

Epicurean Club of Boston Monthly News & Updates.

September 1st ,2024
Issue # 9



September is the ninth month of the year¹². The name September comes from the Latin word "septem," meaning "seven"³⁴⁵. This is because September was the seventh month of the Roman calendar, which began with March⁴⁵. When the Roman senate changed the calendar in 153 BCE, the new year started in January, and September became the ninth month⁴.

Fall is the perfect season to enjoy warm and comforting dishes. Here are some delicious ideas to get you started:

Soups

1. Broccoli Cheddar Soup: A creamy and cheesy delight with chunks of broccoli.
2. Creamy Wild Rice Soup: Filled with bacon, mushrooms, and vegetables, this soup is hearty and satisfying.
3. **Autumn Squash Soup: A blend of butternut squash and pumpkin with a hint of curry powder and cinnamon**¹.

Stews

Tim Foley, HAAC
President ACF Epicurean Club of Boston

September 1, 2024

Dear Members,

Welcome Back and Happy Labor Day.

I hope everyone had a GREAT summer and is looking forward to the fall months ahead.

September is here and the start of a very busy month. The return to school, sports and festivals.

Getting back to our routine can be challenging, but also exciting. A fresh start is always nice.

Congratulations to our very own passed President, Chef Doug Patten Sr, CEC, CCA, AAC for his article in this month's Culinary Review on Mental Grit. Please give it a read, it's very well written.

Upcoming Events that September will bring to us.....

September 22nd We're teaming up with ACF N.H. for a 1-day Cultural

1. **Hearty Beef and Barley Stew:** Packed with tender beef, barley, and veggies in a rich broth.
2. **Tuscan White Bean and Kale Stew:** A healthy and flavorful option with Italian sausage, white beans, and kale.
3. **Harvest Squash Stew:** **Combines butternut and acorn squash with apples and spices for a cozy meal!**

Hot Beverages

1. **Pumpkin Spice Latte:** A fall classic with pumpkin puree, spices, and steamed milk.
2. **Hot Apple Cider:** Warm apple cider with cinnamon sticks and cloves.
3. **Chai Tea Latte:** A spiced tea with steamed milk and a touch of honey.

Slow Cooker Apple Cider - Dinner at the Zoo



25 Best Fall Salads You'll Crave All Year - Insanely Good
(insanelygoodrecipes.com)

Event in Concord, N.H 11am- 5pm. Together we will have a booth cooking shrimp tacos to raise money for future scholarships and best practices working together

Septembers 23rd Monthly Meeting will be at **Fire King Bakery, 185 Campanelli Dr, Braintree, MA**, at 5:30pm. Fire king has been bringing the art of European-style baking to restaurants, caterers and retailers across the nation since 1995. Please sign up for the meeting on our website.

September 30th We will be participating in the **4th annual Connor Heffler Golf Classic** to Benefit **Cops for Kids with Cancer**. Anyone interested in **volunteering** for this fantastic event please contact me at txfoley13@gmail.com, It's a great day and a great cause, we'd love to have you join us!

Octobers Meeting – Greater Lawrence Tech. more information to follow.

November Events -The Presidents Gala is November 7th 6pm at Café Espadrille. November 18th at 5:30 pm, Burton's Grill, Lynnfield more details to follow soon.

December – Pearl Street Grill for Dinner and our 4th annual Steve Lawrence Toys for Tots donation.

To our Vendor's, we want to thank you all for your continued support of our club and teaming up with us to encourage future culinarians. Our events could not have been as big a success without your contributions

I'd like to wish you all an enjoyable Fall season.

I will leave you with a few **Septembers Culinary Fun Facts:**

September is known as the Harvest month and it's a great time to harvest crops like apples, onions, raspberries, tomatoes, grapes, Cranberries,



Pho in Instant Pot Recipe | ChefDeHome.com



Best Old-Fashioned Beef Stew Recipe | Yummly

pomegranates, pears and Pumpkins. Bell peppers are usually sold green, but they can also be red, purple, orange and yellow. Tomatoes are very high in carotenoid Lycopene; eating foods with carotenoids can help in the fight against cancer. Other vegetables high in carotenoids are carrots, spinach, sweet potatoes, and collard greens

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



The Epicurean Club of Boston Winners of the Regional and National Northeast Chapter of the year award.



Congratulations to the Epicurean club President Tim Foley HAAC on receiving the ACF Cutting Edge Award.



AUTUMN HARVEST SOUP WITH ROASTED SQUASH SEEDS - JustineCelina



<https://hqproductreviews.com/>



Rustic Tuscan-Style Sausage, White Bean, and Kale Soup (sharedappetite.com)



Congratulations to Chef Denise Graffeo CEC, AAC, HOF on receiving the ACF Hermann G. Rusch Chefs Achievement Award both Regionally and Nationally.



Congratulations to Chef James Connolly CEC, CCA, AAC for receiving the ACF Presidential Medallion.



Visit our Website



Autumn Roasted Vegetables (with Apples and Pecans) - Cooking Classy



Old-Fashioned Apple Crisp Recipe | Land O'Lakes (landolakes.com)



Help Support Families with Children Battling Cancer
Annual golf tournament to benefit Cops for Kids with Cancer™



Kids battling cancer are in the fight of their lives, and it takes all their family's energy and resources. During that fight, families need immediate assistance to help with everyday challenges like buying groceries, paying bills, or supplementing income while they care for their children. Cops for Kids with Cancer™ is a nonprofit organization that delivers immediate financial assistance to local families who are in this battle. Please consider supporting this cause to help these local families.

About the Event

On September 30, 2024 the family and friends of Connor Heffler will be hosting the Connor Heffler Golf Classic. The event features a golf tournament, a full luncheon, and raffle prizes and **100% of the profits go directly to Cops for Kids with Cancer™**. To date this annual event has helped to raise over \$80,000.00 and we'll continue to provide support as long as it's needed.

Why Cops for Kids With Cancer™

Cops for Kids with Cancer™ returns over 94% of funds raised to the families of children with cancer. Their donations have, for example, saved a family from eviction, helped pay down overwhelming bills, and paid to repair the only vehicle used to travel back and forth to the hospital. The situations are heartbreaking and all too real. In recent years, including the hospital donations, they have given to over 762 families in need, totaling more than \$4.1 million in and around New England. **A proud federally recognized 501(c)(3) #01-0657836.**

Our Motivation

We run this event in memory of Connor Heffler, an 11-year-old from Natick, who bravely battled Glioblastoma for 20 months before his passing in 2016. He is remembered as a feisty redhead with an infectious personality, a positive outlook, huge heart, and his ability to inspire others. Connor was able to attend several Cops for Kids with Cancer™ events during his illness and actively fundraised for the organization he loved. Connor's mother is a member of the Natick Police Department and Cops for Kids with Cancer™ was there for Connor and his family when they needed it most. Now it's time to help them be there for others who are fighting this devastating disease.

How You Can Help

Sponsorship, raffle donations, or a financial gift will immediately impact families with children battling cancer. Please see our sponsorship opportunities or consider a raffle donation. To learn more about the event, become a sponsor, or contribute please visit www.connorhefflergolfclassic.com or email the fundraising team at sconnorhefflergolfclassic@gmail.com.

Warm Regards,

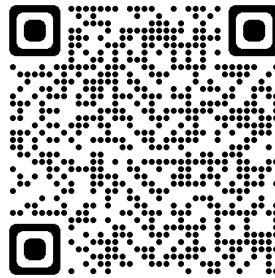
Family and Friends of Connor Heffler



Recipes

To the left of the page, you will find some summer recipes ideas.

Click on the link below the photo for the complete recipe.



Certification update.

Certified Executive Chef James Connolly CEC,CCA,AAC

**James Connolly CEC, CCA,
AAC
Certification Corner
September 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.

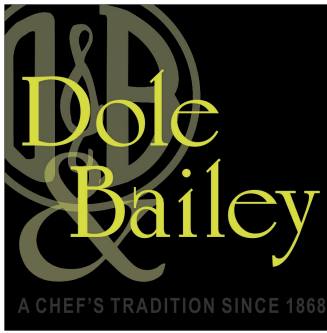
[Read More](#)

PLEASE SUPPORT OUR GENEROUS VENDORS.





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