



Ala Minute

The News Letter of Arizona Culinary Institute



Spring 2016

PAMPER THE PARENTS

“Pamper the Parents” is an event where high school students in culinary courses can cook a three-course meal in our industrial kitchens for their parents. Students can get a taste of what it’s like to be part of Arizona’s premiere culinary school! The event will be Thursday, April 14th and begin at 7:00 with students arriving at 4:00 to begin prep for the meal. Parents can RSVP online at azculinary.edu/pamper-the-parents-at-arizona-culinary-institute/ or call Lindsey in Student Services at (480) 237-4328.

Meet Our Chefs!

Chef Steven Butler can tell the temperature of a steak five feet across the kitchen. To say he is an experienced culinary wizard would be an understatement. His youthful looks belie a seasoned gastronomic veteran who counts making stocks and seasonings as his major points of pride, and he estimates that he’s probably cooked over 40,000 steaks in his career. Butler has had a love of food since an early age, travelling to Guam, the Virgin Islands, the Philippines, the Chesapeake Bay, and Puget Sound all before age 16. At the age of 24, Butler entered culinary school despite his vast experience in the restaurant industry. Prior to working at Arizona Culinary Institute, Butler worked as a Sous Chef for Ruth’s Chris Steak House, and then went on to Fleming’s where he helped the restaurant develop their legendary Sourdough Bread. Butler became instrumental in the company’s research and development program, and was also a regional chef partner for the establishment’s southwest culinary program. Deep down, however, Butler realized that he always wanted to teach. He jumped at the opportunity to be an instructor at ACI because *“culinary school changed my life. Even for someone who has been cooking for many years this experience taught me so much and continues to open so many doors.”*



Chef Allison Schroeder began her culinary knowledge on a farm in Northern Iowa where it was a 45-minute journey to the nearest grocery store. In the rural environment, Schroeder learned about canning and prepping game animals, and she soon became a member of the 4-H Club and FFA. Her world consisted of livestock judging, dairy and cheese production, and the wholesale and retail aspects of farming and food creation. When Schroeder moved to Scottsdale, where she had family, she finished culinary school in record time by taking both day and night classes. Schroeder had a brief stint in Los Angeles working for a high end event company with massive budgets and candy buffets for celebrities like Will Smith. She soon returned to Scottsdale and has been teaching ever since. “For me, baking is such an art form because it involves biology, chemistry, math, and imagination with flavor and shaping—that I can create with my hands. Bread is alive and it’s a formula that must be followed exactly in tone and temperature.” Schroeder sourced a new sour bread from Desert Garden’s Marketplace that can be traced back almost 300 years to Croatia that is now being served at du Jour. Schroeder relishes the idea of teaching, and just as she impressed her early instructors, she’s always thrilled when a student asks an amazing question. *“I will chase you down with knowledge. I want my students going out into the world and always be questioning. There’s no end to the education you can obtain in the world of food.”*



ACI FEATURED STUDENT Misty Rothrock



Misty Rothrock, our March student of the month, knew she was meant to be at Arizona Culinary Institute the minute she walked through the door. *“I absolutely love it here. I feel like I can be myself and I can really come into my element,”* says Misty. Her love for cooking and making people happy was her reason for deciding to come to culinary school. It was a

challenge to adapt to a full-time student after being a stay-at-home mother for 16 years, but Misty’s family has been very supportive of her dream. *“It was difficult to not be available for my kids full-time because I was always there, but they are constantly encouraging me. They once told me that we couldn’t go anywhere until my homework was done!”* The mother of 4 boys, aged 15, 13, 9, and 6 respectively, previously owned a coffee shop and music venue with her husband in Washington. When asked about how her family likes living in Arizona, *“We are so happy here! I hope we can stay and build some roots.”*



**ACI proudly welcomes
Chef Eric Naddy,
Restaurant Management Instructor**

Chef Naddy is our newest member of the faculty, instructing students in the art of restaurant management. He is 2006 graduate from Arizona Culinary Institute and is pleased to be back on his stomping grounds. Chef Naddy admitted he never considered teaching Restaurant Management and says, "I love it, and I'm so glad this is where I landed. Kicking out future culinarians and giving them the basics of managing a restaurant so they can see the entire picture." Chef Naddy was a late bloomer in the culinary world. He attend ACI at 30 years of age and had never cooked professionally. He came the long way around with a successful career in IT and as a professional poker player. He says, "I like change, I like new things and consistent challenges and learning. These are some of the many reasons why I was enticed to teach. Culinary is constantly in flux, so you never stop learning." Chef Naddy went on to say that he is thrilled to be teaching at ACI. "It's just such a great honor. Being with the students everyday is totally invigorating and the new programs and things we're developing at the school makes it an ideal place to not only instruct, but to learn myself."



**ACI Students at an event at
Desert Mountain Country Club**

Where Are They Now?

- Tyler Romine, '13—Chef/Owner—Terra Nomad
- John Davis, '14—Chef/Owner—John's Culinary Jungle Catering
- Sarah Young, '14—Pastry Cook—Hyatt Regency Scottsdale Resort
- Eric East, '15—Owner—Sweet & Savory Creations LLC
- Mary Haynes, '15—Lead Line Cook—Robson Ranch
- Breanna Ponci, '15—Cake Decorator—Small Cakes
- Bennett Protexter, '15—Line Cook—Sassi Restaurant
- Jessica Orick, '15—Line Cook—Desert Diamond Casino
- Devon Hubbard, '15—Line Cook—Phoenician Resort
- Jason Doyle, '15—Line Cook—Casino Arizona
- Brandon Kreger, '15—Lead Line Cook—Bink's Midtown, Bink's Scottsdale
- Brandon Glasser, '15—Line Cook—Arizona Grand Resort
- Kelly LeSueur, '15—Line Cook—Buck & Rider
- Juan Castanuela III, '15—Sous Chef—Grilled Addiction
- Wondering Donkey Food Trucks
- Gregory Najac, '15—Line Cook—Beckett's Table
- Xavier Carrillo, '16—Roka Akur
- Erika Tuerr, '16—Pastry Chef—Scottsdale Resort at McCormick Ranch

Misty Rothrock article



Cont. from pg. 1

Misty says she was a home cook prior to ACI, but she has *"so much more to learn as far as the culinary world. I'm just trying to absorb it all and learn as much as I can."* During her time at ACI, Misty has enjoyed learning the science behind baking, experiencing the freedom to create in meat fabrication, and learning how to make beautiful cakes in advanced baking. *"I've realized that I don't need to follow a recipe exactly now. I love to make sauces, and when I started to learn how to make these sauces that I've always made as a home cook, it was a complete surprise to me. I had been making sauces forever, but they never tasted as good as when I learned how to add depth and flavor."* Misty enjoys cooking for events and entertaining people. When asked about her future in culinary, Misty's ultimate goal would be to create a destination event center with her husband to cater special events. In the meantime, she hopes to work in the industry after school to gain experience.



**How-To
with Chef Maccherola**

"I feel that using a neutral oil (fat) that has a high smoke point is the best for sautéing or searing. You can find heart-healthy oil, such as grape seed, avocado, or walnut oil. By using a neutral oil, I feel that the real taste of the product you're cooking comes out. Other oil will hide the true flavor of the product."



COLA BARBECUE SAUCE

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|--------------------------|---|
| 3 cups ketchup | ¼ cup Mustard |
| 1 cup chili Sauce | 1 ½ cups cola |
| ¼ cup brown sugar | ¼ cup demi glace |
| 1 med onion minced | |
| 4 clove garlic minced | Mix all ingredients together and simmer for 1 hour. |
| 2 tsp cayenne pepper | |
| 2 tsp black pepper | |
| ½ cup molasses | |
| 1/8 cup red wine vinegar | |

Arizona Culinary Institute's on-campus du Jour Restaurant is already renown in the valley of the sun for its gastronomic excellence and impeccable service from the school's next generation of outstanding chefs, but with the addition of **Jim Baker**, the French fine-dining restaurant has decidedly raised its game.

Baker began his restaurant career as a waiter at the Steak and Ale Restaurant in South Bend, Indiana, which quickly led to joining the management team. After his oldest daughter was born, he decided to leave the management fast-track and returned to Tippecanoe Place Restaurant, a lavishly appointed 19th-century manor offering traditional American dining and Sunday brunch buffet. *"I realized at that moment that I wanted to be a professional server, and that has informed my career decisions to this day."* Baker's next career move landed him at the Summit Club at the Phoenician in Scottsdale, working with ACI's own Chef Christopher Wolf. When the opportunity came to run ACI's du Jour, Baker couldn't refuse. As a Level II Sommelier, Baker brings outstanding wine knowledge to ACI, and he is also a Hospitality Grand Master with the Federation of Dining Room Professionals (FDRP). *"I really believe that classically trained culinarians make the best servers. You're actually a tour guide to tastes and flavors, and the stories and language behind food and wine that makes for a memorable dining experience."*



Letter from the Executive Chef

Happy Spring everyone! As April approaches ACI is getting ready to close down for spring break. But, before we head out for a week, I wanted to take a moment to catch you up on all the delicious details here at the school.

For the second year in a row, on Saturday, March 19th, we headed out to Tonopah Rob's Vegetable Farm to help Rob with another farm fundraiser dinner. ACI president Chef Robert Wilson, myself, and about half of the teaching staff volunteered their time to cook out on the farm. We used produce directly from the farm and cooked a wonderful meal for about 60 guests. The tables were set-up outside, and the guests dined as the sun set behind one of Arizona's beautiful mountain ranges. We concluded the evening with several desserts made from the Tangelos fresh from Rob's trees. As a foodie and a passionate culinarian, how can you beat an evening like that?

ACI's Modernist Cooking Club is getting ready to have another round of meetings. We'll be meeting on Thursday, March 24th from 2:30-4:30 and then again on Saturday, March 26th from 8am until noon. As we did last time, the Thursday meeting is more of a planning and strategizing meeting, while the Saturday meeting will be for more in-depth experimentation and cooking. At February's meetings, we played with foams, sous vide, egg cookery, purees, spherification, fluid gels, modern plating techniques, and few other things. It was really cool to see the students take ownership of their projects and succeed in a more "self-directed" atmosphere, and only using the instructors to answer a few questions along the way. The cost to join is \$25 annually. Once you've paid you're in for the year...as many meetings as you want!

We are sad to report that Chef Emily Smith has left ACI. Her and her husband moved across country, so she had to say goodbye to the ACI family. Chef Smith is a gifted chef and a wonderful teacher. She will be greatly missed at the school. To fill the void, we have hired Chef David Smoake to join the team. He is very accomplished in both baking and pastry and culinary arts and we are very excited to add him to the staff. Good luck Chef Smith. We love and miss you! Hello David Smoake, and welcome to the team!

Du Jour is now closed for dinner service for a few months, but lunch hours are the same as always. Don't forget about that lifetime student discount!

Enjoy the last few months of cooler temperatures before summer rears its ugly head and all the kitchens across Arizona begin to feel like giant ovens. Take care of yourselves and take care of each other. Never forget that as cooks we are all part of a very important community together, and it's important that we always stick together. We are a family!

Chef Christopher Wolf, CCC, CEC, CSW, CPI
Executive Chef Arizona Culinary Institute



Grilled Shrimp on Sugar Cane Skewers

- 1 (12- inch) batons sugarcane, cut into 24 (5-inch long and 1/4-inch wide) skewers
- 12 jumbo or extra-large shrimp, peeled and de-veined
- 1/4 cup firmly packed brown sugar
- 4 tablespoons butter, cut into 1-inch cubes
- 1/4 cup dark rum
- 1 tablespoons Dijon mustard
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon ground cloves
- 1 tablespoons rice vinegar
- 1table spoons pineapple juice
- 1/4 teaspoon black pepper, or more to taste
- Pinch kosher salt, or more to taste

Trim off the ends of the sugarcane and cut them into skewers. Rinse the shrimp under cold running water and then drain and blot dry with paper towels. Skewer the shrimp on the sugarcane. Be careful not to injure yourself the skewers are sharp.

Place the brown sugar, butter, rum, mustard, vinegar, cinnamon, cloves, pepper, and salt in a Stainless steel or ceramic saucepan and bring to a boil over medium to high heat. Reduce the heat to a simmer and continue to cook until the mixture is thick and syrupy, about 3 to 5 minutes.

Taste for seasoning, adding salt and pepper as necessary. Set aside a small amount of the glaze to be used for dipping the cooked shrimp. The recipe can be prepared up to 1 hour ahead to this stage; keep the shrimp in the refrigerator, covered. The glaze can be kept at room temperature.

Preheat the grill to medium. Brush and oil the grill grate. Place the shrimp kebabs on the hot grate and grill until cooked, 2 to 3 minutes per side. Generously baste each with glaze once before turning and once before removing from the grill. The shrimp will be firm and white when cooked through. Serve the reserved glaze as a sauce on the side.



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Arizona Culinary Institute



ACI Launches Molecular Gastronomy

Arizona Culinary Institute is launching a new program for its' current students and alumni! "This is a great opportunity for our students to dip their toes into the miraculous world of molecular gastronomy," says Chef Chris Wolf. He and Chef Steven Butler are spearheading the Club and intend to build it around what the students envision it to be.

The class is open to all ACI students, all ACI graduates, and current employees of the school. Meetings will be held approximately once a month, with a Thursday prep/strategy session, followed by a Saturday workshop.

A social media page has been created to support the club and to allow communication between members. Please search **ACI Modernist Cooking Club** on Facebook so you don't miss out on any details.

An annual fee of \$25.00 is required to join. That entry fee will get you into as many meetings in 2016 as you wish. The funds will go toward purchasing of supplies and equipment. We look forward to this new endeavor and addition to our extracurricular activity.

Chef Wolf said, *"I do not believe that Modernist Cuisine or Molecular Gastronomy should be viewed as a trend, nor do I think that it should go away. I believe that the BEST chefs out there are well versed in both classical and contemporary techniques. I do not believe that a chef should ONLY use classical or ONLY use modern techniques. The 2 styles complement each other well and that is the way to go. Escoffier himself would be using all the techniques, ingredients, and equipment available if he were alive today. Neither style should eliminate the other...they should be used in unison!"*



Chef Tracy DeWitt with Desiree Reger-Izard with her Fellowship project

Restaurant hours
Lunch-11:30-12:30
Monday
Tuesday
Wednesday
Thursday
Friday
To reserve, call
(480) 603-1066

Dinner
We will not be serving dinner
at du Jour for the summer.
Dinner will resume in
September.



2016 Start Dates

April 11 (AM/PM)
May 23 (AM)
July 11 (AM/PM)
August 22 (AM)
October 3 (AM/PM)
November 14 (AM)



We have a student job board!
Students and alumni can see
what culinary opportunities are
available by going to
acijobfinder.com. You can also
see Sue Lane in Career Services



Have financial aid questions?
Kathy and Pam are here to help!
If you are thinking of applying to
ACI, fill out a FAFSA at
fafsa.ed.gov to get a start on your
enrollment.