants were able to promote Culinarid while demonstrating this special dish and received lots of compliments.

Culinarid is grateful to Whole Foods Market for the donation of fresh shrimp used in Chef Gray's live demonstration. Thank you to Chef Gray and his assistants for donating their time and energy for this demonstration. Check with the Restaurant for future volunteer opportunities.



- When shrimp are half-way cooked, add the garlic and tomato.
- Deglaze the pan with the white wine and lemon juice.
- Add the feta cheese, butter, and cilantro and incorporate into white wine.
- Season with salt and pepper to taste.
- Serve immediately.

The shrimp in this recipe may be substituted with chicken or lamb.

Annual School BBQ

(Pictures compliments of Kay Collier)

The Students and Staff enjoyed a school BBQ at the Restaurant on July 10. The menu included hamburgers, hotdogs, potato salad, baked beans, drinks and dessert. Emanuel Pettus and Charles Gladden were masters



of the grill and did a great job keeping the hotdogs and hamburgers coming. According to Emmanuel, he was in his element. Thank you to all who had a hand in making this annual event a great success!



Sautéed Gulf Shrimp With Feta Cheese, and Lemon-Butter Sauce

Yield: 2 servings

1 Tbsp	Olive Oil
4 oz	Shrimp, peeled and deveined
1 clove	Garlic, sliced
1 each	Roma Tomato, medium diced
2 Tbsp	White Wine
1 Tbsp	Lemon Juice
1 oz	Feta Cheese
1 Tbsp	Butter
1 Tbsp	Cilantro, chopped
	Salt and Pepper to taste

Method:

- Heat the olive oil in a medium non-stick skillet over medium high heat.
- Add the shrimp and sauté on each side for 1-2 minutes until shrimp are almost pink.

Steffany Adams is the recipient
of a Summer Stars "prize" for attendance.
CONGRATULATIONS STEFFANY!



National Pastry Competition

By Barbara Higgins

(Photos compliments of Aimee Watkins and Brenda Stout)

I attended the National Team Pastry Competition in Nashville, TN. on July 3. The level of competition was terrific. The great thing was seeing all the outstanding competitors working side by side. The bonbon entries were all placed in the same case for ease of comparison. The event was extremely educational. Everything our chefs talk about at school: air bubbles, shells not thick enough, feet not clean, I saw it. This was a national competition, and I saw basic mistakes being made. It was scary. I also saw some extremely brilliant bonbon execution that carried out the country music theme in a clean fashion.

Though all had chocolate as an ingredient, entremets covered the spectrum. Included entremets were frozen and extremely different, especially their flavors. They seemed to carry across the entire competition. Cherry and pistachio were used by most of the competitors, indicating a developing trend, an important thing to pay attention to when creating flavor profiles.



Another very important aspect of this competition was the attention paid to the serving of the entremets to the judges. Every knife cut was followed by a dip in hot water and a wipe with a cloth. A tremendous amount of attention was paid to presentation, with all competitors receiving the same degree of attention. Not one competitor was slighted. This says a lot about the fairness in this competition by the judges.

The showpieces were great and I must admit, Team Danks had the loudest contingency there. Yes, I contributed to the noise. As



undignified as it may be, I did my share of clapping and cheering. Unfortunately, there were some catastrophes along the way. A chocolate piece didn't make the move for Team Danks and the pastillage piece needed some quick repairs, which were made by the team with no trouble.

I saw some techniques that were innovative and different, but some were the same old same old. I long to try some of the different techniques I saw for blown sugar.



For all of you who wanted to attend but didn't get the opportunity, you missed a great chance to see the best at work and to taste some really great chocolates. Pairing wine with savory foods is something you will learn while at Culinard, but I had a chance to taste wines paired with chocolates. Culinard will teach you about all the flavors in wine; the acidity, the fruitiness, the body. I've learned the same about coffee and now about chocolate. They all have such complex factors, which is amazing. I



haven't even begun to touch on vanilla, because it is just too much. There is more to vanilla than we will learn at Culinard only because of the multitude of ways it can be incorporated. Attending a competition like this, and taking in the trade show, asking questions, and just listening is so important and broadens your knowledge.

I have no real desire to compete at this level, for now anyway, but it could be fun. The amount of prep work I observed before the competition by Chef Danks and Chef Notter proved that practice pays off, even for chefs at this level. I saw and tasted one of their early frozen entremets that they used. The competition entremets was far above the practice ones in how it looked. I was and am still inspired by what I saw. Next year is the World Championship. Do I plan to go? You bet!

Go to www.pastrychampionship.com for more information on the results of this year's contest.

Culinard's Grooming Standards

By Johanna Clemons

Culinard's proper dress code includes clean, slip-resistant chef's black shoes, black socks, Culinard issued check pants, clean and pressed Culinard chef jacket, a plain white t-shirt, and a properly tied neckerchief (shown below). Nails should be short and clean. No polished nails, including clear coat. Jewelry should be limited to a watch and a wedding band. Please help represent Culinard in the highest quality of professionalism. Thank you to Kay Collier and her family for providing the neckerchief demonstration photos.



Contests

"I Love Walnuts!" Recipe Contest.

This is a national contest in search of the best walnut recipes in the United States. Entries accepted at www.walnuts.org/contest/about.php until August 10.

Tomato Recipe Contest



The Fourth Annual Tomato Art Festival will be held on Saturday, August 11, 2007 in the historic East Nashville's Five Points area, festivities start 10AM. This year's tomato recipe contest will involve P-I-Z-Z-A! **Do you have a special Pizza recipe?** Download your contest form and enter! First, second and third place winners will receive a prize ribbon and "fabulous prizes!"

Contest Time: 3:30pm

Location: 1222 South 12th Street

The Ambrose House

For more details: <http://www.tomatoartfest.com/>

"Bundts Across America" Recipe Contest

Bakers must create recipes for one of the following popular holidays: Valentine's Day, St. Patrick's Day, Easter, Mother's Day, Father's Day, Independence Day, Halloween, Thanksgiving, Hanukkah and Christmas. The grand prize winner will receive **\$10,000 in cash!** Complete details found online at www.nordicware.com. Entries accepted until September 1.

Build a Better Burger and Win \$50,000

Sutter Home Winery is sponsoring a burger recipe contest. They will fly 10 finalists and their guests to Napa Valley for a cook-off on Saturday, September 29th, 2007. Roundtrip airfare and hotel accommodations are included. Sutter Home Winery will award \$50,000 for the best beef burger and \$10,000 for the best alternative burger. For more information and to enter the contest, go to <http://www.SutterHome.com>. Their website hosts a database of "over 5000 scrumptious burger recipes". All entries must be received by August 20th, 2007.



Unusual Food

By Stephanie Martin

Recently, there has been more and more hype surrounding the pomegranate. Pomegranates are quickly becoming the new trend in energy drinks, flavored waters, juice mixtures, and cocktails. This sparked my curiosity to explore this fruit's origin and why it is just now becoming so popular.



The pomegranate, one of the oldest fruits known to man, is native to Persia and the Mediterranean area. It was also believed to be the fruit of fertility. Many believe the legend

that it was actually a pomegranate, not an apple that was eaten by Adam and Eve in the Garden of Eden from the Bible. During the Renaissance era, this fruit was not only eaten, but the Romans tanned the rinds and used them as a form of leather. Because of the fruit's blossoming crown, it gained distinction as a royal fruit. The pomegranate reached American shores by way of the Spanish explorers in 1769. Although its popularity is growing in America, it still has not reached the level of popularity it holds in the Middle East.

Pomegranates are now being called the "super fruit". Because of their high antioxidant and vitamin C content, pomegranates are becoming a popular choice in consumer products. Recent studies are now claiming that it also prevents the hardening of arteries.

Once you get past the multitude of seeds, the juice from the pomegranate is full of tangy, sweet flavor. The juice can be a delicious base for sauces, flavorings for



beverages, and ingredients in desserts. Since pomegranate juice has an acid base, substituting it in a citrus marinade is also a possibility. The whole seed can also be eaten or used for a vibrant garnish. Craving a drink with pomegranate flavor? Just add a splash of grenadine to your beverage. Grenadine is a strong, red syrup made from pomegranates. Because most bars carry the cheap version of grenadine, which contains no

pomegranate juice, the following is an easy recipe:

Grenadine Ingredients

2-1/4 pounds pomegranates

1 pint water

2/3-1cup Sugar (or sugar substitute)

Red food coloring, optional

Directions:

Separate the pomegranate seeds from the membranes and skin. In a heavy saucepan, cover pomegranate seeds with 1 pint of water, 2/3 cup sugar and simmer, stirring until juice sacs release their juice, about 5 minutes.

<http://www.cfrg.org/pubs/ff/pomegranate.html>

<http://homecooking.about.com/od/fruit/a/pomegranatetips.htm>

<http://homecooking.about.com/od/cookingwithalcohol/r/blalcohol5.htm>

http://www.juicedocs.com/docs/Carson_on_Pomegrante.pdf

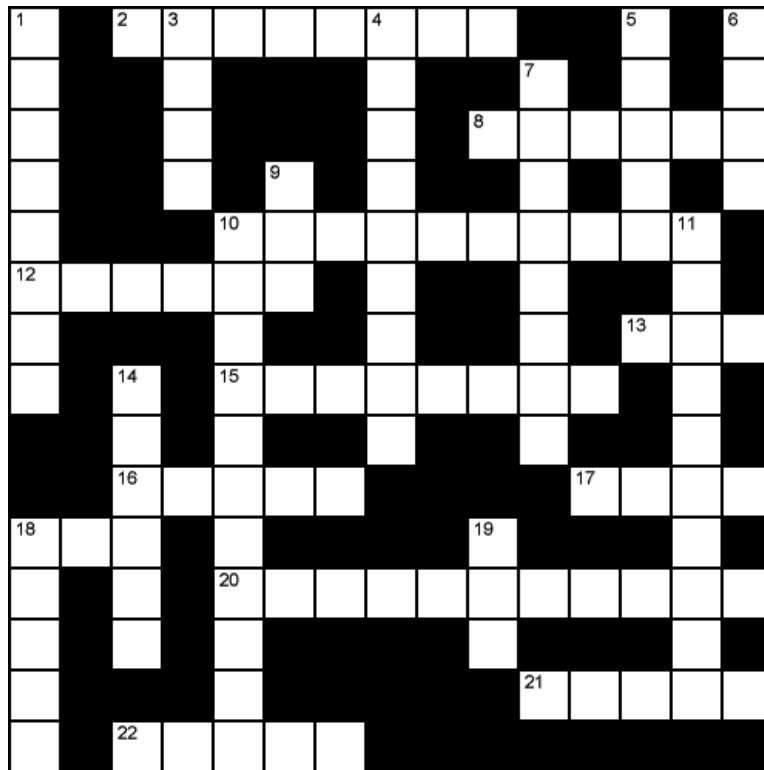
We want to hear from you!
How can we improve and what are some things that you, as students, want to know about?
Please send suggestions and ideas for future editions of the Scoop to culinardscoop@yahoo.com

Solution to last month's "Cooking Utensils" crossword puzzle



Kitchen Equipment

(solution provided in the next SCOOP issue)



Across

- 2. Type of strainer
- 8. A traditional shallow earthenware Moroccan cooking pot with a conical lid
- 10. A long deep cooking container with two handles, a grid, and a lid.
- 12. A physical feature sometimes needed to cook foods with charcoal or wood
- 13. The goat god.
- 15. A rectangular stainless steel pan with a lip, usual size is 12 X 20 inches
- 16. One of the oldest utensils
- 17. Necessary to make Stilton cheese
- 18. Pan with a convex bottom, used for frying in certain countries
- 20. Used to cook semolina in North Africa
- 21. An appliance used in breadmaking
- 22. Italian and Portuguese for oven

Down

- 1. A cabinet designed to maintain a warm moist temperature of 85 to 90 degrees F
- 3. An earthenware pot used to cook stews in Spain, Central & South America
- 4. Iron or earthenware cooking pot; used for stews
- 5. A framework of metal bars used as a partition or a grate
- 6. A compartment that retains heat in order to bake a food.
- 7. A round shallow pan with straight or flared sides and a handle
- 9. The single, central kernel or stone of certain fruits
- 10. A long narrow, metal pan with a perforated rack used to raise and lower fish in one piece.
- 11. Metal or pottery which has been overlaid with a hard, glassy substance
- 14. Can be made from flexible vegetable fibers
- 18. Whip
- 19. Metal or earthenware cooking vessel that is usually round and deep; often has a handle and lid