

HEF ENTRÉE



NEBRASKA RESTAURANT ASSOCIATION

HOSPITALITY EDUCATIONAL FOUNDATION

– The ProStart To A Smart Career –



NEBRASKA HOSPITALITY
ASSOCIATION

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

HEF Board of Directors and Advisory Council are located on the website as well as additional information about the Hospitality Educational Foundation and ProStart.

Facebook: <https://www.facebook.com/NebraskaRestaurantAssociation/>

Instagram: <https://www.instagram.com/nebraskarestaurantassociation/?hl=en>

Twitter: <https://twitter.com/nebraskadining>

NEBRASKA PROSTART SCHOOLS

ALLIANCE	LINCOLN NORTH STAR
BEATRICE	LINCOLN SOUTHEAST
CRETE	LINCOLN SOUTHWEST
ELM CREEK	MILFORD
GREтна	NORTHWEST AT GRAND ISLAND
GORDON-RUSHVILLE	RONCALLI
HEMINGFORD	PAPILLION LAVISTA
KEARNEY	PAPILLION LAVISTA SOUTH
LINCOLN EAST	PLATTSMOUTH
LINCOLN HIGH	SCOTTSBLUFF
LINCOLN NORTHEAST	

NOVEMBER STUDENT ENGAGEMENT CHALLENGE

We want to recognize the November student engagement challenge winning team participants! The concepts were: Protein Use, Pasta Cookery, Sauce Preparation and Mise en Place. The competition preparation was Pick up or Delivery

CONGRATULATIONS WINNING TEAM and EDUCATOR

Chicken Alfredo Penne

Gordon-Rushville

Team - Stangs

Kay Kruger

November Student Engagement Challenge Sponsor



Don't forget the December Student Engagement Challenge is due January 7, 2022!!!

December 2021 Student Engagement Challenge

- Theme - Toppings: Dalgona Foam or Aquafaba Foam
- Concept - Manual whisking of alternative foams and costing
- Competition - Dessert Plating (ProStart competition appropriate desserts)
 - Examples include: mousses, Bavarians, custards, crepes, parfaits, poached fruit
- Due Date: **January 7, 2022**

- Sponsor - The Coffee Roaster, Lincoln NE <https://coffeeroasterlnk.com>



January 2022 Student Engagement Challenge

- Theme - Dry Bean use
- Concept - Marketing, Nutrition, Recipe Dev., Costing
- Competition - Restaurant Kids Menu Item
 - Menu Development Competition Due Date: **January 31, 2022**
- Sponsor - NE Dry Edible Beans Commission
- Sponsor selects winner



2022 ProStart Student Engagement Challenges Calendar

January (Details Available on January 7)

February

Theme - Soup of the Month (vegetable, beef, pork, chicken or bean)

Concept - Mise en Place, Knife Skills

Competition - Broth Soup

Due Date: February 28, 2022

March

Theme - Entree Salads (International or Vegan based)

Concept - Knife Skills, School-made Vinaigrette

Competition - Entree Salads

Due Date: March 31, 2022

April

Theme - Educators' Virtual Cooking Competition (Student planned, educators present) (YouTube recorded presentation)

Concept - Pre-Prom Dinner

Competition - Pre-Prom Dinner Entree and Sides only

Due Date: April 29, 2022

Hospitality Educational Foundation 2022 Scholarship Application

https://1a422fe3-e641-493e-8364-0c905de150a6.filesusr.com/ugd/feaac2_067301e58a1d4e7bb319a36ef61ef1d4.pdf

What's Hot 2022 Culinary Forecast from the National Restaurant Association

<https://restaurant.org/research-and-media/research/research-reports/whats-hot-food-beverage-trends/>

What's New for 2022?

Looking into 2022, restaurant guests are anxious to return to dining out with family and friends. Guests will bring new expectations as they anticipate enjoying new experiences. Continuing trends include an interest in global cuisine, maintaining a healthy lifestyle and the need to support sustainability. These trends are the foundation of the 2022 Top picks. These predictions reintroduce centuries old practices while adding interesting new science based opportunities. Which trends will last?

Healthy Soda Alternatives--are low-calorie, caffeine-free and fizzy. High fructose corn syrup, caramel coloring and phosphoric acid are replaced by cane sugar and natural colors.

Chili Crisp--introduced as a condiment in China, the ingredient label may include mushroom powder, preserved black beans or fermented soybeans. A pantry staple in the US, consumers can find it under the following names: chili crunch, chili oil or chili sauce.

Potato Milk--joins the ranks of other non-dairy milks: almond, oat, pistachio, coconut

Seaweed--naturally vegan, abundant, a source of iron, calcium and Vitamin K is used in Japanese and Scandanavian cookery to add umami undertones

Immunity-Boosting Foods--citrus, berries, leafy greens, turmeric, ginger, green tea and fermented probiotics support a healthy lifestyle

Tinned Seafood--following the Europeon conserva tradition of Portugal, Spain, Italy and France, canned sardines, oysters, tuna and mackerel are rich in Vitamin E and calcium

Foraged Foods--know the varieties. Remember spring time Morel hunting!!

Lab Grown Meat--not plant based. Cultured from animal cells.

Hyperlocal Farming--Farm to Table continues. A return to pre-refrigeration with the menu planned daily.

Cheaper Cuts of Meat--Menu additions include beef shank and chuck cuts, chicken thighs, properly cooked, provide a low cost alternative. Smoking, bbq and sous vide cookery techniques influence flavor and tenderness.

Globally Inspired--look to Instagram and social media for spices and pastes to add new flavor profiles to pastries, entrees, appetizers and sides. Become familiar with za'tar, dukkah, harissa and gochujang.

Abstracted from Top Restaurant Trends of 2022,

(<https://www.webrestaurantstore.com/blog/2214/top-foodservice-trends.html>).

***Educators - If you have any questions concerning the January 21st Preliminary Competition Submissions, please refer all questions to Joel Priest (jpriest@hmskc.com) and Bryce Ficken (bficken@linpepco.com) from the HEF Educational Events Committee.**

SIDES

Chocolate Hummus



Chocolate Hummus - The Original Recipe (0:43) <https://youtu.be/pQYO9NxQre8>

This secretly healthy chocolate hummus recipe is surprisingly delicious. Recipe from Chocolate Covered Katie (chocolatecoveredkatie.com)

Prep Time 5 minutes

Total Time 5 minutes

Yield 2 1/2 cups

Ingredients

1 15 ounce can black beans

3 1/2 tbsp regular or dutch cocoa powder

1/2 cup sweetener of choice

1/3 cup fat source of choice (see note)

1/4 tsp salt

2 tsp pure vanilla extract

optional chocolate chips or add-ins of choice

Instructions

*Feel free to sub chickpeas or white beans for the black beans. Or you can use 1 1/2 cups of cooked beans instead of canned.

To make the chocolate hummus, drain and rinse beans well. Combine all ingredients except add-ins in a food processor until completely smooth like brownie batter. Stir in chocolate chips if using. (A few commenters had success with a blender, but a food processor will yield a smoother texture.) Leftovers can be covered and refrigerated for 4-5 days.

