



General Meeting October 12, 2010 The Buck Hotel

1200 Buck Road, Feasterville, PA
215-396-2002 www.thebuckhotel.com

Host Chef: Joe Gudonis

7:00 p.m. Education: Sustainable Seafood
presented by River & Glenn

8 p.m. Dinner & Meeting

Directions:

DIRECTIONS FROM I-95 NORTH & SOUTH:

Take Street Rd. exit (Rt. 132) and go West. Proceed 5 miles to Bustleton Pike and make (R). Stay in Left lane & at 2nd. light make (L). The Buck Hotel will be directly in front of you.

DIRECTIONS FROM NEW JERSEY:

Take N.J. Turnpike to P.A. Turnpike. Take exit 351 towards Philadelphia/Trenton. Keep (R) at the fork in the ramp. Merge onto Route 1 South. Take Street Rd. exit (Rt. 132) West. Proceed 5 miles to Bustleton Pike and make a (R). Stay in (L) lane and make a (L) at 2nd. light. The Buck Hotel will be directly in front of you.

DIRECTIONS FROM KING OF PRUSSIA:

Take I-76 West towards I-276 East/P.A Turnpike. Merge onto I-76 West. Take I-276 East towards I-476 North (Northeast Extension). Merge on P.A. Turnpike East. Take Turnpike to Exit 351 towards Phila. /Trenton. Keep (R) at the fork in the ramp. Merge onto Route 1 South. Take Street Rd. exit West. Proceed 5 miles to Bustleton Pike and make a (R). Stay in (L) lane and at the 2nd light make a (L). The Buck Hotel will be directly in front of you.



Philadelphia 13th Annual Signature Chefs Auction

Philadelphia's finest chefs will be serving up their delicious signature dishes while raising funds for the March of Dimes mission to give every baby a healthy start in life. While sampling regional cuisine, guests can peruse and bid on silent auction packages. The evening is capped off with an exciting live auction featuring one-of-a-kind chef-donated food experiences and much more.

Once again ACF Philly will be participating in the 13th Annual Signature Star Chefs Auction on November 19, 2009 at the Please Touch Museum in Fairmount Park. Fred Robinson, CEC AAC, John Schuller, CEC AAC, Ted Kowalski CEC, Pete Salemno CEC AAC, Christine Neubauger CEC AAC and Kathy Salemno AAC, along with other volunteers from the chapter will be manning our table and serving guest tasty morsels. Volunteers are welcome.

If you are interested in helping out contact Chef Fred Robinson at 610-549-9183

Volunteer time varies between 5:00–9:30 p.m.

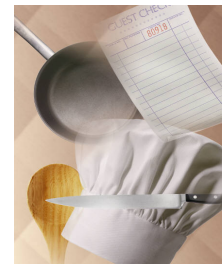


PLEASE RSVP

If attending the General meeting to:

Ted Kowalski CEC
(610) 453-6651

General Admission \$15
Students / Seniors \$10



DVCA-ACF Philadelphia

2010-11 Schedule of Events

November 9, 2010

The Hill at Whitemarsh

4000 Fox Hound Drive

Lafayette Hill, PA

Host: Neil Kantner

Education: Sous Vide Cooking

December 5, 2010

Desmond Hotel of Great Valley

Annual Christmas Party with Santa

Brunch and Visit with Santa

Host: Thomas Macrina, CEC AAC

January 11, 2011

Crown Plaza of Philadelphia

1800 Market Street

Philadelphia, PA

Host: John Bauer

Education: to be determined

CALLing all Chefs..... If YOU would like to employ a B.C.C.C. chef apprenticeship student - culinary and / or pastry and get your company registered with the Commonwealth of Pennsylvania, U.S. Department of Labor Program.....please call or email : Earl R. Arrowood CCC,CCE,AAC - c/o Bucks County Community College - 215-968-8241 - arrowood@bucks.edu -

We are always looking for places to host our meetings, if interested please contact: Kathy Salemno, HAAC 215-527-8494 or email: kathychef21@gmail.com

DVCA Charities

Cleft Lip or Clef Plates have become the number one birth defect in many developing countries as well as in the United States.

It is estimated that 132,00 babies with clefts are born each year. Our chapter has elected to support The Smile Train and organization that is changing the world one smile at a time.

At each Business meeting, there will be a special collection basket . Please help to change the life of a child with this birth defect.

www.SmileTrain.org

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**Give Blood !
pleasegive-
blood.org**



Cooking with Quinoa: The Healthiest, Tastiest Grain on the Culinary Block

by Olivia Tacelli

If you're not already familiar with quinoa (pronounced keen-wah), you'll soon be incorporating its nutty taste and silky, mildly crunchy texture into your most creative cooking. Originally grown 5,000 years ago in the Andean Mountains in South America, the Incas considered it their "mother seed" and fed it to their warriors for endurance. Relatively unknown in the United States until the 1980s, quinoa can now be found in most health food stores.

Quinoa Facts

Commonly referred to as a grain, quinoa is actually a seed. Unlike most grains, it's a complete protein because it contains all nine amino acids. This fact plus its high content of fiber, manganese, magnesium, iron, copper, and phosphorus has earned it the title of "super grain". As a relative of Swiss chard, spinach and beets, you can also eat the leaves of quinoa but they're hard to find in stores. You'll see yellow quinoa the most, but pink, red, purple, orange, and black varieties do exist as well.

Most health food stores sell quinoa in bulk so you can buy as little or as much as you want but keep in mind that it does expand quite a bit when it's cooked. Store it in a moisture-free airtight container and extend its shelf life from 3 to 6 months by keeping it refrigerated.

Cooking with Quinoa

Quinoa is most commonly prepared like rice. First wash it well to remove bitter-tasting saponins. Take one cup of rinsed seeds and put them in a saucepan with 2 cups of water or stock and a pinch of salt. Bring to a boil and cover. Lower the heat and simmer for 15 minutes. Cooking quinoa reveals the beautiful spiral-shaped germ. For a nuttier taste, dry toast the seeds (after rinsing them) in a skillet over medium-low heat until they release a nutty smell.

Suggestions for the Chef Discovering Quinoa

Quinoa is very versatile. It works well with savory and sweet flavors and appeals to the down-to-earth as well as the gourmet chef. Serve it simply for a side dish; with beans, meat, poultry, seafood, nuts or cheese for a hearty entree; or as an nutrient-rich addition to baked goods. You can:

- Serve it hot with a pat of butter or a drizzle of your favorite oil such as toasted sesame or walnut

- Turn it into a stuffing or pilaf with sautéed onions, mushrooms, leeks, garlic, and/or red peppers

- Use it cooled in a salad with diced vegetables, fresh herbs, dried fruit, and/or toasted nuts and a rice vinegar or citrus based dressing

- Use it ground as a flour in cookies and muffins and in combination with high-gluten flours in breads

- Make it into a breakfast cereal by adding dried fruit, milk, sweet spices, and your favorite sweetener

- Put it in soups, stews, and chilies

- Put sprouted quinoa in a salad or sandwich

Jazz Up Your Usual Recipes

Try cooking with quinoa in any recipe in which you'd normally use rice, barley, millet, couscous, orzo or buck-wheat.

Olivia Tacelli is a freelance writer specializing in all things culinary. She has been a chef and caterer for 18 years, and has run her own whole foods cooking business, The Olive Tree, for 8 years.

International Hotel/Motel & Restaurant Show®

November 13–16, 2010

at New York City's Jacob K. Javits Convention Center, 655 W 34th Street, New York, NY. Attending the show may prove to be a valuable source of inspiration and insight for your venue and increase your knowledge as well as opportunity to network. To register on line go to: <http://www.ihmrs.com>

The IHMRS will feature culinary products and resources, complemented by extensive educational programming, live cooking demonstrations and a culinary salon.

Dress Code for General Meetings

Please remember that our meetings are gatherings of professionals and as such appropriate dress is required. Males and Females are to wear **business attire** or **Chef Whites**.
No Jeans, Sweats, Tee Shirts or Sneakers.



Be apart of this innovative experience with behind the scene exclusives . Visit the Chef Sessions page on our website www.acfphilly.com

Check out the Session Blog at <http://blog.acfphilly.com/> .

VISIT www.ACFPHILLY.com

Meeting places, times and information of what's going on in the chapter. Want to know who is a member? **Check out the website!**
If you lost your Echo you can read it on line. For directions to a meeting check the website or email: dvcanews@verizon.net

Join Madame Saito at the Head House
Craft Beer Cafe

The HeadHouse A Craft Beer Café Now Open!!

Monday - Tuesday: Open For Private Parties
Wednesday - Thursday: 4:00 PM - 11:00 PM
Friday - Saturday: 2:00 PM - 2:00 AM
Sunday: 2:00 PM - 10:00 PM

Happy Hour

Wednesday - Sunday 4:30 pm - 6:30 pm
\$3 Selected Beers
\$4 House Wine
\$5 Specialty Cocktails
Daily Bar Snacks Menu: \$3 - \$6



Sticky Red Wings

3 pounds chicken wings	1/2 teaspoon salad oil
2 teaspoons minced garlic	3 tablespoons minced fresh jalapeno chilies
1 cup pomegranate juice	1 cup cranberry juice
1/3 cup sugar	2 tablespoons cider vinegar
3 tablespoons pomegranate seeds	Salt to taste

Rinse wings, drain and cut apart at the joints. Place in a single layer in 10 X 15 inch nonstick pan. Bake in a 400 degree oven until brown and crisp, about 1 hour, turning pieces occasionally.

In a medium nonstick frying pan over high heat, stir oil, garlic, and chilies for 2-3 minutes. Add pomegranate juice, cranberry juice, sugar, and vinegar. Stir until sugar dissolves, bring to boil. Boil until reduced to 2/3 cup: about 15 minutes. Drain and discard fat from chicken wings. Pour pomegranate sauce over wings and turn pieces. Bake until sauce thickens and sticks to wings about 12 minutes, turning often.

**AMERICAN CULINARY
FEDERATION
PHILADELPHIA CHAPTER**

P.O. Box 504

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To submit an article, recipe or an announcement to the Echo, please contact the editor @215-850-6342 or email : echonewsacf@yahoo.com.
Deadline for submission is the 20th of each month.

**Determine the things that can and shall be done, and then we shall
find a way. Abraham Lincoln**
