

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

April Student Engagement Challenge

- Theme - Dining *Al Fresco* at the Hillcrest Country Club

- **Create an *entree* salad with from the following selection:**
 - Protein - team choice (chicken, fresh salmon or tuna, shrimp, scallops or tofu)
 - Additional protein rich foods - (edamame, tempeh, quinoa, nuts, lentils, chickpeas, chia seeds, cheese, eggs, couscous)
 - Summer fresh fruits and vegetables (May-August)
 - Concept - Knife Skills, Hillcrest-made Vinaigrette
 - Hillcrest Spring Menu

<https://hillcrestcountryclub.com/documents/10184/13715/Final%20Spring%20Menu.pdf>
- Competition - Composed **Entree** Salads *Al Fresco*
 - Guidelines for Arranging Salads - Prezi
 - <https://prezi.com/odc62oso6teh/guidelines-for-arranging-salads/>
- **Due Date: Wednesday, April 13, 2022**
- Sponsor - Lincoln Hillcrest Country Club
<https://www.hillcrestcountryclub.com/web/pages/home>



Building a Career in Hospitality

A message from **Zach Tyson**, General Manager of Hillcrest Country Club:

“My first job was at age 13. I was the Dishwasher at the local bar in Herman, Nebraska. From this position I continued to work my way through the Restaurant/Hospitality Industry doing stints at McDonalds, Pizza Hut, Mama Mia’s, Greenfield’s Café, and Disney World. I earned my degree in Communication Studies from UNL and began working at Hillcrest Country Club as a Server my Sophomore year in college.

Realizing I enjoyed the private club industry I changed my focus and future toward developing as a Leader in the Club Industry. I have served many positions throughout my 14-year career at Hillcrest and each helped me obtain the position as General Manager.

In my quest to continue to develop the Hospitality industry as a viable outlet for young professionals I serve on the Advisory Board for the HRTM Program at UNL, I am a guest lecturer at UNL and I’m the President of the Nebraska Club Managers Association.

Personally, I met my wife, Trisha Tyson, as a coworker at Hillcrest and have been happily married for 9 years. We are the lucky parents to 3 amazing girls (Number 4 coming May 2022).”

2022 Nebraska ProStart Competition

See The Final Three Competition Teams in action!!!

<https://www.facebook.com/media/set/?vanity=NebraskaHospitalityAssociation&set=a.4723592234362431>

Congratulations to all the competitors, educators and family support for a great season! Here is the list of all our awardees in all categories:

First Place: Milford Soar (Milford)

Second Place: Team Four Beans in a Pod (Scottsbluff)

Third Place: Mustangs (Gordon-Rushville)

Congratulations to Nebraska Representatives to NPSI

Milford Soar and Plattsmouth Breakfast Club



Educator of the Year - Mallory Gregory, Milford

STATE PROSTART SPECIALTY AWARDS

Best of Beef - Gordon Rushville Mustangs

Pan Fried New York Strip Steak with Pan Sauce

Best of Pork - Gordon Rushville Stangs

Pan Fried Pork Chops with Pan Sauce

Best Costing - Gordon Rushville Stangs

Best Recipe Development - Gordon Rushville Mustangs

Best Starter - Scottsbluff 4 Beans in a Pod

Best Entree - Milford Soar

Best Dessert - Scottsbluff Romaniacs

Best Menu - Milford Soar

Recipe Idea for April Challenge

Watermelon, Blueberry, and Jicama Arugula Salad

This simple and healthy salad goes great with any summer meal. Make it for Memorial Day or the 4th of July!

Prep Time	Total Time
10 mins	10 mins

Ingredients

For the Salad:

- 6 cups baby arugula
- 2 cups cubed watermelon 1-inch cubes
- 1 cup blueberries
- 1 cup thin jicama strips
- 1/3 cup pepitas
- 1/2 cup crumbled feta cheese

For the Honey Lime Dressing:

- 1/4 cup olive oil
- Juice of 2 large limes
- 1 tablespoon honey
- 1 tablespoon finely chopped fresh mint leaves
- Pinch of sea salt

Instructions

1. Place arugula in a large salad bowl. Top arugula with watermelon, blueberries, jicama, pepitas, and feta cheese.
2. In a small bowl, whisk together oil, lime juice, honey, mint, and salt. Drizzle dressing over salad and serve immediately.
3. Note-you can find jicama in the produce section. Peel and cut it into thin strips.

Recipe from [Bloglovin.com](https://www.bloglovin.com) on Pinterest

Excellent Resources

Culinary Institute of America - Techniques in Calculating

https://drive.google.com/file/d/1v_5CZ9CoyMOnPLTe9ehoUKR0gj7KLeGI/view?usp=drivesdk

Culinary Institute of America - Techniques in Enhancing Food Prep

<https://drive.google.com/file/d/1vY0CHdAgvqEXRJ5wsgGX-bDnFXfYzmSO/view?usp=drivesdk>

[Teacher & School Counselors | Culinary Institute of America](#)—Use this link for additional resources

Encouragement for the Fall

Check out this Zoom recording for information directly from one of the ProStart State Culinary Judges!

Topic: ProStart with one of the Competition Judges

Start Time: Apr 3, 2022 05:54 PM

Meeting Recording:

https://us02web.zoom.us/rec/share/1q3i3F7V3t4PcjhHLLXrDLx-LdtrGkfpp8deshUG8VenDUhpe n8GynlbX8cXxYcu.IIXjLuV8-76r_NPR

Access Passcode: %U33BcU\$

ProStart Judge Prospective Notes

https://docs.google.com/file/d/1o5Jzu3sf37GPp4wSX0ISqYkb3gWmE6KI/edit?usp=doclist_api&filetype=microsoftword

Message from Fayrene and Sherry

This will be the last issue of the Entree shared with you from Fayrene and Sherry. Have a great summer!