

ON THE FRONT BURNER

ST LOUIS CHEF'S DE CUISINE NEWSLETTER

Presidents Letter

Our officers were sworn in and we hit the ground running. We quickly pulled together our governing body and met to determine our course of action for the coming term. Our main goal as a board was to set meetings one hour before our chapter meetings, set policies and procedures to assist in board transition and be consistent for our members.

Policies and procedures are a living document. We continue to update them as changes are made. The next goal was to set a yearly calendar and post it on our website. That one came together quickly and our 2019 calendar is already on our website (we will also have copies at our hospitality desk with our sergeant at arms. This is our road map for the year. Post it at work, plug it into your work calendar and place it on your refrigerator at home. Make a point to check in, make a point to be involved.

The next step was to work closely with each committee chair to determine goals and follow up on progress. This is challenging as we are a board of volunteers and folks are busy. We know, however, that we volunteered for these positions for a reason and accept the responsibility of being held accountable for our actions and progress to our membership and each other.

We had a busy year of activity. Our chapter continues to be visible in our culinary community and community at large. Margaret Grant led the charge once again with our Chef & Child initiative, touching countless children and parents in the community with the mission of healthy eating and knowing where our food comes from. If you ever want to know what she does or where she spends her time, please contact her and volunteer- it is the experience of a lifetime you will carry with you. Between chapter meetings, Mardi Gras, AAC dinners, golf tournaments, ACF conferences, culinary teams (Knowledge Bowl/Hot Food) and competitions, Purveyor Appreciation, Cheftoberfest and our annual Chef of the year Gala....we all keep busy standing behind the legacy of our historic ACF chapter and continue the charge to make it the best it can be. It takes many people to stand behind our chapter and we appreciate the hard work of our officers, board and committed members and chapter partners who make this an outstanding chapter and who continue to give us all reason to belong to something very special.

WE appreciate the opportunity to serve you and look forward to many more exciting and outstanding events in the coming year.

Culinary regards,

Rather than create an updated Year-In-Review, I felt it appropriate to look back before we look forward.

This was my message last year at this time. It's time to elect a new set of officers and give them the same support you have given us during the past two years. We need folks to step up and get on the ballot and also step up as members of the board. Chef Anthony Lyons has agreed to chair the election committee. Please give careful consideration to being part of our continued growth and success.

We have had our share of challenges as a board and chapter this year. TWO rained out golf tournaments to name a few. Many thanks to Anne Horton and Brian Jennings, among the many other chefs who prepared food (twice), others who donated products and others who signed up to assist.

We are on the doorstep of 2020. It's time we made significant changes to how we govern our organization. In this day and age of being 'connected' through the many paths of technology, it sure feels as though we have become less so as a chapter. Maybe it's time to rethink our operations and speak the language of 2020. Time is the new currency, so we need to value how we spend it.

We will hold on tight to what has been done, who we are as a chapter and the legacy that has been built through our 90 years as a chapter. Maybe we all take a step back, be part of the change and create a new opportunity to advance our chapter and profession. Are YOU up for the challenge? Are WE up for the challenge?

Chef Chris Desens

<https://acfchefsdecuisinestlouis.org>

Chef of the Year

Congratulations to Chef's Luke Miller and Logan Christenson

Another fantastic weekend of ACF competitions were held at South County Technical School. While judges said the scoring was close, there could only be one winner in each of the battles. Congratulations to Chefs Luke and Logan. They practiced, trained, performed and prevailed. The chapter is very proud of your accomplishments. Honorable mention goes out to Chef's Jared Kershaw and Mike Bush for their stiff competition and hard work.

Thank you's go out to Chef Wade Bruhn and South County Technical. With their help and planning, the chapter was able to pull off the logistics for this competition.



Cheftoberfest

The St. Louis Chefs Cheftoberfest will be held in October 13th from 1:00pm-3:00pm at the Anheuser Busch Biergarten.

More than a dozen chefs will prepare their versions of Cheftoberfest fare, each with a toast to the season, the festival and Anheuser Busch's portfolio of beers. This venue can easily hold of 300 people so invite any and all your friends and family. For an affordable price you'll be able to taste these chef's seasonal fare and wash it down with one of our city's favorite beers. Money from this event goes to supporting our chapter educational and culinary student teams.



Certification

Interested in finally certifying?

The chapter is looking for willing chefs to hold this event. With enough interest, there may be opportunity for a certification this coming fall. If interested or if you have any questions, please contact Chef Wade Bruhn and reserve your spot: WadeBruhn@live.com



Chef Scott Schieble's Journey to Nationals

I would like to say thank you to the St. Louis Chefs de Cuisine and St. Louis Chefs de Cuisine Educational Foundation for the support they gave to me for the National Competition. It was an honor to represent these two outstanding chapters.

Luke miller and I gave it everything we had. We left it all out there. It may have not turned out the exact way we wrote it up, or did it?

Whether it was 1st, 2nd, or last we achieved the most important goal. WE LEARNED, We made ourselves better cooks. We learned what it takes to prepare for a national competition. We elevated our discipline. We had fun doing it. Well as much as you can. We represented our fine chapters that supports us in elevating our careers.

I've been with the chapter for 15 years. And without the chapters and the Chefs in it, i would not have the knowledge that i do today. I owe a big thanks and look forward to helping the chapter grow and give back, like the previous Chefs gave of there time.

A big thank you to Chef Brian Bernstein for going through hell with me. Could not have done it without you. Chef Murphy and Chef Dan. Thank you always for the advice, critiques and knowledge. Chef Bob, for the hard work and running a great tight ship.

Lastly, Chefs Chris for being such a great leader, not only in the Chapter but as a person.

Chef Scotts Thoughts Before the Competition

As we are just taking off from STL, I'm thinking here we go, its time!

It's time to go and cook, time to go, and let go of everything that I've worked on relentlessly for months. Years! It's exciting, its peaceful to be in the kitchen. i more run. It's pure energy to say, leave it all out there. To pour everything into this i competition. To use every resource, to do the homework that gets us ready. The research,

The practicing, the calls, the studying of when lamb is ready, aged enough or needs more time. This to me seems like the first time i can say, every ounce of energy went into this. Well maybe regionals to. But , hey this is it. The stage is set. It's not about a national stage, no different than any other one.

I say when you can look into someones eyes and see the passion, the focus, the scars, the sweat that someone poured into competition at any level, it's special.

Cannot wait!

I've leaned so much from this one already,

I can see it. This one left a permanent mark on me. Cooking its simple yet so challenging. Without the right tools and the right knowledge you're just a cook.

To continue to pursue more knowledge or different skill sets, is joy. To continue to climb.

Why does that sauce taste like that. To caramelize the meat properly, to use the fond. Why roast meat on the bone. Why glaze vegetables at the last minute and then sell. It's all about the little things.

Hey, what the crap is lacti ferment. Ahh, utilizing a different salt in a recipe. Wow. So simple.

And the support behind me, keeps me shooting higher and higher. Where is the end.? Without the teamwork and friends helping on this, it certainly would not be this special. It's an event for all of us. We all got to learn on this. We all got a little better. The small circle.

The ones that love what we do. Its special, words cant describe all of it. Its a feeling, it's aiming to be the best me. Does not matter about the other competitors.

Educational Meeting



Innovative Creations with Savory Pastry Basics

**ACF Saint Louis Chef de Cuisine
Meeting - South Tech High School
Sunset Hills Missouri**

October 21st - 6:00 PM

*Spark your creativity by using savory pastry skills with
Chef Instructor/Author Daniel Pliska CEC AAC*

Buckwheat Crepe Smoked Salmon Gateau

Gnocchi Parisienne with Shrimp and Soft-Shell Crab

Filet topped with a Wild Mushroom, Bacon and Blue
Cheese Phyllo Purse



15 Lessons a Chef can Teach You



Chefs have a unique perspective of the world. We work in blistering hot, close quarters with a bunch of folks mom would probably write off as misfits. Look at the top-notch restaurants – there's an understanding, everything starts at the top. It's the visionary in the kitchen, the leader, coach and empowerment guru keeping things in sync. It's the chef. This is what you can learn from them.

1. Patience. In the kitchen, you just can't rush things. Like the science of anything, it takes time to cook things properly. There's a reason why they say, 'a watch pot never boils'. In cooking and in life, sometimes the worst thing we can do is force something that isn't ready.
2. You get what you pay for. Whether it's employees, fresh produce or utensils, what you put in is directly proportional to what you get out. Cast iron skillets, jumbo lump crab meat, and reliable line cooks can come at a hefty price, but rarely will they let you down.
3. Control the environment (as best you can). Obviously, you can't control everything around you, but the more you focus on the things you can, the better prepared you will be for when the uncontrollable situations arise. In restaurant kitchens, we call that mise-en-place, meaning 'put in place'. Chefs set up their stations before service methodically so that when they need a sprig of thyme, they know where it is, and so they aren't having to scamper through the kitchen looking for tongs.
4. The customer isn't always right (however, sometimes you have to act like they are). This sucks, and this doesn't mean that they are right, it just means that every now and again you just have to kiss a little ass.
5. Teamwork; you can't do it alone. Simply put, restaurant kitchens don't work without a tremendous amount of teamwork. It's built on looking out for the other guy, communication, collaboration, and stepping up to the plate because someone got sick and it's your day off, but the head chef needs you to come, and you do come in, and then when you are sick, he returns the favor. This exact dynamic is created through relying on each other on a busy-as-hell Friday Night. We all need help at some point, offer it, before someone has to ask for it.
6. Our most proud moments are usually born out of difficulty. Any good kitchen is gonna get its ass kicked on a regular basis. In the midst of the 'weeds', and as the chatter of the printer seems like it will never stop, sometimes you feel overwhelmed, stressed and in over your head. But like anything, the storm will pass, and you will come out on the other side, feeling fully alive. You can look around and say, 'damn right' – knowing you made it and are better off for it.

7. Your attitude is contagious. This can be a game-changer or your Achilles Heel depending on which side of the fence you are looking over. One thing is true, just about every chef in the country would rather hire a hardworking son of a gun with little experience, but has a contagiously positive attitude, over some pretentious prick who talks a big game, who maybe can cook. It just works out that way – good attitudes and good vibes are contagious. They resonate through entire groups of people. When you have it, it's hard not to sprinkle it around. Sprinkle that shit everywhere.
8. Experience – nothing can replace it. I screwed up hollandaise sauce hundreds of times before perfecting it, and how many times have I overcooked steak, before figuring out a reliable way to calculate it's doneness? A LOT. Before mastering anything, effort and experience teach us the things not to do, the pitfalls to sidestep around, and the mental errors to avoid, so that once we are competent in cooking or in anything else, it becomes human nature. Experience allows us to grow into discipline, learning the tools needed to become successful.
9. You can't make everyone happy, so stop trying to. As chefs, we like to create things a certain way, it's how we express ourselves. We are born to think outside of the box. Unfortunately, like with any form of art, or with life in general, you can't be all things to all people. Some people aren't going to like you, your view of the world, or your art. Who cares – just keep making art; art that's yours. Build your own damn box.
10. Perspective. Every good chef has found a way to put things into proper perspective. When your product is ever-changing and you are in essence catering to a certain group of people, you find that things rarely go as planned. Some call it Murphy's Law, I just call it life, and living the life of a chef, I deal with it every single day. There's only one way to roll, and that's with the punches.
11. Slow and steady wins the race. If you've done any barbecuing, you've heard the term, 'low and slow' which relate to the fact that tougher cuts of meat take a hell of a long time to cook at a reasonably low temperature – this allows the inter-muscular tissues to break down. You have to do it this way or your guests will hate you, and no amount of BBQ sauce can cover up your blunder. Ever been driving on the interstate, at the normal speed of traffic, and then some idiot comes shooting past you? Yeah, I thought so, we've all been there. Two miles later, we pass them as the red and blue lights are nestled closely behind their car. Yes, slow and steady wins the race, almost every time.
12. Give up (some) control. This is hard, damn it's hard. This is probably one of the most challenging dynamics a chef faces. It's like handing over a baby for weekend visitations with the ex, always wondering what's going wrong in your absence. It's hard to give up control, but you've got to. If you want to grow, and if you want the people around you to grow, there is a scary ass leap of faith that has to happen. We've gotta trust in our ability to teach as well as communicate effectively to those around us what we expect, and then allow them to succeed or fall short on their own. Just be there to buy them a beer when they totally screw up. That's empowerment, and it's a damn fine thing.
13. Care for others first. No one gives a shit about you, until you give a shit about them – first. This is what it really what it means to be a leader. Employees can either work for a paycheck, or they can work with blood, sweat, and tears for something they believe in. Neither of these circumstances happens by chance – they happen by investing in and nurturing people, for their gain. Not yours. Sounds tricky, tough as hell? This is exactly why there are so few good leaders out there.
14. Desire, unwavering desire. We are a special breed, us chefs that is. There are plenty of noble ways to make a good life for yourself, but most don't require the time commitment and sacrifices, sheer physicality of work, and perhaps most importantly, desire. We have to show up every day, ready to bring our A-game. If we don't, we fall behind, one customer experience at a time. Chef Thomas Keller says that 'desire is what keeps up going, keeps us motivated when passion fades'. I think if more of the workforce had the unyielding desire to offer the best product possible, every single day, this world would be vastly different.
15. Fulfillment. If you want to make a lot of money, don't become a chef. Go do something else, seriously. If you choose to dive into culinary school and want to sink into 50k in debt, be aware of the fact that fresh out of school, unless you score a badass stage with an elite chef, or have a family slush fund where your old man is willing to throw down for you, chances are you are going to find yourself working the kitchen line working for 9 or 10 bucks an hour. After a few years, you might be at \$12. We are chefs because we get satisfaction out of creating things for people and in doing so, we have the opportunity to run our artistic fingerprint across our menus and dishes. We work when the rest of the world is at play, but this is what we love, our stadium, our time to shine. We get fulfillment out of seeing you smile at the beauty of something we created. We get fulfillment out of mentoring a sous chef so that maybe one day he will be a better chef than we are. We get fulfillment out of creating a team of like-minded people who just love to make damn good food, and love making it together. It helps knowing beers are awaiting us in a few short hours.

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

Missouri Athletic Club

Sous Chef

Scope- Job requires extensive internal contact with various staff and membership. Employee training, Menu planning, Cost control & ordering, able to work a multiunit operation and proficient butchering skills are a must. Sous Chef reports directly to the Executive Chef

Banquet Cook

Scope-We are a full-service City/Athletic Club with Banquet facilities in our Missouri Room up to 500 seated. Job requires a hands-on approach to the production and execution of the Banquet menus and set standards.

Panther Creek Country Club- Sous Chef

The Sous Chef will be responsible for all aspects of the kitchen during the shift. Oversight to focus on daily production for banquet prep staff, efficient use of staff on the hot and cold line, along with production staff. Oversight of product delivery and storage of food and beverage items. Assist in the creation and implementation of a training program for all kitchen employees. Work with the Executive Chef to create and implement daily specials. If interested please contact Chef Todd Lyles at jmoody@panthercreekcc.com

Saint Clair Country Club-Executive Chef

Private club seeking qualified executive chef. Position includes insurance benefits, vacation, sick pay, flexible scheduling and a competitive wage. Interested candidates please send resume to GM Tom Sipula at tsipula@stclaircc.com

Union League Club of Chicago-Executive Chef

The executive chef position at the Union League Club of Chicago is an amazing opportunity to be a part of a high- performing leadership team; in an active, food-focused club, offering a variety of a la carte dining venues and over 500 member events each year. Lead Search Executive, Lisa Carroll lisa@kkandw.com or 561-596-1123

Restaurant Space Available for Rent or to Own

-119 East Main Street Belleville, Illinois: 3,500 square feet

-121 East Main Street Belleville, Illinois: 6,500 square feet

If interested please contact Denys Robitaille for more information: 618-604-4004

Knowledge Bowl & Hot Food Teams

Stay Tuned!!!!

Tryouts will be held in January in preparation for future team competitions and practices.

Upcoming Elections

Do you have what it takes to be on our chapter's board?

We're looking to continue the traditions of our chapter and need the next generation of culinary professionals to step forward. Do you have changes? Ideas that could shape the future of our chapter?

If so, please reach out to Chef Anthony Lyons to be considered or nominate someone to office for the upcoming 2020-2022 term. alyons@mcknightplace.com



Membership

Welcome to our New Member!!

Steve W. Bannes

Education Foundation

This past spring, the chefs de cuisine educational foundation granted one scholarship to a deserving student attending forest park community college. We encourage any qualified individual to apply. The foundation also assisted chef Scott Scheibel, CEC with his central region chef of the year and national chef of the year competitions. Congratulations on a job well done chef Scott.

The Chefs de Cuisine Education Foundation offers scholarships to students enrolled full-time in accredited culinary programs. There are two application cycles in the year - June 30 for the following Fall semester, and November 30 for the following Spring term.

To apply for a scholarship, download the application by going to the St. Louis Chefs de Cuisine web site and fill out the form and mail it, by the application deadline, to:

St. Louis Chefs de Cuisine Educational Foundation: PO Box 510301, St. Louis, MO 63151

Robert Colosimo, CEC, CCA, AAC

President, St. Louis Chefs de Cuisine Educational Foundation

<https://acfcchefsdecuisinestlouis.org>

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