

# CONNECTICUT CHEF THYMES

## Presidents Message

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Chef Jim's Message

## Bright Light Culinary Quiz

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Check your culinary knowledge with a quick quiz!

## Certifications! Why Certify?

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Some useful information on the different ACF Certificates and why you should get them!

### A note from your Corresponding Secretary:

I hope everyone is enjoying this slightly damp start to spring, but its here none the less! Feel free to reach out with any information you want to share with the rest of our CT ACF family! Together we are better chefs!

Bo Trammell

Mobile: 207.337.2309

Email: [Bobobellebaking@gmail.com](mailto:Bobobellebaking@gmail.com)



## A SUSTAINABLE SEAFOOD SOIREE

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The event is to be held on June 6<sup>th</sup> at the Pilots Point Marina, North Yard clubhouse, in Westbrook from 5:30 to 8:30 pm. The clubhouse holds about 50 people. This is a stand up, small plate event, not a sit down dinner. Sea Grant will be our guest speaker. They are looking for a Chef to prepare the kelp and any other sustainable seafood that we can offer and that would volunteer their services (or low cost charge) to prepare the kelp and any other dish that fits into the sustainable framework (we will have oysters as well).

Contact: Toni Marino

[tmarino@rockfallfoundation.org](mailto:tmarino@rockfallfoundation.org)

860.347.0340



## PRESIDENTS MESSAGE

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In the next nine months we are planning on doing a lot of interesting and educational things as well as raise some funds for our association. One of the things that we are doing is working closely with Sea Grant from UConn as well as help farmers to see if we can assist with getting help farming and processing off the ground and becoming viable product that is grown in CT. We have been invited to go out on boats into Long Island Sound to watch them harvest kelp in May, details to follow. I also have dried and ground kelp that one of the kelp farmers gave to me and would like us to try and give your ideas on how this can be used by chefs and by the public. This is very exciting that we are able to assist with something that is on the ground floor and it will be rewarding to see this industry get off the ground and prosper so that we can say that we helped.

For fundraising we have two possibilities this year, one is to have an event here at the Sheraton and one at MCC but we need your help. Give your ideas and volunteer to help make these events successful and bring in some much needed funds into our organization. Along with these we will be doing a smoking demonstration in the fall, perhaps doing some field trips to sites in the area and doing some fun competitions. As you know the events tend to be the same people but we want different people to get involved. These will be a lot of fun so please if you don't usually volunteer this is the time to do it, get involved, meet people, learn and have fun.

**President Chef Jim Oswald**



**“People who love  
to eat are always  
the best people.”  
-Julia Child**

If someone requests their pasta to be prepared ‘al dente,’ what are they asking for?

If you were told to ‘dredge’ a chicken breast, what were you told to do?

Why would someone ‘truss’ a lamb?

Dipping prime rib in au jus will give it a more sour flavor. ( T ) or ( F )

Haggis is the vegetarian version of the traditional pate. ( T ) or ( F )

Which seed forms the basis of Halvah?

## **Certifications! Why Certify?**

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 peer

Benefits the Chef □ Enhances career opportunities □ Differentiates you from the competition □ Shows personal pride □ Increases job confidence □ Provides clear career path

Affirms competence and expertise □ Demonstrates professional standards □ Exhibits benchmarks of excellence □ Provides consistency among chefs’ skill sets • Benefits the Public

ACF certification requirements are based on your educational and work experience. These factors will help determine the level of certification in.

Be The Change! Now where have you heard this! Chef’s please encourage and discuss with your culinary associates the benefits of getting certified. ACF offers 16 certification designations, each with specific qualifications. Below are a few of the levels to which perhaps you may encourage an industry associate.

Certifications are open to: — Cooking Professionals — Baking and Pastry Professionals — Culinary Administrators — Culinary Educators — Personal Cooking Professionals

**Certified Culinarian® (CC®):** An entry level culinarian within a commercial foodservice operation responsible for preparing and cooking sauces, cold food, fish, soups and stocks, meats, vegetables, eggs and other food items.

**Certified Sous Chef® (CSC®):** A chef who supervises a shift or station(s) in a foodservice operation. Equivalent job titles are sous chef, banquet chef, garde manger, first cook, a.m. sous chef and p.m. sous chef.

**Certified Chef de Cuisine® (CCC®):** A chef who is the supervisor in charge of food production in a foodservice operation. This could be a single unit of a multi-unit operation or a free-standing operation. He or she is in essence the chef of the operation with the final decision making power as it relates to culinary operations.

**Certified Pastry Culinarian® (CPC®):** An entry level culinarian within a pastry foodservice operation responsible for the preparation and production of pies, cookies, cakes, breads, rolls, desserts or other baked goods.

**Certified Working Pastry Chef® (CWPC®):** A pastry chef who supervises a pastry section or shift within a foodservice operation and has considerable responsibility for preparation and production of all pastry items.

**Please contact: Ronald Mehmet CEC and CT Chef's certification chairman if you have any questions.**

I can be reached at 203 671-8529 or e-Mail [cuisiner2@aol.com](mailto:cuisiner2@aol.com)