

Epicurean Club of Boston Monthly News & Updates.

November 1st, 2024
Issue # 11



Parties, family dinners, and other gatherings where food is served are all part of the holiday cheer. But the joy can change to misery if food makes you or others ill.

Typical symptoms of foodborne illness, also known as food poisoning, are vomiting, diarrhea, and flu-like symptoms, which can start anywhere from hours to days after contaminated food or drinks are consumed.

The symptoms usually are not long-lasting in healthy people — a few hours or a few days — and usually go away without medical treatment. But foodborne illness can be severe and even life-threatening to anyone, especially those most at risk:

- older adults
- infants and young children
- pregnant people
- people with diabetes, HIV/AIDS, cancer, or any condition that weakens their immune system
- people who take medicines that suppress the immune system; for example, some medicines for lupus, psoriasis and rheumatoid arthritis

Combating bacteria, viruses, parasites, and other contaminants in our food supply is a high priority for the U.S. Food and Drug Administration. And you play an



Tim Foley, HAAC
President ACF Epicurean Club of Boston
Nov 1, 2024

Dear Members,
Happy November!! Time for Giving and time to enjoy our Thanksgiving with your friends and family. Please look for helping people in need. Holidays can lead to some tough times.

I'd like to start out with congratulations to **Chef Americo S. DiFronzo on receiving the World Chefs Presidential Medallion from President Thomas Gugler, HAAC at the WACS Congress in Singapore.** We are so lucky to have chef Rico well deserved award.

October 21st Monthly Meeting was Held at Greater Lowell Technical H.S, Thank you Chef Robert Matulonis Culinary Art instructor and his team. The chefs are teaching an outstanding program with the students. complete with a tour and delicious food. The young culinarians were eager to learn, made four different Canoli fillings and made the cannoli to order, it was an educational evening enjoyed by all who attended. Special

important role in safe food-handling practices at home. The good news is that practicing four basic food safety measures can help prevent foodborne illness.

1. Clean:

The first rule of safe food preparation in the home is to keep everything clean.

- Wash hands with warm water and soap for 20 seconds before and after handling any food. To help you remember, it takes about 20 seconds to sing "Happy Birthday" two times.
- Wash food-contact surfaces (cutting boards, dishes, utensils, countertops) with hot, soapy water after preparing each food item and before going on to the next item.
- Rinse fruits and vegetables thoroughly under cool running water and use a produce brush to remove surface dirt.
- Do not rinse raw meat and poultry before cooking. Washing these foods makes it more likely for bacteria to spread to areas around the sink and countertops.

2. Separate:

Don't give bacteria the opportunity to spread from one food to another (cross-contamination).

- Keep raw eggs, meat, poultry, seafood, and their juices away from foods that won't be cooked. Take this precaution while shopping in the store, when storing in the refrigerator at home, and while preparing meals.
- Consider using one cutting board only for foods that will be cooked (such as raw meat, poultry, and seafood) and another one for foods that will not be cooked (such as raw fruits and vegetables).
- Keep fruits and vegetables that will be eaten raw separate from other foods such as raw meat, poultry or seafood — and from kitchen utensils used for those products.
- Do not put cooked meat or other food that is ready to eat on an unwashed plate that has held any raw eggs, meat, poultry, seafood, or their juices.

3. Cook:

Food is safely cooked when it reaches a high enough internal temperature to kill harmful bacteria.

- Color is not a reliable indicator of doneness. Use a food thermometer to make sure meat, poultry, and

Thanks to Sysco Boston Mark Fitzpatrick and Team for their education on special cuts of steaks and produce to help with your menu and food cost.

October 23rd, we team up with ACF Cape Cod for a Culinary challenge with 7 culinary schools to compete in a BBQ throwdown! The event was held at Upper Cape Cod Regional Technical High school, With Chef Joe Ellias leading the charge, Great Job chef. Fantastic event. Congratulations to Tri County

October 29th, we team up with ACF N.H for the 3rd annual Schweid & Sons Burger challenge at Concord N.H, Highs school, the burger challenge had young Culinarian from 4 programs, Chef Allison and Chef Bressler, great job chefs for a well-done event.

November 7^t h 130^t h Presidents Gala, 6pm at Café Escadrille 26 Cambridge St, Burlington Ma. Great Night out to celebrate with our peers, please purchase your Tickets, are \$125 per person; this is a great night to bring your partner out for an evening with outstanding food and company. Please purchase your tickets on our website. www.acfecb.com.

November 18th is our monthly meeting will be at Burton's Grill, 1355 Market St. Lynnfield Ma, at 5:30 pm, \$35 per ticket. Please see our website to sign up. We are looking forward to Chef Eric Leblanc's great food and presentation and Bourbon education.

November 27th – we will be preparing Thanksgiving meals for my Brother's Table, 98 Willow St, Lynn Ma. Thank you, Chef DiSessa for organizing this heartfelt effort. This will be our 3rd year participating in this exceptional program. We need Volunteers, so please contact John, Steve or Tim. You won't regret it!

December 9th – we will be hosting the CEC a practical exam, 1 pm - Assabet Valley Regional H.S. 215

fish are cooked to a **safe internal temperature**. To check a turkey for safety, insert a food thermometer into the innermost part of the thigh and wing and the thickest part of the breast. The turkey is safe when the temperature reaches 165°F. If the turkey is stuffed, the temperature of the stuffing should be 165°F. (Please read on for more pointers on stuffing.)

- Bring sauces, soups, and gravies to a rolling boil when reheating.
- Cook eggs until the yolk and white are firm. When making your own eggnog or other recipe calling for raw eggs, use pasteurized shell eggs, liquid or frozen pasteurized egg products, or powdered egg whites.
- Don't eat **uncooked cookie dough**, which may contain raw eggs and raw flour.

4. Chill:

Refrigerate foods quickly because harmful bacteria grow rapidly at room temperature.

- Refrigerate leftovers and takeout foods — and any type of food that should be refrigerated — within two hours. That includes pumpkin pie!
- Set your refrigerator at or below 40°F and the freezer at 0°F. Check both periodically with an appliance thermometer.
- Never defrost food at room temperature. Food can be defrosted safely in the refrigerator, under cold running water, or in the microwave. Food thawed in cold water or in the microwave should be cooked immediately.
- Allow the correct amount of time to properly thaw food. For example, a 20-pound turkey needs four to five days to thaw completely when thawed in the refrigerator.
- Don't taste food that looks or smells questionable. A good rule to follow is, when in doubt, throw it out.
- Leftovers should be used within three to four days.

Bonus Tip: Use Care with Stuffing!

- Whether it is cooked inside or

Fitchburg ST, Marlborough, MA for CEC. please reach out to Chef Connolly to reserve your space...

December 16th -our monthly members meeting to be held at Pearl Street station, 53 Summer St, Malden— our 3rd. annual Steve Lawrence Toys for tots Christmas drive. Please bring a toy.

December 23rd, we will be preparing Christmas dinner meals for my brothers table, 98 Willow St, Lynn Ma, we need Volunteers, so please reach out to John, Steve or Tim.

To all our Purveyors, Thank You for your unwavering support of the Epicurean Club of Boston. We appreciate your dedication to our profession and ongoing encouragement to our young culinarians. To our members, please remember and take care of our friends.

I'd like to wish you and your families a Happy Thanksgiving.

I will leave you with a few **Nov**

Culinary Fun Facts:

November is known for many Celebrated Events – National Calzone Day, Deviled Egg Day, Doughnut Day, Nachos Day and Pai Thai day to name a few.

November Vegetables; Acorn Squash, Carrots, Celery, Cranberries, Kale, Onions, Pumpkin and Rutabaga to name a few.

Remember, don't sweat the small stuff, Be the Chef you have always dreamt about.

Sincerely,

Tim Foley, HAAC

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txfoley13@gmail.com

Congratulations Chef Rico CEC, CCA, AAC on receiving your Presidents Medal from world chefs.

outside the bird, all stuffing and dressing must be cooked to a minimum temperature of 165°F. For optimum safety, cooking your stuffing in a casserole dish is recommended.

- Stuffing should be prepared and stuffed into the turkey immediately before it's placed in the oven.
- Mix wet and dry ingredients for the stuffing separately and combine just before using.
- The turkey should be stuffed loosely, about 3/4 cup stuffing per pound of turkey.
- Any extra stuffing should be baked in a greased casserole dish.

This year's winners of the Cape Cod BBQ Challenge were Tri-County Tech.



Octobers Epicurean club of Boston Membership meeting at Greater Lowell Tech.

Thank you, Sysco Boston and Chef Bob and his staff and students.



You are cordially invited to the
One Hundred Thirtieth Annual
**The Epicurean Club of Boston
President's Gala**

Café Escadrille
26 Cambridge Street
Burlington, MA 01803

\$125.00 pp

Parking on site

On Thursday, the Seventh of November,
Two Thousand Twenty-Four

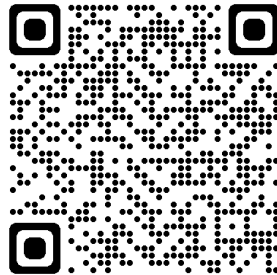
6:00 pm – Cocktails

7:00 pm – Awards

8:00 pm – Dinner

Black Tie Optional

**Short Ribs with Vanilla Chai and
Pomegranate**



Certification update.

Certified Executive Chef James Connolly CEC,CCA,AAC



James Connolly CEC, CCA, AAC Certification Corner November 1st,2024.

ACF Certification exhibits a benchmark of excellence by demonstrating professional standards in culinary skills and knowledge of the food service industry. Certified chefs attain the well-deserved recognition and respect of their peers.

To register for the exam, you can follow this link
<https://tinyurl.com/3ykmtbzt>

Registering for ACF Practical Exams
• ACF approval is required prior to registering for

practical exams.

- Register online or by submitting Practical Exam Candidate Registration Form.
- The practical exam fee is \$50 for ACF members and \$100 for non-members. Test sites may charge an additional host site fee that is payable to the site hosting the exam.
- Practical exam scores are valid for one year.

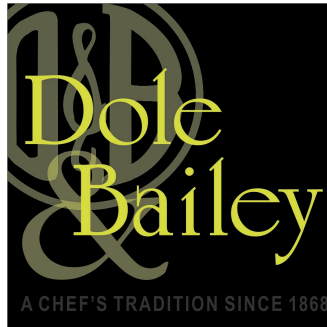
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