

# HEF Entrée



**August 2021**

**Check out the new Nebraska Restaurant Association new website!**

<https://www.nebraskadining.org/hospitality-educational-foundation>

## **HEF BOARD OF DIRECTORS**

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## **NEBRASKA PROSTART SCHOOLS**

|                         |                          |
|-------------------------|--------------------------|
| Alliance                | Beatrice                 |
| Crete                   | Elm Creek                |
| Fremont                 | Gordon-Rushville         |
| Gretna                  | Kearney                  |
| Lincoln East            | Lincoln High             |
| Lincoln Northeast       | Lincoln North Star       |
| Lincoln Southeast       | Lincoln Southwest        |
| Milford                 | Northwest @ Grand Island |
| Roncalli                | Papillion LaVista        |
| Papillion LaVista South | Plattsmouth              |
| Scottsbluff             | The Career Academy       |

## **Welcome New ProStart Educators and School!**

**Jennifer Dunn - Papillion LaVista South**

**Travis Green - The Career Academy**

**Amber Reiter - Elm Creek - New ProStart School**

**Best wishes to our retiring educators -**

**Louise Dornbush - PLVS**

**Maybell Galusha - TCA**



**New FOR 2021-22 !**

## Student Engagement Challenges Calendar

### August

- Theme - Tailgate
- Concept - Recipe Development
- Sponsor - Pepsi Cola of Lincoln



### September

- Theme 1 - Food Safety (National Food Safety Month)
- Theme 2 - Hawaiian Luau Entree
- Concept - Food Safety and Sanitation, Mise en Place, Knife Skills
- Sponsor - TBD

### **October**

- Theme - Beef Sliders
- Concept - Costing
- Competition - Food Truck
- Sponsor - TBD

### **November**

- Theme - Pasta, Animal or Plant-based Protein and Tomato Sauce
- Concept -Cooking Methods, Protein, Pasta, Sauces
- Competition - Pick up or Delivery
- Sponsor - TBD

### **December**

- Theme -Culinary Foams: Dalgona or Aquafaba
- Concept - Whisking alternative foam garnishes and Costing
- Competition - Dessert Plating
- Sponsor - TBD

### **January**

- Theme - Dry Edible Beans
- Concept - Marketing, Nutrition
- Competition - Restaurant Kids Menu Item
- Sponsor - Nebraska Dry Edible Beans Commission



### **February**

- Theme - Soup of the Month
- Concept - Mise en Place, Knife Skills, Stock or Broth
- Competition - Soup
- Sponsor - TBD

### **March**

- Theme - Entree Salads (International or Vegan based)
- Concept - Knife Skills, School-made Vinaigrette, Salad Mise en Place
- Competition - Entree Salads
- Sponsor - TBD

### **April**

- Theme - Educators' Virtual Cooking Competition (Student planned, educators demonstrate) (YouTube recorded presentation)
- Concept - Pre-Prom Dinner Entree and Sides
  - Sponsor - Nebraska Pork Producers - \$500 Award to winning educator



**From the 2021 Nebraska ProStart Competitions held virtually  
April 9, 2021**



## Topic: Nebraska ProStart 2021 Awards Ceremony

Start Time : Apr 9, 2021 02:12 PM

Meeting Recording:

[https://us02web.zoom.us/rec/share/EyzALVMtDKJ3Fyfwnf9YFLhHyRMfJX9eJhn0voyTdxO0k\\_m7JDmcfhyzR2zsTIq.ny\\_xWWPB\\_58OZDr](https://us02web.zoom.us/rec/share/EyzALVMtDKJ3Fyfwnf9YFLhHyRMfJX9eJhn0voyTdxO0k_m7JDmcfhyzR2zsTIq.ny_xWWPB_58OZDr)

Access Passcode: kbgc6B\*7

***Congratulations*** to all the ProStart Culinary and Management Teams that participated in the Virtual 2021 Nebraska State Competitions!

The participating schools were:

***Culinary*** - Gordon-Rushville, Milford, Lincoln Southwest, Papillion LaVista  
South, Plattsmouth, Scottsbluff and The Career Academy

***Management*** - Milford, Plattsmouth, Scottsbluff, and The Career Academy



**The Career Academy Spice Girls**



**The Career Academy Eden Acres**





**Congratulations to **Kristin Vest**!**

**The 2021 Educator of Excellence Award Recipient!**







## Best of Show - Bean

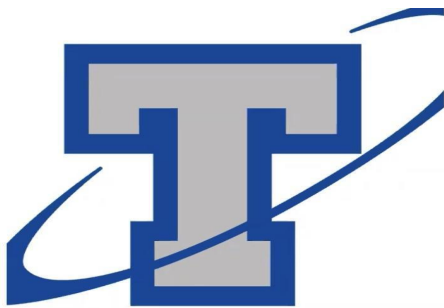
Nebraska Dry Bean Commission



**Congratulations!**  
**2021 Best of Bean Winners – Lincoln Southwest Girls Culinary Club!**



**Best of Beef**



**Congratulations! 2021 Best of Beef Winner - Papillion LaVista South High School**

Our **new** section to the **HEF Entrée** is called **SIDES**, because every **Entrée** needs at least one side! Check each month to discover a recipe! This one, from Maytag Dairy Farms has multiple uses. Let us know if you use this recipe, and how you served it! Take photos of your plating, for next month's **Entrée**!

#### Easy Blue Cheese Filling

Try this easy to prepare filling in iceberg or romaine bites, cherry tomatoes, bibb lettuce, celery, sauteed whole mushrooms or cream puffs.

3/4 Cup Whipped Cream Cheese

3/4 Cup Plain Yogurt

1/2 Tablespoon Lemon Juice

1 1/2 Tablespoons Honey

1 Cup Maytag Blue Cheese, Crumbled

#### Directions

1. Whisk together cream cheese, yogurt, lemon juice and honey. Stir in crumbled Maytag Blue cheese.
2. Refrigerate until ready to fill.
3. Refrigerate filled vegetables until service.

