Arizona Institute

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 preparatory 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. Each flavor 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.”

Meet Our Chefs!

Chef Steven Butler can tell the temperature of a steak with his tongue, and the size of a pepper by simply touching it. He is an experienced culinary wizard who counts making stocks and sauces 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, traveling to Guam, the Virgin Islands, the Philippines, the Chesapeake Bay, and the Bahamas before age 16. At the age of 24, Butler entered culinary school and despite his vast experience in the restaurant industry, Prior to working at Arizona Culinary Institute, Butler worked as a Sous Chef for Rusty’s Steak House, and then went to his Fleming’s where he helped the restaurant develop their legendary Staubourd Breeze. Butler became instrumental in the company’s research and development programs 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 many years this experience taught me.”

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 Las Vegas 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—something 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 like her early instructors, she’s always trying to be better. “I will chase you down with a question. I want my students going out into the world and always be questioning.”

Pamper the Parents” is an event where high school students in culinary courses can cook a three-course meal in our industrial kitchen. To reserve, call Lindsey in Student Services at (480) 237-4328.

Meetings will be held approximately once a month, with a Thursday prep/strategy session, followed by a Thursday dinner. Parents can RSVP online at azculinary.edu/pamper-the-parents at (480) 237-4328.

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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 love that this is where I landed. Taking out future culinarians and giving them the basics of managing a restaurant is one area where we can add the entire picture.” Chef Naddy was a late Bloomer in the culinary world. He attended ACI at 30 years of age and had never cooked professionally. He came on the long way around with a successful career in IT and as a professional poker player. He says, “I’m change, I love 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 all the school makes it an ideal place to not only instruct, but to learn myself.”

Where Are They Now?

Tyler Romine, ’13—Chef Owner—Terrain Noma

How-To with Chef Maccherola

Misty Rothrock article

Cont. from pg. 1

Misty says she was a home cook prior to ACI, but she has “no more cooking for fun, but 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 meal fabrication, and learning how to make delicious foods 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 reached as a former cook, it was a complete surprise to me. I had been making sauce 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 good 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.

Grilled Shrimp on Sugar Cane Skewers

1 (12-inch) burger-sized sugar cane, cut into 24 (5-inch long and 1/4-inch wide) skewers 12 jumbo or extra-large shrimp, peeled and deveined 1/4 cup firmly packed brown sugar 4 tablespoons butter, cut into 1/4-inch cubes 1/4 cup dark rum 1 teaspoon Dijon mustard 1/4 teaspoon ground cinnamon 1/4 teaspoon ground cloves 1 tablespoon rice vinegar

Trim off the ends of the sugar cane 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 overcook the shrimp or it will lose its texture and color. Misty recommends baking the shrimp using a neutral oil, I feel this is the same as always. Don’t forget about that lifetime student discount!

How-To with Chef Maccherola

I feel that using a neutral oil (fat) that has a high smoke point is the best for searing or broiling. You can find heart-healthy oil, such as grape seed, avoado, 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.”

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ACI Students at an event at Desert Mountain Country Club

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

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ACI Students at an event at Desert Mountain Country Club

Where Are They Now?

Tyler Romine, ’13—Chef/Owner—Terron 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
Breeanna Poncho, ’15—Cake Decorator—Small Cakes
Benjamin Protexter, ’15—Line Cook—Sassi Restaurant
Jessica Orick, ’15—Line Cook—Desert Diamond Casino
David Hubbard, ’15—Line Cook—Phoenixian Resort
Jason Doyle, ’15—Line Cook—Casino Arizona
Brandon Kreger, ’15—Line Lead Cook—Bink’s Midtown
Bink’s Scottsdale
Branden Glasser, ’15—Line Cook—Arizona Grand Resort
Kelly LeSuere, ’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 Carillo, ’16—Roka Akar
Erika Tuer, ’16—Pastry Chef—Scottsdale Resort at McCormick Ranch

Misty Rothrock article

Cont. from p. 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 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 meal 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.

ACI’s Modernist Cooking Club is getting ready to have another round of meetings. We’ll be meeting on Thursday, March 24 from 5:30-9:30 and then again on Saturday, March 26 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, specification, fluid gels, modern plating techniques, and few other things. It was really cool to see the students own ownership of their projects and succeed in a more “self-directed” atmosphere, and only using the instructions to answer a few questions along the way. So come to join us at 755 annually. Once you’ve paid you’re in for the year…as many meetings as you want.

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.”

Cara Collelbbe Sauce

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

Grilled Shrimp on Sugar Cane Skewers

1 (12- inch) banana sugar cane, cut into 24 (5-inch long) and 14-inch wide) skewers
12 jumbo or extra-large shrimp, peeled and deveined
1/4 cup firmly packed brown sugar
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1/2 cup dark rum
1 tablespoon Dijon mustard
1/4 teaspoon ground cinnamon
1/4 teaspoon ground cloves
1 tablespoon rice vinegar
1/4 teaspoon rice vinegar
Stable spoons pineapple juice
1 tablespoon brown sugar, or more to taste
Pinch kosher salt, or more to taste

Trim off the ends of the sugar cane 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 sugar cane. Be careful not to injure yourself the skewers are sharp. Place the brown sugar, butter, nutmeg, 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 on the hot grill grate until cooked, 2 to 3 minutes per side. Generously brush 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.

ACI’s Grilled Shrimp on Sugar Cane Skewers

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 Tempeh Haci’s Mexican Food to help Haci with another farmer’s fund-raiser drive. ACI President Chef Robert Wilson, myself, and about half of the teaching staff volunteered to make the food for the event. We served produce directly from the farm and cooked a wonderful meal for about 60 guests. The tables were set-up outside, and the guests dined by the sun 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 not be a fan of an event like that?

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We are so proud 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! Dujour 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 always stick together. We are a family!

Chef Christopher Waal, CCC, CEC, CSW, CPI Executive Chef Arizona Culinary Institute
ACI Launches Molecular Gastronomy

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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 gastrocinician who counts making stocks and sauces 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, traveling 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 programs 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 changing 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 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 flour and shaping—that is something I can create with my hands. Bread is alive and it is 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 the 1700s. As she impressed her early instructors, she’s always thrilled when a student asks an amazing question. “It’s so exciting when you are teaching students going out into the world and always be experimenting. There’s no end to the education you can obtain in the world of food.”

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