

ON THE FRONT BURNER

ST LOUIS CHEF'S DE CUISINE NEWSLETTER

Presidents Letter: Y2k

As we say goodbye to fireworks and settle into the St. Louis summer heat, we prepare for the last half of 2019. We do our best to keep perspective, looking forward while looking back at how we got here. It seems like yesterday we were turning the pages on a new millennium in fear of the unknown gremlins of Y2K. Nearly twenty years later, we have all endured change, growth, and challenge. Who would have thought way back then that the St. Louis Blues would be crowned Stanley Cup Champions?!? Learning to adapt, overcome and persevere TOGETHER, as a culinary community and chapter of professionals has given us all a map for success and path towards our future. Soon we will meet that future as we prepare to usher in the year 2020 (can it be real?). How will we tackle the future? Stay tuned, stay plugged in and stay connected to your chapter- reach out, reach in and enjoy the ride.

Voting for our three chef of the year candidates concluded recently. Congratulations Chefs Mike Bush and Bart Philips on being voted to cook at this year's Chef of the Year Challenge on Sunday, September 15. The board is currently accepting applications for Junior Chef of the Year candidates. If interested and eligible, complete the application on our chapter website and prepare to put your name on the list of prior Junior Chefs of the Year.

While we are on the topic of junior members, if you are a junior member and are interested and eligible please consider trying out for our Knowledge Bowl or Student Culinary Team, both of which will compete at next year's ACF National Conference. Being part of these teams is a great way to learn, meet others and build your resume. Keep an eye out on our ACF chapter website and email blast for more details.

Mark your calendars now to help us celebrate our chapter partners at the annual Purveyor Appreciation Night, on (day of week, August XX) at 360 Rooftop Bar At The Hilton At The Ballpark. Come out and support those who support us all year long.

Enjoy your summer!

Chef Chris Desens

Golf Tournament- RESCHEDULE

Don't Forget to Sign up for the 11th annual Sebastian Murabito Memorial Golf Tournament.

We have all been effected by the rain the summer; whether it be from less rounds on the golf course, to less outdoor diners or simply less foot traffic. Lets get out there as a chapter and support this great cause and enjoy some golf with our fellow members. For more information please visit our website.

Monday, August 26th
The Quarry at Crystal Springs golf course

TO REGISTER please contact either: Brian Jennings at bwjennings17@gmail.com or Anne Horton at Anne.Horton@pfgc.com

<https://acfchefsdecuisinestlouis.org>

Chef to Child

Cultivating Young Cooks is August 17th at the Missouri Botanical Garden.

I would like to invite everyone to bring their families and join us at the fun filled garden party. If you have ever wanted to milk a goat, make mozzarella cheese, eat a bug, or learn more about bees this is your chance!

We are in need of a pastry chef who would do a “bean to bar” chocolate demonstration.

Chef and Child is partnering with the American Heart Association to bring nutritional, healthy cooking to children and families in St Louis schools. We will be involved in after school cooking classes, monthly cooking demonstrations and in parent organization presentations about healthy meals on a budget.

We need volunteers who are interested in helping with these and other programs chef and child are involved with in the



Purveyor Appreciation

Rooftop 360 on August 14th from 6pm to 8pm

Similar to our survivor party, this event is a casual event meant to celebrate making it through a busy summer season. This time we are highlighting all of our amazing purveyors who support our individual organizations and Chefs de Cuisine chapter. Instead of just taking business or placing your order, come out and talk to your purveyors for who they are, amazing passionate people.

1 S Broadway St. Louis, MO 63102

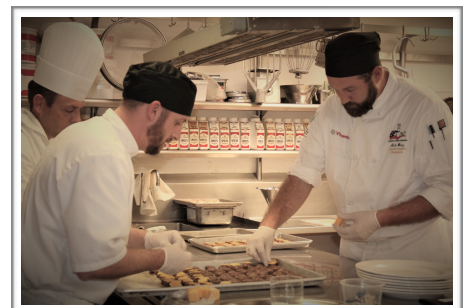
Cost is \$30 for an appetizer buffet and beer/wine. \$35 for guests. Purveyors are no charge.

Please RSVP by August 12th.



Competitions

The chapter will be hosting its annual fall competition at September 14th and 15th. This weekend features many formats of competitions for all skill levels, certifications (need enough applicants), chef of the year battle royal and jr. chef of the year battle royal. Have any questions or ready to submit your form? Contact Chef Wade Bruhn and reserve your spot: WadeBruhn@live.com



Top 10 Trends Shaping the Industry???



Visit <https://www.chefhero.com/blog/trends-shaping-the-restaurant-industry-in-2019> for full article on trends

Sustainability

Guests care about our planet and they're showing up with their wallets to prove it.

Restaurants are responding by making sustainability much more than a buzzword. Many restaurateurs are going the distance by implementing more eco-friendly processes, and as a result are saving on costs too.

From using renewable energy and reducing food waste (also a huge drain on your profit margin) to recycling water and sourcing from local farms, restaurants are realizing the value in being more sustainable.

Vegetarian and Vegan Options Go Mainstream

How many of your friends have raved to you about The Beyond Meat Burger?

If you've ever sat in at a restaurant that serves this, you may have heard expressions like:

"It tastes just like real meat!"

"If you dislike the taste of meat, chances are this isn't a good vegetarian burger for you."

Try our quinoa burger instead." "I didn't think I'd like the taste of a veggie burger, but this is amazing!"

Whether it's psychological or flavour-based reactions, people are raving over this new meat alternative. In fact, taste is now seen as the major driver for US consumers choosing meat alternatives, with millennials are leading the charge.

The Expansion of Global Flavors

From tangy and complicated flavors in Filipino dishes to new favorite dishes like harissa hailing from the Middle East and Africa, guests' preferences are spreading into new global regions.

In particular, sauces such as s'chug, pomegranate molasses, toum, labneh and tahini are finding themselves in more and more dishes. Keep an eye on the Balkans too as another region ready to make their way into an array of food and drink offerings.

<https://acfchefsdecuisinestlouis.org>

Peak Fermentation Takes Hold (And Other Healthy Ingredients)

From kimchi and kombucha to house-made pickles and sauerkraut, fermented foods are having their moment. Guests are increasingly [looking for the least-processed foods](#) while also seeking probiotics that offer benefits for their immune systems. As a restaurant owner, don't be afraid to get nerdy with the science behind the "healthy gut" trend. Your guests are seeking more adaptogens in their diets—or [ingredients that offer multiple benefits](#) ranging from stress relief to boosted energy.

Farm to Table continues going Next Level

More and more, restaurateurs are going the extra mile by engaging in custom farming. These days, they're planting specifically for new menu development. Not only do guests want healthier options, they want to understand how the food gets to their table including where it's sourced. Guests want restaurant owners to be intentional about how they source their ingredients because they know (and can taste) the impact on their plates and their palettes.

Snacks and Small Plates=Micro-Dining Experiences for Guests

Nearly one third of guests teens to young adults have reported of buying a snack in the past two days. That's a lot of snacking, especially among younger guests.

This trend towards snacks and smaller bites should nudge you to reconsider your menu to capture a big slice of guest traffic that is clearly out there for the taking.

More Drinks Go Nitro

The nitro trend has already hit the beer and coffee markets, to the delight of many guests. Who doesn't love that smooth, creamy texture in their cold brew?

Restaurateurs should get ready for the nitro craze to spread to [other beverages like teas and kombuchas](#). More and more diners are seeking enriched experiences within otherwise traditional moments, such as their daily coffee. Nitro offers just that.

Lighter, Modern Packaging for Improved Food Delivery

With the rise of GrubHub and UberEats, consumers have dived head first into the convenience offered by these new food delivery services.

There was a need to create better holding vessels for travel as well as for new restaurants and catering businesses constantly on the go. Lighter insulated cambro containers are all the rage. Notice you what your driver is caring next food delivery you get to the house.

The Rise of Machines in Professional Kitchens

From front-of-house to back-of-house, more and more technology is available to streamline operations and help staff become more efficient and better able to improve the overall experience for guests.

The takeaway here is simple: restaurants that fail to adopt this rising tide of tech will have a tougher time competing with restaurants that embrace it.

Grab and Go Becomes the Norm

Balancing guests' desire for quick, frictionless access to healthy and high-quality food options alongside personalized and professional dining experiences isn't easy. The best restaurant owners are figuring out a way to do both.

With the rise of options like Amazon Go, drone delivery, and other [app-based checkout services](#), restaurants are facing new competition like never before. In many ways, it feels like a "if you can't beat 'em, join 'em" situation.

Smart restaurant owners would be wise to pay attention to this trend and offer similar options for guests alongside the traditional model, without compromising their unique brand.

<https://acfchefsdecuisinestlouis.org>

Job Opportunities

Below are our most recent job opportunities. Please visit our website for a full list of jobs, descriptions and their contact information at STLCHEFS.org

Ronnie's Ice Cream

40 year old custom ice cream and sorbet maker looking for full time person to be trained to make our products. Mon-Fri 7:30AM - 4:00 PM. We do not work evenings, weekends, or any of the major Holidays. Send resume to rr2qzl@gmail.com or call Ron E. @ (314) 962-0094. Leave a message if no one answers.

DMR Events Inc.

We're currently interviewing Chefs & Cooks, offering premium rates based on experience. With us you work as an independent contractor, so you're your own boss!

DMR not only provides some of the highest rates in the city, we also offer flexible shifts, day time schedules, weekend shifts and there is no cap on the number of hours you can work per week.

If you're a Chef or Cook seeking a part-time or full-time job contact us today at 1-800-611-9550 with any questions or simply go to www.dmrstl.com to apply. Once we've received your submission our recruiter will contact you immediately with the next steps.

Executive Chef Mission Hills Country Club, KS

-Championship Golf Course

-Annual food sales \$1.4MM; Total F&B Sales \$2.1MM

-Club maintains 2 kitchens, has 2 sous chefs, 1 pastry chef

-557 Members

Executive Chef for New Restaurant Concept (Union Station STL)

-Responsible for the consistent preparation of innovative and creative cuisine of the highest quality, presentation and flavor resulting in outstanding guest satisfaction.

-Additionally responsible for the smooth running of the kitchen and manage areas of profit, stock, wastage control, hygiene practices and training within the kitchen.

-For additional information or to submit resumes contact Russel Cunningham at RCunningham@LHMC.com

Knowledge Bowl & Hot Food Teams

Are you a junior member? Do you love learning new things that will help further your career? Do you want to meet new people who enjoy the same things as you? You should start thinking about joining the knowledge bowl team or hot food team. The new season will be starting before you know it! Tryouts will be sometime late September or early October! Check the newsletter for any updates!



Questions about knowledge bowl you can contact head coach Chef Lauren Sitar at lauren.anni717@gmail.com.

Questions about hot food team you can contact Chef Scott Schieble at bogeyclubstl.com

The Junior Hot Food Team is looking for passionate, dedicated and driven coaches to lead the team to victory! If you have any interest, please contact Chef Scott Schieble.

Membership

Welcome to our New Members!!

Kirstin L Hillenburb

Linda R McGovern

Recently Renewed Members, thank you for your continued support!!

James Flemming

Jamica Hubbard

Anthony Lyons

Brian Menzel

Casey Shiller

Patrick Tague

<https://acfcchefsdecuisinestlouis.org>

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Andre's



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Sunfarm Food Service



Tony's Family Farms



US Foods



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THE PURVEYORS WHO
SUPPORT ACF
NATIONALLY

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Company, Ford Hotel and
Restaurant Supply, GSI
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