

HEF ENTRÉE



NEBRASKA RESTAURANT ASSOCIATION
HOSPITALITY EDUCATIONAL FOUNDATION
– The ProStart To A Smart Career –

NEBRASKA RESTAURANT ASSOCIATION WEBSITE

<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.

NEBRASKA RESTAURANT ASSOCIATION SOCIAL MEDIA

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
GRETN	NORTHWEST AT GRAND ISLAND
GORDON-RUSHVILLE	RONCALLI
HEMINGFORD	PAPILLION LAVISTA
KEARNEY	PAPILLION LAVISTA SOUTH
LINCOLN EAST	PLATTSMOUTH
LINCOLN NORTHEAST	SCOTTSBLUFF
	THE CAREER ACADEMY

Thank you to

Mallory Gregory - Milford

Audrey Jarvis - Papillion LaVista

Jennifer Dunn - Papillion LaVista South

and their teams for participating in the

Future Culinary Stars of Nebraska Event

Thank you ProStart Alums, now professionals

Billy Le - TCA

Hunter Johnson - TCA

Sal Salazar - Scottsbluff

OCTOBER STUDENT ENGAGEMENT CHALLENGE

We want to recognize the October student engagement challenge winning team participants! The concept was Marketing and Recipe Adjustment. The food item was Beef Sliders and a potato side for a food truck.

CONGRATULATIONS WINNING TEAM and EDUCATOR

Sunrise Beef Sliders with Fried Mash Potato Balls

Gordon-Rushville

Team - TJK

Kay Kruger

October Student Engagement Challenge Sponsor



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>



THE WORLD'S PREMIER CULINARY COLLEGE

TECHNIQUE - ENHANCING FOOD PRESENTATION

The food is generally the focal point for the guest. It supplies the majority of the drama, excitement, and interaction and it falls to the chef to produce food that is flavorful and attractive. Food presentation is an important opportunity that allows chefs to emphasize the talents of the kitchen staff. The chef's task is to exploit the full sensory potential of every dish to create a presentation that is practical, functional, and appealing to all the senses, which heightens the guest's experience.

Menu selections and food presentation integrate all aspects of the foodservice operation – including the theme, the menu, the style of service, and your clients' expectations. The goal is never to simply meet those expectations and standards, but to exceed them.

THE ROLE OF DESIGN

Judgments about what is fashionable or beautiful are subjective. They change over time, sometimes quite rapidly. However, the basic principles behind good design and presentation remain constant, even if the specific expressions of those principles keep evolving into new styles and trends. It is important to remember and always think of these techniques as enhancements to the foods' appeal.

The food on a plate supplies important visual elements: colors, textures, and shapes. Additionally, the foods you serve also supply two important, but non-visual, elements: aroma and flavor. The design principles at the chef's disposal include symmetrical or asymmetrical compositions, contrasting or complementary arrangements, and the use of lines to create patterns or indicate motion.

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A variety of words can be used to describe the elements and effect of plate design and presentation – simple, elegant, balanced, integrated, unified. A certain amount of regularity and repetition is comfortable and appealing, but too much of anything becomes monotonous, whether it is an ingredient, a color, a shape, a flavor, or a texture. The real importance and focus of the food should always lay, ultimately, in its flavor and texture.

THE ROLE OF COLOR

Your guests will associate color in very specific ways; therefore, a food's natural color is an important factor to consider in design and presentation of a dish. Green gives the impression of freshness and vitality. Browns, golds, and maroons are warming, comforting, and rich. Orange and red are intense, powerful colors.

A dish should have colors that are in harmony (for example, green, blue, and violet are complementary colors, while blue and orange are contrasting). Clashing or contrasting colors are rarely an issue; a more common problem is the overuse of one color, which has a tendency to make the food look flat and unexciting.

THE ROLE OF TEXTURE

Texture is important to the way the food looks, as well as the way it feels in our mouths. The surface of a food will have a tendency to either reflect light or absorb it, making some foods glossy and others matte. Some foods have highly textured exteriors while others are very smooth. The way the food feels when you bite into it is another aspect of texture that the chef needs to include in a plan. Too much of the same texture is monotonous.

THE FOCAL POINT

Food has many dimensions and the shape, height, and lines of the food are important components of presentation. Cubes, cylinders, spheres, pyramids, and lines are just some of the shapes food can assume.

Alternating or repeating shapes in a design is one way to add visual interest to food arrangements; you can modify the natural shape of a food by cutting or slicing it. To give height to foods that are naturally flat, you can roll or fold them, and arrange them in piles or pyramids. Intellectual property of The Culinary Institute of America • From the pages of The Professional Chef ® ,8th edition • Courtesy of the Admissions Department Items can be reproduced for classroom purposes only and cannot be altered for individual use.

Dimension can also be added to a dish by providing strong, clean lines that arrange the food neatly and logically; these lines can be straight, curved, or angled. When two lines meet, they create a shape and when a line is repeated, a pattern emerges. The more evenly spaced the lines, the more obvious the pattern, the wider the spaces, the more obvious they are as discrete lines.

By providing a focal point to a dish you can introduce a large shape into a field of smaller shapes while adding height and make the arrangement logical and sensible to the guest. One common focal point, sometimes referred to as a *grosse pièce* (literally “big piece”), is simply a portion of a larger item, such as a roast leg of lamb or a terrine, left intact and arranged on the platter; the guest can instantly identify the food. Sometimes, in place of a *grosse pièce*, there may be one or more significant garnish elements. Such a garnish functions in the same way as a *grosse pièce*; they too are most effective, and attractive, when they offer some information about the food instead of simply adding a spot of color.

The position of the focal point on a plate determines how the food is arranged. A focal point positioned off center means that one side of the arrangement appears to have more weight than the other. The lines extending away from the focal point are of different lengths. When the focal point is positioned in the center, it gives the impression that both sides of the arrangement are in equilibrium. The lines radiating from the focal point are the same length. Asymmetrical arrangements tend to look natural while symmetrical arrangements look formal.

THE COOKING TECHNIQUES

The cooking technique is vital to great presentation, because no matter how artful the display, the way the food tastes is the most important element. In addition to assuring that foods are flavorful and at the right temperature, the process of cooking gives the chef a chance to enhance the food in other significant ways.

“Visual flavor” is an important concept. Some techniques deepen or darken the food’s exterior; grilling, roasting, and smoking are a few examples. With these cooking methods, it is relevant for guests to be able to see the seasonings used on the food, i.e. specks of seasonings and herbs or the shine of oil from a dressing. Other techniques introduce new elements, such as coatings or wrappers; pan frying and deep frying are two such techniques. For an interesting selection, you should introduce a number of different techniques for a variety of flavors, colors, and textures throughout your menu.

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SIDES

CARDAMOM-POACHED PEARS WITH CRÈME FRAICHE

Courtesy of the
THE CULINARY INSTITUTE of AMERICA

Makes 6 Servings



INGREDIENTS

2 cups apple juice
2 cups water
8 cardamom pods, lightly crushed
1/4 cup granulated sugar
1/4 cup light brown sugar
3 pears, peeled, sliced in half lengthwise, and cored
6 tablespoons crème fraîche, plus more as needed
Flaky sea salt (like Maldon), as needed for serving

DIRECTIONS

1. In a medium saucepan, combine the apple juice, water, cardamom, and sugars. Bring to a boil over medium heat and stir to dissolve sugar.
2. Reduce heat to a simmer and add the pears.
3. Simmer, uncovered, until the pears are tender when pierced with a knife, about 15 minutes.

4. Remove the pears and set aside. Increase the heat and boil until the cooking liquid reduces by about half, about 15 minutes. Strain through a fine mesh sieve.
5. Serve the pears in a bowl with some syrup and a dollop of crème fraiche. Sprinkle it with salt just before serving.

SALADS, A GREAT BEGINNING

Salads can sometimes be bland, boring, or unappetizing. The right combination of flavor, textures, and colors, can result in an appealing start to the meal. With a bit of planning, a salad can lift guests' expectations for the meal that is to come. Spruce up your salads.

Flavor Preferences

Think favorite flavors.

Sweet, spicy, salty, sour, and savory (umami) are the five flavor categories. Brainstorm ingredients that fit each flavor profile and get creative with how they top your salads. For example, if you're a fan of savory or salty flavors- -marinated mushrooms, pickled red onions, beets, carrots or blueberries, or sun-dried tomatoes. A preference for sweet? Berries, apples, oranges, grilled pineapple or peaches, dried fruit, herbs or nuts could fit the bill.

Talk about texture.

Crunchy, crispy, chewy, creamy...the list goes on!How many different textures you can describe and list ingredients for each. Think about if your salad selections offer variety. Use a selection of greens to add visual texture. See table at end of article.

Dress it up.

Don't limit yourself to salad ingredients only. Dressings offer another opportunity to infuse the flavors you like best. Let your imagination run with how you can create complementary flavor pairings. Use a basic French vinaigrette of 3 parts olive oil and 1 part vinegar with dry mustard and paprika or Dijon mustard for emulsifying and a hint of maple syrup or honey to enhance the base salad ingredients. A flavored vinegar can also enhance flavor.

Pick Your Protein.

Produce usually takes center stage in a salad, but adding protein(animal- or plant-based) adds a hearty note.

Poach tuna, salmon, scallops, shrimp

Shelled edamame, green peas, black beans, pink beans, seasoned chickpeas

Marinated tofu or mushrooms

Hard-cooked eggs (sliced, wedged, chopped) Grated egg yolk adds a pop of color.

Set Up Your Space

Examples of tools needed include:

A sharp knife and cutting board

Strainer/colander for draining canned ingredients and washing leafy greens Stackable food storage containers for prepped ingredients

Whisks (especially a mini size for stirring up your own dressings)

Zester or grater

Wash the produce and herbs Get started!

Enjoy--your guests will also.

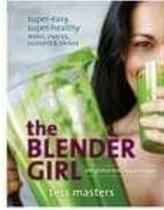
Reach into your creative bucket. There is no "right" or "wrong" way to make a delicious salad.

Try variations that please your palate.

Salads for Thought



6 STEPS TO SATISFYING SALADS



1. GREENS



SPINACH



ARUGULA



ROMAINE



RED CABBAGE



NAPA CABBAGE



MIXED GREENS

2. BODY



AVOCADO



TOMATOES



CUCUMBER



CAULIFLOWER



ASPARAGUS



BUTTERNUT SQUASH

3. GRAINS/BEANS



LENTILS



PEAS



QUINOA



MILLET



CHICKPEAS



EDAMAME

4. HERBS



BASIL



MINT



CILANTRO



PARSLEY



TARAGON



DILL

5. CRUNCH



ALMONDS



HEMP



CROUTONS



CASHEWS



PUMPKIN SEEDS



SUNFLOWER SEEDS

6. DRESSING



VINAIGRETTE



RANCH



SESAME GINGER



FRENCH



ITALIAN



GREEN GODDESS

the blender girl

