



Epicurean Club of Boston November 2021 Election Newsletter.

Date 11-18-21

See what's happened this Month.

2022 Epicurean club of Boston Election process has begun.

Everett High School Membership meeting November 15th

Tim Foley, Everett High School Student Best Burger Challenge.

The November 7th Epicurean Club of Boston's Presidents Ball.

Chef of the Year Raffle Winner **Denis King**

Coming in December

1. Special Election Meeting
2. Ugly Sweater Party
3. Epicurean club Toy Drive



Presidents Message

Dear Epicurean Club Members

The Vice President, Board of Directors and I would like to wish everyone a happy Thanksgiving.

Thanksgiving is more than the festivities, it gives us time to ponder upon what lessons we learnt and how we can spread happiness around, to look back at all the great memories and good people who came into our lives. We appreciate you so much. Happy



Thanksgiving Side Dish's

Try changing up your side dish's below you will find a few new ideas



<http://wholeliferecipes.com/recipe/roasted-zucchini-summer-squash->

Thanksgiving Day to you and your loved ones.

Presidents Ball

Please join me in congratulating the following members on their special awards.

Presidents Special Recognition Awards

Recipients

Mr. Tim Foley Vice President
Mr. Anthony M. Graffeo, CEC, AAC, HOF
Mr. Leon J. Roberge, CEC, AAC

ACF National Chef of the Year
Michael Shannon CEC

Romeo V. Tolini Junior of the Year Award

Recipient

Mr. Zackery Callinan

Purveyor of the Year

Recipient

Mr. Stephen Lawrence
Cargill

Todd MacLeod Smithfield Culinary

Service to the Industry Award

Recipient

Mr. Andy Husbands

2021 Chef of the year award

Recipient

Mr. Louis G. Trudeau

Everett Burger Competition

This year's Tim Foley Best Burger Culinary competition was a success. There were 4 teams of three students from Everett High school who competed, and the Winner was?

Team Brodie, See recipe Below

Brodie Burger,
Grilled Pineapple, Candied Bacon,
Cinnamon Sauce, Bri Cheese, and Arugula
served on a toasted Brioche Bun Students •
Isadora DeMiranda • Michael Arreola
Moran • Theodore Schratwieser Schweid
and Sons Burgers Grilled Pineapple
Ingredients Amounts Pineapple ½ pineapple

[tomatoes/#:~:text=29-.Roasted%20Zucchini%20and%20Summer%20Squash%20with%20Tomatoes,Share%20this%20Recipe.-29](#)



<https://kitchenswagger.com/roasted-bacon-and-parmesan-brussel-sprouts-recipe/#:~:text=Delicious%20and%20tender,VEGETABLES>



Lime juice ¼ cup Rosemary ¼ tsp Thyme ½ tsp
 Procedures: Mix lime juice and herbs together Vacuum seal pineapple with marinade Sous Vide pineapple for 1 hour Grill and slice pineapple Cinnamon Sauce
 Ingredients Amounts Honey ⅓ cup Cinnamon 1 tsp Nutmeg ¼ tsp
 Procedures: Mix all ingredients together and whisk until incorporated
 Candied Bacon Ingredients Amounts Bacon 10 strips Brown sugar 1 cup Black pepper 1 Tbsp
 Procedures: Layout bacon on a sheet pan and distribute brown sugar and black pepper over bacon. Bake at 350 for 10 minutes or until golden brown.

A Culinary Demo by Chef Bradley Larbarre was done fileting a Whole fresh Salmon and preparing Fresh Salmon Gravlax.

Happy Thanksgiving Dinner Safety Tips

Below you will find some safety tips to keep your thanksgiving dinner safe.

Thanksgiving side recipes, all favorite Recipes to include the following.

- Roasted garlic Mashed Potatoes
- Brussel Sprouts with bacon
- Mashed Sweet potatoes
- Spinach stuffed Butternut squash
- Roast Zucchini, Summer squash, Roma Tomato and Parmesan Cheese.

ECB Election year

The Epicurean Club of Boston will hold a special December 14th Election meeting that will be held at the Pearl Street Station in Malden Mass. Please come and nominate your choice for office.

December Ugly Sweater event

We are asking everyone who attends the December Membership meeting to wear their favorite **Ugly Christmas Sweater**. There will be a special prize for the best Ugly Christmas Sweater worn at the December meeting.

Epicurean Club of Boston Toy Drive

Please bring an unwrapped Toy to the December Membership meeting, All Toys will be Donated to the State Police fund for Children in need at Christmas.

January 2022

ECB Membership meeting

Molecular Gastronomy this meeting is sure to be a hit.

<https://www.cookinglight.com/recipes/parmesan-sage-sweet-potatoes#:~:text=Ingredients,into%20potato%20pulp.>



<https://simply-delicious-food.com/creamed-spinach-stuffed-butternut-squash/#:~:text=Ingredients,grated%20Parmesan%20cheese>



<https://www.howsweeteats.com/2015/10/>

2021 Chef of the year Dinner Winner
This year's Chef of the year Raffle Winner is
Denis King of Salem NH

Stay safe and be healthy, I look forward
to seeing everyone in November.

Warm Regards

John R DiSessa CEC,AA

[Read more](#)



[pomegranate-roasted-carrots-with-feta-and-brown-butter/#:~:text=say%20about%20me%3F-POMEGRANATE%20ROASTED%20CARROTS%20WITH%20FETA%20AND%20BROWN%20BUTTER,3%20to%204%20ounces%20feta%2C%20crumbled,-INSTRUCTIONS%20C%20A0](#)

Cooking a Thanksgiving Turkey Safely



Food Safety Tips for Your Holiday Turkey

Handling poultry (chickens and turkey) incorrectly and undercooking it are the most common problems that lead to foodborne disease outbreaks linked to poultry.¹ Follow these four tips to help you safely prepare your next holiday turkey meal.

1. Thaw Your Turkey Safely

Thaw Turkeys In the refrigerator in a container;

Never thaw your turkey by leaving it out on the counter. A thawing turkey must defrost at a safe temperature. When the turkey is left out at room temperature for more than 2 hours, its temperature becomes unsafe. Bacteria can grow rapidly in the “danger zone” between 40°F and 140°F.

Do not wash or rinse raw turkey

Federal food safety advice has recommended against washing turkey or chicken since 2005, but some habits are hard to break. A 2020 survey* found that 78% of participants reported washing or rinsing turkey before cooking. Old recipes and family cooking traditions may keep this practice going, but it can make you and your family sick. Poultry juices can spread in the kitchen and contaminate other foods, utensils, and countertops.

2. Handle Your Turkey the Right Way

Raw poultry can contaminate anything it touches with harmful bacteria. Follow the four steps to food safety—clean, separate, cook, and chill—to prevent the spread of bacteria to your food, family, and friends.

- **Wash hands** with warm soapy water for 20 seconds before and after handling turkey.
- Use a separate cutting board for raw turkey.
- Never place cooked food or fresh produce on a plate, cutting board, or other surface that previously held raw turkey.
- Wash cutting boards, utensils, dishes, and countertops with hot soapy water after preparing turkey and before you prepare the next item.

3. Cook Stuffing Thoroughly

Cooking stuffing separately from the turkey in a casserole dish makes it easy to be sure it is thoroughly cooked. If you cook stuffing in the turkey, put the stuffing in the turkey just before cooking.

With either cooking method, use a food thermometer to make sure the stuffing's center reaches 165°F. Bacteria can survive in stuffing that has not reached 165°F and may then cause food poisoning. If you cook stuffing in the turkey, wait 20 minutes after taking the bird out of the oven before removing the stuffing; this allows it to cook a little more. Learn more about how to prepare stuffing safely.

Use a food thermometer to check for a safe internal temperature.

4. Cook Your Turkey Thoroughly

Set the oven temperature to at least 325°F. Place the completely thawed turkey in a roasting pan that is 2 to 2-1/2 inches deep.

Cooking times will vary depending on the weight of the turkey. Use a food thermometer to make sure the turkey has reached a safe internal temperature of 165°F. Check by inserting a food thermometer into the center of the stuffing and the thickest portions of the breast, thigh, and wing joint. Even if your turkey has a pop-up temperature indicator, you should still use a food thermometer to check that it is safely cooked.

Let the turkey stand 20 minutes before removing all stuffing from the cavity and carving the meat. Learn more about safe minimum cooking temperatures

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and how to use a food thermometer

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for turkey and other foods.

Take Care of Leftovers

The bacteria Clostridium perfringens grows in cooked foods left at room temperature. It is the second most common bacterial cause of food poisoning. The major symptoms are vomiting and abdominal cramps within 6 to 24 hours after eating.

- Clostridium perfringens outbreaks occur most often in November and December.²
- Many of these outbreaks have been linked to foods commonly served during the holidays, such as turkey and roast beef.

Refrigerate leftovers at 40°F or colder as soon as possible and within 2 hours of preparation to prevent food poisoning. Slice or divide big cuts of meat, such as a roast turkey, into small quantities for refrigeration so they can cool quickly. Reheat all leftovers to at least 165°F before serving.



Chef Earle Test Certification Corner

Certification Matters

What's unique about the ACF Certification Program?

The ACF certification program is the most comprehensive certification program for culinarians offering 16 certification levels. Culinarians achieve certification based on education, experience, and successful completion of written and practical exams. The certification programs is guided by the ACF Certification Commission. Learn more about the **Certification Commission**.

Differentiate Yourself

employers and the public. With thousands of chefs competing in the job market, it is essential to prove your culinary competency.

Benefits of ACF Certification:

- Enhances reputation by proving the chef has the knowledge and skills required for a position;
- Shows that the chef embraces continuing education as a life-long goal for continual improvement and mastery of the culinary arts;
- Instills self-confidence when the chef achieves the goal of earning a reputable, challenging and quality-driven credential;
- Communicates that the chef upholds the Culinarian's Code of Ethics, including conducting oneself with honesty, integrity and fairness in providing professional service;
- Proves that the chef can collaborate with others to cultivate new and innovative culinary techniques and skills.

ECB Certification Practical Exam on Saturday October 23rd has been **anceled** at Assabet Valley Regional HS in Marlboro, MA. We will Re-Schedule Soon .If you have any questions about the exam or getting certified please contact Chef Earle at **emtest@verizon.net**.

Thank You to our Supportive Associate and Allied Members





Epicurean Club of Boston
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