November 2026



# ala Minute Newsletter

Arizona Culinary Intitute

## FALLING INTO A RHYTHM




## A Taste of What's Inside:

Chef Spotlight
Honoring Our Veterans
Student of the Month
Open House
Upcoming Events and Holidays
From Our Kitchen to Yours...
Around the Table

# Spotlight on Chef Coopey

Director of Education & Placement/Chef Instructor




Chef Erin Coopey is a cookbook author, culinary educator, and Food Network Guy's Grocery Games champion whose career has taken her from professional kitchens to television studios and classrooms. She has appeared in more than a dozen televised cooking demonstrations and developed recipes for restaurants, wineries, magazines, cookbooks, and online publications.

Her passion for food and culture shines through her hands-on cooking classes, where she has explored cuisines ranging from Cuban and Moroccan to Hungarian and everything in between. Equally comfortable teaching knife skills or classroom theory, Chef Coopey brings real-world experience, culinary creativity, and a healthy dose of humor to her students.

As Director of Education and Career Services at Arizona Culinary Institute, she loves helping aspiring chefs discover their talents, build confidence, and turn their passion for food into rewarding careers.

**What inspired you to become a chef?**
**I've always loved cooking for friends and family. In my mid-30s, after deciding to leave my career in event management, I finally took the leap and pursued my dream of becoming a chef.**

**What is your first food memory?**
**I remember my mom making blueberry muffins with wild blueberries we picked together while camping. It's a memory that brings together family, food, and the joy of being outdoors.**

**If you weren't a chef, what would you be doing?**
**I'd be a travel writer, exploring new places, discovering different cultures, and sharing stories through food and travel.**

**What is your signature dish?**
**Poulet à la moutarde, a classic French chicken dish served in a rich, creamy mustard sauce. It's comforting, full of flavor, and always a favorite.**

**What can't you live without in the kitchen?**
**A fish spatula! It's one of those simple tools I reach for all the time. Once you have one, you wonder how you ever cooked without it.**

**What is your favortie concept/lesson to teach?**
**I love teaching people about wine and food pairing. There's something magical about finding the perfect combination of flavors and discovering how they elevate each other. It's more than one plus one equals two—it's one plus one equals five!**

*"Strong verbs, short sentences."*
*~ Bernadine Healy*



# Honoring Our Veterans

**Arizona Culinary Institute would like to thank all our veteran students for their service to our nation.**

*Angel O.*

*Dawn D.*

*Teresa H.*

*Adina H.*

*Amiya H.*

*Kevin M.*

*Aliyah S.*

*Jose S.*

*David B.*

*Teresa B.*

*Kayla D.*

*Juan A.*

*Niles T.*

*Chantel T.*

*Travis W.*

*James W.*

*Cha'Ron W.*

# Thank You for Your Service!



# November Student of the Month

*Hello, my name is Lizzy Bray. I'm 18 and just started the last few classes of culinary school. I have a love for all things pastry and a drive to learn everything I can about culinary arts.*

**What is your favorite thing you have learned to make?**

*The chocolate dragon sculpture. It has a lot of detail you were able to focus on.*

**If you could only eat one thing for the rest of your life, what would you choose?**

*Steak au poivre*

**What was the hardest dish to learn?**

*Definitely the sugar sculptures. The sugar is very temperamental, especially with humidity. It can be very hot and hard to shape because of that.*

# Our next Open House is December 12!





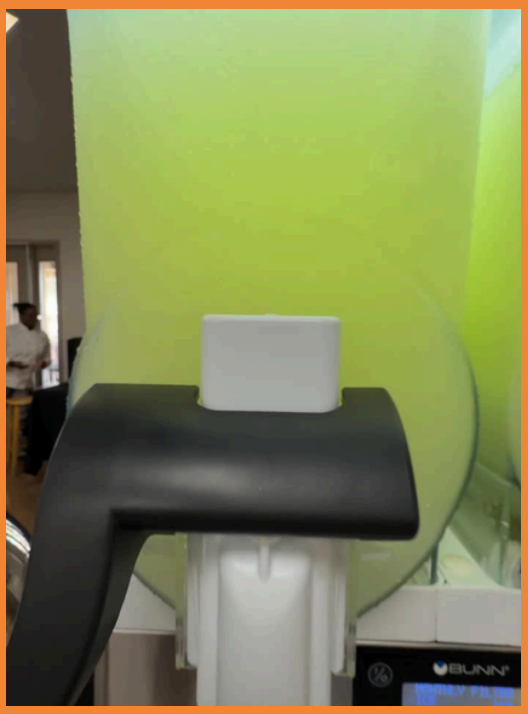

On December 12th, we will open our kitchens to prospective students and their families! Come meet our amazing instructors and picture yourself as part of our up and coming chefs who will no doubt change the culinary world for the better!

Link to Register













## Upcoming Events and Holidays

*November 11: Veteran's Day (ACI and DuJour are closed)*
*November 26 and 27: Thanksgiving (ACI and DuJour are closed)*
***December 4: Graduation (DuJour is closed)***
*December 21-January 3: Winter Break (DuJour is closed)*



*"Where there is cake, there is hope"*



*From Our Kitchen to Yours...*

# Pumpkin Bread

**Yield: 1 gallon**

**Servings: Approximately sixteen 8-ounce servings**

## Ingredients

- 1¾ cups all-purpose flour
- 1 teaspoon baking soda
- ½ teaspoon baking powder
- ½ teaspoon salt
- 1½ teaspoons ground cinnamon
- ½ teaspoon ground nutmeg
- ¼ teaspoon ground ginger
- 2 large eggs
- ¾ cup granulated sugar
- ½ cup packed light brown sugar
- 1 cup pumpkin purée
- ½ cup vegetable oil
- ¼ cup milk
- 1 teaspoon vanilla extract
- ½ cup chopped pecans or walnuts, optional

## Instructions:

1. Preheat the oven to 350°F. Grease and flour a 9 × 5-inch loaf pan or line it with parchment paper.
2. In a medium bowl, whisk together the flour, baking soda, baking powder, salt, cinnamon, nutmeg, and ginger.
3. In a large bowl, whisk the eggs, granulated sugar, and brown sugar until combined.
4. Add the pumpkin purée, vegetable oil, milk, and vanilla. Whisk until smooth.
5. Add the dry ingredients to the pumpkin mixture. Stir just until combined. Do not overmix. Fold in the nuts, if using.
6. Pour the batter into the prepared loaf pan and spread it evenly.
7. Bake for 55–65 minutes, or until a toothpick inserted into the center comes out clean or with a few moist crumbs.
8. Cool in the pan for 10 minutes. Remove the bread from the pan and transfer it to a wire rack to cool completely before slicing.

**Storage:** Keep tightly wrapped at room temperature for up to 3 days or refrigerate for up to 1 week.

# Around the Table



















