

Epicurean Club of Boston Monthly News & Updates.

May 1st ,2024
Issue # 5



[BBQ Rub and Marinade Recipes - How to Make Barbecue Marinades and Rubs \(delish.com\).](#)



[Drinks — New York's Best BBQ Chicken, Ribs & Frozen Drinks | Dallas BBQ](#)



Tim Foley, HAAC
President ACF Epicurean Club of Boston

May 1, 2024
Dear Members,

Welcome to May!

I am very excited about the month of May, the start of growing season, family gatherings, Graduations Weddings, Spring sports and yes BBQ season.

To our Veterans, Thank you!!

**Happy
Memorial
Day!!**

On April 8th, we held our **2nd Annual Leon Roberge ACF Chef Competition**. This was an ACF Sanctioned event. We had 5 ACF New England Chapters competing for bragging rights. The Event was held at Assabet Valley Regional Technical High School, Marlborough, MA. We had a great turn out for this fun event. This year's outstanding winner is Chef Steven Coe, from Cape Cod MA.

May 2nd, The Steel Sizzle and Style Culinary Competition and Restaurant Fair. We are proud to



Korean BBQ Chicken - Jo Cooks



Grilled Honey Barbecue Shrimp (10-Minute Recipe!) - Averie Cooks



Easy BBQ Baby Back Pork Ribs (yahoo.com)



present this event with **The Les Dames d 'Escoffier of Boston**. This exceptional event is an enjoyable night to mingle and taste delicious local flavors. This fundraising event will provide Culinary Scholarships for College and High School Seniors. Tickets are available on our website or <https://bit.ly/steelsizzlestyle>. We hope to see you there!

May 13th, our monthly meeting, **Tri Mark Boston Innovation Center, Boston, MA**, the country's largest restaurant supply company and foodservice supplier will be hosting. This will be an interesting educational event. Sign up space available online. We would like to Thank TriMark for their continued support in hosting our May meeting.

June 10th, **Smoke Shop, 325 Assembly Row, Somerville, Ma-** This Event is limited seating, The famous Pit Master, Andy Husbands 20 + years of BBQ excellence, will educate us on proven techniques and the art of smoking! Perfect for this time of the year!! Sign up fast on our website.

June 17th, **The 21st Annual Jimmy Dimarzio Golf Outing**. This event is at The Sandy Burr Country Club, Wayland MA. This is always a fun event that has raised thousands of dollars in Scholarship money for young culinary students. This is a team event that takes many hands to accomplish. Please consider volunteering to ensure our success. This event always sells out so please see our website to secure your place. This is a great way to start your golf season.

In closing, I would like to thank Chef Jim Connolly and Chef Lou Trudeau for your hard work on The Leon Roberge 2 annual competition. Your presentation was insightful and educational. Thank you for your time and dedication to our club.

I will leave you with May Fun Facts:
May is known for Cinco de Mayo, Mother's Day, Memorial Day, May Day and the Kentucky Derby, Burger month and National pet month.

May 17th is national cherry cobbler

Grilled Corn on the Cob Recipe with Chili Lime Butter — Eatwell101



Grilled Sweet Potatoes - Dinner at the Zoo



30+ Delicious Low Carb Side Dishes (gluesticksgumdrops.com)



Really nice recipes. Every hour. — To get this summary delivered to your inbox,... (tumblr.com)

day..

May is National Nutrition month. And finally, fruits & vegetables of May, Asparagus, artichokes, spring garlic, Leeks, spring onions, Fennel, Mushrooms and Radishes. Guavas, Kiwis, Mangoes and Papayas! Remember, don't sweat the small stuff, Be the Chef you have dreamed about.

Enjoy your family and friends! And grilling season!

May is National BBQ Month, a time to embrace the sizzle, smoke, and savory flavors of barbecuing. Whether you spell it BBQ, barbecue, or barbeque (all acceptable variations), people across the United States are passionate about this all-American cuisine. Let's dive into the smoky details:

Origins and Evolution:

The true origins of barbecuing remain a mystery, but it has evolved over time into a social event that brings friends, family, and fun together.

In the 1900s, the United States fully embraced barbecuing, especially during public celebrations like July 4th.

Samuel Johnson's 1756 dictionary defined "barbecue" as a "hog dressed whole," hinting at its early roots.

Spanish explorer Gonzalo Fernández De Oviedo y Valdés first used the word "barbecoa" in print in Spain in 1526.

Barbecue Techniques and Styles:

Barbecuing involves techniques such as smoking, roasting, baking, braising, and grilling.

Regional styles have emerged, each named after its place of origin:

Memphis
North Carolina



Fun Facts About Barbecuing:

Barbecuing can last a very long time, with some slow techniques taking up to 18 hours or more.

The longest barbecue on record measured a whopping 8,000 meters in Bayambang, Pangasinan, Philippines (2014).

The term “barbecue” doesn’t just apply to grilled meats; it also designates a flavor added to food items (think potato chips). The spelling can vary: “barbecue” or “barbeque,” but officially, it’s “barbecue.”

Why We Love National BBQ Month: Cooking becomes an event: Unlike indoor parties where you might hear “get out of my kitchen,” barbecuing invites guests to participate in the cooking process.

Barbecuing engages all five senses, enticing hunger through seduction. So, fire up those grills, gather your friends, and celebrate National BBQ Month in style! ☐☐☐

Sincerely,

Tim Foley, HAAC
President
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Executive Chef Eric LeBlanc **Executive Chef Tony Le**

May 2 6-9pm Clarke Showroom, Milford, MA
<https://bit.ly/steelsizzlestyle>

Les Dames d'Escoffier INTERNATIONAL Boston Chapter

STEEL, SIZZLE, AND STYLE An Epic Culinary Event
Thursday, May 2, 2014
6:00 - 9:00 pm
391 Park Lane Blvd, Milford, MA 01857

CLARKE SHOWROOM

THE EPICUREAN CLUB OF BOSTON 1881 ACF

Recipes

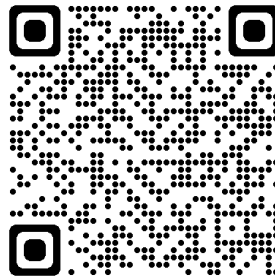
To the left of the page, you will find some Spring recipes ideas.

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

STEEL, SIZZLE,
AND STYLE **Welcomes...**
An Epic Culinary Event



May 2 6-9pm Clarke Showroom, Milford, MA
<https://bit.ly/steelsizzlestyle>



Certification update.

Certified Executive Chef James Connolly CEC,CCA,AAC



James Connolly CEC, CCA, AAC Certification Corner May 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>

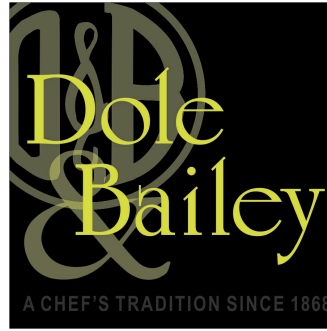
Registering for ACF Practical Exams

- 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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