

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

DECEMBER STUDENT ENGAGEMENT CHALLENGE

We want to recognize the December student engagement challenge winning team participants!
The concepts were: Manual whisking of Dalgona and Aquafaba foams and costing

CONGRATULATIONS WINNING TEAM and EDUCATOR
Steamed Orange Cake & Cinnamon Whipped Cream

Milford

Team - Milford Soar

Mallory Gregory

December Student Engagement Challenge Sponsor



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

February

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

Concept - Mise en Place, Knife Skills

Competition - Broth Soup

Sponsor - Runza International

Due Date: **February 28, 2022**



March

Theme - International Inspired Entree Salads (animal or plant-based protein) with culturally appropriate dressing and add-ins

Concept - Knife Skills, School-made Dressing, Mise en Place

Sponsor - Restaurants Inc.

Competition - International Inspired Entree Salads

Due Date: **March 31, 2022**

<https://www.healthyfoodtribe.com/types-of-olives/>

Hospitality Educational Foundation 2022 Scholarship Application

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

SIDES

Here's a hearty winter soup or stew with cultural flavors!



Red Pozole

<https://youtu.be/9HHtb9O6bTI>

<https://www.allrecipes.com/recipe/8330262/red-pozole/>

Pozole comes from the Nahuatl word “pozilli,” meaning “foam.” Nahuatl was the language of the Aztecs, an indigenous people of modern-day Mexico.

Pozole is made with hominy (dried maize kernels that have been treated with an alkali, in a process called nixtamalization) and meat, traditionally pork. It's also often made with chicken, especially for those who don't eat pork. The stew is seasoned with a combination of spices, and it's typically topped with garnishes like radishes, avocados, cilantro and lime juice.