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## President's Letter

The end of summer is upon us already. It seems like just yesterday I was talking about the beginning of summer, and here we are getting ready for fall. My question is: do chefs ever have time to rake leaves, with their busy schedules? It just doesn't seem fair to have one day off and have to spend it doing yard work. The life of a cook or chef is a very demanding one, and often requires juggling, work, family time and household duties. At least Halloween falls on a Monday this year, so some of our chefs will have the day off to take their kids trick-or-treating. If you're a hunter, I'm sorry to say that opening day of bow season falls on a Saturday. I tip my chef toque to all of our chefs and wish them the best of luck, and hope they are able to find balance and happiness in their busy lives.

Our summer events ended with our Annual Golf Outing and Chef of the Year Gala, held at Orchard Lake Country Club. **Chef Randy Smith** spearheaded our very successful golf outing with a record number of golfers this year. Our Executive Director **Brian Lorge** put in countless hours contacting members and sponsors. **John Guoin**, our newsletter editor spent a great deal of time designing signage and updating the website for the day's event. **Chef Chris Hessler**, as always, provided us with his professional guidance and support to help the day run smoothly. I would like to thank the entire board of directors for their assistance in helping procure items for the raffles and helping organize our event. **Chef Kevin Enright** was in charge of getting all the plaques and trophies engraved for the awards ceremony. The entire staff at Orchard Lake Country Club, led by General Manager **Tim Ward** did an excellent job the entire day. Last years Chef of the Year **Mark Dixon** provided us with an excellent meal. Thank you **Orchard Lake County Club** for graciously accepting us and making us feel at home in your beautiful club. Finally, I would like to thank all of our membership and sponsors for their generosity in making this event a complete success.

This year, we again recognized some our students from each of the local culinary schools with an Outstanding Student award (See page 8 for a list of award winners). Our Associate Member of the Year award went to our much-deserving newsletter editor **John Guoin**, from **Graphikitchen, LLC**. For the first time, we awarded a candidate for Pastry Chef of the Year. The award went to Executive Pastry Chef **Roger Holden** of Oakland Community College. The Chef of the Year award went to our new Certified Master Chef, **Brian Beland** of The Country Club of Detroit. Congratulations to a group of very deserving individuals!



*2011 Chef of the Year  
Brian Beland, CMC*

*(continued on page 2)*

## President's Letter *(continued from page 1)*

I hope to see everyone next year for our 2012 Chef of The Year Gala at The Country Club of Detroit. It is not a secret that Chef Beland can throw down in the kitchen—we are in for a real treat!

It was suggested by Chef Milos that the nominees for Chef of The Year compete against each other for the honor of being named Chef of The Year. The Regional and National Chefs of the Year are chosen in this manner. I like this idea, and will be discussing it with the board over the next couple of months.

Our next meeting will be held at The Bloomfield Open Hunt Club, hosted by **Chef Kevin Peasgood** on September 12. Our educational segment will be presented by **Jim Spear** from King Coffee and Tea Services Corporation.

Mark your calendar for the October meeting held at The Culinary Studies Institute of Oakland Community College. **Pastry Chef Tariq Hanna** of Sucre in New Orleans has agreed to return home to provide us with a pastry demonstration. This award-winning pastry chef was recently recognized as one of the "Top Ten" pastry chefs of 2011, by *Dessert Professional Magazine*. I had the chance to tour his kitchen in New Orleans and I have to tell you, he is knocking it out of the park down there.

Sincerely,

Doug Ganhs, CEC

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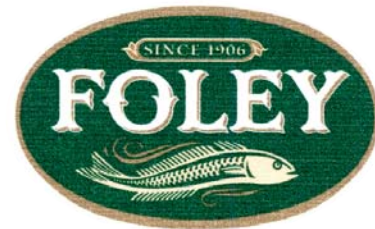
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# Notes From the Foley Fishmonger



## Fishery Management (Part 3)

The final piece of the puzzle that influences and creates Fishery Regulations are Non-Governmental Organizations or NGO's.

Remember, State and Federal fishery scientists and administrators work together with commercial and recreational fishermen to create rules that manage the fishery. But over the years, organized groups have come forward to exert their influence at the fishery management meetings, in the State houses and Halls of Congress and in State and Federal Courtrooms. Commercial fishermen have formed their own organizations as have the recreational fishermen. The former are generally poorly funded and usually consist of one or two beleaguered administrative types with titles like "Executive Director" who attend management meetings and participate as members of advisory panels and the like.

Recreational fishermen have also formed NGO's - sport fishermen's associations that work in similar fashion to the commercial guys but are usually in much better shape financially and can afford an extra staffer or two. They tend to be a little better connected politically.

The third tier can be classified as ENGO's - E for "Environmental." Some of these are extremely well funded and many have found ways to share resources especially when it comes to information sharing and marketing. They are powerful as lobbying groups, adept in the courtroom, and especially effective with marketing and media. Who hasn't had a guest pull out a fish guide of some sort and inform the wait staff that they shouldn't be serving a particular species? That said, you might be surprised to learn that some of the most powerful ENGO's happen to enjoy the financial support of oil companies!

Here's a partial list of some of the players:

**Associated Fisheries of Maine** - established in 1956, is a trade association of fishing and fishing-dependent businesses. AFM primarily represents boats and business from Kittery to Midcoast Maine. Funding comes from member dues.

**Recreational Fishing Alliance** - With representation from Maine to California, the RFA wields its influence locally and in Washington DC. Funding sources come from members and industries that cater to the sportfishing world.

**Conservation Law Foundation** - a local New England organization that is effective in the courtroom but maintains a presence at fishery management meetings. The CLF derives its funding from individual donors and foundations. There have also been occasional contingencies derived from legal actions.

**Environmental Defense Fund** - The EDF is a national organization. They are comprised of scientists, economists and lawyers. Much of their work has been relatively innovative. They are active well represented at regional fishery management councils. The current "Catch Shares" market approach to fishery management has been championed by the EDF. Funding sources include individual, foundation and some corporate donors. They also have corporate "partners" who aren't allowed to donate directly to the EDF.

**Pew Charitable Trust** - The Pew Ocean Program has also been very effective. Also a champion of Catch Shares, PEW funds many NGO's to effectively mold fishery management regulations. PEW is perhaps the most financially sound of all the NGO's.

This is by no means a comprehensive list but serves as a small window into the many people and organizations involved in the often messy (democratic) process that create regulations under which fisheries exist. The end result of our efforts has been a steady march towards having healthy sustainable fisheries in our territorial waters and beyond.

### To learn more on your own:

[www.rfa.com](http://www.rfa.com)

<http://www.clf.org/>

<http://www.edf.org/>

[http://www.pewenvironment.org/  
our-focus/ocean-1080](http://www.pewenvironment.org/our-focus/ocean-1080)

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# 2011 Chef of the Year Awards Gala



# Michigan Chefs de Cuisine Chapter News & Announcements

## Congratulations to our 2011 Award Winners!

Please join us in congratulating the  
2011 Chef of the Year Award winners:

### Chef of the Year:

Brian Beland, CMC

### Pastry Chef of the Year:

Roger Holden, CPC

### Student(s) of the Year:

Tanishia A. Oden, Schoolcraft

Amy Knoles, OCC

Supansa Banker, WCC

Maynard Aldrich, Dorsey

Ariel Norkus, MCC

Brad Alderman, HFCC

Brooks Hart, AI

### Vendor Recognition Award:

Fred Del Bene, Del Bene Produce

### Associate Member of the Year:

John Gouin, Graphikitchen, LLC

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website for application forms and  
instructions.

## The Hope Award for Effective Compassion

Brian Romano, CEC and Central  
Region representative of the ACFEF  
Disaster Relief Task Force is also the  
Chair of Culinary Arts at Victory  
Trade School in Springfield, MO.  
Their school has been selected for  
World Magazine's "Hope & Effective  
Compassion Award" for the  
Midwest. The public votes for the  
national award winner and they  
need votes!

This school is a residential, non-  
profit, accredited, post-secondary  
culinary program, offering a one-  
year culinary certificate to their  
graduating students. The faculty  
and students are actively involved in  
local ACF chapters as well as several  
local charities. To vote, go to:  
[www.worldmag.com/compassion/compassion\\_2011.cfm](http://www.worldmag.com/compassion/compassion_2011.cfm)

## Perfecting Poultry

When Daniel Vallone came to Tam-  
O-Shanter Country Club in West  
Bloomfield, Mich., as Executive  
Chef six years ago, the club's menu  
featured traditional club fare, but  
members were starting to tire of the  
heavy comfort foods. So Vallone  
and his team decided to start  
refining the offerings and the club  
now menus highly seasonal, more  
healthful dishes. [MORE.](#)



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# Making Local Easy

By Dawn Thompson, Co-Founder, Lunasa



## Mindo: Bean-to-Bar Chocolate

### Bean-to-Bar Chocolate

Cocoa beans simply do not grow in Michigan. The next best thing is having a couple of local Michiganders who've taken it upon themselves to join an elite group of Americans <http://craftchocolatemakers.org/> who manage the bean from the cocoa fields around the world to the finished products. Jose Meza and Barbara Wilson, of Mindo Chocolate Makers, are those people. They live in Dexter and have forged relationships with Ecuadorian organic cocoa farmers with the goal of producing chocolate from the Nacional variety of cocoa. Cocoa beans only grow within 10 degrees north and south of the equator. In addition, this particular cocoa bean only grows in Ecuador and only in lower elevations. Nacional makes up the smallest percentage of world cocoa beans and are considered a "flavor" bean. Criollo is another "flavor" bean with higher production and grown in a variety of North and South American countries. As with most produce, and very akin to wine grapes, the variety of bean, where the cocoa is grown, the terrain, the growing conditions of the season, and the processing techniques all play into the final composition of the finished bar.

### The Process

As the fruits are harvested (early and late fall and early and late spring), the pulp containing the beans are scooped into buckets. The pulp and beans are fermented in vats and churned periodically until the pulp melts from the bean. The beans are then dried and roasted. The roasted beans are cracked and winnowed (the papery shells are literally blown away), leaving the cocoa nibs which are then put through quality control and shipped from Mindo, Ecuador to Dexter, Michigan. This process then continues in the kitchen, where the nibs are conched in a small machine containing two stone grinders and a spinning bucket, mixed with only two other ingredients, organic evaporated cane sugar and cocoa butter that has been expressed from the same lot of cocoa beans. After conching, the chocolate is then tempered and molded.

### The Taste

As you can see, there are many places along this process where the taste can be affected; even the conching time (which is around 2-3 days) can produce a bright or flat tasting chocolate bar. Just like wine, there are tasting wheels that correlate to tasting chocolate. The cocoa variety, the mix of beans, the harvest, the location they were grown in, the conching and the added ingredients all produce different



tastes. At its best, Mindo Chocolate Makers chocolate has high notes of raspberries and hints of bergamot. Earlier this year I worked on menu's with The Henry Ford and Lone Oak Vineyards to come up with items using a variety of Mindo's products including their 67% & 77% chocolate, nibs, cocoa butter and cocoa powder. While traditional desserts like brownies become out-of-this world amazing with this type of chocolate, there are so many possibilities outside of them such as cocoa butter buerre blanc, a chocolate-balsamic dressing, and cocoa nib meat rubs. Of course, a simple chocolate mendiante with choice nuts and/or fruits or a goat cheese and cocoa powder truffle always make a simple success. Then, start pairing your chocolate with wine, and you've got a whole new reason to get folks to come and eat at your restaurant!

*Mindo Chocolate Makers offer many great ways to add Michigan items to your menu that will add variety and flavor to recipes, entice your customers, give your wait staff something to boast about and should be fun for you and your crew to work with. Barbara and Joe are happy to host groups from 10-15 people at their Dexter facility or simply give them a call and inquire about their bulk products. Visit their website for more information at [www.mindochocolatemakers.com](http://www.mindochocolatemakers.com) or visit Zingerman's Next Door and develop your palette with a full variety of worldly bean-to-bar chocolates.*

*Dawn Thompson owns a year-round, online farmers market, is a culinary professional and a local food advocate. To contact Dawn for assistance sourcing foods or for speaking on local food procurement, call 248-918-9555.*

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Junior Culinarian	High School student, 16–18 years old. \$70
Associate membership	Any group, corporation or company that provides products or services to the culinary profession. \$290
Allied membership	Related culinary professions, such as a nutritionist, dietician, bartender, waiter, restaurant manager or owner. \$220
Culinary Enthusiast	Non-Culinary Professionals. \$150
Property membership	Allows companies or educational institutions to purchase ACF memberships for culinarians at a reduced rate. For more info go to <a href="http://www.acfchefs.org/Source/Membership/Property.cfm">http://www.acfchefs.org/Source/Membership/Property.cfm</a>

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# Ask The Master Chef

BY LEOPOLD K. SCHAEELI, CMC

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## Breads for the Next Century

### The Right Flour

Since bread consists of little more than moistened flour, leavening and seasonings, its character depends largely on the type of flour used. Hard or strong wheat provides the best flour for yeast-risen loaves because it helps create a high percentage of gluten. Gluten is the elastic protein that forms a rigid framework for trapping gases released by the yeast. Breads made with high gluten flours have greater volume and more interesting texture.

Like other wheats and grains, hard wheat can be milled through hot steel rollers or it can be stone-ground the old fashioned way—between two heavy circular stones that coarsely crush the grains. Whole wheat flour (also known as whole grain, whole meal and graham flour) is ground from the entire wheat kernel and is essential to dark breads. Whole wheat flour contains more nutrients than white flour, but has a shorter shelf life.

Ground coarse, medium or fine, whole wheat flour is quite dense and should be mixed with at least one-third white flour in bread making. Flours are also milled from just the wheat germ and bran, although they are too coarse to be used by themselves. When combined with other flours, they contribute a nutty texture to dark breads.

When white hard wheat bread flour is not available, all-purpose flour is an acceptable substitute. This lower-gluten blend of hard and soft wheats is usually enriched with iron, thiamine, riboflavin, niacin and other nutrients to replace minerals lost during the milling process. All-purpose flour is generally bleached, although the silkier texture of unbleached flour is preferred for baking.

In addition to wheat, other grains and plants are ground into flours that add intriguing flavors and textures to breads.

Of these grain flours, rye is the only one capable of developing gluten. The amount is negligible, however, producing a sticky dough rather than an elastic one. For this reason, breads based on grain flours require more leavening and a ratio of at least one-half wheat flour. In addition to rye, the most popular bread grains are oatmeal and white or yellow cornmeal which are flavored for their sweetness and produce a soft crumbly texture.

For a crunchy, nutty texture, replace about one-half cup of flour with precooked whole wheat berried or cracked wheat.

The moist, richly colored barley flour is used in Scandinavian flatbreads. Soya flour, which is made from toasted soybeans, is high in fat and protein and is used to enrich dough. A low-fat soy flour milled from the raw beans is also available.

The percentage of moisture in flour varies according to how it was processed and how it is stored. For this reason, the amount of liquid needed for a bread recipe may change from batch to batch. Mix dry ingredients with just enough liquid to make a soft, pliable dough.

*Continued on page 12*



### Master Bread Dough

**Yield:** 4 loaves; 48 dinner rolls

All-purpose flour, divided	12 cups
Sugar	5 Tbsp.
Active dry yeast (4 envelopes)	9 tsp.
Salt	4 tsp.
Water	3 cups
Milk	1 cup
Butter	4 Tbsp.

Heat water, milk and butter to 115°F. Gradually add mixture to dry ingredients; with electric mixer at medium speed, beat 2 minutes, scraping bowl occasionally.

With spoon, stir in enough remaining flour to make soft dough. Knead on lightly floured surface until smooth and elastic, about 8 to 10 minutes.

Place kneaded dough in greased bowl, turning to grease top. Cover with plastic wrap or moist towel, let rise in warm, draft-free place until doubled in size, 30 to 60 minutes.

Punch dough down; knead 1 minute. Divide into 4 pieces. Shape into loaves and place in prepared bread pans. Let rise again about 30 minutes.

Preheat gas oven to 400°F. Brush bread with lightly salted hot water. Bake 30 minutes or until golden brown. Remove from pans and cool on wire rack.

## Ask The Master Chef: Breads for the Next Century

Continued from page 11

Bread flour absorbs more liquid than all-purpose flour and must be beaten longer to expand its gluten potential.

The shelf life of white flour is one to two years. Transfer flour to a tightly closed container to prevent moisture absorption and store in a cool dark place.

Nonwhite flours should be used within three to four months. To keep high fat flours such as whole wheat, wheat germ, oatmeal and soy fresh, store in the freezer.

### About Breads

Since the dawn of humanity, grains have been the most important food for all humans. Hunters and gatherers chewed

wild grains—wheat, barley, rice or corn. These grains were the staple of ancient diets, but they were tasteless and very tough. Around 10,000 B.C., people began settling in groups and planting their own grain. They ground the grain with stones and cooked it with water to make gruel, which was then dried by the fire or the sun.

Even today flatbreads, tortillas and matzos are often made using this age-old technique.

### A Happy Accident

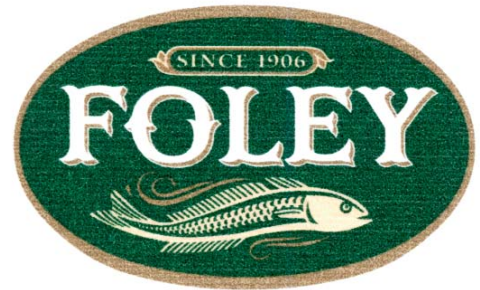
In the first combination of bread ingredients, yeast most likely happened by accident, since wild yeast is found naturally on grape skins and grains. The first wine and beer was made when grade juice or

gruel was not consumed immediately. The yeast then fermented the food into an alcoholic beverage.

It is believed that the first raised bread was made when an alcoholic drink or fermented honey was accidentally added to flatbread dough. As the dough rested it began to rise and, once cooked, the bread was light and tasty—a pleasant surprise.

In 1859, Louis Pasteur, the father of modern microbiology, discovered how yeast “works.” By feeding on the starches in flour, yeast produces carbon dioxide. This gas expands the gluten proteins in the flour and causes the dough to expand and rise.

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## Party in the "D" Fundraiser

We are in the process of arranging a new date for this postponed event. Stay tuned to the newsletter and website for additional information.

## VENDOR SPOTLIGHT

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## MICHIGAN CHEFS DE CUISINE

# Calendar of Upcoming Events



Date	Event and Place	Host	Guest/Topic
Sep. 12, 2011	<b>MCCA Chapter Meeting</b> Bloomfield Open Hunt Club	Chef Kevin Peasgood	James Spear, King Coffee & Tea Services
Oct. 18-19, 2011	<b>Michigan Restaurant Show</b>	Suburban Collection Showplace, Novi (Formerly Rock Financial Showplace)	
Nov. 1, 2011	<b>Application deadline</b> for <i>Leopold Schaeli/Leon Korstjens Award</i> and <i>Kevin Enright Continuing Education Grant</i> . See the MCCA website <a href="#">HERE</a> for details.		

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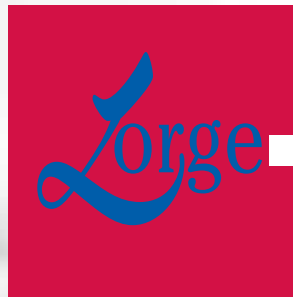
- Marketing plans & programs
- Advertising & promotions
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- Webby Award-winning website design
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- Graphic design & print management
- Menu analysis, engineering & design
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AMERICAN CULINARY FEDERATION

# Stockpot



## ACF Chefs Advance in “Top Chef: Just Desserts”

Congratulations to Megan Ketover, CEPC®, and Orlando Santos, CEPC®, for advancing in “Top Chef: Just Desserts”. The show airs Wednesdays on Bravo.

## Differentiate Yourself

With thousands of chefs competing in the job market, it is essential to prove your culinary competency. Certification through the American Culinary Federation demonstrates skill, knowledge and professionalism to the food service industry. [MORE](#)

## Why Join the ACF?

Boost your culinary career. Gain access to experts in the culinary profession. Stay on top of the latest in culinary arts. [MORE](#)

## WACS Survey for Under 25

Help WACS adapt their programs to the needs of young chefs worldwide by taking this survey. Participants will receive a subscription to the World Chefs Magazine.

## CEC® First Culinary Certification in Nation to Earn NCCA Accreditation

The U.S. restaurant industry continues to recover after several economically challenging years. During this time many find that professional certification is key to maintaining a competitive edge in the industry. Now, professionals who hold the Certified Executive Chef® (CEC®) designation through the American Culinary Federation (ACF) can boast that their certification is accredited by Washington, D.C.-based National Commission for Certifying Agencies (NCCA).

Melissa Murer Corrigan, RPh, president of the Institute for Credentialing Excellence, congratulated ACF, “You can be even more confident that the certification granted will give you the ability to rise above the competition, which is very important in this market.”

## Culinary Educators Questionnaire to Define Professionalism in Culinary Arts

Educators are asked to complete a brief questionnaire to define professionalism in the culinary arts and find effective ways to teach, measure and instill professional values and behaviors. [MORE](#)

## 2012 Award Applications Due Oct. 31

Award applications are due Oct. 31 for U.S.A.’s Chef of the Year™, ACF Pastry Chef of the Year, ACF Chef Educator of the Year, ACF Chef Professionalism Award, ACF Student Chef of the Year, and ACF Hermann G. Rusch Chef’s Achievement Award.

## Eating Like Our Ancestors

It seems the new way of eating is actually the old way, reinvented with the frenzy around diets such as the Paleolithic and raw-foods movement. Read more in August’s “Culinary Nutrition News” sponsored by French’s Foodservice and provided through CCF and Clemson University. [MORE](#)

# Board of Directors & Committee Directory

Published and edited by the Michigan Chefs de Cuisine Association, founded in 1970. The MCCA is a member of the American Culinary Federation and Academy of Chefs of America.

This non-profit publication is dedicated to the future education, training, and advancement of chefs and cooks for restaurants, institutions, and the hotel industry.

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Please no jeans**

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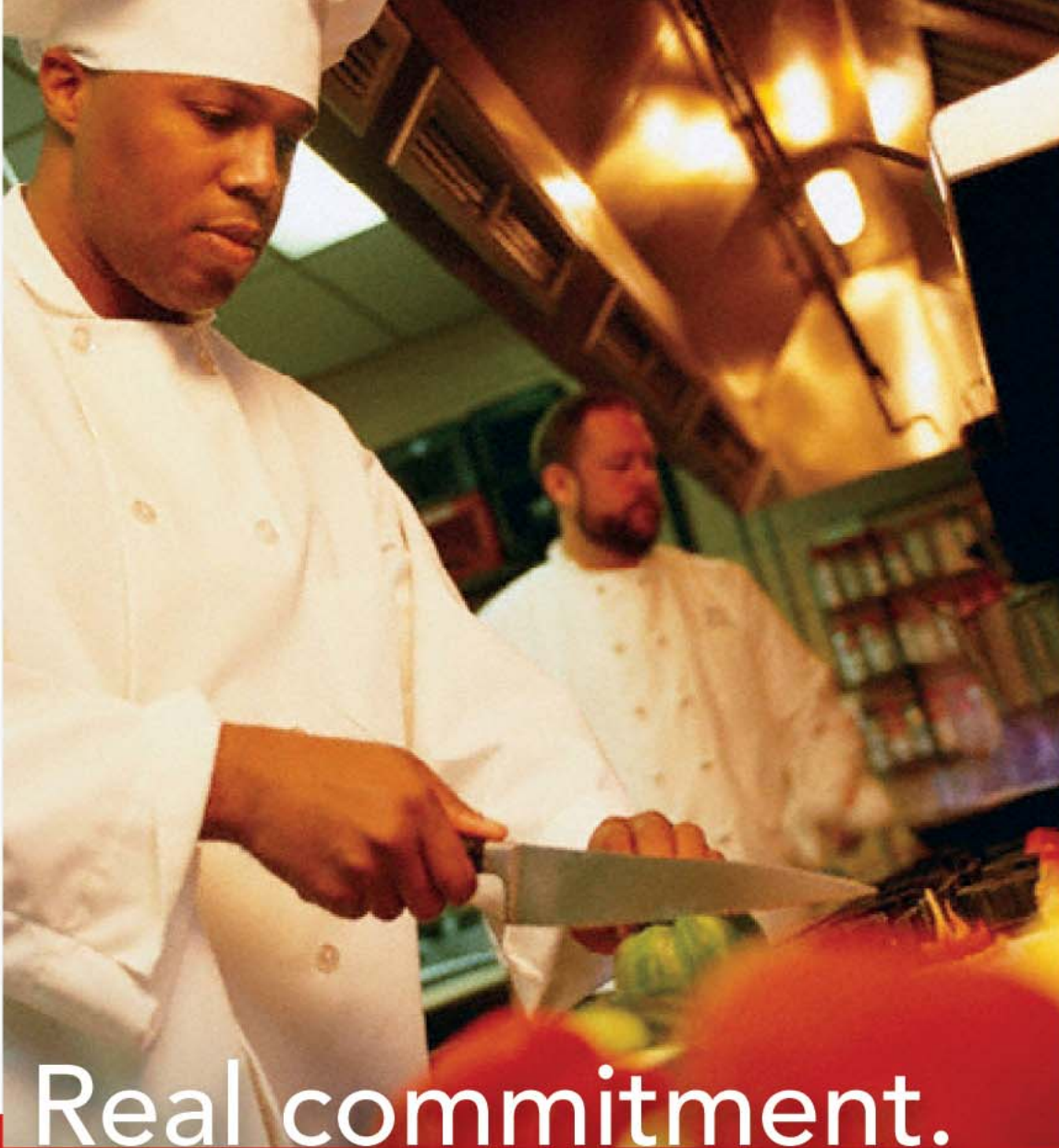
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