



Congratulations to the ACI Junior Culinary Team for winning a Silver Medal at the Robert Bland Salon State Junior Culinary Competition. The competition was held on Friday at EVIT in Mesa, Arizona. Each student was in charge of a different recipe (with an emphasis on Escoffier originals). What makes this extra special, is that, opposed to other teams that competed last year and have been practicing for a year, our team members all started culinary school five months ago! To be competition ready in that amount of time is phenomenal. Team members are: Team Captain- Kevin, Donna, Matthew, Nicholas, and Rennetta. Special thanks to Chefs Phil Sayre, and Glenn Humphrey for their time and dedication to teaching the team what they needed to be on top .

Congratulations to ACI Alumni Faith Wipperman on her Gold Medal Award and "Judge's Choice" Award at the Robert Bland Salon Culinary Championships. While Faith was picked as the ACF Student Chef of the Year last year, this year she participated in the Professional Division. Her winning dish was a pan seared duck breast w/ duck cipolota, risotto, tourneed root vegetables, garnished with microgreens and an apple vinaigrette. We are going to see great things from Faith- and ACI is proud to be her culinary school!



The Accrediting Commission of Career Schools and Colleges (ACCSC) announced that **Arizona Culinary Institute (ACI)** received the 2009-2010 **ACCSC School of Excellence Award** during its 2010 Professional Development Conference in Philadelphia.



The ACCSC established the School of Excellence Award in 2008. The award recognizes schools for their commitment to the expectations and rigors of ACCSC accreditation and for efforts in maintaining high-levels of achievement among students.

"We are grateful that ACCSC has acknowledged ACI's efforts of compliance over the years and will strive to continue to maintain exceptional levels of achievement," said Robert E. Wilson, President & Co/Founder of ACI. "It's an honor to be recognized by such a prestigious organization. The staff, faculty, students and alumni are to be commended for their talents and successes," said Wilson.

Arizona Culinary Institute's programs have been accredited by ACCSC since 2007



2010 ACI Junior ACF Culinary Team
Robert Bland Salon
State Junior Culinary Competition



Menu

Paupiette of Sole Farci Florentine

Orange Baby Lollo Rosa Salad with Parmesan Cracker
Pickled Watermelon Radish & Candied Pecans

Poulet Sauté ala Catalane
Cipolata Sausage
Broccoli and Tourne Root Vegetables

Brandied Bread Pudding

Port Wine Poached Pear with Cinnamon Ice Cream



2010 ACI Junior Culinary Competition Team



Kevin Theisen



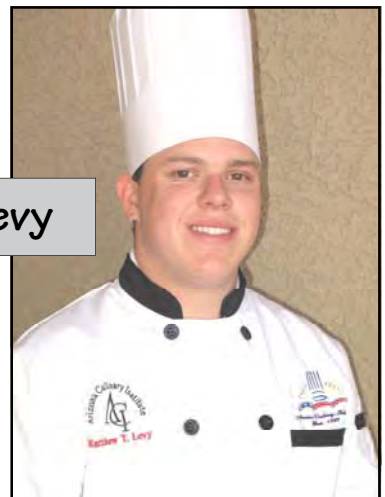
Donna Esposito



Nicholas Schaus



Matthew Levy



Rennetta Sanchez





FIELD TRIP



STUDENT SPOTLIGHT

Arizona Culinary welcomes full scholarship winner Justin Richardson. Justin participated in the C-CAP program and culinary competition (which he won) through his high school, in Payson. Students were all asked to make Hunter Style Chicken, Tourneed Potatoes, and Crepes with Pastry Crème and Chocolate Ganache. Justin's culinary school teacher drove him down to ACI every week to meet with Chef Humphrey to sharpen his skills.

Justin is no stranger to the culinary field. His father was a sales rep and is now the district manager for Sysco Foods. Justin really began thinking about a culinary career at the age of 11 or 12. It was the thoughtfulness of a British nurse that started it. Justin spent a good deal of time in the hospital as he had a form of leukemia- ALL. As he kept relapsing, he spent lots of time in the hospital watching the Food Network. His British nurse kept bringing him scones, which led him to think "If I make it out of here alive, I am going to culinary school." Justin thought that he had pulled through, thanks to a bone marrow transplant. But, at the age of 13, he went into kidney failure as a result of all of the chemo and radiation he had endured. Once again, with the help of a kidney transplant, he survived!

Shortly after, he began to work in an Italian restaurant in Payson, where he worked for 4 years. At the age of 16, the owner became ill and his wife literally threw Justin the keys and said "Run the restaurant". While he said that it was a lot of pressure, they made it through and the restaurant is still doing well today. Justin graduated this past spring from high school but needed to put off joining us for a few months while he had his leg broken and re-straightened to correct improper growth from his chemo. Despite that surgery, just a few months ago, Justin is finally here, realizing the dream that he has had since he was eleven years old- to go to culinary school!

When asked what he would like to do in the future, he said " I just want to be comfortable, I don't want to be rich, or on TV, but maybe I'd like to open my own restaurant- something with an upscale cowboy theme." There is no doubt, that Justin will have great success, given what he has overcome just to get here. We are honored to have presented Justin with a full scholarship to Arizona Culinary Institute.

Arizona Culinary Institute welcomes **Chef Santos Villarico**, who recently joined us from Le Cordon Bleu at Scottsdale. Chef Villarico will be teaching our Advanced Cuisine class, which cooks daily for our restaurant guests.

Chef Villarico was born in the Phillipines, but moved here 32 years ago. He worked at the Fairmont Princess Resort for seven years before teaching at LCB (formerly Scottsdale Culinary) for eleven years. Chef Villarico is really enjoying teaching here with the smaller class sizes, as well as the camaraderie that is shared, particularly at family meal time every day.

Chef Villarico has wowed the students with his incredible vegetable and fruit carvings. He became fascinated with the art and enjoys sharing about the background of some of the artists from Thailand. Those artists originally were skilled in carving ivory and wood. As tourism slowed down, they took their talents to the restaurant kitchen.

What advice would he give to students coming into the industry ? "Humble yourself, be willing to learn- never stop learning until they close your coffin. When you practice a skill, don't practice with mediocrity, or that is the type of food you will serve. And lastly, don't settle for excuses !"

Students from Chef Wolf's Basics class took a fieldtrip to Page Springs Cellars near Cottonwood, Arizona and to Fossil Creek Creamery in Strawberry, Arizona last Sunday. The first stop was the winery, where students were treated to a tasting of "members only" wines. Afterwards, the group made their way over to Fossil Creek Creamery. The owners graciously demonstrated how to milk the goats as well as how they make their famous line of goat cheeses. These are just a few of the fun extracurricular activities here at ACI, that add to a culinary education.



Congratulations to four ACI students and alumnae for placing in the top ten finalists for the Nestle's Professional- Minor's 100% Natural Chef Contest. The competition took place on July 31st here in the Arizona Culinary kitchens. Over \$3,300 in prize money was awarded .

- 2nd place- Cord Chatham '06 Grad- L'Auberge Sedona
- 3rd place- Faith Wiperman '09 Grad- Lon's at the Hermosa
- 5th place- Justin Richardson- started at ACI in November



**Insight
Childhood Obesity
From Chef Rebecca Chazan**

As a mother of five children, it is truly my passion to expose children to new and healthy foods. So many children are picky eaters that only want typical kid cuisine of macaroni and cheese, chicken fingers, and high fat, sugary foods. According to Michelle Obama's website, www.letsmove.gov dedicated to fighting childhood obesity, one in three children are overweight or obese. There are a combination of factors that contribute to this. One of the main reasons, are unhealthy eating habits. Clearly, television media and advertising influences children's choices and their requests of their parents.

One study found that 36% of advertisements during children's programming were for fast food (Outley & Taddese, 2006). Another study proved that while children were watching food commercials during TV programs they were automatically triggered toward them to begin snacking. To the tune of 45% more food when exposed to food advertisements. (Harris, Bargh & Brownell, 2009). Research clearly shows that advertisements for fast food restaurants influences children and what they ask their parents to buy. (Hastings, 2003).

What can be done to counteract those negative influences? (Moreno, 2009)

- Cut back on kid's time spent interacting with media, such as television, to increase their time spent on other activities, such as playing outside, and reduce the number of unhealthy food messages received.
- Teach young people how to understand and interpret advertisements.
- Talk to children about how advertisements can influence their food choices.

Although, children are influenced by the media, their parent's exposure to that advertisement is perhaps the biggest influence on what they eat. The unfortunate thing is that parents are very often struggling to get dinner on the table after a long day of work. It is easy and inexpensive to go through a drive through to pick up dinner. Making healthy, nutritious meals does not have to be costly, it just requires planning on the parents part. This is where we, as chefs, and food and beverage employees have the opportunity to help.

Regardless of your political affiliation, Michelle Obama's Let's Move initiative is attempting to reduce childhood obesity within one generation. Her goal is to "empower parents and caregivers, provide healthy snacks in schools, improve access to healthy and affordable foods, and increase physical activity in children. This cannot be accomplished just by legislators. It will take all of our help. Mrs. Obama has put out a call to chefs across the country to get involved by adopting a school in their community to help improve the health of students. Chefs and schools that are interested in being paired up can sign up on the website. Let's Move.gov suggests some ways for chefs to help educate both parents and children on how to eat healthy such as speaking at the schools, providing healthy snacks for open houses, teaching cooking classes, planting a garden, organizing a school cookbook, working with the student council on ways to change the existing school food program, and leading an after school cooking club,

Childhood obesity is a growing problem that is only going to increase unless people answer the call to help by getting involved. You can read more about the program and sign up at www.letsmove.gov.



References:

Harris, J, Bargh, J & Brownell, K (2009, July 28). Priming effects of television food advertising on eating behavior. *Health Psychology*, 4:404-13

Hastings, Gerard, Martine Stead, Laura McDermott, Alasdair Forsyth, Anne Marie MacKintosh, Mike Rayner, et al. (2003), "Review of Research on the Effects of Food Promotion to Children," final report prepared for the Food Standards Agency. Glasgow, UK: Food Standards Agency.

Outley, Corliss and Abdissa Taddese (2006), "A Content Analysis of Health and Physical Activity Messages Marketed to African American Children During After-School Television Program- ming," *Archives of Pediatrics and Adolescent Medicine*, 160, 432-35.

Moreno MA "Nutrition and media literacy" *Arch Pediatr Adolesc Med* 2009; 163: 680.

Retrieved on July 7, 2010 from www.letsmove.gov

DECEMBER 10, 2010 GRADUATES

Kristopher Adams
Allan Aminev
Jamie Ashcraft
Simon Askenazi
Stefanie Bejarano
Eileen Bewley
Debra Bigler
Joshua Bomar
Sarah Bungenstock
Edwin Scott Conner
Aaron Curtis
Jean-Paul du Plessis
Sydney Dye*
Sanford Goldstein
Steven Reed Grittman
Damon Hargis
Robert Hasbun
Staci Herndon*
Abbie Hesselius*
Tyler Jans
Jason King
Steven Lee
Christopher Lowder
Elizabeth McKenzie
Esteban Medellin
Jennifer Metz

Monica Monarrez
Todd Morgan*
Bradley Nelson
Sara Nielson
Justin Norell
Deidre Olson
Monica Payan
Tandy Peterson*
Richard Philhower
Maurica Rogers
Michael Romano*
Carissa Rupe*
Emilou Savage*
Talia Schaal
Luke Schoberg
Jason Showalter
David Slusher
Jay Bruce Stawicki
Michael Tarrats
Juan Theorine*
Mark Tieffer*
Mark Trotter
Andres Trujillo
Raul Vargas, Jr.
John Wagstaff
Zachary Waters
Karen Welch



Congratulations to ACI student Drew Nochta for winning a \$2500 academic scholarship from the National Restaurant Association. Drew's scholarship is sponsored by Rachael Ray's Yum-o! organization. This scholarship is awarded to outstanding High School students. Drew began the process which included writing several essays at the end of his senior year of high school as he knew that he wanted to fulfill his dream of attending culinary school.



ACI had the pleasure of a visit by Farmer Casey Stechnij of Superstition Farms and Chef Jennifer Johnson of Udder Delights (Superstition Farms' kitchen). Superstition Farms is a dairy farm . . . Casey and Jennifer

brought delicious samples from their famous ice cream bar, Udder Delights, for the students and staff to sample. Their mission is to show visitors what daily life is like on a working family farm. They also wish to show the public that a modern dairy operation is environmentally conscious and each team member who works there is totally and lovingly dedicated to the care, comfort, and health of every animal. They are hopeful that a visit here will be entertaining, educational and above all, memorable.

* HONORS GRADUATE (4.0 GRADE POINT AVERAGE)

STUDENT SPOTLIGHT



Rebekah Quintero began classes at Arizona Culinary Institute in July. You may have noticed her as our student caretaker of the ACI Herb Garden or volunteering for any number of projects. Rebekah is 19 years old, and she and her husband have a 1 ½ year old daughter. She was home schooled throughout junior high and high school and obtained her GED upon completion. She chose to further her education at ACI based on her love of cooking and to set an example for her young daughter. Rebekah grew up locally in Gilbert, Arizona. Her love of gardening started at a very young age. In elementary school, she was a member of the

gardening club which grew herbs and vegetables and donated them to the Open Arms center for the homeless. She can remember the director of that organization always being in awe upon receiving these fresh ingredients from the garden instead of the usual donations of canned goods.

Rebekah has a passion for baking, particularly cakes and is hoping to open a café with an emphasis on desserts. She is excited about learning new techniques, particularly those involving new cultures, here at ACI. After culinary school, Rebekah wants to seek employment at a Country Club and anticipates coming back often to visit her instructors to share her proud accomplishments !



Congratulations to Nicholas Schaus who won the "Build a Better Burger" recipe contest. He decided to do a google search on recipe contests

and found the burger contest on www.betterrecipes.com. His winning recipe consisted of rendered bacon fat and minced bacon in his burger mixture. He then topped it with a grilled apple, brie cheese, iceberg lettuce, Dijon, and mayo on a home-made potato bun. The winning prize ? A whopping \$1,000 ! Students, make sure to check our recipe contest board regularly- you never know when you might be the lucky winner.

ACI Chefs Recipes

Arizona Culinary Institute
Chef Glenn Humphrey, CEC, CCE

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.



Arizona Culinary Institute
Chef Christopher Wolf, CCC, CCE, CSW

Oysters with lime vinaigrette

Quantity Ingredient

1 dozen Fresh oysters
2 T. Champagne Vinegar
1 Small shallot, minced
1 T. Zest of lime, minced
8 T. Vegetable oil
To taste salt & pepper

Instructions

1. Shuck oysters
2. Combine vinegar, shallot, and lime zest
3. Whisk above mixture into oil to form vinaigrette
4. Lightly season with salt and pepper

Arizona Culinary Institute
Chef Christopher Wolf, CCC, CCE, CSW

Asparagus with Hollandaise Sauce

2 pounds asparagus, the thicker the better
2 tablespoons salt (for boiling water)

Bring about 6 quarts of water to a rapid boil in a covered pot large enough to hold the asparagus. Cut the bottom section- usually about 1 to 2 inches off the asparagus stalks with a sharp knife. Peel the asparagus by laying them flat, one at a time, on a cutting board. If the asparagus are thinner than 1/2-inch, use a vegetable peeler and peel the asparagus starting at the base of the tip and peeling them all the way down to the base, eliminating the fibrous peel and revealing the pale green flesh. If the asparagus are very thick or woody, use a paring knife and start peeling from the base. When ready to cook, toss the salt into the boiling water and carefully lower in the asparagus. Turn the heat to low and simmer the asparagus, uncovered, until the spears are easily penetrated with a knife, usually after about 5 minutes but from 1 minute for very thin asparagus to 12 minutes for the very thickest. If serving cold asparagus, plunge the hot cooked asparagus into ice water or rinse under cold water in a colander. Pat dry.



(Continued on page 7)





Meet Teri Garver

Admissions Director Arizona Culinary Institute

Arizona Culinary Institute welcomes Teri Garver, as our new Admissions Director. She comes to Arizona Culinary Institute with 7 years of vocational education admissions experience and is excited to help bring continual growth to ACI. Her passion for students and excitement about seeing them attain their culinary dreams makes her an excellent addition to our team. Her advice to the students, "if you truly want to be a chef, stay focused and don't let anything stop you from achieving your goal."

Teri was raised in Ohio and moved to Santa Fe, New Mexico after college, where she developed her love for the Southwest. Teri spent her early working years in the restaurant industry primarily in the front of the house. At an early age, Teri was introduced to alternative medicine and the benefits of healthy cooking. Organic whole foods remain a staple in her household which she shares with her husband of 26 years. She and her husband like to watch Anthony Bourdain and Chopped, now with even more excitement as she embraces the culinary school environment!

(Continued from page 6)

Hollandaise Sauce

4 egg yolks
 1 tablespoon freshly squeezed lemon juice
 1/2 cup unsalted butter, melted (1 stick)
 Pinch cayenne
 Pinch salt



Vigorously whisk the egg yolks and lemon juice together in a stainless steel bowl and until the mixture is thickened and doubled in volume. Place the bowl over a saucepan containing barely simmering water (or use a double boiler,) the water should not touch the bottom of the bowl. Continue to whisk rapidly. Be careful not to let the eggs get too hot or they will scramble. Slowly drizzle in the melted butter and continue to whisk until the sauce is thickened and doubled in volume. Remove from heat, whisk in cayenne and salt. Cover and place in a warm spot until ready to use.



Administration

Robert Wilson-President and Co-Founder

Peggy Janik-Controller

Kathryn Flynn-Financial Aid Director

Glenn Humphrey CEC, CCE-Placement Director

Teri Garver- Admissions Director

Paula Radke -Registrar

Susan Huitron-Receptionist

Pamela Olson-Financial Aid Planner

Roberta Kleeberger-Admissions/Student Services

Rebecca Chazan-Admissions

Michael Meckstroth -Admissions

Markko VanDunk -Admissions

Faculty

CHEF RANDALL FOOTE, CEC

Basic Baking

CHEF NIELS KNUDSEN, CEC

Basic Culinary Arts I & II

CHEF SCOTT MEYER

Advanced Baking & Showpieces

BRUCE SANDGROUND

Management Hospitality - Nutrition

CHEF PHILIP SAYRE, CEC, CCE, WCC, CPI

Meat Fabrication / Saucier

CHEF MATTHEW MATTOX, CCC, CS

Restaurant Operations-du Jour Restaurant

CHEF CHRISTOPHER WOLF, CCC, CCE, CSW

Basic Culinary Arts I & II

CHEF SANTOS VILLARICO, CEC, CCE

Advanced Cuisine-du Jour Restaurant

du Jour Restaurant



Chef Matthew Mattox, CCC, CS, FMP
Advanced Operations Instructor / du Jour Restaurant

Leadership

As we look into 2011, we start our year examining the concept of leadership. Leadership, a critical management skill, it is the ability to motivate a group of people toward a common goal. At the most basic level, a leader is a person who rules or guides or inspires others. As Chef de Cuisine, you will be the leader of the kitchen. During the coming year invest time finding ways that you can become a better leader.

5 Great Leader Qualities

The following are five vital leadership skills that good leaders possess. The more you make these skills a part of your discussions and part of your routine, the more your leadership skills will develop.

• Integrity

Integrity means honesty and more. It refers to having strong internal guiding principles that one does not compromise. It means treating others as you would wish to be treated. Integrity promotes trust, and not much is accomplished without trust. Integrity (or lack thereof) is reflected in thinking, attitudes, and actions. People can't directly see your level of integrity, but they judge it pretty accurately on a gut level based on your actions and your words.

• Communication

The chief complaint of employees in nearly every organization of all types, whether large or small from any industry segment, is "lack of communication." Communication in the context of leadership refers to both interpersonal communications between the leader and followers and the overall flow of needed information throughout the organization. Leaders need to learn to be proficient in both the communication that informs and seeks out information (gives them a voice) and the communication that connects interpersonally with others.

• Coaching and Development

Developing others is an important role for a leader. Encouraging others to expand their capabilities and take on additional assignments is part of the leader's responsibility. Leaders who feel threatened by the capabilities of others are challenged in this area.

• Adaptability

Adaptability and flexibility in not being bound by a plan are important success factors in leadership today. The leader must move easily from one set of circumstances (the plan) to the next (the plan is not going as expected) and take them all in stride, even when the circumstances are unexpected. The good leader has to embrace change and see it as opportunity.

• Teamwork

No one person can do it all. That's why a team, comprised of others with different skill sets, is essential. A leader must know how to build and nurture such a team. A good leader knows when to be a leader and when to be a follower. The best leaders are good followers when that's what is needed.



Mignardise (mi-gna'r-diz)

Congratulations to

ACI graduate,
Michael Tarrats on
his tryout for Fox's
Hell's Kitchen.

Michael just had his third interview with the Hell's Kitchen team, which included video taping. Michael was fortunate to have received the very first call back here in the Phoenix area. An open casting call was held on November 18th at the Hard Rock Café, where he submitted his application and some fun photos. Michael is waiting to hear if he made it through the last hurdle and should have some news by the end of December. We wish you luck Michael and hope you are on your way to Los Angeles.



Coming in 2011

Introducing Family Gala nights in 2011. Once every three week session, we will hold a Thursday evening dinner for family members of the Advanced Cuisine class. A five course fine dining dinner complete with Champagne will be served. Cost will be \$25. Invitations will be sent out with more information.