



THE SPIRIT OF ST. LOUIS

ACF CHEFS DE CUISINE ASSOCIATION OF ST. LOUIS, INC.

"ON THE CULINARY CUTTING EDGE SINCE 1921"®

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BOB'S SEAFOOD

Learn from an expert... fresh seafood demo and tasting!

SUNDAY, SEPTEMBER 17, 2006

• ST. LOUIS CHEFS WINE COUNTRY BBQ •

MOUNT PLEASANT WINERY, Augusta, MO

A Must-Attend afternoon of Tasting in Missouri's Wine Country!

PRESIDENT'S MESSAGE

"And The Winner Is?"

We have been talking about the National ACF Convention for quite some time, now, and it is finally official. . . Aidan Murphy was awarded the ACF U.S.A.'s Chef of the Year! Our Chefs de Cuisine Association of St. Louis Knowledge Bowl Team, under the tutelage of Susie Hurley and Joe Mueller, captured a gold medal and are the 2006 ACF National Baron H. Garland Knowledge Bowl Champions! Kevin Storm received a silver medal on his cold food display, "East Meets West"; and Rob Hertel and Aidan Murphy were inducted into the American Academy of Chefs during the conference. St. Louis was represented in number and it was very evident to the nation's convention attendees. Congratulations to Chef Murphy, the Knowledge Bowl Team and coaches and Chefs Hertel and Storm!

I enjoyed meeting new people, reacquainting old relationships, being part of the National Board of Governors Meeting and learning more about food. What a great place to learn about our craft! I especially enjoyed some great seminars, on the final day of conference, mainly because the focus was on FOOD and management techniques. Bringing something back to our jobs and especially our chapter makes the experience worthwhile.

One of the best seminars I have ever attended was presented, at the National Convention, by Chef Charles Carroll of River Oaks Country Club in Houston, Texas. He led a seminar entitled, "Finding Time to be Great" from which I will share several of his techniques in coming issues of our newsletter. He brought their High Performance Coach and they both shared some amazing insight on how to "Say NO to vanilla" and color outside the lines on the way to achieving peak performance. I intend on bringing him to town and do a shared meeting next year with our organization, the Club Managers organization and Club Controllers. The three share similar goals, interests and, in my opinion, would equally benefit from this seminar. Look for details early next year.

Coming out of the National Convention, the St. Louis Chapter has plenty to be proud of and build on as we continue towards our goal of Chapter of the Year. To that end, I am looking for someone to head up the "Are You Really ACF?" Committee. This committee will be our guiding force towards Chapter of the Year nomination and with the right leadership; this team of dedicated culinarians could help our chapter stay on track for an outstanding 2007. Anyone interested, please contact me. Also, I will be handing out awards applications for next year so, keep that in mind in the coming months.

Every time I turn around, I am receiving gracious assistance from our fine purveyors; either at work or with chapter related matters. Please take a moment to make reservations for you and your family to this year's Purveyor Day at the Ballpark II. It promises to be a great day of food, family and fun like it ought to be! Get off the bench and join us for a great day to thank our family of purveyors. Again, volunteers are welcome; the more, the merrier. Please contact Susie Hurley if you've an interest in helping out with this event.

Our Dinner Meeting, last month, at Moxy/Chez Leon was an outstanding example of members stepping up to the plate, so to speak, and getting involved. Eric Brenner hosted us and along with the colorful antics of owner Leon Birnbaum, provided us with a delicious evening of food and frolic. Thank you for an exciting evening of food, service and another shining example of the fantastic dining venues in St. Louis.

I wish to say "WELCOME" to our out of town chefs! Your membership in this organization is appreciated and your support of us is especially important. Greeting from St. Louis!

A few goals for us all to embrace by the end of the year:

- 1). I intend to learn how to do PowerPoint presentations (those of you who attended the conference can attest to how much better and more engaging a presentation can be with the aid of PowerPoint) and implement them into our meetings.
- 2). Sign on a new member into our organization and you will be entered into a drawing for a brand new IPOD. Each new member will warrant a chance at the drawing. Isn't it about time YOU invited someone to join us?

3). Our website has proven a welcome addition by many of us. Now we need to eliminate the hard copy newsletters, altogether. The reasons for this are many. We will save substantial money each month by doing away with printing, postage and handling related costs. Nearly everyone has an e-mail address and on-line access in this day and age and it provides our membership with the ability to view and/or print our newsletters, at there, personal convenience. I propose that we either do away with our hard-copy, mailed version of the monthly newsletter, altogether, or have the few who are unable to receive the digital version send us a letter requesting the hard-copy. Help us move forward in this wonderful world of technology and provide you with better communication.

The year is flying by and once the Purveyor's Day at the Ballpark is over, those of us who will be taking and/or teaching classes and/or have children, will be shifting into the start of the Fall school semester. September brings the St. Louis Chefs Wine Country BBQ which, as always, promises a great day at Mt. Pleasant Winery in Augusta and our monthly meeting hosted by Bob's Seafood in their new Olive Street Road establishment.

In keeping with the focus of our newly formed and "work in process" Mentoring Program, we will ask our Sous Chef Mentors and Junior Members to prepare our food offerings for the upcoming, October, State of the Chapter Meeting. Following the meeting, there will be a "dine around" where Sous Chefs and Junior Members cook at "live" action stations. We are still focusing on education and food first! This is an excellent way to highlight some of the area's finest cooks who support their chefs, daily. Time for them to step forward, share their knowledge while mentoring our Juniors. If you are interested in "giving back" and becoming one of the participating Sous Chefs Mentors, please contact Susie Hurley or myself.

Our Chef of the Year Dinner will be in November at the Chase Park Plaza Hotel and will be a dinner not to be missed! Host chef Omar Hafidi and his talented staff will pull out all the stops to assure an excellent time will be had by all in attendance.

Finally, if you missed last month's meeting, we announced that Curtis Reis is now our Beverage Director. He will assist us with procurement, menu pairings, education, programming, and will be a valuable liaison for us with significant segment of our industry that many of us, as culinarians, have typically had limited time and/or willingness to, fully, "absorb". Over a period of time, Curtis' shared expertise and knowledge will enable us to more fully explore rums, bourbons, sherries, fortified wines, wines, tequilas, vodkas, scotches, waters, children's beverages, service aspects and a whole array of other issues that confront us as operators, in our own businesses, each day. Give Curtis your full support and walk through the door of opportunity with him in an effort to make this organization even better.

Thank you all for your efforts!
Chris Desens

MESSAGE FROM THE CHAIRMAN OF THE BOARD

First, I want to congratulate our St. Louis Knowledge Bowl Team for taking the National Title... way to go!

There are so many people I need to thank for all the support and well wishes you have given me this year that I do not know where to begin!

I want to thank The Chapter, as a whole. Sometimes I do not believe people realize what a strong group we are. We come from many different segments within the food industry but we're all willing to help each other in whatever way we can and that's what makes for a GREAT chapter.

At The Convention... Chris, Craig, Kevin, John and JT assisted me with whatever I needed from finding my lobsters, skatewing and special vegetables to getting up at 5.30am to help with mise en place... it takes a team!

My behind-the-scenes coach for both the CMC and the Chef of the Year... Paul, thanks for all those early hours and honest critiques.

My GM, Wolfgang Von Dressler and Judy, his administrative assistant, for their support and help.

My kitchen crew... you guys are great and did nothing but support me even when I got tired and cranky (every @#@@#@# day).

And of course, my ever-lovin' anchors-in-the-storm... my family Cindy, Corinne, Aidan, Austin and Conor.

To each and every one of you many others that wished me well and supported me on my journey... I thank you all because, when it got tough you where, all, the driving force behind me that keep me going.

Thank you!
Aidan P. Murphy

FOOD FOR THOUGHT

"Spread the table and the quarrel will end"
Anonymous *Hebrew Proverb*

CHEF MURPHY'S U.S.A.'S CHEF OF THE YEAR CONTEMPORARY SHEPARD'S PIE RECIPE

4 ea tartlet shells
10 oz lamb stew
1 roasted lamb loin
12 oz parsnip whip potato
4 orders green beans
4 orders minted carrots and turnips

PIE DOUGH

6 oz flour
3 oz butter
1 oz ice water
Pinch of salt and chopped fresh rosemary

Sieve flour and salt add rosemary work in butter to coarse texture add water form dough and let rest 20 minutes

Roll and line individual tart pans and blind bake

LAMB STEW

8 ozs lamb leg meat, small dice
1/2 oz each brunoise of carrot, celery, onion, and celeriac
1 oz chopped onion
1 ea chopped garlic clove
Flour as needed
2 oz clarified butter
2 oz Madeira
1/2 qt white lamb stock
1 ea bouquet garni
Salt and pepper to taste
2 tspn chopped parsley

Dust meat with flour and season. Heat pan and melt butter, sear meat add brunoise of veg, chopped onion and garlic.

Add tomato product slowly work in cold lamb stock to get right consistency add wine and let simmer till meat is tender, reserve.

Right before serving, check seasoning and add parsley.

LAMB LOIN

1 side of bone-in lamb, loin tenderloin removed
Truffle oil, as needed
Steak seasoning, chopped shallots, parsley and rosemary
Salt and pepper

Remove fat cap in one piece and reserve, remove all silver skin, season with steak seasoning, truffle oil, shallots, herbs and salt and pepper replace fat cap and tie, place on rack and cook for 45 minutes in 325 degree oven or until internal temperature is 125 degrees let rest minimum 15 minutes

GREEN BEANS

Top and tail, blanch and refresh, finish with sautéed shallots salt pepper and fresh grated nutmeg.

CARROTS AND TURNIPS

Cook glaze style and finish with fresh chopped mint

CHEF MURPHY'S U.S.A.'S CHEF OF THE YEAR CONTEMPORARY SHEPARD'S PIE RECIPE (CONT.)

POTATO

1 ea potato
1 ea parsnip
1 ea clove of garlic 1 ea small shallot
1 cup of cream
Salt and pepper to taste

Peel and remove core, if woody, then chop parsnip, cut up potato and combine both with shallot, garlic and cream and cook until tender, strain and puree using liquid, as needed, to puree correct seasoning. Reserve

ASSEMBLE OF SHEPARD'S PIE

Fill shell with stew, pipe potato on center of pie top with 3 slices of lamb loin, place beans, turnips and carrot on side and garnish with chervil and truffle oil

WHAT A TRIP!

It was truly an honor and a delight to attend the American Culinary Federation national convention in Philadelphia even though I only was able to stay for three days of the event. It was not my first convention but it will certainly be one of the most memorable. I attended mainly due to my induction into the American Academy of Chefs and it was truly an honor to be inducted and represent St. Louis as well. This is an accomplishment that majority of our members should strive for and can obtain if they so desire and I welcome the opportunity to speak to anyone interested in applying for induction.

Of even greater significance was the competitive nature and success of our chapter. Our Junior Knowledge Bowl Team: John Dahlem, Joel E. Corman, Kendall Uyehura and Richard Braznell under the leadership of chefs Susie Hurley and Joe Mueller did us all extremely proud even though there were tense moments during the competition. They are truly champions and the experience will serve them well. Meanwhile on the other side of the trade show Chef Murphy CMC used all but several seconds of his allotted time during the culinary competition for National ACF U.S.A.'s Chef of the Year.

(cont. page 4)

WHAT A TRIP! (CONT.)

He would be named champion at the Monday evening Presidents Ball and I would learn by telephone of his triumphant victory. Chef Murphy was also inducted into the AAC and judged the national junior hot food team competition. He should inspire us all as he has demonstrated how hard work and sacrifice can lead to success and most importantly personal growth, the ultimate reward. Chef Storm's cold display was exceptional as well and I challenge anyone to drive across country and perform in such an arena.

We are a great chapter and as honored as I am to be inducted into the AAC, I am even more proud of our organization and the accomplishments that we have collectively achieved and the future that we will all be a part of. Chef Desens has grand visions as do many of us about the future of our chapter, the ACF, WACS and the industry that supports all of our efforts. Together we can realize these goals and tomorrow will be an even brighter day if we are all a part of it. GO! St. Louis, Inc.

Respectfully submitted,

Robert Hertel CEC, CCE, AAC

"A CELEBRATION OF OUTSTANDING FOOD & WINE"

On Monday, August 14th, at Bellerive Country Club, nine outstanding St. Louis area Chefs will each prepare a signature dish and seven area Wine Enthusiasts will pair a top quality wine to accompany their dishes.

6:45pm Reception & 7:30pm dinner Jacket & tie for gentlemen with equivalent attire for ladies, please.

\$125. per person (estimated, actual cost of food & wine only!). The event is co-sponsored by ACF Chefs de Cuisine Association of St. Louis & CMAA Wine Society. Please make reservations at 314-434-4400 or csurdy@bellerive.net

JUNIOR CULINARY TEAM TRYOUTS

Tryouts for the ACF Chefs de Cuisine Association of St. Louis Junior Culinary Team are scheduled for Saturday, August 26 at St Louis Country Club at 8:30 am. Tryouts are open to all current ACF Chefs de Cuisine Junior Members and/or those who meet the below qualification and are planning on becoming a Junior Member of ACF Chefs de Cuisine.

Individuals who tryout will be required to demonstrate the following culinary skills and abilities:

- 1). Bone-out a chicken to eight pieces including a supreme cut
- 2). Peel and section an orange
- 3). Small dice and onion
- 4). Tourne potato (four pieces)
- 5). Concasse a tomato

All Juniors should arrive at the tryout promptly and self-contained, with the appropriate tools requisite to perform the above tasks.

By ACF definition, a Junior Member is:

- 1). A culinarian with less than three years full-time employment in the culinary profession, and/or...
- 2). A student enrolled in an accredited post-secondary culinary education program, and/or...
- 3). A registered apprentice as defined by the ACF Apprenticeship Training Program.

For further information contact Chef Paul Kampff at St. Louis Country Club at 314-994-0011.

COLD FOODS CULINARY WORKSHOPS

In light of the recent ACF Junior Culinary Team rules changes and with the upcoming October 2006 ACF Chefs de Cuisine Culinary Arts Competition on the horizon, there will be a series of Cold Foods Culinary Workshops hosted at the Bellerive Country Club kitchen.

COLD FOODS CULINARY WORKSHOP (CONT.)

This will be a great opportunity to learn about the many intricacies of "cold" food and the process involved in taking it from menu selection to presentation plater. The format for the four session workshop will be as follows:

- Session 1... Menu Selection and Theory on Saturday, August 12, 8:00am
- Session 2... Cooking of Product and Menu Revision on Saturday, August 19, 8:00am
- Session 3... Slicing, Glazing, Cleaning and Layout on Saturday, August 26, 8:00am
- Session 4... Layout and Presentation on Saturday, September 2, 8:00am

Chef Storm will host these sessions and has graciously agreed to provide us with the space necessary. This is an excellent preparation for any juniors interested in joining this year's ACF Chefs de Cuisine Junior Culinary Team, coaches, culinarians planning on entering a cold foods display in the October Culinary Arts Competition or, simply, anyone looking to improve their skills and expand their culinary expertise.

Attendance in these workshops is limited and reservations are MANDATORY! Only those committed to attend should sign-up, please. Contact Chris Desens at 314-993-2880 to reserve your participation.

JUNIOR NOTES

Congratulations to our Knowledge Bowl Team for securing first place at the ACF National Convention in Philadelphia! Team members John Dahlam, Kendall Uyehara, Richard Braznell CC, and Joel Corman along with coaches Susie Hurley and Joe Mueller did a fantastic job. Thanks also to Vicki Davenport for her assistance. It was a great team effort and they proved they are the best in the country. What an honor you all earned!

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NOT, YET, A MEMBER? CONTACT CHEF BERNARD AND "GET COOKIN'" WITH HUNDREDS OF ST. LOUIS' FINEST CHEFS, BY JOINING ACF CHEFS DE CUISINE ASSOCIATION OF ST. LOUIS!

US FOODSERVICE FOOD SHOW

Come out and support our Chefs de Cuisine Junior Chefs as they ply their skills demoing their original recipe plated entrees and other preparations utilizing US Foodservice products at the, upcoming, August 23rd US Foodservice Food Show at The St. Charles Convention Center. All Chefs de Cuisine members are invited to attend the 9am - 4pm show. For further info, contact: Phil Earl at 314-991-3162 ext.4381 or phil.earl@usfood.com

DES ALPES METHODOLOGY: MASTER CHOCOLATE WORKSHOP

Albert Uster Imports presents, with special thanks to St. Louis Community College at Forest Park Hospitality Studies Program and ACF Chefs de Cuisine Association of St. Louis, AUI Corporate Pastry Chef Anil Rohira presenting The Des Alpes Methodology Master Class on Wednesday, September 6, 2006 2:00 – 5:00 pm at FPCC. The class is free and open to all Chefs de Cuisine members on a to capacity, by reservation, basis.

Chef Anil Rohira was named one of the 2006 Top 10 Pastry Chefs in the country by Pastry Art & Design Magazine and Team USA Captain and winner of "Best Sugar Showpiece" and "Best Chocolate Showpiece" at the Coupe du Monde in Lyon, France.

As Pastry Chefs, we are well aware that couverture is one of the most important and complex ingredients in a pastry shop.

DES ALPES METHODOLOGY:

MASTER CHOCOLATE WORKSHOP (CONT.)

But how can we be sure we are using couverture to its fullest potential?

The Des Alpes Methodology is a unique testing technique that allows chefs to rate couverture and determine its best qualities and strongest characteristics. It was developed as an objective method to qualify and quantify couverture. Throughout our 40 years in the culinary industry, we have come to know couverture intimately. At Albert Uster Imports, this is an ingredient we work with daily. We have gained the understanding of every single step that is involved in couverture production and the way it translates into the characteristics of the finished ingredient.

Learn the intimate details of couverture from AUI Corporate Pastry Chef Anil Rohira. At Des Alpes Methodology, he will teach you what questions you should ask before trying a new couverture and how to identify its best uses based on its ratio of components. Learn how to identify the flavor profile for each couverture in your shop and to use that profile to create perfect balance in your desserts.

Participation is limited! For reservations or further info, contact Chris Fahnstock, Food Service Consultant at Albert Uster Imports, Inc. at 816-452-8048 or CFahnstock@auiswiss.com

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JUNIOR NOTES (CONT.)

In the same light, we must congratulate U.S.A.'s Chef of the Year Chef Aidan Murphy. Congratulations also to Chef Kevin Storm for his silver medal, and to both Chefs Robert Hertel and Aidan Murphy who were inducted into the American Academy of Chefs. Congratulations to everyone! The Chefs de Cuisine Association of St. Louis, Inc. is represented quite well and is definitely "on the map"!!!!

The Junior Chefs finally had their first "Dining Out" meeting of 2006 this past month. Vicki Davenport started the Dining Out idea when she was Junior President. John Dahlem organized a delightful dinner at Finale in Clayton. Todd Anderson and Tony Dahl put together a delicious menu accompanied with a wine paring. There was a very large turnout and we had a wonderful evening. Thank you John, the evening was a great success.

Looking into this month, the Purveyor's Day at the Ballpark is coming up. Please to attend and assist. You may be called upon to lend a hand. Please try to help in any way you can.

Our next meeting is September 11th at Bob's Seafood. This is an educational meeting and will surly be quite informative. Remember to dress accordingly as there will be refrigeration to take into consideration. Also, please make reservations by calling 314-846-9932 if you plan on attending. That's all for now... Just know, as members of the St. Louis chapter of the Chefs de Cuisine we should all be very proud, especially our award recipients. Way to go!

Barb Ashley, Junior Chef Secretary

**CHEFS DE CUISINE
ANNOUNCES NEW
BEVERAGE DIRECTOR**

I would like to take this opportunity to introduce Curtis F. Reis to those in the Chef de Cuisine Organization that don't know him. Curtis F. Reis is, aka Faraby's husband (BAM Brokerage) aka Mike Lombardo's son-in-law. So right there, you know he has to look up to some pretty short people. Curtis has been in the wine industry since 1982 and traveled throughout the wine regions of Austria, Australia,

BEVERAGE DIRECTOR (CONT.)

California, France, Germany, Oregon and Washington. Curtis has been providing wines in the St. Louis area from Pinnacle Imports for the past six years. Curtis and Faraby have been members of Chef de Cuisine since moving to St Louis in 1996.
Chris Desens

The board has asked me to be the Beverage Director for Chef de Cuisine. I am honored to be the first person to have this title in our organization. I look forward to lending my knowledge and contacts to our organization. I will, call on my many friends, who work for other fine distributorships in St Louis, to lend their hand, as well. This will not limit our beverage selection to one company, whether it is beer, wine, soda, coffee or the latest caffeine beverage. I look forward to seeking out the very best beverage match to make our events even greater. I'm available to assist Chefs, Country Clubs, Restaurants, with food and wine pairings, non-alcoholic beverages, specialty spirits (Single Malts, Bourbon, Tequila etc.), and beverage service.

Chris asked me what a Beverage Director should be and do? These were my answers if there is anything that I may have left out please let me know, as this is all new for everyone.

1. To work with the event Chef and staff that is preparing the menu by matching wines or spirits with different courses.
2. To help with the further education of beverage service.
3. To help educate members about wines and spirits, via seminars or informational direction.
4. To seek the best quality wines from different distributors that compliment the menu while working within budget.
5. To seek product donations from distributors, as needed, for events.
6. To promote the betterment and growth of Chefs de Cuisine in our city.

Vino Veritas,
Curtis F. Reis
Pinnacle Imports
314-249-5238 & 636-532-4994 (Fax)
cbotrytis@yahoo.com

ACF CHEFS DE CUISINE ASSOCIATION OF ST. LOUIS, INC.

5600 OAKLAND AVENUE
ST. LOUIS, MO 63110 - 1393



“ON THE CULINARY CUTTING EDGE SINCE 1921”®

• **PURVEYOR'S APPRECIATE DAY** •

SUNDAY, AUGUST 20, 2006

PURVEYOR'S DAY AT THE BALLPARK II

with the **GATEWAY GRIZZLIES** at GCS STADIUM
2301 Grizzlie Bear Blvd. Sauget, IL 62206
Ph: 618-337-3000

BIG TAILGATE BASH 4:00pm
featuring “Outta-The-Park” Eats and Libation!
FIRST PITCH/GAME TIME 6:05pm

All Chefs de Cuisine Associate Members *and* their staffers & guests are invited to attend as our special guests of honor! All, other, Chefs de Cuisine members and guests are encouraged to come out and show your support for our “GRAND-SLAMMIN” Associate Members! Complimentary V.I.P. Game Tickets are being held and will be distributed to all in attendance at the **BIG TAILGATE BASH...** so, rally “your team” and make your reservations, **TODAY** at: **314-846-9932**

Share the many benefits of joining ACF Chefs de Cuisine Association of St. Louis with your employees, co-workers and fellow culinary students! Please note: Effective June 11th, The Board passed a reduction in the annual cost of Junior Memberships from \$ 105. to \$ 75.!

TO JOIN, or for further information...

download the Chefs de Cuisine Membership brochure off our website or, call Membership Chair Chef Bernard Pilon @ 314-521-0682

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• **UPCOMING EVENTS OF NOTE** •

MARK YOUR CALENDAR, PLAN ON ATTENDING!

**SATURDAY, AUGUST 12, 19, 26 &
SEPTEMBER 2, 2006**

• **COLD FOODS CULINARY ARTS WORKSHOP** •
BELLERIVE COUNTRY CLUB

SATURDAY, AUGUST 26, 2006

• **JUNIOR CULINARY TEAM TRYOUTS** •
SAINT LOUIS COUNTRY CLUB

MONDAY, SEPTEMBER 11, 2006

• **EDUCATIONAL MEETING** •
BOB'S SEAFOOD

SUNDAY, SEPTEMBER 17, 2006

• **ST. LOUIS CHEFS WINE COUNTRY BBQ** •
MOUNT PLEASANT WINERY, Augusta, MO
For more info or to purchase tickets: 636-482-WINE

MONDAY, OCTOBER 16, 2006

• **STATE-OF-THE-CHAPTER MEETING** •
ST. LOUIS COMMUNITY COLLEGE at
FOREST PARK

SATURDAY & SUNDAY, OCT. 21 & 22, 2006

• **2006 CHEFS DE CUISINE CULINARY ARTS •
COMPETITION**
WESTFIELD WEST COUNTY CENTER

SUNDAY, NOVEMBER 12, 2006

• **CHEF OF THE YEAR DINNER DANCE** •
THE STARLIGHT ROOM at THE CHASE HOTEL

SUNDAY, NOVEMBER 20, 2006

• **EDUCATIONAL MEETING** •
WOODFORD RESERVE BOURBON
THE RACQUET CLUB - LADUE

**CALL THE CHEFS HOTLINE @ 314-8469932 AND
MAKE YOUR RESERVATIONS, TODAY!**